Jodi Owen ’88 was a multisport athlete for the Lady Buffs as a gymnast, basketball player, and track athlete. She went on to become an All-Tournament gymnast and the first girls track champion in school history, winning the 1988 100M hurdles at the South Dakota High School Activities Association track and field championships.

In addition to being a state champion hurdler, Jodi was also one of Coach Cliff Jorgenson’s most decorated gymnasts. As a sophomore, she placed 4th on vault at the state gymnastics meet, with a score of 8.2. She also finished the 1986 season in 8th place in the all-around competition at the state meet, scoring 30.3 points. In 1988, Jodi returned to the state gymnastics meet and earned a 6th place finish on the beam with a score of 7.6. She was also selected to be a member of the State All-Tournament Team.

At the start of her senior track campaign, Jodi set her sights. She would become the 1988 Class A 100M Hurdle Champion under the guidance of Coaches Jorgenson and Dave Tate. She improved throughout the spring, peaking at the state track & field championships. Her state championship time of 15.66 became a school record that remained unbroken for 30 years. Jodi was named Most Valuable Runner her senior year.

Jodi’s co-curricular prowess was not limited to athletics, however. She also shined in academics and fine arts, attended college on an art scholarship, and is an accomplished musician and performer. Dr. Owen, a National Guard veteran, has specialized in veteran issues and works with animal rescues in Mississippi.