October 2025 Youth Athlete of the Month
Recreation Flag Football Program

Athlete: Gabriela Cespedes
Coach: Malena Harris (Coach Lee)

Gabriela Cespedes is a 14-year old participant in the Recreation Flag Football Program.

Comments from her coach:

I am proud to nominate Gabriela Cespedes for Youth Athlete of the Month. Gabriela is an incredibly hardworking player who shows true dedication to her team and sport. She arrives at every practice prepared, focused, and ready to give her best effort. No matter the challenge, Gabriela plays with determination and intensity, always pushing herself to improve while encouraging her teammates to do the same. Her consistency and effort make her a dependable presence on the team, and she leads by example through her commitment and positive attitude.

Beyond her athletic ability, Gabriela demonstrates respect, responsibility, and good character both on and off the field. She balances her role as a student-athlete with maturity and discipline, showing that she values teamwork, sportsmanship, and personal growth. Gabriela's dedication, preparation, and work ethic make her an excellent role model, and she truly deserves to be recognized as the City of Sunrise Youth Athlete of the Month.

Athlete: Liam Turgeon
Coach: Malena Harris (Coach Lee)

Liam Turgeon is a 13-year old participant in the Recreation Flag Football Program.

I am honored to nominate Liam Turgeon for Youth Athlete of the Month. Liam is an outstanding example of what it means to be a dedicated student athlete. He consistently arrives at practice prepared, focused, and ready to put in the work. His commitment goes beyond improving his own skills; he encourages his teammates, motivates them to push harder, and leads by example with his positive attitude and determination. Liam is dependable, respectful, and always willing to go the extra mile for his team.

Off the field, Liam continues to demonstrate the same strong character. He is respectful to his coaches, kind to his peers, and responsible in school and the community. His ability to balance sports, academics, and citizenship reflects his maturity and discipline at such a young age. Liam embodies the values of hard work, leadership, and sportsmanship, making him a role model for others. For these reasons, I strongly believe Liam Turgeon deserves to be recognized as the City of Sunrise Youth Athlete of the Month.