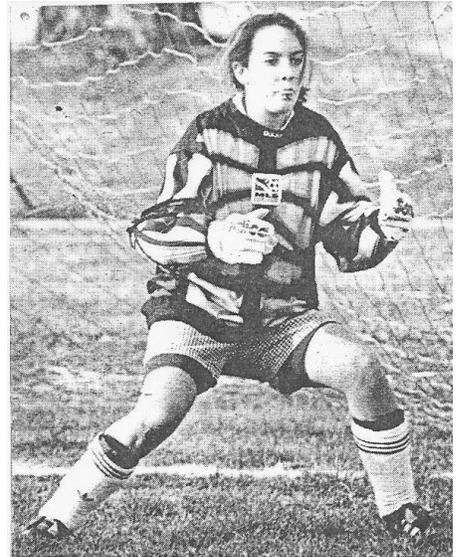


# NICOLE RIDOUT



*HALL OF FAME*  
*CLASS*  
*OF*  
*2013*



Dr. Nicole Ridout had a memorable sports and academic career at St. Bonaventure. She was named the scholar athlete of her graduating class in 2000. Nicole was also the sports editor of the St. Bonaventure Seraph Scrolls newspaper during her junior and senior years.

On the athletic front, Dr. Ridout was a three sport varsity athlete. She was selected as captain of her soccer, track and cross country teams. During her sophomore year, Nicole was the goalkeeper for the girls' varsity soccer team which won the CIF title. During this memorable season, Nicole recorded 24 shutouts in 28 games as she shattered the Tri Valley goalkeeper shutout record. At that time, this would also rank her the 5<sup>th</sup> all-time leader for shutouts in CIF history. It should be noted that this girls' varsity CIF title was the first CIF title for any girl's athletic team in the history of St. Bonaventure. Nicole's remarkable soccer career included 3 consecutive Tri Valley titles in '97-'99. In Nicole's senior year, she was named to the Tri Valley 1<sup>st</sup> team in soccer and won the St. Bonaventure defensive MVP in 2000. Nicole also won the Charles Quirk scholarship in soccer.

Dr. Ridout was also awarded the coach's award in both track and cross country while at St. Bonaventure. Nicole was part of the record setting long distance medley and also the 4x400m relay team and helped lead her cross country team to the Mt. Sac finals.

After graduating from St. Bonaventure, she continued to play soccer as an undergrad at Syracuse University and was captain for their competitive traveling team 2002-2004. She graduated cum laude with a B.S. in Health and Exercise Science at Syracuse University in 2004.

Nicole received her Doctorate of Physical Therapy from New York University (NYU) in 2008. She is a published author in the field of Exercise Physiology. While at New York University, Nicole continued to share her experience as goalkeeper coach for Dalton High School in New York City.

Dr. Ridout now lives and practices orthopedic physical therapy in New York City.