

The Canterbury School

The Sands of Time

2/10/2010

As the sun rises over PS 205 in The Bronx, the dappled light reveals a group of children gathering to learn. Four current Canterbury students attended PS 205 and shared in that morning assembly. These students, three boys, one girl, are also part of a small but growing number of children who have seized opportunity, manifested in the form of the highly competitive [CitySquash](#) program. While located across the street from PS 205, at Fordam University, the CitySquash ideals could not have been further from these kids' daily routines. CitySquash's mission is to help motivate talented young people from economically disadvantaged households to fulfill their academic, athletic and personal potential. Freddie Hernandez '10, Chris Fernandez '11, Doris Amoako '12, and Kingsley Amoako '13 wanted that chance and applied for the program.

Once a student is selected for the CitySquash program (selection is based on academic testing, interviews, tryouts, attitude, and other criteria), they are required to adhere to a rigorous schedule of academic preparation, squash training, and community-based service. The commitment to the program allows these high achievers to gain invaluable support and to attend independent schools, like Canterbury, to prepare for college and beyond.

Canterbury is home to these four CitySquash students who have already proven themselves to be outstanding student-athletes and are working towards their goals. Freddie Hernandez '10 came to us as a shy Third Former, on the heels of his friend and mentor Jose Alvarez '09. Freddie has soaked in all that Canterbury has had to offer and was selected to attend the annual Canterbury Leadership Program in Montana last summer. As Freddie has matured, he has become the quiet, confident leader of the other CitySquash students, a proctor in the dorm, and the captain of Boys' Varsity Squash. Freddie is the number one seed on the team but he is all about the team, and has received praise and accolades from his coaches and teachers for his hard work, leadership and integrity.

Following Freddie to Canterbury is Chris Fernandez '11. A standout three sport varsity athlete since his Third Form year, Chris has grown and matured during his years at Canterbury and has even had the chance to play competitive squash in Europe during a summer break. Chris's peers admire him for his quiet confidence and his never shrinking from a challenge, athletically or academically. Always quick with a smile, Chris is the team's number two seed, went undefeated last year, winning the New Englands. He is prepared to take Freddie's place as team leader once Freddie graduates this June.

Doris Amoako '12 is the first female CitySquash player to attend Canterbury, and she is certainly a welcome addition to the School. Doris is quiet, has a warm smile, and is gaining confidence and momentum daily. Originally from Ghana, Africa, Doris is a skilled squash player and a good student, but squash is not the only thing that drives her. Doris is also interested in fashion design and is a budding artist. As the girls' number one player, Doris' outstanding skill and shotmaking ability raises the bar for her teammates but she has yet to unleash her great potential in match play. As her coach Amy Omaña '86 puts it, *"When Doris is ready, she will be a force."*

Following Doris to Canterbury is her younger brother Kingsley '13. "King," as he is affectionately known, has a big smile and the excitement you would expect from a young man venturing out into the world for the first time. Settling in nicely at Canterbury, King has quickly established himself as an

excellent squash player, running-up an impressive 12-3 record at the number 3 spot. In the classroom, King is proving himself up to the challenge as well and will certainly be someone to watch as he progresses at Canterbury.

Just as these four student-athletes have come together to share time at Canterbury, they will eventually part ways and head in directions unknown. Freddie awaits news on college acceptances, looking to go to a highly competitive and nationally-ranked school to continue playing squash. Likewise, Chris is now beginning the college process and will go off in his own direction next year. Like the sand in an hour glass, these students' time here as a close-knit group is essential, but finite. They will pass through Canterbury soaking up knowledge and experiences before moving to even greater opportunities. We eagerly await what the future holds for Freddie, Chris, Doris, and King.