

## Rachel Heck

### Golf

When athletes or sports teams celebrate a win or a championship, many only see them at that moment — in the glory of victory. What many don't see is what it takes to get there. The sacrifice. The hours. The effort. The practices. And the injuries. And yes, some heartbreaks along the way. That's what champions, like Rachel Heck, go through to reach the pinnacle of their sport.

Rachel began her journey on the links around Memphis, especially playing at Windyke Country Club with her father and older sister. Rachel was a quick study, and golf came naturally to her at a young age. She attended St. Agnes and rose to the ranks of the best not only in the Bluff City and state of Tennessee, but nationally.

At St. Agnes, Rachel played five years on the varsity golf squad. She helped St. Agnes to five consecutive TSSAA state team championships, while claiming four straight individual state crowns. She was also a four-time individual regional champion. For her outstanding performance, Rachel was named the Commercial Appeal's Female Golfer of the Year in 2017, 2018 and 2019 and the paper's Female Athlete of the Year in 2019.

In addition to her regional and state honors, Rachel claimed accolades nationally and in amateur events. She earned USA Today's high school Golfer of the Year twice. She was a five-time AJGA Rolex All-American. She was the Rolex Junior Player of the Year. Rachel played for Team USA in the junior Solheim and Ryder Cups. And, in 2017, she was the youngest golfer at the U.S. Women's Open and made the cut, finishing 33<sup>rd</sup>.

Up next for Rachel was the collegiate level, where she played at Stanford. Despite obstacles caused by illness and injury, she overcame them and became one of the Cardinal's most decorated female golfers. Rachel won the 2021 NCAA individual title and helped lead the squad to the 2022 and 2024 NCAA team crowns. In fact, Rachel rolled in the championship-winning putt to clinch the 2024 NCAA title.

After winning the individual crown in 2021, Rachel went on to win more awards. She was named the PING/WGCA Player of the Year, Annika Award winner, and Honda Sport Award recipient.

While at Stanford, Rachel took on another challenge and joined the school's Air Force ROTC program. She gained her Props and Wings after graduating from the Air Force's ROTC field training in Alabama. Upon graduation from Stanford in June 2024, she was commissioned as a Second Lieutenant of the U.S. Air Force.

Please welcome to the Hall of Fame, for golf — Rachel Heck.