



By Arden Simone  
Philafielddhockey Contributor

**Strath Haven senior, Katie Capalbo is the Philafielddhockey Student-Athlete of the Week.**

Capalbo shines on and off the field as a superb center midfielder, excellent student, and a devoted individual in service and civic pursuits. Any community would be lucky to claim well-rounded Capalbo as one of their own.

In post season play, Capalbo was instrumental in the Panthers advancing to the PIAA District One 2A playoffs. The team earned a first-round bye, beat Harriton in round 2, but fell to Villa Maria in the quarterfinals.

Beginning her freshman year, Capalbo has earned field hockey honors. As a sophomore and junior, she earned All-Central League First Team and All-Delco Honorable Mention honors and Strath Haven's Most Valuable Player Award. She is also a two-time captain.

Capalbo's athletic pursuits don't stop at field hockey though. She is also a talented lacrosse player for Haven, having earned All-Central League Second Team and All-Delco Honorable Mention honors.

In the classroom, Capalbo carries a 3.8 GPA with a rigorous course load. This semester alone, Capalbo is enrolled in College Linear Algebra, AP Chemistry, AP Spanish Language, US Government and Political Philosophy Honors, and English 12 Honors. Last year, she was awarded the AP Scholar Award and named to the National Honors Society.

In addition, Capalbo is passionate about civic engagement and being a positive member of her community. At Strath Haven, she is a member of SHHS Student Emergency Team composed of students trained to respond to emergency situations and work with emergency personnel once they arrive. She is also a co-leader of Kids Helping Kids which raises funds for orphanages in the Dominican Republic and a committee member the school's annual Relay 4 Life event where she organizes food and necessities sponsors. She is also a member of the SHHS Athletic Council, the Rotary Youth Leadership Program, and Luminaria, the school's yearbook club.

Capalbo was selected to participate in the Philadelphia Sr. All-Star Game later this month. She will then take her talents to Villanova University's field hockey program beginning this fall.



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