

# LANCE HEADRICK

## EPEE COLLEGE FENCING CANDIDATE CLASS OF 26'

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Great Falls, VA 22066 **W** LanceHeadrick.com

### LEADERSHIP HIGHLIGHTS

**Founder:** *Langley High School String Quartet*

**President:** Langley Barbershop Choir, *The Major Minors*

**First Chair, Carnegie Hall:** Langley Orchestra NYC Performance

**Mentor, Fairfax County Elementary Schools:** Volunteer each week to give virtual cello lessons to elementary students.

### MUSICAL SKILLS

**Tri - M Honor Society:** Accepted as a Sophomore

**Bass Singer, Langley Madrigals:** Soloist (*Gaston* in Disney Show) and member of Langley's Top High School Choir

**Soloist, Winter Concert:** Selected to perform vocally and on the piano with a featured solo in high school Winter Orchestra Concert

**Pianist, "Les Misérables" & "Pavane":** Accompanied Langley Orchestra

### COMMUNITY

**Founder:** FreeNationalAnthem.com, site that connects volunteers to sing/play the national anthem at local events

**Peer Buddy, Best Buddies:** Weekly volunteer for organization empowering students with special needs. Participant in annual Friendship Walk

### ACADEMICS & CLUBS

**Johns Hopkins Center for Talented Youth:** Accepted into program and completed "A Study of Sherlock"

**Model United Nations** –Verbal Award at TAEMUN

**Speech & Debate (Impromptu)** – Received top 15 placement at very first speech competition

**Chinese Club** – Complement to 4+ years language study

### EXTRAS

**Instagram Fitness Content Producer:** Inspires teens to pursue healthier lifestyles; 105,000+ views on *Lance Lifts*

**Weight Lifting, 1,000+ Pounds Club** – Compound lifts of Bench, Squat & Deadlift

**Cheerleading** – Starter & Backspot on Langley's Varsity team

### EDUCATION

Langley High School

McLean, VA

3.7 GPA

### FENCING

Elite Fencing Academy

Springfield, VA

PH: 703-827-3285



### RECENT EPEE RESULTS

#### NATIONALS 24'

- 26<sup>TH</sup> DIVI MENS EPEE
- 41<sup>TH</sup> JUNIOR MENS EPEE

#### JANUARY NAC 2024

- 35<sup>TH</sup> JUNIOR MENS EPEE (7/24)  
SJCC 23-24
- 19<sup>TH</sup> SJCC JUNIOR MENS EPEE
- 11<sup>TH</sup> SJCC CADET MENS EPEE

### RANKINGS

- CADET – 18<sup>TH</sup>
- JUNIOR – 54<sup>TH</sup>
- DIVI- 90<sup>TH</sup>