

## Hembera wins Metro Spotlight Award

Written by Metro Sports Report

Sunday, 08 December 2013 17:39 - Last Updated Sunday, 08 December 2013 17:41

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Cedar Valley Christian junior Shelby Hembera is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Hembera is averaging 31.5 points and 15.3 rebounds for the girls basketball team after four games. She ranks third in the state in all classes in scoring and is tied for first in rebounding.

Hembera, a 6-footer, averaged 16 points and 8.6 rebounds as a freshman. She averaged 22 points and 9.9 rebounds as a sophomore and made all-state in Class 1A.

Hembera scored 34 points and grabbed 24 rebounds in a game last week. She also plays volleyball for the Huskies.

Here is our Question-&-Answer session with Shelby Hembera:

MSR: What is your favorite individual highlight in sports?

SHELBY: My favorite individual highlight in sports was the Montezuma game last year where I scored five points in less than a second. I was fouled on a made shot with .7 seconds left. I made the free throw and Montezuma stepped over the out-of-bounds line, giving us the ball. With a great pass, I was able to get the shot up and score two last points as the buzzer went off. We ended up winning the game, which was amazing.

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MSR: What is your favorite team highlight in sports?

SHELBY: My favorite team highlight in sports was last year's regional game against Lone Tree. We ended up winning and went on to play a second game. It was a moment that I don't believe anyone on the team will ever forget.

MSR: Who has had the biggest influence on your sports career?

SHELBY: My coach, Craig Foote, has had the biggest influence on my basketball career. He has helped me out with everything: From basketball to my walk with Christ. He has taught me to be a leader and encourages me every single day. He always tells me "Don't be afraid to be great." He never underestimates me and always has high expectations. It always makes me want to do my best.

MSR: What are your future goals in sports?

SHELBY: My future goals in basketball are to just do my best and never lose my passion for the game. Playing in college would be great, but having fun is my main goal.

MSR: What are your favorite subjects in school?

SHELBY: My favorite class in school is personal finance. It is something that I know I will use when I'm older. I also love choir.

MSR: What has been your favorite community service project?

SHELBY: My favorite community service project I participate in is helping coach Cedar Valley's 2018 girls basketball team. My sister and her friends are on the team, and I am so blessed to

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be able to be a part of it. I love teaching them new things, and they teach me, too. We all encourage each other. They are a great group of girls to be around.