

Daughters of Penelope 2024 Athletic Hall of Fame Award

The Daughters of Penelope Athletic Hall of Fame award recognizes a female athlete with outstanding collegiate and/or professional excellence in their athletic field, or a female with an outstanding professional career that supports athletics with excellence in personal character and community service.

The Daughters of Penelope is proud to announce **Leontia Kallenou**, of Nicosia, Cyprus, as the **2024 Athletic Hall of Fame Award** recipient.

Leontia qualified and participated in the Rio de Janeiro 2016 Olympic Games, where she served as the flag bearer for Cyprus at the Olympic Games Closing Ceremony. She is a three-time National Champion of the NCAA Women's High Jump for 2014 Indoor, 2014 Outdoor, and 2015 Indoor and eight-time All American. She placed 5th in the 2015 Athletics U23 Championships in Tallinn, Estonia, 4th place in the 2014 Commonwealth Games in Glasgow, Scotland, 4th place in the 2013 European Athletics Junior Championships in Italy, 4th place in the 2013 Mediterranean Games in Mersin, Turkey, Participated in the IAAF World U20 Championships in Barcelona in 2012 and in Canada in 2010, 1st place in the 2011 Commonwealth Youth Games in Isle of Man, British Isles, 2nd place in the 2011 European Small Country in Liechtenstein, 2nd place in the 2011 European Youth Olympic Festival in Turkey, 4th place in the Youth Olympic Games in Singapore in 2010, and 5th place in Doha, Qatar in 2009.

Leontia studied Economics at the University of Georgia on a full scholarship where she graduated with honors. She then continued her academics and obtained an MBA degree at the University of Cyprus. She also **earned the title "Academic All American - First Team USA."** She is member of the Student Athletic Leadership Association (L.E.A.D.) and is a member of the Daughters of Penelope Amazones Chapter No. 453 of Cyprus.

To this day Leontia is the record holder of the Pan Cypriot record in high jump in indoor and outdoor track.

Leontia is a true ambassador for her sport and embodies the values of the Olympic movement. Congratulations to our inspirational 2024 Athletic Hall of Fame Awardee, Leontia Kallenou!



GLASGOW 2014

2014 NCAA Pentathlon Champion
Collegiate Record Holder
2014 SEC & NCAA
Heptathlon Champion

Kendell WILLIAMS

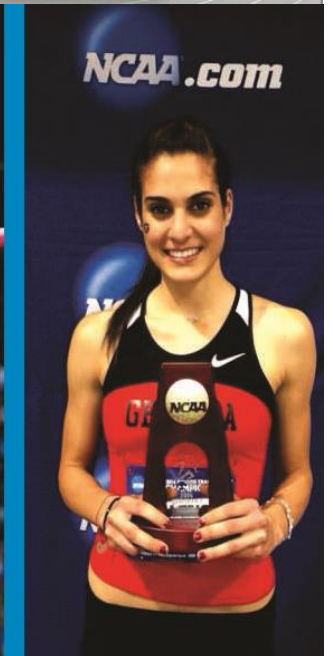
2014 SEC Indoor & Outdoor
High Jump Champion
2014 NCAA Indoor & Outdoor
High Jump Champion

Leontia KALLENOU

2015

GEORGIA TRACK & FIELD

MEDIA GUIDE



Daughters of Penelope Zoe Cavalaris Outstanding Female Athletic Collegiate Award



The Daughters of Penelope Zoe Cavalaris Outstanding Female Athlete Award, established by Past Grand President Zoe Lucas Cavalaris (1918-1985), honors an amateur Hellenic young woman who has achieved highest athletic accomplishments in college and maintained a high sense of scholarship, community and civic involvement.

The Daughters of Penelope is proud to announce college student **Andreana Antoniou**, of Nicosia, Cyprus as the **2024 Zoe Cavalaris Outstanding Female Collegiate Athletic Award** recipient.

Andreana's parents are Stavros Antoniou and Thalia Polydorou Antoniou. Her sisters are Veroniki Antoniou and Rafaelia Antoniou. Thalia is a proud member of the Daughters of Penelope Amazones Chapter No. 453 in Cyprus.

Andreana is currently attending Lancaster University in the UK as an LLB Hons Law student and has just completed her first year as a one of eleven female swimmers on the Lancaster Swimming High-Performance Team, part of the BUCS, British Universities & College Sports Association which competes both nationally and internationally.

As a freshman, she has represented the Lancaster swim squad as a breaststroke swimmer in the 50m, 100m, 200m, and 4x50m and 4x100m medley relay races.

She competed in the BUCS league play, fall 2023 BUCS Short Course Championships and spring 2024 BUCS Long Course Championships. Swimming has been one of Andreana's great passions in her life since she began at the age of 5 and continued all the way throughout her 6 years at Pascal English High School in Nicosia, Cyprus. She states, "setting specific swimming milestones, such as participating in competitions or achieving personal best times fuels my drive and discipline."

Andreana finished her high school years as a stellar breaststroke and freestyle swimmer. She achieved best swims of 1st and 2nd place in the Pancyprian High School Swimming Competition in 2020, 2021 and 2022, and again achieving 1st place in the 2023 Pancyprian High School Swimming Competition. **Andreana was awarded by the Cyprus sports Association the Best National Results in 2023 in Swimming.** Her highest achievement in 2023 was being **listed in the Top 100 Women of All Time in Swimming in the Nation of Cyprus by the 2023 FINA World Swimming Rankings.**

Achievements went beyond swimming for Andreana at Pascal English High School as she **received the Certificate of Excellence for academics all 6 years and received in 2023 Pearson Edexcel International 'A' Levels in 4 subjects.**

Other honors include Best Selling Award and Best Stand Award at the Junior Achievement Cyprus, Company of the Year 2022 Competition. Andreana was the CEO of this company for the competition. Also in 2022, she was a finalist at the European Youth Parliament Competition.

Other significant awards and activities include Class President in 2022 and 2023, Honorable Award for Volunteer of the 2022 Special Olympic Games in Cyprus, House of Poseidon Gold Certificate of Excellence and Poseidon House Captain in 2022-2023, Volunteer in the organization of the Track & Field Athletes European Championship in 2021, Winner of the Pascal IDEODROMIO 2021 Competition for the Best Social/Green Idea as part of the PREGEN Team organized by the University of Central Lancashire in Cyprus, and a Bronze Metal from the Cyprus Life Saving Federation in 2021.

Andreana has stated, "in both my personal and professional spheres, I aspire to achieve balance and excellence, blending my passion for law with my commitment to swimming." She plans "to prioritize health, relationships, academic excellence, professional growth, and will aim to lead a purpose-driven life characterized by integrity, resilience, and contribution to society."

Andreana's swimming achievements, academic record, leadership qualities, and her volunteer work in the community make her an outstanding female athlete!

Daughters of Penelope Zoe Cavalaris Outstanding Female High School Athletic Award



The Daughters of Penelope is proud to announce high school student **Elena Garcia**, of Simpsonville, SC, as the **2024 Zoe Cavalaris Outstanding Female High School Athletic Award** recipient.

Elena's parents are Demetra Paouris Garcia and Anderson Garcia. Elena has one brother – Nicholas Garcia. Demetra is a proud Daughters of Penelope member in Lyra Chapter No. 241 of Greenville, South Carolina. Elena is very active member of the Maids of Athena Delphia Chapter No. 93 and is currently the President of the chapter.

Elena graduated from J.L. Mann High School in Greenville, SC. She maintained All A's Honor Roll, was in National Honors Society, National Beta Club, Academic Letter, Dean's List at Greenville Technical College, and received a Good Citizenship Award from the Greenville Civitan Club.

Elena was active on the Student Body Executive Board helping raise over \$410,000 for her school in 2023/24 to donate and was also Junior Class Vice President and helped raise over \$319,000 for her school in 2022/23. She is also active in her local YMCA – Youth in Government Club, a Ronald McDonald House Teen Leadership Ambassador and Board Member, and active in GOYA currently serving as the President.

Other significant activities Elena enjoyed volunteering were Harvest Hope, Meals on Wheels, Ronald McDonald House Charities of Carolinas, Cole's Victory Lap, Project Joy, Make A Wish South Carolina, and Child's Haven.

Elena has had a lifetime to perfect the sport she has been dedicated to - soccer! She has been on teams since she was four years old and cannot imagine her life without her sport!

Her high school years stellar performance as a J.L. Mann “Patriot” Soccer Player earned her four years as Team Captain and varsity player which was forseen by her “Rising Patriot Award” received as a freshman.

Elena became serious about her soccer play when she joined a travel team, CESA – ECNL (Carolina Elite Soccer Academy, one of the Elite Clubs National League’s regional leagues). Elena was selected CESA ECNL Regional Selection Player in 2022 and competed at ECNL Nationals in CA, FL, and WA from 2019-2022.

Elena’s impact on her “Patriot” Class AAAAA team is undeniable! She was named All-State Player in 2023, All-Regional Player in 2022 and 2023, South Carolina State Finalist Team in 2021 and 2023, and participated in the North-South All-Star Soccer Classic Game in 2024 and Clash of the Carolinas All-Star Game in 2024. Elena was also listed on the South Carolina’s All-State Teams Top High School Soccer Players List.

Elena will be attending Clemson University in the fall as a Nursing Major. Elena plans to join Clemson’s very strong Club Team for women’s soccer and she is very excited to continue competitive play while in college.

Elena plans to further her education after college in a Pediatric Nurse program so that she can advance her career and help people daily. Elena stated she will continue to give back to her community as she believes “giving back to the community has proven to be a transforming effort that has fueled my personal growth and expanded my understanding of others. The lessons learned through my experiences will undoubtedly shape my future, inspiring me to seek ways to make a positive impact!”

Elena’s soccer achievements, academic record, leadership qualities, and her volunteer work in the community make her an outstanding female athlete!

Zoe Lucas Cavalaris (1918-1985)

Zoe Cavalaris was born on February 22, 1918, in Tenedos, Greece. She came to America at the age of three and grew up in an AHEPA-oriented family in Clarksburg, West Virginia. She started attending National Conventions at the age of 10. Zoe was initiated into Venus Chapter No. 102, when she moved to Charlotte, North Carolina, following her marriage to Thomas Cavalaris.



Zoe Cavalaris, then-Grand President of the Daughters of Penelope, speaking at the Mayor's reception in Athens, Greece (1956). Photo: Courtesy of James Cavalaris

Her contributions to her chapter, district, and national DOP were countless. Familiar with the needs of St. Basil Academy, Zoe was inspired by an oil painting of an orphaned child exhibited at the 1952 National Convention. She suggested using the image as a Christmas Seal by the DOP to raise monies to benefit the academy. The idea was accepted, and Sister Zoe became the first National Chairman of the Christmas Seal Drive. She became the 10th DOP Grand President and served from 1956-1958. During 1957 with the enthusiastic success of both a Christmas and Easter Seal Drive, Sister Zoe inspired the Ahepans to embark on a much-needed boys' dormitory on St. Basil Academy's campus. As Grand President she was the DOP's Commander on the AHEPA Easter Excursion to Greece which lasted a month with visits to over 42 hospitals, schools, and day care centers. Her efforts encouraged fundraising by the Daughters in Greece and the U.S. to help fund the opening on April 4, 1958 of the Penelopean Shelter, now the Penelopean Day Care Center in Athens.

Sister Zoe initiated the idea of a Presiding Grand President's Pin passed from president to president. She initiated the convention Manual of Instructions, Agenda, Recommendations and Courtesies. She was invited to the opening of the 13th Bi-Annual Clergy-Laity Congress in Washington, DC to address the luncheon as Grand President; the first time any Grand President was recognized in an official capacity with the Supreme President. Other "firsts" among her credits are: first president of the Philoptochos 5th Diocese, one of the first five women appointed to serve on the Archdiocesan Council of His Eminence Archbishop Iakovos, appointed to the Board of Trustees of St. Basil Academy, and was one of the few women of her time bestowed with the honor of Archontissa of the Ecumenical Patriarchate.

The Daughters of Penelope are truly blessed to have had Sister Zoe Cavalaris as a dedicated and progressive leader of our sisterhood, and a beacon of inspiration to us today and in the future.