

## Sophia Ristuben

**Mercer Island High School**

**Graduation – June 2020**

### **Leadership:**

Seattle Youth Symphony Orchestras (9, 10, 11, 12)

    Youth Symphony Orchestra rotating Principal (11, 12)

    Junior Orchestra 2017-18 Principal horn all concerts (10)

    Debut Orchestra 2016-17 Principal horn all concerts (9)

Section leader Mercer Island High School marching band (11, 12)

*Lead sectionals and team bonding for the mellophones*

*Co-lead mellophone section during MIHS Tournament of Roses parade January 2019 (11)*

Section leader for French horns for Mercer Island Wind Ensemble (12)

*Sectional practice for the French horns*

Mercer Island Band Food Drive (10, 11)

*Co-organized collecting 5-7 tons of food for our local and regional food banks*

*MIYFS and Northwest Harvest in May*

Mercer Island Band Boosters Auction (11)

*Organized and filled the student volunteer slots for the band fundraising auction*

Destination Imagination Club Officer: President (12), Vice President (11), Secretary (10)

*Set up recruitment meetings, staff club open house, DI workshop for elementary school*

Spanish Honor Society Co-President (11)

*Started the Chapter at our school recruited members, and implemented policies and bylaws*

*Organized cultural events including Latin dance, salsa making, Spanish movies*

*Created various volunteer opportunities for chapter members*

National Charity League Evergreen Chapter (10, 12)

    Vice President of Philanthropy (10): *Organized and led group activity for the children at Mary's Place homeless shelter*

    Vice President of Programs (12): *Help with meeting agendas and set up speakers*

Senior Service Club (12)

*Organized school blood drive for Bloodworks Northwest*

### **Honors and Awards:**

WMEA All State Honor Concert band and orchestras (9, 10, 11)

Washington State solo and ensemble superior ratings (10, 11)

    Brass Ensemble - 1st place (10)

Eastshore Regional solo and ensemble (9, 10, 11)

    French horn solo – 1<sup>st</sup> place (11)

    Woodwind Quintet – 1<sup>st</sup> place (11)

    Brass ensemble – 1<sup>st</sup> place (10)

    Brass duet – 1<sup>st</sup> place (10)

    Brass duet 2<sup>nd</sup> place (9)

Destination Imagination Global Finals (10, 11)

    Engineering Challenge (11) - 4th place (top 5%)

        Renaissance Award for outstanding engineering, design and performance

    Scientific Challenge (10) - 18<sup>th</sup> place (top 20%)

Destination Imagination State Tournament (10, 11)

    Engineering Challenge - 1st place (11)

Scientific Challenge- 1<sup>st</sup> place (10)  
Destination Imagination South Shore Tournament (9, 10, 11)  
Engineering Challenge – 1st Place (11)  
Scientific Challenge- 1<sup>st</sup> place (10)  
Improv Challenge -3<sup>rd</sup> place (9)  
National Charity League Evergreen Modelette Award for Service (10, 11)  
*Chapter award given to 40+ philanthropy hours in a grade level*  
Mercer Island High School Gold level community service (11)  
*Recognized for 260+ hours of community service during MIHS*

### **Volunteer Service**

National Charity League (9, 10, 11, 12)  
*150+ hours of service to local charities including Humane Society Pet Shelter, Mary's Place homeless shelter, Swedish Hospital and Special Olympics*  
Girls Rock Math Camp Counselor (9, 10, 11)  
*Volunteered 2 weeks each summer for elementary school girls 2nd-5th grade teaching math and art.*  
National Honor Society (10, 11)  
*Service for non profit coding camp and volunteered at Jingle Bell run for the Arthritis Foundation*  
Mercer Island Safe Rides (11)  
*Helped with dispatch for free and confidential rides for teenagers on Mercer Island on weekend nights*  
Seattle Music Partners (10)  
*Gave weekly music lessons on trumpet at low income elementary school*

### **Sports**

Mercer Island Girls Varsity Swim and Dive (9, 10, 11, 12)  
*Qualified for King County district dive meet (10)*  
Mercer Island Girls Water polo (10)

### **Summer Programs**

Girls Who Code (12)  
*Selected for 7 week intensive intro coding program at EY Wavespace in Seattle*  
Marrowstone Music Festival (11)  
*Accepted for summer 2 week orchestral program with instruction from Dale Clevenger*  
UW Women's Leadership Summit (11)  
*Selected for summer business program at UW Foster School of Business*  
Biomedical Coding Camp (10)

### **Jobs**

Lifeguard at the Mercer Island ShoreClub (10, 11, 12)