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## NEWS RELEASE

**FOR IMMEDIATE RELEASE**

March 8, 2024

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## Fontana Unified Scholar-Athlete Showcases Her Drive Athletically and Academically

**FONTANA, CA** – When A.B. Miller High School junior Setsianna Kraynak takes the mat for the school’s girls wrestling team, a spectator should be mindful not to turn away from the action for more than a second. Kraynak’s matches do not last long, with the three-time Mountain Valley League champion typically besting her opponents in the first round.

Likewise, when Kraynak laces up her sneakers to play for A.B. Miller’s girls basketball team, if you blink your eyes, you may miss Kraynak sprinting down the length of the court for an easy two points. As a backup point guard and small forward, Kraynak helped lead the Rebels to their first CIF-Southern Section (CIF-SS) playoff appearance in years during the 2023-24 season.

Kraynak’s discipline and dedication to athletics also extend to her academics. She is regarded as one of A.B. Miller’s top scholars with a 4.0 GPA, with an aptitude for science, technology, engineering, and mathematics subjects, citing math as her favorite.

Both wrestling and basketball seasons run concurrently in the winter, meaning there are very few days in the week when she is not practicing or participating in a game or match. Kraynak said she wouldn’t stop at two sports if it was up to her.

“When I came to A.B. Miller as a freshman, I was hoping to play soccer as well, but the scheduling didn’t work out,” said Kraynak, who also plays club soccer year-round and has suited up for the Rebels track, golf and junior varsity softball teams in the past. “I had never wrestled before coming to A.B. Miller, but my dad highly recommended I join the team. He had confidence I could excel in any sport if I put in the work.”

Jim Kraynak, Setsianna’s father and a District social studies teacher at Almeria Middle School, has been A.B. Miller’s wrestling coach for 25 years. Jim Kraynak was a star high school wrestler growing up in Pennsylvania and saw his discipline, drive to compete, and work ethic in his daughter.

“I am so proud of what Setsianna has been able to accomplish,” Jim Kraynak said. “Because of her commitment to basketball, she is not able to practice with the wrestling team during the season, so she practices whenever she can – at night and on weekends. What separates her from other competitors is her conditioning. She is focused and ready to go, no matter what the level of competition is.”

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Kraynak won her first two Mountain Valley League championships in the 116-pound category. As a junior, she moved up to the 120-pound class and again dominated her competition en route to winning her second consecutive Mountain Valley League MVP award and earning a spot in the CIF-SS Master's Meet. Kraynak came within one victory from advancing to the CIF State Championship.

Kraynak's impact on A.B. Miller's girls basketball team has been equally profound. In her first year at A.B. Miller, Kraynak spent two weeks on the freshman basketball squad before being promoted to varsity. In addition to becoming the Rebel's on-court leader and top scorer, Kraynak has been named All-Mountain Valley League three years in a row, earning a first-team nod as a sophomore.

"Setsianna's versatility is a key for our success," A.B. Miller girls basketball coach Veronica Anaya said. "She can play point guard on offense, then guard the post on defense. She is determined to not just make herself better, but also her teammates. Setsianna goes all in with her commitment to succeed and in her trust of the process."

Ultimately, Kraynak hopes to one day pursue a possible career as an athletic director where she can channel her experience as a standout student-athlete, along with the tenacious drive she displays on the court, the mat, and in the classroom.

"Setsianna Kraynak is a scholar-athlete with a lot of heart, and it shows on the court and in the classroom," A.B. Miller Principal Dr. Barbara Kelley said. "She is the personification of the A.B. Miller Rebel spirit, and she is getting tremendous guidance from our amazing coaches. With her senior year ahead of her, the sky is the limit for Setsianna."

#### **PHOTO CAPTIONS:**

**FUSD\_KRAYNAK1:** A.B. Miller High School junior Setsianna Kraynak (left) celebrates with her father and wrestling coach Jim Kraynak after the Mountain Valley League Tournament where she won her third individual league title and second-straight Lower Weight MVP award. Setsianna also plays a key role for the Rebels girls basketball team while maintaining a 4.0 GPA with a propensity for science, technology, engineering, and mathematics.

**FUSD\_KRAYNAK2:** Setsianna Kraynak has earned All-Mountain Valley League honors all three years playing for A.B. Miller High School's girls basketball team. Off the court, Kraynak puts together standout performances with the Rebels wrestling team as well as in the classroom where she maintains a 4.0 GPA.

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