



Juniors Carissa Dock and Alex Carrabre are the 2015 ExCEL Award winners for Waconia High School. (Patriot photo by James Stitt)

### **Carissa Dock**

Carissa Dock, daughter of Cristine and Jayson Dock, has been active in cross country and track. Her athletic accomplishments in cross country include five varsity letters from seventh through 11th grade, five Gold awards for Spotlight on Scholarship, selected most Valuable Player (Fall 2014), two year All Conference honors and the third fastest 4K time in Waconia history.

Carissa's participation in track has earned her two varsity letters, four Gold awards for Spotlight on Scholarship and she helped set a new school record as a member of the 4×800 relay team. Carissa's fine art activities are many, including band, choir, and dance. Her band awards include two Drum Major awards, Best Marcher (10th), 1st chair and Excellent and Superior Awards for Solo and Ensemble contests. Carissa is a member of the choir, show choir, and chamber choir. In 10th grade, she was a member of the American Choral Directors Association of Minnesota Honors Choir.

Academically, Carissa has been on the Waconia High School "A" honor roll with a 4.0 average from ninth through 11th grade earning her three Academic Letters. Carissa is a member of the student council where she has displayed strong leadership while chairing the homecoming and blood drive committees.

She is also involved with International Club, Conservation Club, National Honor Society, Interact Club, Wildcats Helping Others Over Themselves, Fellowship of Christian Athletes, Peer Mentors and American Mathematics Competitions.

In her "spare time" Carissa volunteers in her church community and youth group, the America Reads program, Feed My Starving Children, Save Our Schools (Thanks4Giving Drive), collecting food for the Waconia United Food Shelf, 363 sandwich making, Carver County Fair clean up and Goodwill donation organizer.

Carissa shared this about volunteering with the America Reads program: "I am honored to help local children. Literacy is such an important skill in society, and for many kids, very difficult to achieve."

## **Alex Carrabre**

Alex Carrabre, son of Jim and Cathy Carrabre, has been active in cross country, track and hockey. His athletic accomplishments in cross country include earning three varsity letters, setting a new school record (16:10 5k), two state appearances, All Conference honors, selected Most Valuable Player (Fall 2014) and received three Gold awards for Spotlight on Scholarship.

As a sophomore he earned a varsity letter in track, was selected track's Most Valuable Player and received a Gold award for Spotlight on Scholarship. He has also participated in hockey for two years and has received two Gold awards for Spotlight on Scholarship.

Academically, Alex has been on the Waconia High School "A" Honor Roll from ninth through 11th grade with an impressive 3.95 grade point average. Other school activities Alex is a member of include: America Reads program, Conservation Club, and International Club. Alex was also selected to the 2014 Homecoming Court.

In his "spare time" Alex volunteers weekly at Ridgeview Medical Center in the emergency department and has spent the last three years volunteering for the once a year "Relay For Life" 12 hour event.

Alex shared this about volunteer experiences at Ridgeview: "Everyday encounters are what make giving back absolutely amazing and makes me feel like my time there is very much appreciated."