Amanda Strous

# For what do i want to be remembered?

Strous played field hockey at Shippensburg from 2007-10, graduating in the spring of 2011 where she was a forward who played in 79 games for the Raiders, totaling 24 goals and 13 assists for 61 career points.  
   
As a senior in 2010, a season in which Shippensburg competed in the NCAA Division II National Championship game, Strous served as a team captain and had a career year. She totaled 11 goals and five assists.

Insight from a project during Amanda’s Graduate Degree lends insight on how she wanted to be remembered.

When I die I want to be remembered as a person who loved life to the fullest. I want a positive impression to be left behind with close friends and family, and people I have encountered throughout my life. I hope to have brought some sort of joy or meaningful fulfillment in their lives. I want to be remembered for my hard work, dedication, honesty and integrity.

I hope people remember how accepting I tried to be and the way I lived my life. I am always willing to lend a helping hand or listening ear. Someone told me the other day I had left an impression on them and it took me by surprise. They told me I started to define the beauty within myself, not by what other people say, my possessions, materials or images I hold, but by the beauty that God works within me. I have tried to live my life that is true to my morals, my values and myself. I hope people remember those characteristics and the personality traits I held.

I have always had a lot of passion in my life, not just for those close to me, but also in the things I found meaning and inspiration. One of those meaningful passions of mine is playing and coaching the sport I love. I believe through sports in general, but specifically field hockey, I exude a positive leadership role, which is very important to me. The sport not only molded me into an athlete, but also shaped me into the person I wanted to be. It changed my life on and off the field. As a coach, that is what I hope to bring my players now and the lives they lead as student athletes.

I want to be remembered by the passion I had, not only for the love of the game, but the love and enjoyment of watching other athletes and young women find success and fulfillment in their lives.

I want to be remembered as influential and motivating. I also want to be remembered as being caring, accepting, and open to anyone who needed me. I have learned that I am more of a people pleaser than what I would like to be but I have started to find a way to do things for myself as well. I hope to be remembered as driven and persistent and someone who goes after what they wanted in life. All of these Characteristics I believe are what reflected my life and how I tried to live.

Strous Graduated from Dallastown High School 2007 and played soccer and field hockey all four years. She received an athletic scholarship to play Field Hockey for Shippensburg University and received her Bachelor’s Degree with a Psychology major and Art minor. Strous was the assistant Filed Hockey coach for Hamilton College, New York in 2011-2012. She returned after a year of coaching to her alma mater to continue her education at Shippensburg University. She received her Masters in Clinical Mental Health.

Amanda graduated in 2015 and while she earned her Master’s Degree she worked for the Academic Success Program as a graduate assistant. Strous was also an assistant coach at Ship for three years and was honored to win a National Filed Hockey Championship title in 2013. Amanda had a passion for sports and connecting with people. Words cannot express how much she will be missed by her Fiance Corey McCleaf, two Brothers Kyle and Garrett, loving parents Eric and Crystal Strous and Grandparents David and Sandy Coover. She will always be remembered for her smile, driven personality, and contagious laughter.