



6 – Grace Williams

Goal Keeper

4316 Archer Drive
 The Colony, TX 75056
 972-625-8297
 GoSpirit91@aol.com



Height: 5'4" **Weight:** 140
Birth Date: 9/26/1990

Father: Victor Williams
Mother: Sandra Williams

High School – Class of 2009

The Colony High School, The Colony, TX

Athletic Achievements

The Colony High School - District 5A - Soccer

- 2005 - 2006: Varsity (Position – Forward)
- 2005 – 2006: All D district Freshman Team

The Colony High School - Swimming

- 2005 - 2006: Freshman of the Year Award
- 2005 - 2006: All District 100 Backstroke Relay
- 2005 - 2006: All Region Relay Team
- 2005 - 2006: Water Polo – Top Scorer

CIA & Metro Swim Team

- 2006 TAAF Winter Games of Texas
- 2006 State Champion 100 yd Freestyle
- 2006 State Champion 100 yd. Backstroke
- 2006 Silver Medalist, 200 Freestyle
- 2001 Coaches Award

United States Karate Association

- 2000 Jr. Black Belt
- 1999 - 2000 Texas State Champion Sparring
- 1998 Texas State Championship -Silver Medalist
- 1999 United States USKA National Championship - Bronze Medalist-Koshiki

Texas Spirit '91 Red

- 2004 – 2005 Team Captain

Scholastic Achievements

The Colony High School

- 2005 -2006: Varsity Orchestra - Viola

ODP Experience

- 2003 – 2004 '90 North Texas Region III State Team and Regional Camp

Club Experience

Texas Spirit '91 Red – 2003 to Present [LHGCL]

- 2007 Plano Labor Day U17 Gold Semi-Finalist
- 2006 Dr Pepper Fair Play - Finalist
- 2006 Cowtown Classic - Finalist
- 2006 Spring Classic - Quarter-Finalist
- 2005 Ayses Summer Classic - Finalist
- 2005 Plano Labor Day - Quarter-Finalist
- 2005 Flamefest - Finalist
- 2003 - 2005 LHGCL - Div 1
- 2003 Chevy Cup Champions
- 2003 Waco Dr. Pepper Classic - Semi-Finalist

Dallas Texans White - Spring 2003 [LHGCL]

- 2003 Texas State Cup Finalist
- 2003 LHGCL Div. 1- 2nd Place

Corinthians - Fall 2002 [LHGCL]

- 2002 LHGCL Div. 1 Champions
- 2002 Beat The Heat - Finalist
- 2002 Plano Labor Day - Semi-Finalist

Hawks Gold – 2001 to 2002

- 2002 Plano Premier League Champions

Community Service

The Colony Parks and Recreation Department

- Lifeguard Volunteer
- Swim Lessons Volunteer

Denton County Justice of the Peace

- Teen Court Volunteer

References

- Quen Willis, Texas Spirit Coach, 214 -552-0246, (coachqw@yahoo.com)
- Joe Waggoner, Keeper Coach, 214-566-2254, (joe@KeeperZone.net)
- Keith Irby, TCHS Swim Coach, 469-713-5178 ext.2131, Kirby@lisd.net