

Serra Alum Receives Top Mark in Shot Put

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Serra alum Ben Parodi '11 had the top mark in the shot put among all CCS throwers this year at 57' 1/2". That mark is the #2 throw of all-time at Serra.

"Ben's achievements were outstanding," said Head Track and Field Coach Jim Marheineke. "He is the best thrower we have had at Serra in a very long time."



Parodi finished in the top 20 of the state with his 57' 1/2" throw at the Sacramento Meet of Champions. He finished in fourth place at the CCS Finals after winning his second straight WCAL shot put title, and had the eighth best discus mark in the CCS with his throw of 149'6".

Parodi was this year's Blanket Award winner for the track team. He also was honored as the Shea Award recipient for the Serra Athletic Department. Parodi received recognition at the Pacifica Sports Club Breakfast of Champions. He will attend UC Davis in the fall, where he will major in viticulture and compete for the Aggies in track and field.

"To say that Ben's hard work has paid off is an understatement," Marheineke noted. "He has embraced both the intrinsic motivation needed in this sport and the responsibility of being a true team leader for the other 130 members of our team. UC Davis will be a great place for Ben to continue his career while earning a degree in one of the top viticulture programs."