

Fredricks sisters, Fohrd sign D-I letters

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By Dave Ricci

Unlike most twins, Grace and Lexi Fredricks don't really go out of the way to highlight their differences. They are far too busy enjoying the ride through life sharing their multiple common threads. On Nov. 17, Grace and Lexi Fredricks and classmate Kim Fohrd realized the dream of every high school student-athlete when they all signed National Letters of Intent. Signing in front of family and friends inside the Mount St. Mary wellness room, the three seniors could not believe this day had finally arrived. All three signed with a Division I program.

"I definitely thought that I wanted to do it in college, but I never thought that I would be able to run at a Division I school," said Kim Fohrd, who will run cross country at Xavier University. "But my coaches, my friends, my family and the school have supported me and were definitely a big factor." After racing at Holy Angels Academy her freshman year, Fohrd came to the Mount, where she found a home in athletics — she also plays tennis. Not only that, it was a place that helped shape her life and gave her a second-to-none support system. "My team always supports me," Fohrd said. "I've had struggles in the past ... they helped me become a stronger runner. A more confident runner. And definitely (made me) able to be successful in college." Fohrd, who lives in Clarence, is a three-time All-Catholic first teamer in cross country and holds multiple records.

The Fredricks twins, who are Grand Island residents, are both headed to Central Connecticut State University, where they will be members of the swimming team. "We were always kind of hoping that we would go to the same school, but it was never the deciding factor that we had to," Grace Fredricks said. "I just think it's awesome that we are able to go to the same school together and we both love it so much and I think it was just fate that brought us (there)." Grace holds the MSM record for the 100 breaststroke. She also excelled in the 200 IM, 100 back and 200 medley relay at the 2014 All-Catholic Championships. Lexi, the MVP of the All-Catholic meet in 2014 and 2015, is a state qualifier who holds numerous MSM records. Beyond the records and awards, Grace and Lexi agree that the best part of that next step in life is being able to take it together.

"It's gonna mean so much to me," Lexi Fredricks said. "When we were first deciding about Central Connecticut we were thinking, 'What if we get sick or something like that?' With us being together, if one of us gets sick or homesick, we always have a little bit of Buffalo with us."