"This team has meant so much to me and I can’t wait to contribute to its growth this season," said Rachel on being named co-captain of Line Three in her third season with the team. “I have developed a confidence in myself that wasn’t there before and am very proud of the person the Raiderettes have helped me become.”

Rachel isn’t the only person proud of her Raiderette role. She claims her grandpa carries her team photo around in his wallet and shows it off to just about everyone he interacts with. Rachel comes from a tight-knit, Italian family that has always been her first priority and biggest inspiration. “We celebrate birthdays, graduations, holidays, etc., with all my cousins, aunts, uncles and grandparents,” Rachel explained. “They have been there for me through all my successes and setbacks and motivate me to never give up.”

In addition to holidays and birthday celebrations, Rachel’s family takes a trip every year to Arizona to watch Oakland A’s spring training. “Each year I attempt the fast pitch and my newest record this year was 35 m.p.h.,” Rachel said. The tradition is in its 10th consecutive year and while it’s usually just a weekend getaway, any amount of time she gets to spend with her family is special.

Rachel is so close with her family in fact, that she and her sister decided to move in together after she graduated from University of California, Davis. “My sister is truly my best friend,” Rachel said. Her decision to go to UC Davis was partially based on the fact that both her sister and her father graduated from the same school. Rachel graduated with a degree in statistics and currently works at the school as an academic advisor in the Civil Engineering Department. “I’m the lead advisor for over 500 students and get to help them steer through difficult times and achieve their goals. I love being able to watch my students grow and feel I’ve had a positive impact on them,” Rachel said.

Having a positive impact on others is something Rachel does without even trying. Her friends, family and teammates know her to be optimistic in any situation and compassionate towards all living things – and this is the way she has always been; at five years old she stopped eating meat because she realized she was hurting animals and she’s been a vegetarian ever since. Rachel’s friendly, encouraging demeanor has been a celebrated addition to this team and an invaluable asset to her role as a co-captain.