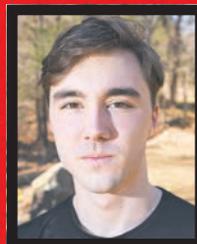
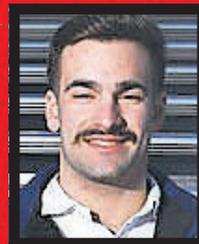


2023

 THE SALEM NEWS

# STUDENT ATHLETE AWARD

*nominees*



Wednesday, April 5, 2023

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# Salem News 61st annual Student-Athlete Award winner to be chosen tonight

BY PHIL STACEY  
Executive Sports Editor

The atomic number for promethium is 61. Sixty-one is also a prime number, the amount of points needed to win a standard game of cribbage, the number of NHL records that Wayne Gretzky holds, and the amount of home runs that Roger Maris hit to break Babe Ruth's single season record — coming, naturally, in 1961.

Add to that list the 61st annual Salem News Student-Athlete Award, which will be awarded Wednesday night to one of our 15 candidates during a gala ceremony at the Danversport Yacht Club.

The Salem News Student-Athlete Award, sponsored by Salem Five, celebrates the best of the best in our region. Given out every year but one since 1962, it honors those student-athletes who combine brilliance in the classroom, excellence and sportsmanship in athletics, the ability to be a positive influence in their community, and showing a partiality towards helping others.

One student-athlete from each of our 15 Salem News area high schools — Beverly, Salem, Danvers, Peabody, Marblehead, Masconomet, Swampscott, St. John's Prep, Bishop Fenwick, Salem Academy, Pingree, Essex Tech, Hamilton-Wenham, Ipswich and Manchester Essex — have been chosen by



**The Salem News Student-Athlete trophy**

their principals and athletic directors to best represent their school for this year's event.

Once all 15 candidates have been interviewed Wednesday afternoon, the judges will convene and whittle down the candidates to ultimately pick this year's winner. Last year's winner was Jamie Dupont of Beverly High, now a student at the University of New England and a member of the Nor'Easters women's hockey team.

We are excited to announce that for the first time in four years — pre-pandemic — our traditional celebration dinner for our student-athlete candidates and their families will be held at Danversport. As part of the night's festivities, there will be a slideshow of the student-athletes, gifts, a guest speaker, and the announcement of the Student-Athlete winner.

We will also present the Nelson Benton Memorial Scholarship to this year's Student-Athlete winner. It is named in honor of the late and longtime Salem News reporter and editorial page editor, who retired in 2013.

The winner will also be given a commemorative bowl signifying their win. In addition, their name will be engraved on the Student-Athlete trophy, which will reside in the winner's school until next year's ceremony. The Paul Revere-style bowl made of sterling silver has the names

of all 60 previous winners engraved on its base.

This year's Student-Athlete judges are Shelley Murray, a Senior Vice President, Regional Manager at Salem Five; Mike Maesano, also a Senior Vice President, Regional Manager at Salem Five; Anne Manning Martin, Councilor-at-Large, Peabody; Matt Williams, the assistant sports editor at The Salem News; and Phil Stacey, Executive Sports Editor of The Salem News.

## PREVIOUS SALEM NEWS STUDENT-ATHLETE AWARD WINNERS

Year	Winner	High School
2022	Jamie DuPont	Beverly
2021	Molly McDonald	Essex Tech
2020	Antonio Craveiro	Peabody
2019	Chris Masta	Essex Tech
2018	Lydia Runnals	Danvers
2017	Hugh Calice	Beverly
2016	Michaela Hedderman	Ipswich
2015	Spencer Craig	Marblehead
2014	Jillian Witwicki	Pingree
2013	Dylan Mann	Masconomet
2012	T.J. D'Amato	Peabody
2011	Olivia Raisner	Marblehead
2010	Christopher Splinter	Masconomet
2009	Gregory Doonan	Peabody
2008	Courtney Colantuno	Marblehead
2007	Patrick Bailey	Beverly
2006	Annie McNerney	Swampscott
2005	Kynan Mello	North Shore Tech
2004	Jessica Larsen	Salem
2003	Mike Shanahan	St. John's Prep
2002	Jared Jaffe	Swampscott
2001	Caleb Pelger	Peabody
2000	Andrew Nechtem	Masconomet
1999	Sarah Keenan	Ipswich
1998	Kristin Gleason	Masconomet
1997	Jonathan Eng	Pingree
1996	Molly Cronin	Masconomet
1995	Christopher Lang	Bishop Fenwick
1994	No award	
1993	Sarah Guerin	Swampscott
1992	Sarah McGrath	Beverly
1991	Brant Firestone	Marblehead
1990	Lori E. Hayes	Hamilton-Wenham
1989	Billy Madden	Swampscott
1988	Jeffrey M. Landry	St. John's Prep
1987	Nicole Turgeon	Salem
1986	Mark Jones	Peabody
1985	Duke Pascucci	Beverly
1984	Kathleen Toner	Swampscott
1983	Conrad Keville	Manchester
1982	Scott T. Powers	Danvers
1981	Kristen Foley	Peabody
1980	Benjamin Paul	Ipswich
1979	William Wiltshire	Hamilton-Wenham
1978	Bruce Lynn	Ipswich
1977	Francis Walker	Peabody
1976	Mark Agnew	Masconomet
1975	James Michael Leahy	St. John's Prep
1974	James P. Rosenfield	Marblehead
1973	Peter A. Barry	Hamilton-Wenham
1972	John S. Olbrych	St. John's Prep
1971	Thomas J. Alexander	Beverly
1970	Peter Gorniewicz	Ipswich
1969	Leonard N. Dwinell	Masconomet
1968	James P. Turner	Salem
1967	Michael R. Harris	Hamilton-Wenham
1966	John E. Ormiston III	Marblehead
1965	David C. Gray	Hamilton-Wenham
1964	Paul D. Thompson	Danvers
1963	David G. Doughty	Masconomet
1962	Peter M. Zeitzoff	Beverly

### Number of winners by school

8: Masconomet; 7: Beverly, Peabody; 6: Marblehead; 5: Ipswich, Hamilton-Wenham, Swampscott; 4: St. John's Prep; 3: Salem, Danvers, Essex Tech; 2: Pingree; 1: Bishop Fenwick, Manchester Essex

# MYA PERRON, BEVERLY

Determined. Focused. Competitive. These are just some of the words that faculty and administrators at Beverly High School use to describe one of the top students in the Class of 2023, Mya Perron.

A straight-A student and captain of both the Panthers' softball and volleyball teams, Perron puts in the work needed to succeed from sunup to sundown. She is, said varsity softball coach Megan Sudak, the very definition of the slogan "no days off".

"If one were to look up what that looks like, Mya's daily agenda may be the first imagine returned in a Google search," said Sudak.

"Mya attacks every minute with fervor. She is one of the only seniors who still carries a complete 8-course workload that includes 4 Advanced Placement courses and a Dual Enrollment course in Emergency Medical Services. After the school day ends Mya is just getting started, typically practicing for one of her many sports ... I honestly do not know when she finds any time to work her shifts at Bertucci's (too)."

A member of the National Honor Society, Perron carries a grade point average of 4.56 and is ranked 26th in her senior class. Her AP

## MEET MYA PERRON

- **High school:** Beverly High
- **Age:** 17
- **College you will be attending:** UMass Boston
- **What is your favorite book?:** "The Maze Runner" by James Dashner
- **What is your favorite movie?:** 'Red Notice'
- **Who is your favorite singer?:** J. Cole
- **What is your favorite app?:** TikTok
- **What is your favorite class in school?:** AP Biology
- **What athletic feat are you most proud of?:** The opportunity to continue my athletic career at a collegiate level.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means holding teammates accountable while still lifting them, and allowing others to do the same for me.
- **Where do you see yourself 10 years from now?:** I see myself pursuing my dream profession as a traveling nurse. I'll be experiencing the world while positively impacting the lives of those around me.
- **What's something most people don't know about you?:** That I was adopted when I was five years old.

classes this year include Calculus, Chemistry, Statistics, and Environmental Science. To date, she has achieved 18 A+ grades at Beverly High. Perron is also a member of the Red Cross Club.

A Northeastern Conference (and Salem News) all-star in both volleyball and softball, Perron has been a varsity member of both programs since she was a freshman. She had 207 kills and .266 hitting percentage as an outside hitter in volleyball last fall, adding 123 digs along with 36 aces. For her efforts, she was chosen as team MVP.

Last spring, Perron was a slugging third baseman who batted a robust .420 with two home runs and 17 runs batted in while striking out only four times.

Perron also played varsity basketball as a freshman and sophomore before switching winter sports and joining the Panthers' indoor track team as a junior and senior.

"I believe Mya would be an ideal candidate for this award," Beverly High principal Elizabeth Taylor noted. "She has demonstrated the discipline necessary for success in academics and athletics."



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# SHANNON BRESNAHAN, BISHOP FENWICK

One page isn't quite enough to showcase the distinctions and accomplishments of Bishop Fenwick's Shannon Bresnahan.

A stellar student-athlete, Bresnahan is a member of the National Honor Society, has been named to the President's List as an academic honor roll student in each of her four high school years, took home numerous academic excellence awards, and was granted the Fenwick First Award for her outstanding qualities surrounding faith, integrity, relationship, scholarship and tradition.

In addition, Bresnahan currently serves as the secretary for the Student Activities Council, holds the social media director title within that group, and is both a peer leader for campus ministry and a peer mentor for the school.

"Shannon Bresnahan is a force," said Fenwick college and guidance counselor Katie Conroy.

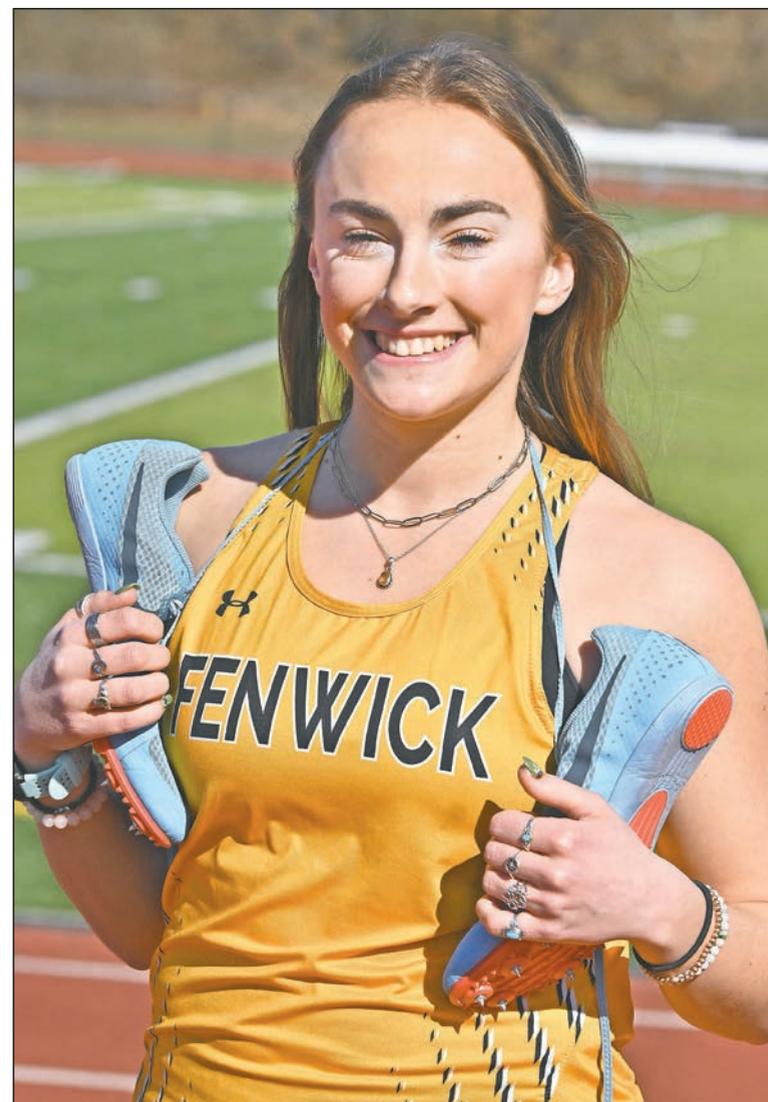
"Shannon sets high standards and goals for herself and works tirelessly to achieve them. She is bright, energetic, diligent and ambitious. Not only is she an excellent and hard working student, but she has dedicated herself to community service and enriching the lives of those around her."

Among her other leadership roles, Bresnahan works as a tour guide for new admissions and is the Crusader Leader for campus

## MEET SHANNON BRESNAHAN

- **High school:** Bishop Fenwick
- **Hometown:** Beverly
- **Age:** 18
- **College you will be attending:** Saint Anselm (Nursing/XCTF)
- **What is your favorite book?:** "The Kite Runner" by Khaled Hosseini, because of how it made me appreciate the life that I have and not take relationships in my life for granted.
- **What is your favorite movie?:** 'The Lion King' because I very much love the music and the emotion. It is a story that transcends time, has a great message, and is displayed in a fun way with lovable animal characters.
- **Who is your favorite singer?:** Joshua Bassett. Not only does he have very mature and relatable lyrics, but he has overcome great adversity. He also embraces his faith and encourages all of his fans to be themselves and treat others with kindness.
- **What is your favorite app?:** Strava, because I'm able to share my running workouts with my teammates and send "kudos" and encouraging comments to each other.
- **What is your favorite class in school?:** Theology IV. It allows me to learn about my Catholic faith and human dignity. I'm also able to ask philosophical questions that interest me.
- **What athletic feat are you most proud of?:** How my 4x400 relay team performed at the Division 4 state championships this year, qualifying for the All-State championships and getting a substantial personal record.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It provides me the opportunity to be a role model, especially to underclassmen, whether it be through student council or through a sports team. When I was a freshman, I was welcomed with open arms by the upperclassmen and I want to give that same experience to the underclassmen at my school by encouraging and motivating them to reach their full potential.
- **Where do you see yourself 10 years from now?:** Settling down and hopefully starting a family. After college, I plan on being a traveling nurse for a few years before choosing one hospital to stay at. That way, I can have a family and not be away from them.
- **What's something most people don't know about you?:** Since I was five I've been a competitive Irish step dancer, having advanced to the highest level and competed at regional and continental competitions.

ministry. During non school hours she's also volunteered for a multitude of events, programs and fundraisers.



When it comes to athletics, Bresnahan shines just as brightly. She's been particularly successful on the track, competing for the indoor/outdoor squads and cross country throughout her career. For her efforts, Bresnahan has been named to the Catholic Central League all-star team multiple times.

"Shannon is a true leader on

and off the track, earning her the title of varsity captain for both cross and track and field," said Conroy.

"Shannon's coaches describe her as organized, motivated, passionate and diligent. Her efforts around leadership and community service continue to strengthen and nurture our school community long after she's graduated."



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# ARIS XERRAS, DANVERS

One look from Aris Xerras can change the course of a particular game and the mood of a team. Most importantly, that's not because of intimidation, but because of respect.

Each of Xerras' Danvers High coaches lauds the natural leadership traits he's shown on the football field, basketball court, baseball diamond, and in the classroom. The 2022 Salem News Lineman of the Year cuts an imposing figure, yet he's the picture of poise when things get hot in competition.

Danvers High assistant principal Julie Sgrio recalled one such game:

"Aris did not say anything, just motioned to his team to keep their cool," she said. "He didn't have to yell to get their attention; his actions spoke for themselves. The same goes for his leadership in school. He doesn't walk the halls as a showman or with bravado, he just quietly does the right thing when no one is looking."

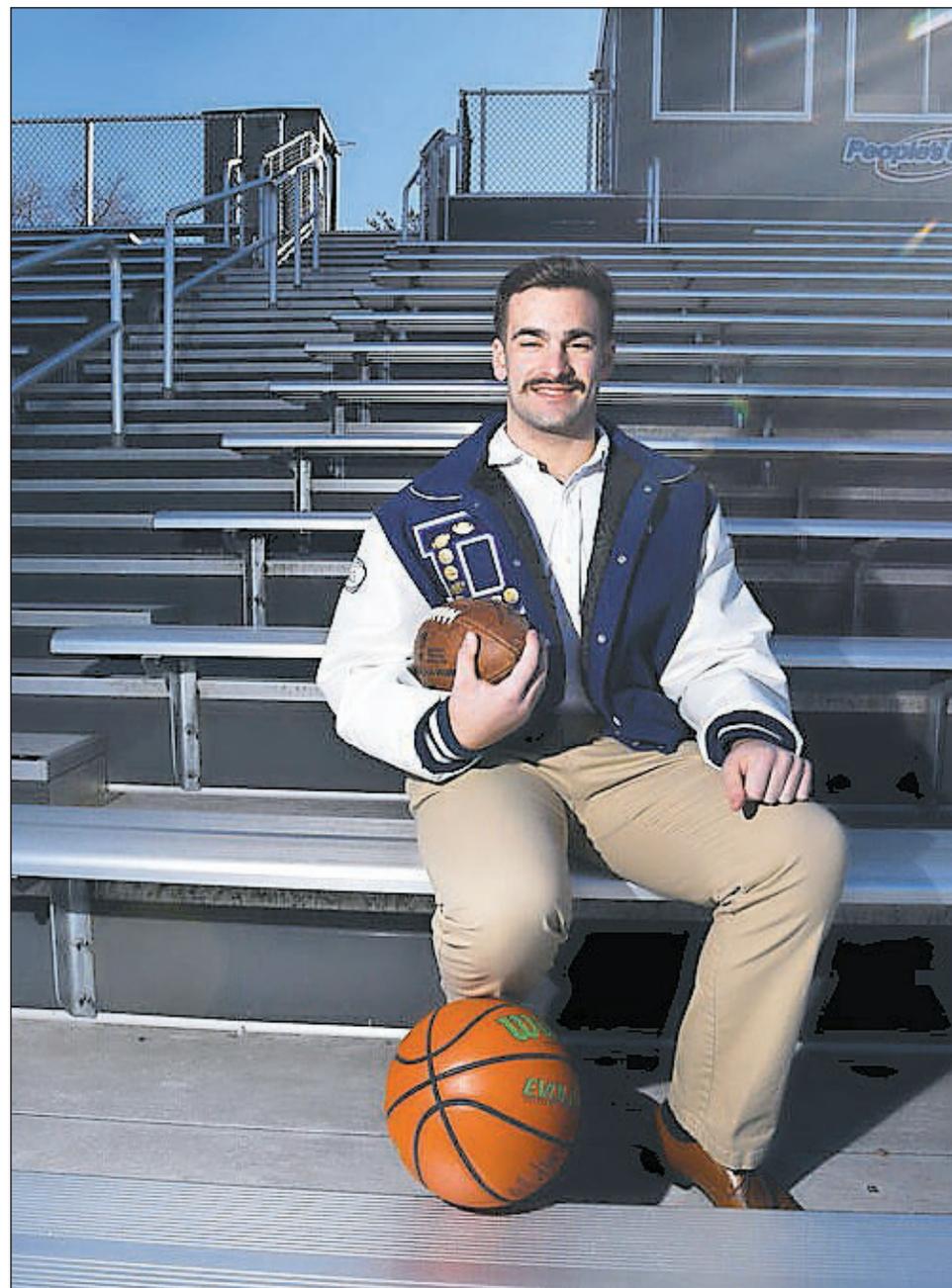
Xerras' commitment to his teammates in all three sports is second to none. His commitment in the classroom speaks volumes as well.

While DHS does not do class ranks, he carries a weighted 91.942 average while tackling courses like Advanced Placement Economics. He has earned numerous Honor Roll nods and took a class called "The Evolution of a Hero" while enjoying analyzing literary works such as *The Great Gatsby* and *The Crucible*.

A Mass. State Coaches Association All-State pick and Shriner's all-star, football is Xerras' top sport. He was dominant as a senior on the defensive line, amassing 109 tackles and 16 sacks. His presence as a captain and loyalty to the Falcons meant even more than those statistics, head coach Ryan Nolan said.

"There have been some tough times in town and Aris is the type of person you want by your side when things are tough," Nolan said. "He shouldered the load and made no excuses. His statistics and awards and very impressive, but what sets him apart is character, integrity and loyalty."

A volunteer youth coach as well, Xerras will be playing college football at St. Anselm in New Hampshire.



As much impact as he's had on the field, court and diamond for the Falcons, it remains his incredible

communication skills and gravitas that stand out above the pack. Rather than wilting under the pressure

that comes with being a focal point of game plans as well as the attention of teachers, peers and rivals,

## MEET ARIS XERRAS

- **Name:** Aris Xerras
- **High school:** Danvers High
- **Age:** 18
- **College you will be attending:** St. Anselm
- **What is your favorite book?:** "The Great Gatsby" by F. Scott Fitzgerald
- **What is your favorite movie?:** 'Donnie Brasco'
- **Who is your favorite musical group?:** Pink Floyd
- **What is your favorite app?:** Instagram
- **What is your favorite class in school?:** English
- **What athletic feat are you most proud of?:** Being able to play most positions in all of football, baseball and basketball.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means a lot to me because they look to me when things get tough. I'm the one that needs to persevere and lead them through challenging times.
- **Where do you see yourself 10 years from now?:** Being a high school teacher and coaching a high school football team.
- **What's something most people don't know about you?:** The night before every football game since I was a freshman, I would watch 'When The Game Stands Tall'.

Xerras has thrived under it, "He's the best kid I've ever coached," Falcon boys basketball coach Chris Timson said. "He's a hard worker, a great leader, and a great communicator. He's a coach's dream."

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# SALEM NEWS STUDENT-ATHLETE NOMINEE

## MADDIE McDONALD, ESSEX TECH

A quick glance at Maddie McDonald's high school transcript will tell you all you need to know about her commitment to academics.

In four years at Essex Tech, McDonald has never received anything lower than an A. During her junior year, she earned a perfect A+ in all 12 of her courses, challenging herself with honors and AP level courses.

The Swampscott native ranks third out of 397 students in her graduating class with a wildly impressive 4.75 GPA. She scored a 1,330 on her SATs, serves as a student mentor and an MIAA student ambassador, and has taken home the school's Student of the Month Award multiple times.

"Maddie is the perfect example of who we are as a school, and she has had a positive impact on our entire athletic program," said Essex Tech Coordinator of Athletics, Wellness and Health Services, Michael Murphy. "She is a hard

working, energetic and passionate individual who always puts her teammates and classmates first. She is the definition of what we look for when we describe an Essex Tech Hawk."

When it comes to athletics, McDonald doesn't miss a beat. A three-year varsity standout on the lacrosse team and two-year captain, McDonald has amassed over 160 goals and 50-plus assists heading into her farewell campaign. McDonald was named the Commonwealth Athletic Conference MVP after scoring a whopping 100 goals in 2022.

McDonald is also a four-year varsity cross country team member and captained the indoor track team this past winter while qualifying as an individual for states. Somehow she still finds other ways to make an impact, including status as a board member for the Essex Tech Kindness Week. She's a member of DECA and serves on the school's Captain's Council as well.

"Maddie is a deft



critical thinker with a high level of emotional intelligence, skills that combine to make her an effective communicator" said Hawks' girls lacrosse coach and history teacher, Matt Gwilliam. "She is one of the most self-disciplined student-athletes I have worked with over the past decade and has shown a level of maturity, commitment and perseverance unrivaled by her peers."

McDonald shines in her CTAE area as well and is able to balance everything with aplomb. She has a plan and commitment to play

### MEET MADDIE McDONALD

- **High school:** Essex North Shore
- **Hometown:** Swampscott
- **Age:** 17
- **College you will be attending:** Roanoke College
- **What is your favorite book?:** "Beartown" by Fredrik Backman
- **What is your favorite movie?:** 'The Avengers'
- **Who is your favorite singer?:** Rihanna
- **What is your favorite app?:** Instagram
- **What is your favorite class in school?:** Biology
- **What athletic feat are you most proud of?** Breaking the course record for cross country during my school senior year.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means setting a good example and helping those around you both on the field and off.
- **Where do you see yourself 10 years from now?:** Working in a veterinary practice.
- **What's something most people don't know about you?:** I love to cook and bake.

college lacrosse at Roanoke College since last year and

according to Murphy, "I have no doubt that she will

exceed expectations like she always does."

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# CHLOE GERN, HAMILTON-WENHAM

Logical thinking skills have done wonders for Chloe Gern both in the classroom and on the playing fields at Hamilton-Wenham.

To truly understand how seriously Gern takes her studies, she has chosen Honors classes in every available class offered at Hamilton-Wenham — and subsequently earned High Honors every marking period. By the time the Vice President of the National Honor Society graduates this spring, she'll have taken an amazing eight different AP classes.

Gern is also a DECA Leader and belongs to Model UN, and started a science team at the school with two other students.

"Chloe is an outstanding problem solver and leader," said her guidance counselor. "Chloe is a frequent contributor to any classroom discussion. She's a student who focuses on developing a deeper understanding of any concepts that are presented."

While her high school does not keep class rankings, Gern (4.21 GPA) is expected to be her senior class's valedictorian or salutatorian. She'll be attending Dartmouth College this fall.

## MEET CHLOE GERN

- **High school:** Hamilton-Wenham Regional
- **Hometown:** South Hamilton
- **Age:** 18
- **College you will be attending:** Dartmouth College
- **What is your favorite book?:** "Pride & Prejudice" by Jane Austen
- **What is your favorite movie?:** 'Mean Girls'
- **Who is your favorite singer?:** Taylor Swift
- **What is your favorite app?:** Spotify
- **What is your favorite class in school?:** AP Calculus
- **What athletic feat are you most proud of?:** Winning my match in the 2022 tennis state championship and helping my team secure the state title and close out an undefeated season.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means being kind, welcoming, and inclusive. It also means being someone to look up to and setting a positive example for others.
- **Where do you see yourself 10 years from now?:** Living in Boston and becoming a doctor.
- **What's something most people don't know about you?:** I've gotten lost on two different mountains while hiking internationally — once in Norway and once in Italy.

Gern is a three-year starter at outside midfielder (and outside defender, depending on the team's needs) for the Generals' soccer team, guiding them to three consecutive Cape Ann League titles and the Division 4 state championship her junior year. As a team captain this past fall, Gern was chosen as a Cape Ann League First Team all-star and an Eastern Mass. Second Team all-star.

"Chloe uses her speed and toughness to shut down

the top outside player on opposing teams," said H-W head coach Nancy Waddell. "She's an intense competitor who pushes herself and her teammates to reach for their best, and is the Energizer Bunny on our team: she never needs a break during games or practices. In fact, she gets stronger as the game goes on."

A captain of her school's tennis team this spring, Gern helped pilot the Generals to their first CAL



championship on the courts in more than 20 years last season. The Generals went undefeated (23-0) to win the state title as Gern, battling through an ankle injury, went 11-2 at third singles, including a perfect 5-0 in state tournament play.

"It should be noted that

Chloe's win total would have been much higher, but she unselfishly was willing to share her playing time to get 13 seniors into the lineup," said tennis head coach Joe Maher.

In two seasons with the varsity tennis team, Gern is 21-2 in doubles play and has

won all four of her singles matches as well.

"I've also been lucky enough to experience Chloe as a student in the math classroom," added Maher, "and she's a gifted, analytical problem solver who will be bringing her myriad of talents to Dartmouth."

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# BRIAN MILANO, IPSWICH

Possessing strong academic skills, being a three-sport star, a talented musician and, as one school figure put it, “an all-around nice kid”, it’s no wonder Brian Milano is a favorite among his peers, teachers and administrators at Ipswich High School.

A two-time Salem News all-star in both soccer and tennis, Milano is also a champion in indoor track. He was part of the first place quartet at the Division 5 state meet in the 4x400 relay and the second place sprint medley relay squad, adding to his collection of gold and silver medals he won previously at the state level.

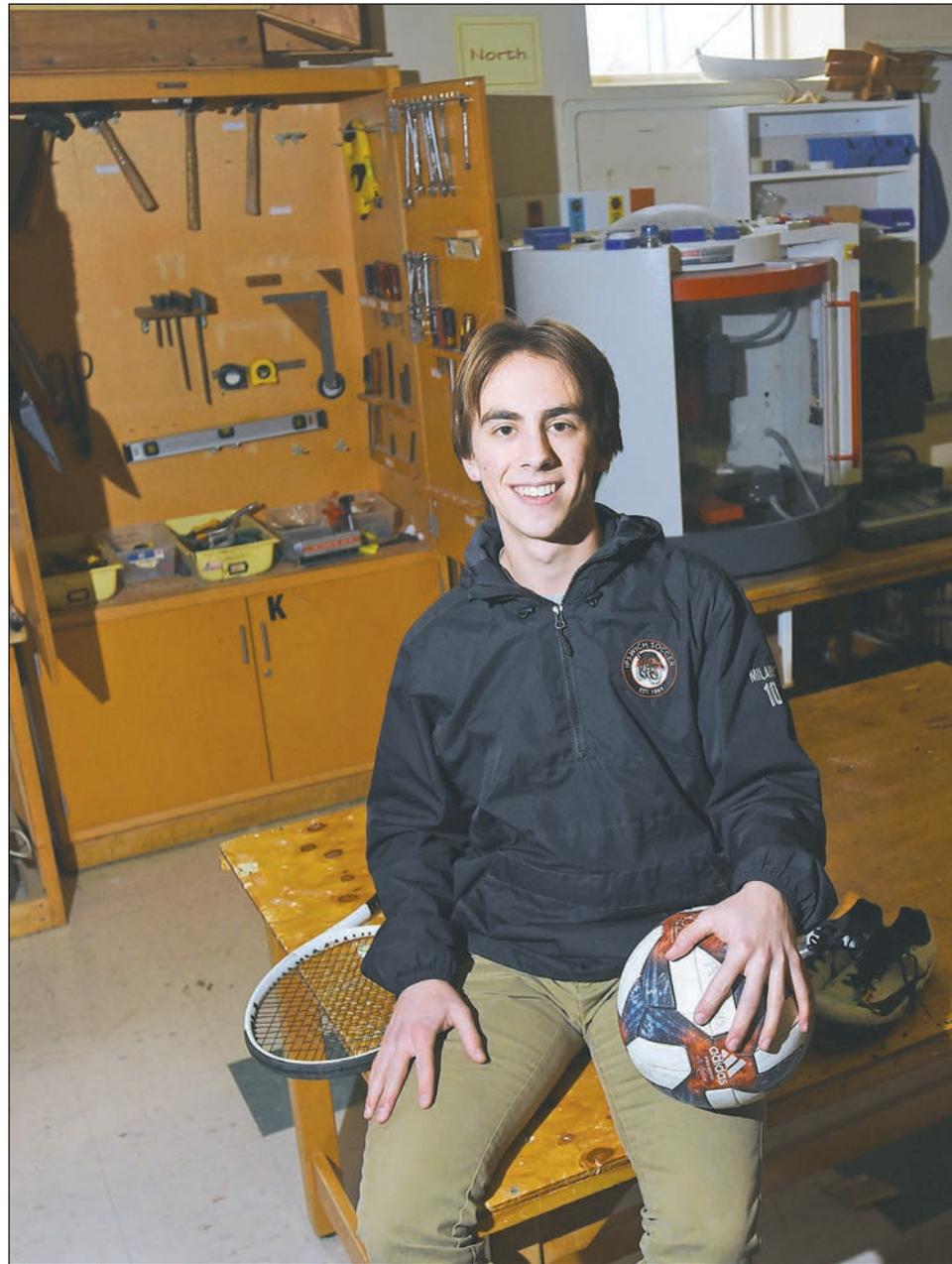
“A tireless worker in practice, he is coachable and strives for athletic perfection,” Ipswich track and field coach Marty Binette said of Milano. “This year, he selflessly switched from the 300 to the 55 meter dash because he recognized the need for the team. Even though track isn’t his top sport, he recognizes the importance of teamwork and doing what’s best for the team.”

Academically, Milano shines just as brightly. He’s had four consecutive years of achieving High

Honors and Distinguished Achievement Awards. He’s been a two-year member of the National Honor Society and is a 2021 St. Michael’s Student Scholarship Book Award recipient. Milano scored 1240 on his SATs and owns a 4.08 GPA.

He has also been involved in Ipswich High’s award winning Concert Band, served as the BROGA Club President the last two years, was part of the Interact Club his first two years of high school, and the Amnesty Club as a sophomore and junior. He also finds the time to work with youth soccer players, both at summer camps and refereeing games in the fall.

“Brian’s AP math teacher describes him as ‘one of the most respectful and positive students I’ve ever encountered’, and his AP Computer Science teacher states ‘Brian is a tremendously likeable and responsible student’,” said IHS athletic director Tom Gallagher. “To me, this is noteworthy and speaks to Brian’s character and his work ethic. It’s one thing to work hard and earn good grades, but to also possess these positive character traits is what helps set Brian apart from many of his peers.”



Claire Powers, a School Counselor at Ipswich High, cheerfully recalled observing Milano during the school’s recent Spirit Week

and how he embodied all that he stands for.

“Brian was an integral and respected part of his class during these events,”

she said. “He was in full costume each day, of course competed in several of the team athletic events, and shared his musical talents

## MEET BRIAN MILANO

- **High school:** Ipswich High
- **Hometown :** Ipswich
- **Age:** 18
- **College you will be attending:** University of New Hampshire
- **What is your favorite book?:** “SYLO” by D.J. MacHale
- **What is your favorite movie:** ‘Interstellar’
- **Who is your favorite singer?:** Harry Styles
- **What is your favorite app?:** Instagram
- **What is your favorite class in school?:** Engineering Projects
- **What athletic feat are you most proud of?:** Making the playoffs for soccer my junior year and senior year.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means I’m someone that others look up to. While I’m pushing myself to be my best, I inspire others to strive to be their best self.
- **Where do you see yourself 10 years from now?:** I can see myself loving what I do for a living while supporting my family and our happy dog.
- **What’s something most people don’t know about you?:** I used to play competitive field hockey when I was younger. I played on the field and also played goalie.

in the class performance of “Don’t Go Breakin’ My Heart” and “Waterloo”. Brian does not seek out the spotlight, but happily jumps in whenever he is needed to support a team and facilitate a victory.”



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SALEM NEWS STUDENT-ATHLETE NOMINEE

# DOUGIE PRATT, MANCHESTER ESSEX

Put a stick in his hands and Dougie Pratt knows how to get the job done on both the ice and on the turf. Put him in a classroom and Pratt will not only excel, but do so while taking the most challenging courses offered. Put him in a situation where he can volunteer and help others, and Pratt does so without hesitation.

All of this makes the Manchester Essex leader, who ranks among the top five percent of students in his senior class, the very definition of a student-athlete.

“Without a doubt, Dougie embodies all the characteristics of what education-based interscholastic athletes is all about,” said Manchester Essex athletic director Cameron Molinare.

“Dougie is a kind, intelligent and selfless leader who makes pairing the rigors of high school academics and athletics look easy ... he’s something that his peers, teammates, coaches, and teachers can always count on to do the right thing — especially when no one is watching.”

Pratt loaded up with five Advanced Placement courses as a senior — English Literature, Government, Calculus, Statistics, and Physics — as well as an Entrepreneurship Honors class. He has



maintained a fantastically strong 5.15 GPA and scored 1,410 on his SATs.

Among the academic honors that this National Honor Society student has received include the Clarkson University Achievement Award, a Business Management Outstanding Student recognition, and being named a Manchester Essex Junior Scholar for completing four semesters of core courses while maintaining a GPA above 4.70.

“Doug is an outstanding student who will thrive in

any field that he chooses to pursue,” said Barrett Alston, Pratt’s business teacher at Manchester Essex and a DECA Advisor. “(Recently), we had an exhaustive conversation about what it would take to get into private equity — the chat ended with me promising to do some more research and left me, not for the first time, with the feeling that Doug is destined for big things. Seventeen-year-old kids are simply not as polished, motivated, and deeply

intelligent as he is.”

As a hockey player for the co-operative program at Rockport High School, Pratt served as a two-time team captain and an ace scorer while playing four seasons on the varsity. In the spring he turns to lacrosse, where he stars for his hometown high school.

“During Dougie’s tenure in our hockey program, he has developed not only as a player but as a leader,” Kyle Nelson, the Rockport hockey coach, noted. “Since our program

is a co-op, communication amongst the different schools (Manchester Essex, Rockport and Ipswich) is crucial and the last two years in particular Dougie has always been an asset for the coaches when we’ve needed a captain to relay messages (to the team).”

“Honestly, Dougie is one of the good guys,” added Beverly Low, Director of Guidance and College Counseling at Manchester Essex. “He is kind, empathetic, smart and thoughtful.”

## MEET DOUGIE PRATT

- **Name:** Dougie Pratt
- **High school:** Manchester Essex Regional
- **Hometown:** Manchester
- **Age:** 17
- **College you will be attending:** Undecided
- **What is your favorite book?:** “The Remains of the Day” by Kazuo Ishiguro
- **What is your favorite movie?:** ‘Goodfellas’, but ‘Shawshank Redemption’ is a close second.
- **Who is your favorite singer?:** Quinn Brady
- **What is your favorite app?:** ESPN Fantasy Football
- **What is your favorite class in school?:** Entrepreneurship
- **What athletic feat are you most proud of?:** Helping to end the seven-year drought from the state hockey playoffs freshman year. Our head coach had been a player for two of those years so it meant a lot to all of us to do it for him.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means setting an example and pushing others to perform at their full potential. Being the captain of a co-op team you have to encourage team chemistry to become a cohesive unit, which is a big part of what a leader means to me.
- **Where do you see yourself 10 years from now?:** I’ll be 27, so hopefully I’ll be working at a job that I love and that allows me to spend time coaching the next generation of hockey players ... and hopefully get back on the ice myself.
- **What’s something most people don’t know about you?:** I learned to skate with figure skaters.



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Salem Five congratulates all of our local student athletes on your achievements. Here’s to making your move and to what’s next.

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# SHANE KEOUGH, MARBLEHEAD

They call baseball the thinking man's game ... and you'd have a hard time pointing out a better thinker than Marblehead High diamond standout Shane Keough.

A force with his bat and glove at Seaside Park, Keough is even more impressive in the classroom. Every grade he's earned in his four years at Marblehead High has been a 'A' — 30 of them heading into the final semester for a cumulative career grade point average of 4.4602. That places Keough at No. 4 in the MHS Class of 2023 rankings.

"Shane epitomizes the complete spirit of student-athlete," Magicians athletic director Greg Ceglarski said.

Keough is an avid studier of ancient Greek and Roman history, and as such one of his favorite courses is Advanced Placement Latin; he took home the school's Excellence in Latin Award and is a member of the National Latin Honor Society while earning a National Latin Exam Award three times.

A member of the traditional National Honor Society as well, Keough has received a Tulane Book Award and a 2022 AP Scholar Award; in his Marblehead career, he has taken eight AP courses with four of his in a demanding senior courseload.

Athletically, Keough is one of the most dangerous hitters in the Northeastern Conference. He

led the North Shore area with 31 RBI as a junior while hitting an impressive .368. As one of the Magicians captains this spring, he's also a strong natural leader.

"It's players like Shane that younger athletes learn from," said Ceglarski. "He not only holds himself accountable, but he also makes sure his teammates are all working towards the common goal of improving every day."

That leadership shines through in school and volunteering as well. Keough is a peer mentor and also takes time to tutor his fellow students in Latin and other subjects as part of the National Honor Society program.

A multi-talented athlete, Keough was also a key member of the Magicians highly successful football team that won the state championship his junior year. As a senior, he played several different positions and seldom missed time despite suffering a knee injury. A fearless receiver, Keough would often leap into the middle of an opposing team's defense and take a hit to make a catch for a big first down or touchdown.

"He was one of the hardest working and most versatile players we had," Ceglarski noted. "Shane sees himself as selfless, hardworking, and honest. He wants what's best for his friends and family, and tries his best to be a support system for them."



## MEET SHANE KEOUGH

- **Name:** Shane Keough
- **High school:** Marblehead High
- **Hometown:** Marblehead
- **Age:** 18
- **College you will be attending:** Post-grad year at either Phillips Academy Andover or Loomis Chaffee
- **What is your favorite book?:** 'Blindside' by Michael Lewis
- **What is your favorite movie?:** 'Indiana Jones and the Raiders of the Lost Ark'
- **Who is your favorite singer or musical group?:** Kanye West
- **What is your favorite app?:** Twitter
- **What is your favorite class in school?:** Mr. Livingston's AP Latin class.
- **What athletic feat are you most proud of?:** Without a doubt, my proudest athletic accomplishment was being a part of the first Marblehead team to win a Super Bowl in our town's history.
- **In one or two sentences, what does being a leader among your peers mean to you?:** To me, being a good leader necessitates a balance of being kind and welcoming to my teammates, while at the same time pushing them to work harder and improve, for the good of the team.
- **Where do you see yourself 10 years from now?:** I would be beyond excited if I ended up playing professional baseball ten years from now, as Andover/Loomis has a long history of producing professional ballplayers.
- **Beyond baseball, however, I envision myself applying an economics degree to investment banking, hopefully working on Wall Street, and eventually starting my own company.**
- **What's something most people don't know about you?:** I love reading and learning about Ancient Greek and Roman history.



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# MATT RICHARDSON, MASCONOMET

## MEET MATT RICHARDSON

- **High school:** Masconomet
- **Hometown:** Middleton
- **Age:** 18
- **College you will be attending:** Endicott College
- **What is your favorite book?:** "Crossover" by Kwane Alexander
- **What is your favorite movie?:** 'The Hate U Give'
- **Who is your favorite singer?:** Lil Baby
- **What is your favorite app?:** Instagram
- **What is your favorite class in school?:** Math
- **What athletic feat are you most proud of?:** Playing both sides in football or in-game dunks.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means everything to me; going to practice for both sports and knowing that my teammates are looking in my direction for advice and instruction is something that I am very proud of. I want my teammates to look at me as a person who they would like to model themselves after.
- **Where do you see yourself 10 years from now?:** I would like to see myself in a leadership position at a reputable company and close to starting a family.
- **What's something most people don't know about you?:** I lived in Danvers when I was younger.

Anyone who's watched the Masconomet Regional football or basketball teams play in recent years almost certainly knows who Matt Richardson is.

The senior standout is coming off a tremendous individual hoops campaign

with the Chieftains, leading the team in both scoring and rebounding en route to All-Northeastern Conference honors.

A few months prior, he threw for over 1,100 yards and 14 touchdowns to help Masco football win seven



games and clinch a spot in the state playoffs. He was subsequently named to the All-NEC team for his gridiron prowess as well.

"Matt does everything for our team and his teammates look to him to carry them on far too many occasions, although he does just that," said Masconomet boys basketball head coach Steve Heintz. "He is a quiet young man, but that reflects respect of adults and peers around him rather than any

type of standoffishness or false pride. His maturity is shown when he speaks, since what he does say reflects a keen observer, an emerging wisdom and respecter of others."

A versatile and dedicated student-athlete, Richardson can certainly fill up the stat sheet. But what many people probably don't know is that he's a model in the classroom as well.

As hard as Richardson works on his respective

athletic surfaces, he matches that during in-school hours. He's particularly strong in mathematics, and has received numerous A's throughout his high school career.

"Matt knows and is committed to the value of his academic responsibilities," added Heintz. "When some student-athletes study to stay eligible, Matt is using his understanding and intellect as a student to further his future. He will sometimes

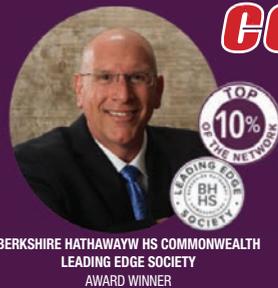
arrive a little late to practice, having come from an extra help session, wanting all of his classes to be profitable, not simply the ones he likes or is interested in.

"Matt is serious about who he is and what his future holds, and uses his coursework to prepare himself for that future."

Upon graduation, Richardson will stay on the North Shore to attend nearby Endicott College and continue his budding football career.

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# PENNY SPACK, PEABODY

In the age of specialization, it's rare to find a student-athlete as well-rounded as Peabody's Penny Spack — both on the playing field and in the classroom.

An all-star caliber player in three different sports — soccer, ice hockey and softball — Spack is also one of Veterans Memorial High's most decorated students. She ranks No. 6 in a senior class of 408, and her interests in the classroom range from math to neuroscience to history and the Model UN program.

"I thought I knew Penny pretty well, but then I look at her resume and I realize I what I knew only scratched the surface," Tanner girls hockey coach Michelle Roach said.

That swath of outside interests includes Greek dance and doing volunteer work with the National Orthodox Greek Ministry through St. Vasilios Church. Spack is a Daughters of the American Revolution Good Citizen, a Rensselaer Medal winner, a National Honor Society member, and an AP scholar who has taken 12 Advanced Placement courses over the last three years.

A three-sport captain and member of Peabody's Mayor's Leadership Council, Spack is almost always the last player to leave the locker room. Whether it's staying

behind to help out a teammate or make sure the place is clean for the next team coming in, Spack is the type of leader that takes the time to be sure things are done correctly.

"She's a natural leader," Tanner girls soccer coach Andrew Douglass said. "Her belief in herself and her ability to make her teammates believe is a huge reason for our team success."

An outstanding power hitter, Spack helped the Peabody High softball team reach the Division 1 state championship game for the first time ever last spring when she hit .417 with 27 RBI.

This past winter, she was named Salem News Girls Hockey Player of the Year as only the third defenseman to earn that honor in 18 years. Her booming shot from the point led to a team-best 14 goals and she helped the Tanner co-op squad reach the Division 1 Elite Eight round while allowing the third-fewest goals in the state.

"I've never seen a player work as hard to improve as Penny has," said Roach. "She always feels like she can improve and she puts in the work to back it up. I'm so proud of the season she had, but I'm also blown away by everything she does outside of hockey. She's an incredible kid."



## MEET PENNY SPACK

- **Name:** Penelope (Penny) Spack
- **High school:** Peabody Veterans Memorial
- **Age:** 17
- **College you will be attending:** Undecided
- **What is your favorite book?:** "Two Can Keep A Secret" by Karen M. McManus
- **What is your favorite movie?:** 'Miracle'
- **Who is your musical group?:** Zac Brown Band
- **What is your favorite app?:** Instagram
- **What is your favorite class in school?:** AP Physics, because it is the most challenging course and makes me think in a different way than most classes do.
- **What athletic feat are you most proud of?:** Becoming a three-sport captain for soccer, hockey, and softball. Since I was a kid watching the high schoolers play, I knew that I wanted to be one of the people leading those teams.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means you're setting the example and expectation for those around you, because people follow those that are willing to put in the work to accomplish hard things, with or without the title. It also means doing what you believe is right, even if you cannot satisfy everyone in the process of making the team successful both on and off the field/ice.
- **Where do you see yourself 10 years from now?:** I'll have graduated from college and have my bachelor's degree, and maybe my Masters degree. I will have a stable job that I love and will live close enough to my sister to see her often. I see myself most likely still playing hockey in some capacity, whether it is in a competitive league or just a men's league. I will also be coaching by that time and want to give back to the community that I grew up in. I would also like to stay very involved in my church.
- **What's something most people don't know about you?:** I am named after my great grandmother, Penelope Mihos. My mother had my name picked out when she was five years old and, without the doctors telling her, knew I was going to be a girl. My parents had no other name picked out and I was Penelope long before my parents had even met.



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## SALEM NEWS STUDENT-ATHLETE NOMINEE

# EMILY NORTON, PINGREE

One of the Pingree cross country team's mottos goes that the only way to win is to run through some puddles.

Few Highlanders embrace that message — and are as willing to run through any puddles life puts down — with as much vigor as Emily Norton.

A three-sport captain for cross country, basketball and outdoor track, Norton has left her mark in every corner of the South Hamilton preparatory school's campus. She's an incredible student with a knack for understanding complicated STEM subjects such as Physics and Statistics and also immersed herself in computer work in the Girls Who Code program.

Norton, who grew up in North Andover, has received the Harvard Book Prize while earning high honors every term and being part of the Cum Laude Society. She's been a Notre Dame summer scholar, participated in the DECA club, math team and student council and is described by Pingree athletic director Betsy Kennedy as a "creative, nuanced thinker" as well as a "gifted listener who puts 100 percent into everything she does."

That attitude certainly manifested itself at one spring track meet last year. A multi-talented athlete who competes in almost any event in which the

Highlanders might need points, Norton was throwing the javelin at a site about a mile away from this meet's main track. The bus that was supposed to take the athletes back was running late, so Norton ran the mile back — then proceeded to run a leg of the 4x800 relay that set a school record.

"She does that, it's no surprise her teammates voted her captain, right?" Pingree track coach Jordan Coulombe said. "Emily doesn't take her abilities for granted and she's got a very practical and mature approach."

Norton helped the Highlander girls basketball team to one of its best ever seasons this winter, posting an 18-5 record and earning a New England tournament berth. Her 53 three-pointers ranked behind only Pingree teammate Bella Vaz in The Salem News coverage area. Her knack for knowing when to shoot and when to unselfishly pass up an open look helped facilitate the team's success.

"Emily's one of the hardest workers in program history. She turned herself into one of the best sharpshooters in New England with pure hard work," Highlander coach Dave Latimer said. "She's first to the gym and last to leave kind of kid who organized team lifts, gave rides to younger teammates and displayed amazing leadership."



## MEET EMILY NORTON

- **Name:** Emily Norton
- **High school:** Pingree School
- **Hometown:** North Andover
- **Age:** 18
- **College you will be attending:** Undecided
- **What is your favorite book?:** "All the Light We Cannot See" by Anthony Doerr
- **What is your favorite movie?:** 'Scream 1'
- **Who is your musical group?:** OK Go
- **What is your favorite app?:** Apple Photos
- **What is your favorite class in school?:** Calculus
- **What athletic feat are you most proud of?:** I'm extremely proud of this season's basketball team. We finished the regular season 18-5 (and) were a true team, with contributing players from all four classes. We worked hard in the off-season and enjoyed our time together during the season.
- **In one or two sentences, what does being a leader among your peers mean to you?:** A leader sets a positive example for the team on and off the court. She knows her teammates — as athletes and friends — and works to help them grow.
- **Where do you see yourself 10 years from now?:** I hope to be living in Alaska, working as a healthcare technologist, and whitewater rafting, hiking, and kayaking every free minute!
- **What's something most people don't know about you?:** I've won the Junior Club Golf Championship at Turner Hill multiple times.



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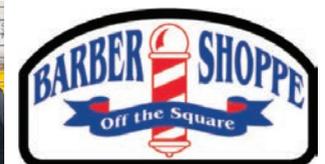
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# JACK DOYLE, SALEM

Not many high school student-athletes are capable of tackling so many different things without sacrificing results.

For Salem's Jack Doyle, it all seems to come naturally.

Captain of the Witches' golf, basketball and baseball teams in each of the past two seasons, Doyle thrives as a leader on and off the playing surface. He's been a four-year starter for both the golf and baseball squads and led the Northeastern Conference in steals while hitting .426 on the diamond last spring. He's earned conference all-star accolades for each sport.

In the classroom, Doyle maintains an impressive

3.93 GPA, good for 32nd in his graduating class. He challenges himself with honors and AP level courses, including his favorite, AP Physics 1.

Doyle is a member of the National Honor Society, a Peer Mentor, and is currently involved with the dual enrollment program, attending both Salem State University and Salem High.

"Jack has been the epitome of excellence in the classroom, on the court, field, course and outside of the athletic realm," said Salem High athletic director Reilly Christie. "He represents and continues to

represent what we want out of a student-athlete."

This winter, Doyle helped the Witches to a 15-win season and a Division 2 state basketball tournament win as the team's starting point guard. He regularly displayed his unselfishness, leading Salem with nearly seven assists per game, one of the top marks on the North Shore.

Doyle is both a vocal and lead-by-example captain and is regularly in control of his emotions. The soon-to-be graduate plans to attend Salem State University full time beginning this fall and will continue his baseball career while studying business.



## MEET JACK DOYLE

- **High School:** Salem High
- **Age:** 17
- **College you will be attending:** Salem State University
- **What is your favorite book?:** "Born A Crime" by Trevor Noah
- **Who is your movie?:** 'Avengers: Infinity War'
- **Who is your favorite singer?:** Bruno Mars
- **What is your favorite app?:** Solitaire
- **What is your favorite class in school?:** AP Physics 1
- **What athletic feat are you most proud of?:** All-Northeastern Conference for baseball
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means always being a role model, whether it's in the classroom or during sports. To be a leader also means always being there for my peers if they need help with anything.
- **Where do you see yourself 10 years from now?:** After taking business at Salem State University, I see myself having my own small business, settling down and starting a family. I would also love to get involved in youth sports.
- **What's something most people don't know about you?:** I really enjoy playing chess, pickleball and tennis.

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# JORBERT PERALTA, SALEM ACADEMY

Salem Academy Charter School athletics have taken a big leap in recent years, and it's individuals like Jorbert Peralta who have helped them thrive.

A standout on the basketball court, Peralta is a five-year varsity player and three-year captain. He surpassed the 1,000 career point mark this past winter and helped the Navigators to consecutive MIAA Division 5 state tournament appearances while leading his team in scoring and rebounding.

Peralta's on-court accomplishments speak for themselves, but it's his overall character and leadership qualities that truly separate him.

"I say this with the most utmost confidence: Jorbert Peralta is a generational talent of a young man," said Salem Academy boys basketball coach and seventh grade ELA teacher, Benjamin Petrides.

"I had the privilege of teaching and coaching this young man for the past seven years of my life. It is my greatest joy, however, that I have continued to get to know this young man for the past seven years."

Peralta certainly puts a lot of time into his budding hoops career, but he doesn't let it take away from his studies. The Salem News all-star carries a 3.9 grade point



average and is in the top 30 percent of his graduating class. He scored a 1,090 on his SATs and has been an Honor Roll or High Honor Roll student every single semester of high school.

In addition, Peralta started a mentoring program for Salem Academy's younger middle school students in the mornings before school. He also played a big role in starting

a season-opening basketball tournament at the school.

"Jorbert is a young man who is going to make any environment he is in a significantly better place.

He is driven, committed, talented, humble, charismatic, and possesses maturity and wisdom well beyond his years," added Petrides. "He is a special young man."

## MEET JORBERT PERALTA

- **High school:** Salem Academy Charter School
- **Hometown:** Salem
- **Age:** 18
- **College you will be attending:** Undecided
- **What is your favorite book?:** "Slam" by Walter Dean Myers
- **What is your favorite movie?:** "The Pursuit of Happyness"
- **Who is your favorite singer?:** Drake
- **What is your favorite app?:** YouTube
- **What is your favorite class in school?:** Math
- **What athletic feat are you most proud of?:** Scoring 1,000 career points in high school.
- **In one or two sentences, what does being a leader among your peers mean to you?:** To me, it's when you're somebody that your peers can look at when they don't know what's going on or need guidance. It's staying calm in the heat of the fire when others are falling apart or letting pressure get to them.
- **Where do you see yourself 10 years from now?:** With a career involved with sports, whether that's playing, managing, training or coaching in basketball.
- **What's something most people don't know about you?:** I love going for walks and being outside.

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SALEM NEWS STUDENT-ATHLETE NOMINEE

# JIMMY AYERS, ST. JOHN'S PREP

Jimmy Ayers' high school transcript is peppered with exceptional grades. He has won three state championships during his time at St. John's Prep, and his activities and community service projects are numerous.

The Hamilton resident, who owns a 4.27 grade point average and is the captain of the school's hockey and lacrosse teams, is exceptional in whatever he does because of natural ability, hard work, and a willingness to continually better himself.

"One would be hard pressed to find a more mature, well-adjusted young man," said David Hennessey, an AP Economics teacher and assistant hockey coach at St. John's Prep. "A few superlatives that immediately come to mind in describing Jimmy would be humble, engaging, lighthearted and respectful. To borrow a colloquial phrase, Jimmy simply "gets it". He is that "voice of reason" among his peers who can quickly size up a situation and set the tone for proper behavior and action."

A member of both the National Honor Society and Spanish National Honor Society, Ayers takes Advanced Placement and Honors classes such as Calculus AB, English 4, Financial Algebra, Zoology, War and Peace, Ethics, and Spirituality: Traditions and



Practice.

A Social Studies Academic medals winner as both a sophomore and junior, Ayers was also awarded the prestigious 1st Lt. Derek Hines Scholarship Award, given in honor of the late St. John's Prep hockey captain and West Point graduate who gave his life in the line of duty.

"Jimmy values a strong work ethic and looks at some of his more

challenging courses as opportunities to learn new strategies and skills," said school counselor Melanie Paresi. "He invests in himself and his learning."

On a team full of star players, Ayers led the Eagles' hockey team in goals (17) this season and finished with a career best 30 points in 24 games while leading them to the Division 1 state semifinals (one season removed from winning the

state championship).

Ayers has been the two-time state champion St. John's Prep lacrosse team's best player since his sophomore season, as his 101 career goals, 51 assists, and 152 points attest to. Having led the squad in scoring each of the last two seasons, the ultra-talented attackman will play for one of the nation's top programs, Division 1 Johns Hopkins, beginning next season.

In addition, he Ayers has served as an Eagles Wings Orientation Leader at the high school, volunteered at soup kitchens, served as a youth hockey and lacrosse coach, raised money for blood cancer research, collected and distributed items for Veterans and Healthcare workers, and volunteered to clean out church pews.

"Jimmy is a wonderful student and wonderful young man who brings so

## MEET JIMMY AYERS

- **High school:** St. John's Prep
- **Hometown:** Hamilton
- **Age:** 19
- **College you will be attending:** Johns Hopkins University
- **What is your favorite book?:** "The Boys In The Boat" by Daniel James Brown
- **What is your favorite movie?:** 'Saving Private Ryan'
- **Who is your favorite singer?:** Morgan Wallen
- **What is your favorite app?:** Instagram
- **What is your favorite class in school?:** Financial Algebra
- **What athletic feat are you most proud of?:** Being a part of two different sports teams that won Division 1 state championships back-to-back and being able to win one of them with my older brother, Michael.
- **In one or two sentences, what does being a leader among your peers mean to you?:** A leader is someone who always puts others before themselves, and never asks anything of others that you would not be willing to do yourself.
- **Where do you see yourself 10 years from now?:** Working somewhere in the financial industry.
- **What's something most people don't know about you?:** I was born in Georgia.

much more to the table than his academic and athletic skills," surmised Stacey Nicholson, a member of the Science and Mathematics facility at St. John's Prep. "Open the door for Jimmy and he will walk through ready to distinguish himself."

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# LILIAN GOSSELIN, SWAMPSCOTT

Take a look at the size of a soccer net and you might think being a goalkeeper is lonely work. That's never the case for Swampscott's Lilian Gosselin, who makes sure all of her teammates are involved.

Arguably no female on the North Shore has been a better last time of defense during Gosselin's time in high school. She had an incredible 10 shutouts and earned Coaches Association All-State honors last fall while posting 32 shutouts in her career and allowing only 22 goals in her final 39 games.

Whether a game called for a busy night in net, making more than a dozen athletic and acrobatic saves, or a light one primarily directing the defense and shouting encouragement up the field, Gosselin was rock-solid dependable.

"She's a wonderful and kind hearted person," Big Blue soccer coach Ken Leeder said. "Lilian's leadership and character helped us have a successful season on the field as well as a brilliant time together on the pitch."

When she wasn't swatting away soccer balls, Gosselin was taking care of business in the classroom. She ranks 27th in Swampscott High's senior class and is a member of both the National Honor Society and National Business Honor Society. She's not

afraid to challenge herself with tough courses such as Advanced Placement calculus, biology and psychology.

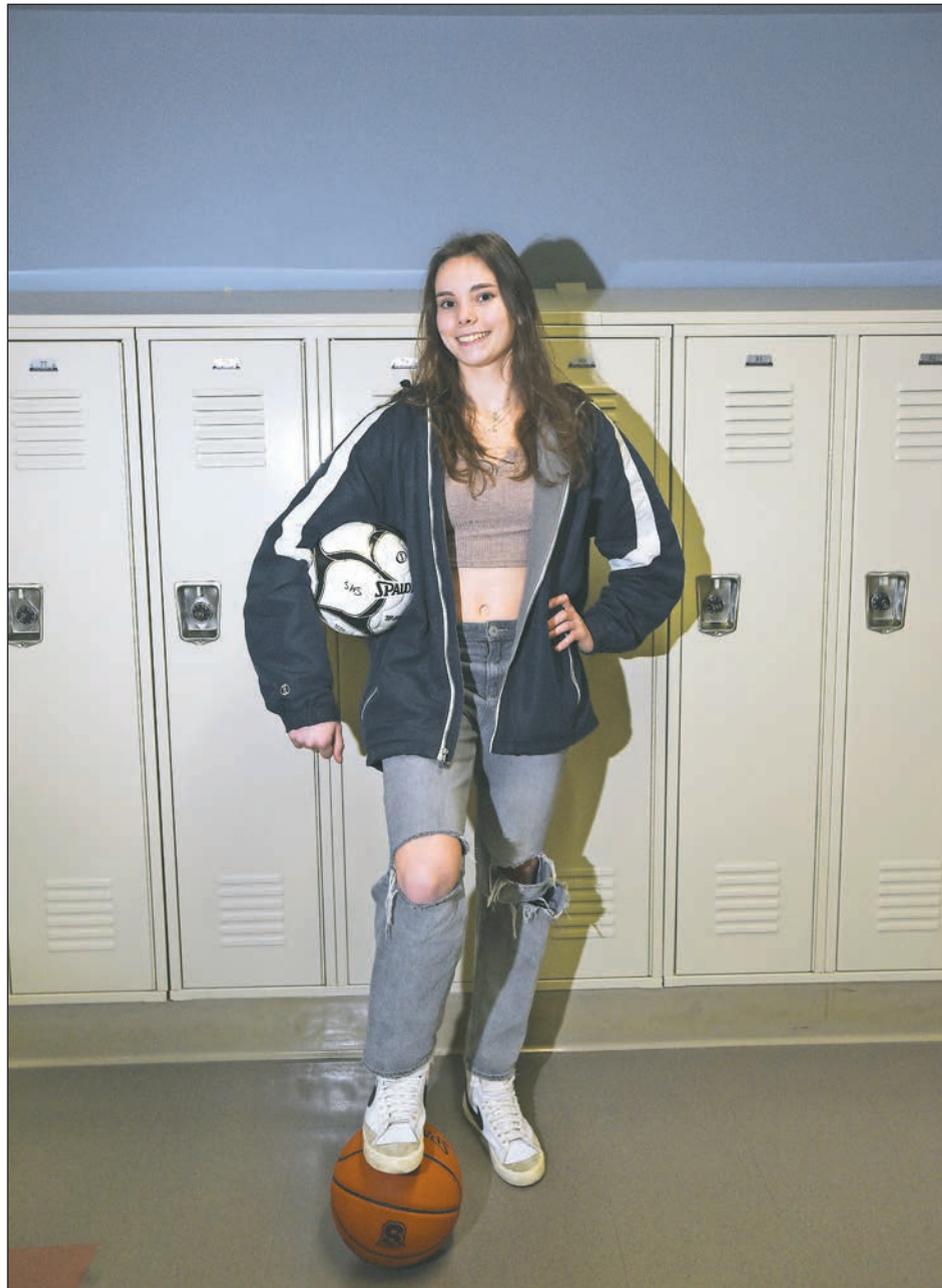
"She takes our most rigorous course load and maintains a demanding athletic schedule," Swampscott principal Dennis Kohut noted. "She's undoubtedly a role model for younger athletes and all of our students."

Gosselin challenges herself athletically, too. She took up the high jump in outdoor track and has been an All-State qualifier while also competing in other events. A three-year basketball player, she's never shy about battling for rebounds — work that brings little glory but leads to team success.

"Lilian consistently stands out with skill, intensity and work ethic," assistant soccer coach Cindy Lavender said. "When the going got tough, she was the one that turned up her game and she'd often sacrifice her body to make the saves we needed."

A Division 1 recruit at goalkeeper, Gosselin will be playing at Bryant University. Despite a busy club soccer schedule, she finds time to volunteer at youth soccer camps and charity walks in town.

"Lilian is very well-rounded," Swampscott athletic director Kelly Wolff said. "She's a great example of what a student-athlete should strive to be."



## MEET LILIAN GOSSELIN

- **Name:** Lilian Gosselin
- **High school:** Swampscott High
- **Age:** 18
- **College you will be attending:** Bryant University
- **What is your favorite book?:** "To Kill a Mockingbird" by Harper Lee
- **What is your favorite movie?:** 'Mama Mia'
- **Who is your favorite singer?:** Mac Miller
- **What is your favorite app?:** TikTok or Snapchat
- **What is your favorite class in school?:** Calculus
- **What athletic feat are you most proud of?:** Getting a shutout against Masconomet (girls soccer), which was the last undefeated team in the Northeastern Conference. I made 15 saves to give them their first scoreless game.
- **In one or two sentences, what does being a leader among your peers mean to you?:** It means setting a good example for those around me, but also not putting myself before any of my peers. It also means as a leader you should try and push those around you to better themselves along with improving yourself, too.
- **Where do you see yourself 10 years from now?:** Working as a physical therapist in the sports community; working with different athletes or different teams.
- **What's something most people don't know about you?:** I have only been on a plane four times.



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