



## THE EWING PUBLIC SCHOOLS

**Immediate Release:**  
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### **EHS February 2025 Senior Spotlight: Meet Samantha Dupee**



**If you could use one word to describe yourself, what would that word be?**

Tenacious

**It is February of your senior year of high school, what are you most looking forward to this last semester?**

I am looking forward to playing on the Ewing High School girls flag football team, going to the prom, and graduation.

**The Ewing Public Schools' girls' wrestling program has flourished in the past few years, and you have been a pillar of the program since you were in sixth grade at Fisher Middle School. Last year was the first year the Mercer County Tournament hosted Girls Wrestling. How does it feel to be part of something special and groundbreaking for girls' sports in your community?**

When I started wrestling as a freshman there were only two girls on the team and now -there are twelve. As a freshman, if I wanted to wrestle, I had to wrestle against boys, that has changed quite a bit this season with numerous amount of girls tournaments being offered. Last year my mom, Coach DeCavalcante, and I did a campaign with posters and "meet and greet" events to get more girls interested in the program. Mom made her famous pumpkin chocolate chip cookies and we had a good turnout which continues today under the guidance of Coach Zedalis. It makes me happy to see opportunities opening up for girls in wrestling which used to be considered a boys



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sport. Girl wrestling is the fastest growing high school sport currently and many communities are recognizing that, which is why Mercer County had their first girl tournament and Girl States has been moved to Atlantic City.

### **How did you become interested in wrestling at a young age?**

I was always very physical, had lots of energy, and loved to rough house around. Mom saw an article about wrestling being offered as a recreational program at Ewing and signed me up. She thought it would be good for me to release some of my “pent-up energy”. And that was the start of my wrestling journey



### **What advice do you have for younger girls who might be interested in the wrestling program?**

If you are competitive and physical, I would say, give wrestling a try. If you are young, start with the Ewing Recreational program. Coach Tye and Coach Imran run the program and are some of the most dedicated and best coaches that I have had. Don't get discouraged when you lose. Think of it as a learning experience and just train a little harder.

### **As of this interview, you are on the sidelines with an injury with your expected return to the mats the first week in February. This is not how you envisioned your senior year in wrestling, but being the fierce competitor that you are, and a leader in the program, what can we expect when you return to competition?**

That is a good question. I was set to start the season at a full run. Unfortunately, that is not the case with my broken nose. My last match was in August at TCNJ where I came in second. I will not be able to start wrestling until the Mercer County Tournament. And even then, I must wear a face shield. It's going to be tough; I intend to give it my all.

### **You may be a student-athlete, but you have selected some very interesting courses your senior year that show another side of your personality. Tell us about your Mythology course: From Zeus to Superman, who is the real hero?**

I am finding the course very interesting. I did not know too much about Greek Mythology when I started the course and I am starting to realize that our modern-day superheroes are based on characters from Greek Mythology. I would have to say that Medusa's story is intriguing to me, whereas she took revenge on her enemies and turned them into stone. Her hair composed of snakes is cool and could be a look that I could pull off on the mat. How intimidating would that be?

### **The second semester brings on Engineering Design/3D Printing, Robotics I, and the art class, Crafts. What is special about these courses?**

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In my spare time I like putting Lego models together. My favorite is the Titanic. In fact, when we had that earthquake the first thing I did was run to my shelf and made sure that it did not fall. I would love to get a job at Lego in putting models together. With the engineering, robotics and crafts they go together nicely with Lego model building.

### **What is your favorite subject?**

My favorite subject is English.

### **Who is your favorite teacher or coach and why?**

I have so many wonderful teachers and coaches in my time at Ewing. Mrs. Feeny is my favorite teacher. She has instilled in me my love for reading and has taught me skills to read fluently and confidently.

### **What activities do you participate in school?**

Wrestling, powder puff, and flag football.

### **What activities do you participate in outside of school?**

Snowboarding, fishing, wrestling, paddle boarding, hiking, pickleball, bowling, camping, and watching my man AJ Brown scoring touchdowns for the Philadelphia Eagles.

### **What awards or acknowledgments have you received in school or outside of school?**

MVP for wrestling, captain of the wrestling team, student of the month, athlete of the month, toughest wrestler award, first place in Mercer County Girls Wrestling Tournament, Outstanding Achievement award, 2<sup>nd</sup> place in Regionals, qualified for states, made varsity my freshman year wrestling, Ewing Township Proclamation Award, Mercer County Certificate of Honor.

### **What accomplishments are you most proud of?**

I am so proud of placing first at the Mercer County Tournament and having good friends.

### **What is your favorite memory of high school to date?**

I have many good memories of going to Ewing High. One that stands out is when I was a freshman and my name was mentioned in morning announcements for coming in first place at the Bloomfield Girls Holiday Tournament and having everyone in homeroom turn and look at me.

### **Who or what has positively impacted your life?**

It must be my mom, dad, and sister Cora. They have guided me and given me helpful advice about the choices that I had to make.



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### **How do you define success?**

Having people respect you and being happy in life.

### **What are your plans after you graduate from Ewing High School?**

That is the major question everyone is asking me. At this point, I am still considering many options. I do not see myself sitting behind a desk or being inside all day for a career path. I am leaning toward the military, being a firefighter, or becoming a police officer.

### **What is your favorite quote or book?**

I have two favorite quotes that I can relate to:

*"Why fit in when you were born to stand out." Angel Powers*

*"Float like a Butterfly, sting like a bee." Muhammad Ali*

### **If you had one thing you could do over again in high school, what would that be?**

I would work on being more self-confident. If I could keep my knowledge that I have learned about being more self-confident to when I was a freshman, I would be rocking it. Coach Imran and Coach DeCavalcante were always telling me to not let things worry me that you have no control over. During matches, I would get major butterflies, and I would not perform to my top abilities. Even a NJ State Trooper on the Garden State Parkway told me not to look at the brackets just concentrate on one match at a time. That's a whole other story. Building self-confidence would be something that I would do over.