

“GET UP AND KEEP GOING!”

Betsy Carpenter

... ENTREPRENEUR ...HONOR STUDENT
...STRONGWOMAN CHAMPION
... MICHIGAN CITY SUCCESS STORY

An entrepreneur by day, 2012 Michigan City High School graduate Betsy Carpenter runs a successful painting business. In her spare time, she hand-tows pickup trucks, tosses boulders, and lifts massive logs over her head in U.S. Strongwoman competitions.

WORKING GIRL: Betsy learned to paint houses while working during her high school summers. Now, she owns a small business in Michigan, specializing in exterior and interior painting and specialty work like painting gymnasium floors.

LIFE LESSONS: A Distinguished Graduate, Betsy took AP and Honors courses and tested out of college English. She participated in German Club, Tennis, and Track and was goal keeper for the Wolves Soccer team. “Playing soccer at City helped me develop the discipline and work ethic I apply daily as a business owner. It taught me to take pride in my work and to put 100 percent effort into every job.”

CITY STRONG: Betsy attended Aquinas College on a soccer scholarship, which later became a track scholarship as she excelled at shotput, javelin, discus, and hammer. These days, she’s focused on another sport: She placed third at the national Strongwoman contest in June, and is preparing to compete at the World Strongwoman competition in October.

HEAVY LIFTER: “Coach Matthew Cates introduced me to lifting in a class I took in high school. I ended up setting a power clean record at the northwest Indiana meet, and placed first in bench, deadlift, and overall. Coach Cates instilled a strong work ethic and taught me proper technique. A lot of kids don’t have access to that type of training in high school.”

SECRET TO SUCCESS: “Work your butt off. You may get knocked down, but get up and keep going.”



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