AMANDA MEDRANO

Multi-sport athlete Amanda Medrano earned 10 varsity letters at Castro Valley High. She began her athletic career in soccer and basketball while attending Vannoy Elementary and Canyon Middle School. She enjoyed both so much, she decided to play both in high school . . . except she couldn’t. You see, soccer and basketball are both winter sports on the prep calendar.

So, for two years, she played basketball in the winter and ran track in the spring for the Trojans, all while juggling a club-soccer schedule. But Medrano was such a dominant force in prep sports, she rewrote the unwritten rules as a junior, joining both the soccer and basketball teams at the same time for the high school.

“My coaches were super-understanding,” she recalls.

And why wouldn’t they be? Outside, Medrano was a club-level soccer player, good enough to earn a scholarship to U.C. Davis. Indoors, she helped Castro Valley reach the North Coast Section semifinals in basketball.

Almost 20 years later, in an age of specialization, Medrano now says she wishes she’d stuck to just soccer. But in the next breath, she admits her No. 1 prep-sports highlights came from track, where she set school records in the 400 and 800 meters.

“The thing that sticks out the most (from my high school career) is the success I had in track,” she notes. “Mostly that’s because it was just something I did on a whim. It ended up every time I competed at a higher level, I got better and better.”

Medrano cut back to two sports at Davis -- soccer and track -- and eventually to one (soccer) as she committed more and more time to her studies. She did neither as a senior, focusing on her pre-med studies. She went on to get advanced degrees at San Francisco State and UCSF and now works at Stanford Children’s Hospital.

Medrano still plays high-level soccer in adult competition, and continues to have split interests. She’s now training for the New York Marathon in November.