



MACI OUSSET

2013 FEMALE AMATEUR ATHLETE OF THE YEAR

CABRINI HIGH SCHOOL

Maci Ousset is a member of the St. Bernard Karate Program and for the first time in St. Bernard Sports Hall of Fame's history, martial arts will be recognized as a sport. Maci Ousset, 2013 World Champion of the World Karate Confederation, is the female amateur athlete of the Year. St. Bernard Parish's Ousset started karate with a friend at five years old. While her friend quit after two weeks, she remained committed.

With commitment and dedication as tools for success, Ousset's discipline in karate spilled over into her academic life. Overall an A-B student, the senior at Cabrini High School earned a 4.0 grade point average last fall. The year before, another 4.0 GPA was accomplished.

ATHLETIC ACHIEVEMENTS & HONORS:

- » 2008 Two time Karate National Champion
- » 2008-2012 Ten time Karate National Championship Medalist
- » 2000-2013 Multi-time State Karate Champion
- » 2007-2013 Multi-time Regional Champion
- » 2008 Two-time Karate National Champion
- » 2011 Three-time Karate Junior Olympian
- » 2011-2012 Two-time Karate Junior Olympics Medalist
- » 2012 Two-time International Karate Championship Medalist
- » 2012-present Three-time AAU USA National Team Member
- » 2012-2013 Four-time JKA Nationals Medalist
- » 2012-present Sensei and Assistant Instructor at Louisiana Shotokan Karate Club
- » 2013-present Second degree Shotokan Black Belt
- » 2013 Karate World Champion & Silver Medalist

ACEDEMICr

- » 2010 - present Alpha Honor Roll
- » 2012 & 2013 Respect Award
- » 2013 Highest Average in PE III
- » 2013 - present National Honor Society Member
- » 2010 - present Alpha Honor Roll
- » Present 4.0 GPA

VOLLEYBALL:

- » 2011 State Volleyball Champion Cabrini High School