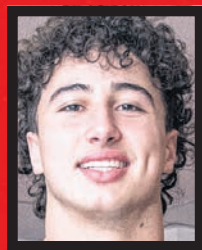
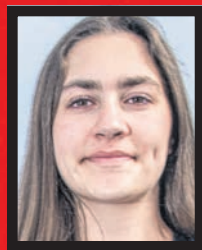
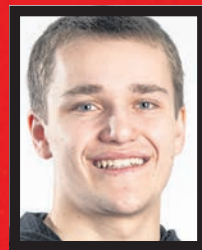
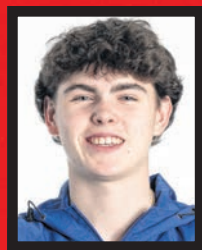


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63rd annual Salem News Student-Athlete Award to be awarded tonight

By Phil Stacey

» Executive Sports Editor

In so many ways, they are no different than the majority of their classmates, typical teenagers in the year 2025.

The 15 seniors that make up the nominees for this year's Salem News Student-Athlete Award love their music, everything from Taylor Swift and Drake to SZA and Noah Kahn. They love classic movies such as "Happy Gilmore", "Mission Impossible", "Forrest Gump" and especially "Good Will Hunting". Whatever spare time they have is spent online: TikTok, Instagram, Spotify, YouTube and the like.

But there's a reason these Select 15 have separated themselves from the pack, too. They're exceptional in everything that they do, be it academically, athletically or in their communities.

Tonight, The Salem News will award its Student-Athlete award, celebrating the very best of the best in our region, to a deserving male or female for the 63rd time in a gala ceremony at Danversport Yacht Club.

The event will be sponsored by our long-time partners in the Student-Athlete program, Salem Five.

Awarded each year but one since 1962, our Student-Athlete Award 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 Beverly, Salem, Danvers, Peabody, Gloucester, Marblehead, Masconomet, Swampscott, St. John's Prep, Bishop Fenwick, Pingree, Essex Tech, Hamilton-Wenham, Ipswich and Manchester Essex have been chosen by their principals and athletic directors to best represent their school for this year's event.

Each of the 15 candidates will be interviewed in 15-minute segments Wednesday afternoon by our panel of judges, who will have the transcripts, recommendations and list of accomplishments of each nominee. When that is completed, the judges will whittle down the candidates to ultimately pick this year's winner. Last year's Student-Athlete recipient was Jake Vana of St. John's Prep.

Our traditional celebration dinner for our student-athlete candidates and their families will be held at Danversport Yacht Club. 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 62 previous winners engraved on its base.

This year's Student-Athlete judges are Erin Truex, Executive Director for Beverly Main Streets and a former football player for the Boston Renegades women's team; Shelley Murray, a Senior Vice President, Regional Manager at Salem Five; Brad Hunt, Vice President at Salem Five; Matt Williams, the assistant sports editor at The Salem News; and Phil Stacey, Executive Sports Editor of The Salem News.

Contact Phil Stacey

@PhilStacey_SN



The venerable Salem News Student-Athlete trophy has been awarded each year (save one) since 1962.

SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Will Ryan, Beverly

Meet Will Ryan

Hometown: Beverly

Age: 18

College you will be attending: Auburn University

What is your favorite book?: "The Red Bandana" by Tom Rinaldi

What is your favorite movie?: Forrest Gump

Who is your favorite singer or musical group?: Darius Rucker

What is your favorite app?: March Madness Live

What is your favorite class in school?: AP Statistics

What athletic feat are you most proud of?: Being named a captain for the basketball team, because leadership is a responsibility that I take very personally and the skill that I'm most proud of. It also was an honor to hold the same role as the athletes that I looked up to as a middle schooler and underclassman.

Where do you see yourself 10 years from now?: Using my math and analysis skills to improve the lives of others.

What's something most people don't know about you?: I said a prayer of gratitude during the National Anthem before every basketball game during my junior and senior seasons.

He is prepared and driven, ambitious and humble. He is a true, selfless leader. He shows true character at all times.

These are just some of the verbal bouquets that Will Ryan's teachers, guidance counselor and coaches have thrown his way — and with good reason.

One of the top students at Beverly High, Ryan carries a spectacular 4.76 grade point average and is ranked fifth in his graduating class. He is also a team captain for the Panthers in both golf and basketball, two of the most successful athletic programs in the Garden City.

"It is not surprising that of our 272 seniors, Will was the first to submit his college applications and request a meeting with our registrar to send off his supplemental materials," said his guidance counselor, Michelle M. Burke. "He prefers to be prepared and uses his skills to be calculating, precise and thorough."

Through two quarters of the school year Ryan has already accumulated seven A-pluses and has not received a grade lower than

an A. In his four-year high school career to date, he's been given an A-plus for a particular class ninety-one different times — including 19 for his year-end final grade — and has never received a grade lower than A-minus.

"Although always ambitious, Will remains humble and never boastful of his accomplishments," added Burke. "He simply sets goals, makes priorities and takes great pride in his

work."

Planning to major in Statistics and Applied Math at Auburn University, Ryan is a National Honor Society member, has received 11 end-of-the-year teacher awards (a rare accomplishment) and has the distinction of being an AP Scholar.

An excellent golfer with a 2-handicap, Ryan led the Panthers to the Northeastern Conference title in the fall, serving as a team captain for the second straight

season and finishing second in league MVP voting. He then helped his basketball team to a second place finish in the NEC and a state tournament berth.

"Between his studies, basketball and golf, Will has shown true leadership, goal setting, cooperation and selflessness when it comes to his teammates and classmates," said BHS golf coach Craig Wiley.

Beverly High boys basketball coach Matt

Karakoudas, who has known since he was playing travel basketball eight years ago, offered similar praise.

"Will is a standout student-athlete with the highest character," said Karakoudas. "Being able to lean on a student-athlete for leadership on a team that had very little experience is something you hope to have as a coach. Will earned the respect of his peers and the coaching staff with his work ethic, which never wavered."



DAVID SOKOL/Staff photo

Will Ryan of Beverly

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Danny Rowan, Bishop Fenwick

Danny Rowan's array of activities in the Bishop Fenwick High School community are quite diverse. Yet the common thread though anything he participates in is that he becomes a leader.

Whether as team captain of the Crusader boys soccer team in addition to the Crusaders' indoor and outdoor track squads, a leader in Catholic ministry on campus, or as President of both the Science and Engineering Club as well as Fenwick's chapter of the National Honor Society, leadership comes naturally to Rowan not because he demands it, but because he is naturally inclined to help others.

"Danny's faith is paramount to his personality," Fenwick Associate Director School and College Counseling Mary Lou McLaughlin said. "He has stated he is most joyful when giving his time and sharing his skills with others."

Though he has taken part in many missionary works, the one that effected Rowan most is his three years volunteering with Encounter Boston Homelessness. It inspired him to lead public conversations about the hardships of the homeless and how young people can raise awareness and help the plight.

"In a paper he stated that



DAVID SOKOL/Staff photo

Danny Rowan of Bishop Fenwick

if he could work to change one thing in the world, it would be homelessness and the loneliness that poverty

creates," McLaughlin noted. "He continued to write that the issue of homelessness needs to be addressed with

better compassion and justice, not just by Americans and their leaders but by governments throughout the

world."

Beyond volunteerism, Rowan, the eldest of four from Stoneham, sports a sterling classroom resume. His weighted grade point average is 4.88 and he's never received a grade below an A at Bishop Fenwick. Among his numerous awards and citations are being a National Merit Scholarship finalist, the Catholic Central League's John A. Bosanquet Award for Scholarship, Citizenship, and Character, a Harvard Book Award, and being an AP Scholar with Distinction.

"He's the model of the classic student-athlete. His determination to succeed combine with a high degree of natural talent, intelligence, and personal integrity combine to produce a young man of outstanding ability and even greater promise," Fenwick math teacher Richard Levesque said.

A Catholic Central League all-star in both soccer and track, Rowan helped his teams qualify for the state tournament as a freshman on the pitch and has competed in state and invitational meets on the track. While volunteering as a youth soccer official, he has also participated in the sport of fencing.

While also having

Meet Danny Rowan

Hometown: Stoneham

Age: 18

College you will be attending: Undecided (MIT, West Point and Notre Dame are among the finalists)

What is your favorite book?: "Project Hail Mary" by Andy Weir

What is your favorite movie?: Mission Impossible

Who is your favorite singer or musical group?: Johnny Cash

What is your favorite app?: Duolingo

What is your favorite class in school?: AP Calculus

What athletic feat are you most proud of?: Beating Malden Catholic on their Senior Night my freshman year during my second varsity start. I broke two fingers in the first half and played the rest of the game with the fingers broken to get our team to the playoffs.

Where do you see yourself 10 years from now?: Leading a company of soldiers as a captain in the Army or working as an electrical engineer (or maybe both).

What's something most people don't know about you?: I used to fence competitively and placed at a couple competitions.

completed a West Point Summer Leadership Experience, Rowan is considering attending the service academy among other collegiate options. That seems like a perfect fit, since the best two words to describe him would probably be "serve" and "lead".



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

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SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Will Conklin, Danvers

Whether it's in the classroom or toeing the starting line in a race, Will Conklin loves setting goals for himself ... and almost always achieves them.

Owner of a 96.275 grade point average, Conklin is taking three Advanced Placement classes this year in Macroeconomics, Statistics, and Principles of Computer Science. He constantly challenges himself with a rigorous and varied course load, having earned A's in 25 of his 34 classes over four years.

When he laces on his sneakers, Conklin is also at the top of his class.

The All-Scholastic stand-out won the Northeastern Conference boys cross country championship race by a mere second, passing two runners in a photo finish to take the 3.1 mile race in 15:08. He also captured top honors at the Ocean State Invitational, was second at the Division 2B state championships, and placed fourth overall at the All-State Championships. He was chosen as The Salem News' Boys Cross Country Runner of the Year.

A captain in cross country, winter and spring track, Conklin was honored by Moynihan Lumber's Student-Athlete program as its male recipient for November and earned similar accolades from the Massachusetts Interscholastic Athletic



DAVID SOKOL/Staff photo

Will Conklin of Danvers

Association (MIAA) in December.

During the indoor track season, he was victorious in the 2-mile at the MSTCA Coaches Invitational in

a blistering time of 9:23, placing him second all-time in the event in DHS track annals. Conklin also set a new school record in the indoor mile (4:20) at

the NEC Championships and won the 2-mile at the Division 4 State Championships. He also qualified for the New Balance National Championships in four

Meet Will Conklin

Hometown: Danvers

Age: 18

College you will be attending: UMass Lowell to run cross country and track

What is your favorite book?: "Can't Hurt Me" by David Goggins

What is your favorite movie?: Good Will Hunting

Who is your favorite singer or musical group?: Drake

What is your favorite app?: Instagram

What is your favorite class in school?: Leadership and Community Class

What athletic feat are you most proud of?: Winning the NEC Cross Country Championship last fall. From freshman year it has always been my goal to be the NEC champion, and finally this race made that goal a reality. I sat in third place the entire race, and at the end I made my move and passed both my competitors to win.

Where do you see yourself 10 years from now?: I want to be happy, successful, and making a positive impact in the world. And definitely running, either competitively or just for fun.

What's something most people don't know about you?: My favorite place in the world is the beach — especially when I'm up at my cottage in Little Neck, Ipswich, on the beach with all my cousins.

different events: the mile, 2-mile, 5K and as a member of Danvers' Distance Medley Relay (DSM).

"Since Day 1 of his freshman year, it was immediately apparent that Will was a talented runner and fiery competitor," said Tom Walsh, an assistant cross country coach and head coach for the Danvers indoor and outdoor track teams.

"Where I've seen him develop the most, though, is in regards to his mindset. He has become more patient and even-keeled with his approach to training ... in recent seasons Will has also paid more attention to recovery between runs. He's putting a renewed emphasis on sleep and doesn't push too hard on his 'easy' days,

which has allowed him to build upon his fitness without interruptions for injury or sickness. The results speak for themselves."

At the state's recent DECA competition in Boston, Conklin helped Danvers earn a first place finish. Additionally, he is a member of his school's Captains Courses and has been an engaged and active member of a number of other school events.

"As a three-sport captain, Will sets the bar for himself and his teammates very high," Danvers High athletic director Drew Betts stated. "He's an incredibly humble and hard working young man ... a leader in the building who is constantly looking to support both the school and his peers."

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Janelle Dalton, Essex Tech

Students at Essex Tech experience a broadened curriculum with opportunities to gain valuable experience in a desirable field before graduation.

For Janelle Dalton, that technical area of preference is dental assisting — and she's already well on her way to making it a career. The senior standout has worked tediously to learn the necessary skills required for the job and recently began work as a dental assistant for Family Dentistry in Newburyport.

On top of that, she maintains a steady 3.6 GPA in the classroom and has made a profound impact in every athletic endeavor she's attacked throughout her high school tenure.

"The four years I have known her, Janelle has delivered high quality work in the classroom and has become a great role model to other students and athletes," said Essex Tech wellness teacher/coach Greg O'Brien. "She excels at anything she is faced with due to her competitive nature and ability to problem solve and figure out solutions. Janelle is well respected in the school community and is a big part of any leadership program or school community projects."

This year, Dalton has challenged herself with honors level courses while continuing to pursue her passion in dental assisting, an area she has consistently shined in since her sophomore year.

When it comes to athletics, she serves as team captain of the volleyball and basketball teams at Essex Tech while also competing for the Hawks' varsity lacrosse



Janelle Dalton of Essex Tech.

DEREK KOUYOUMJIAN/Photo

squad. Dalton not only boasts a variety of skills across all three sports, but thrives as an irreplaceable leader on and off the court or field.

"Janelle is one of the most gifted athletes I have coached, and she equally a great person," added O'Brien. "She was named captain for the varsity basketball team

during her junior and senior year because of her ability to connect with her teammates and her great qualities as a true leader.

"During her time at Essex Tech,

Meet Janelle Dalton

Hometown: Peabody

Age: 18

College you will be attending: University of New England

What is your favorite book?:

"Speak" by Laurie Halse Anderson

What is your favorite movie?: Clueless

Who is your favorite singer or musical group?: Gracie Abrams

What is your favorite app?: TikTok

What is your favorite class in school?: Physics

What athletic feat are you most proud of?: Being named a two-time Cape Ann League all-star for basketball.

Where do you see yourself 10 years from now?: Completing dental school and working as a skilled and compassionate dentist.

What's something most people don't know about you?: I can play the guitar.

Janelle has performed at a high level in the classroom while balancing the pressures of being a three-sport varsity athlete since her freshman year," he added. "To be able to attain this level of excellence as a freshman and continue it through her senior year is very difficult, but it highlights the type of student-athlete Janelle is."

A Peabody resident, Dalton is certified in numerous areas related to her industry, including HIPAA Certification, American Heart Association HeartSaver Certification, and American Heart Association Basic Life Support Certification. She has also spent time serving the community through Peabody Recreation and Essex Tech Open House, among others.



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SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Skye Ciolino, Gloucester

There are 181 students in Gloucester High's 2025 graduating class. Skye Ciolino is ranked second with an astonishing 102.95 GPA on a 100 scale.

She has achieved high honors in every year of her high school career, receiving such accolades as the English Department award, AP Chemistry Department award, Dartmouth Book award, Chemical Rubber Company Chemistry Achievement Award, and Harvard Book Award.

As dedicated as she is to her studies, Ciolino leaves no stone unturned when it comes to athletics, either. She's a two-time All-Northeastern Conference selection in track and a two-time NEC all-star in soccer while taking home the Midfield Player of the Year award in both her sophomore and senior campaigns on the pitch.

And that's not nearly the half of it.

Ciolino holds four different school records in indoor and outdoor track as a member of various relays, and has served as a Representative for the Massachusetts Celebration of Girls and Women in Sports Day. In addition, she was named



Skye Ciolino of Gloucester

DAVID SOKOL/Staff photo

an All-American after finishing second in her competing event at track Nationals, a best-of-the-best meet in which she has qualified for seven times

over. "Skye has impressively managed to excel academically while balancing her athletic pursuits, dedication to school clubs and

activities, and commitment to her job," said Gloucester High School counselor Kelly Flynn. "She is an intelligent and conscientious young woman. She is a go-getter

Meet Skye Ciolino

Hometown: Gloucester

Age: 17

College you will be attending: Brown University

What is your favorite book?: "Malibu Rising" by Taylor Jenkins Reed

What is your favorite movie?: Dead Poets Society

Who is your favorite singer or musical group?: Noah Kahan

What is your favorite app?: VSCO

What is your favorite class in school?: Chemistry

What athletic feat are you most proud of?: Placing second at Nationals with a relay team my freshman year and earning the title of All-American. It was the culmination of our work all year, the energy was contagious, and being close to such a talented group of athletes and role models taught me the benefits of loving a sport.

Where do you see yourself 10 years from now?: Well traveled, with souvenirs from around the world and working in either STEM or writing.

What's something most people don't know about you?: I will drive any distance for Raising Canes.

and will certainly achieve all she sets out to do as she opens the door to the next chapter in her life."

A recipient of the John and Abigail Adams Scholarship, Ciolino took home the Sawyer Medal as a freshman, an award that a student may receive only one time in their high school career. She's received no lower than a 92 in any course throughout her four years at GHS and is currently challenging herself on a daily basis with all AP and honors level classes.

"Skye is a positive force in each of her classes and is not only a top achiever, but a student who helps drive a class forward to a higher academic level and towards being a more cohesive

and socially responsible unit," said GHS chemistry teacher Tracy Lowthers.

"She devotes many hours to tutoring other students and has a knack for identifying the gaps in knowledge that need attention."

Others who spoke of Ciolino did so gleefully, noting that she is a "natural leader" that "loves to learn". Some of her other passions include journalism, pharmacology and biochemical engineering.

"She is honorable, kind, compassionate and an innovative problem solver," added Lowthers. "She is thoughtful, she welcomes challenges and she is inspirational in her service. She wants to make a difference to her community and to the world."



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Georgia Wilson, Hamilton-Wenham

It has long been said that life moves pretty fast. But even life can barely keep up the with pace set by Hamilton-Wenham track star Georgia Wilson.

One of the most decorated athletes in the long and storied history of the Generals track program, Wilson has earned five Cape Ann League Baker Division Athlete of the Year or CAL Open Most Valuable Athlete honors in her career. That's in addition to a sixth CAL MVP award she earned on the soccer pitch this past fall.

In total, Wilson possesses five school records in the long jump (indoor and outdoor), 300 meters, 55-meter dash and triple jump — and she's still got another season to chase even more all-time marks this spring.

"When Georgia puts her mind to something, she's going to do everything in her power to accomplish it," said H-W guidance counselor Matt Fitzgibbons. "She has a deep desire to do well, and you can't get to the level she's at both in track and in the classroom without being wired a certain way."

Wilson's classroom success also indicates her devotion to setting and accomplishing goals. She carries a 3.75 grade point average and has been named to her school's Honor Roll in all 14 quarters of high school



Georgia Wilson of Hamilton-Wenham

DAVID SOKOL/Staff photo

while tackling a difficult course load with offerings such as AP Psychology, Forensics, and Statistics. She's a member of Hamilton-Wenham's Environmental Club and has volunteered

as a youth soccer coach. Make no mistake; Wilson's goal-oriented mentality is not solely focused on her own gains. A multi-year captain in track, she's helpful to her teammates when

it comes to improving their marks and reaching their own goals as well.

As a fast and skillful attacking player in soccer, Wilson scored plenty of big goals (including an overtime

Meet Georgia Wilson

Hometown: Ipswich

Age: 17

College you will be attending: Bryant University for applied exercise and to compete in track and field

What is your favorite book?: "The Hate You Give" by Angie Thomas

What is your favorite movie?: Happy Gilmore

Who is your favorite singer or musical group?: SZA

What is your favorite app?: TikTok

What is your favorite class in school?: Anatomy and physiology

What athletic feat are you most proud of?: Setting five different school records in track, because they demonstrate my commitment to setting and reaching goals. Just like the athletes before me, I hope I inspire younger athletes to reach their goals and break my records someday.

Where do you see yourself 10 years from now?: I hope to be coaching track and field so that I can help inspire athletes to reach their goals, just like my coaches have inspired me.

What's something most people don't know about you?: Nobody has ever beaten me in a speed walk race. Maybe I should try it out competitively?

game-winner that helped the Generals reach the state finals). Yet she took plenty of joy in setting up her teammates to score as well.

"Georgia always celebrated her goals and assists with equal enthusiasm," said longtime Generals girls soccer coach Nancy Waddell. "She led with her intensity, often changed momentum in our favor, and took great pride in giving her teammates the opportunity to put the ball in the back of the net."

The recognition Wilson earned goes well beyond the Cape Ann League and

even the North Shore. She's a New England qualifier in outdoor track, has won two divisional state titles in the triple jump while qualifying for the All-State meet, and won this year's divisional state title in the indoor long jump. Soccer-wise, she was selected as first-team Eastern Mass. all-star.

One Hamilton-Wenham teacher described Wilson as "dependable, heartfelt, athletic, optimistic, sociable, adaptable, persistent, genuine, kind, involved, appreciative, detail oriented and empathetic."

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SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Lily Harper, Ipswich

Well-rounded doesn't begin to describe the mindset of Ipswich's Lily Harper.

An excellent student, Harper boasts a 4.14 GPA and stands in the second decile of her graduating class. She's taken home IHS Outstanding Achievement honors in English, visual arts and orchestra while receiving numerous A's in advanced placement and honors level courses.

On the athletic surface, Harper's coaches and peers hold her in high regard, naming her the captain of the girls soccer, indoor and outdoor track teams of which she has competed on since her freshman year.

"Lily is a quiet, hard-working and humble leader whose positive attitude make her a favorite amongst both coaches and teachers," said Ipswich principal Jonathan Mitchell. "From my perspective as principal, she was the clear-cut choice to represent Ipswich High School in (The Salem News') long-standing tradition of recognizing excellence in the North Shore's classrooms and athletic fields."

As a track athlete, Harper established herself as one of

Meet Lily Harper

Hometown: Ipswich

Age: 17

College you will be attending: Undecided

What is your favorite book?: "The Book Thief" by Markus Zusak

What is your favorite movie?: 10 Things I Hate About You

Who is your favorite singer or musical group?: Taylor Swift

What is your favorite app?: Duolingo

What is your favorite class in school?: AP Psychology

What athletic feat are you most proud of?: One of my biggest athletic feats is making it to the round of 8 (state quarterfinals) in my junior year. We kept putting our all into every playoff game and really bonded as a team.

Where do you see yourself 10 years from now?: I would like to be an Occupational Therapist and travel the world.

What's something most people don't know about you?: I like to paint and draw in my free time.

the Tigers' top runners from the moment she joined the

Lily Harper of Ipswich

team four years ago. She's gone on to thrive in the relay events and shined in the 300 and 400 meter individual races as well.

In the classroom, she's a devoted member of the National Honor Society and current secretary in student council. She is also a member of the 40 Percent Club and has organized a non-profit day camp for 50-plus kids alongside her two sisters, further displaying her connection to the community.

But as outstanding as Harper is in her academic and athletic endeavors, she still finds time to pursue another passion of hers: music. As a talented member of the school band, Harper is able to express herself in a different way than your typical student-athlete, and her gratification for all things truly shines through.

"I was fortunate enough to know Lily when our school had its music department trip to England two years

ago. Whenever I travel, I like to do a running route to see sights up close," explained Mitchell. "I gave an open invitation to the student group to join me at 6 a.m. on our days in Liverpool. To my surprise, Lily and several others joined me for an exploratory jog of that historic city. It was one of the highlights of my school year to share that experience with a group of dedicated runners."

Harper is one of those rare, unique young

individuals who makes a point to find happiness and fulfillment in any task she takes on, and always keeps those around her in mind.

"Lily's ability to juggle multiple responsibilities while maintaining excellence in both areas is a testament to her character and work ethic," added Ipswich girls soccer coach Hannah Weagle. "I am confident that she will continue to excel in her future endeavors while positively impacting those around her."



DAVID SOKOL/Staff photo

Congratulations to all student athletes!

Your dedication and hard work inspire us all. Keep shining!



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Brigid Carovillano, Manchester Essex

On the lacrosse field, her shot-stopping prowess is virtually unmatched. She's also tremendous in net as the goalie for her school's field hockey team.

But Brigid Carovillano's athletic skills and accomplishments aren't the only things that define her. The Manchester Essex standout is a model student-athlete on and off the turf, one that's poised to do great things upon graduation.

"Brigid's leadership extends far beyond the playing field," said Manchester Essex principal Julie Sgroi. "She embodies resilience, determination, and an unwavering work ethic in both academics and athletics. She sets ambitious goals and pursues them with passion, consistently pushing herself to new heights — earning numerous accolades along the way."

A multi-time First Team Cape Ann League all-star selection, Carovillano has consistently proved herself as one of the state's best lacrosse goalies. She's racked up nearly 500 career saves and as earned distinguished honors such as being a USA Lacrosse All-American.

In the fall, she'll head to Division 1 University of North Carolina to continue her budding career — but she'll do so with heavy focus



DAVID SOKOL/Staff photo

Brigid Carovillano of Manchester-Essex

in the classroom as well.

At Manchester Essex, Carovillano shines academically, boasting a 5.57 GPA to earn Salutatorian status. She's a member of the National Honors Society and has earned such honors as Academic Excellence in Evidence-Based Argumentation, Honors

Chemistry and Honors Biology, as well as the Manchester Essex Junior Scholar award.

She's never received lower than an A- in any course, with a near perfect academic resume throughout her high school career.

"Brigid continues to raise the bar for herself and

others in the classroom," said Manchester Essex athletic director Cami Molinare. "She maintains a rigorous academic course load and consistently achieves high marks."

A quick glance at Carovillano's transcript will confirm Molinare's praise, as she's challenged herself

Meet Brigid Carovillano

High School: Manchester Essex Regional High School

Hometown: Manchester

Age: 18

College you will be attending: University of North Carolina at Chapel Hill

What is your favorite book?: "The Great Gatsby"

What is your favorite movie?: Lady Bird

Who is your favorite singer or musical group?: Mt. Joy

What is your favorite app?: Instagram

What is your favorite class in school?: Biology

What athletic feat are you most proud of?: I am most proud of my recruiting summer, which ultimately landed me at Carolina. I got to play with and against the best players in front of the top coaches in the country, and was selected to the USA Lacrosse National Team Development Program Combine — it's a time I'll never forget.

Where do you see yourself 10 years from now?: I'd love to be doing research or post-grad studies, as well as hopefully playing professional lacrosse and maybe coaching.

What's something most people don't know about you?: I'm a goalie for both field hockey and lacrosse, and while lacrosse has always been my No. 1, field hockey and my time with my high school team will always hold a very special place in my heart.

with all advanced placement and honors levels courses as a senior this year.

Carovillano doesn't hide from the spotlight, either. She's served as a team captain for both the girls lacrosse and field hockey teams. She is a leader in every sense of the word and is always searching for ways to make herself, her teammates and her peers better.

"The realization that high school is not just a stepping stone to a place

in rigorous college classroom and on a competitive lacrosse team, but an experience in and of itself, freed Brigid to appreciate the process of learning," added Manchester guidance counselor Gillian Polk. "She does not regret the pressure she put on herself the first two-and-a-half years of high school, but realizes that is not what she needs to excel.

"Now more than ever, I believe there is not stopping Brigid."

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SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Sean Dolan, Marblehead

As one of the highest ranking scholars at Marblehead High School as well as a key contributor to two of the school's most successful athletic squads, Sean Dolan combines diligence, dedication and natural ability to achieve his goals, both individually and as part of a group project or team.

Carrying a 4.5 grade point average, Dolan's transcript has all A's from his freshman year on. Honors English and Advanced Placement classes such as American Government, Calculus BC, Biology and French 5 make up the majority of his senior year of classes. He scored 1,430 on his SATs, with a stellar 740 in Math and 690 in English.

"Sean is an incredibly bright, hard-working individual. He possesses the ability to think abstractly about concepts while applying concrete facts to solve very difficult problems," said Marblehead High math teacher Loren Miller.

"He has also proven that he has extremely strong critical thinking skills as well as an ability to tackle problems logically and efficiently. In addition, his understanding of difficult mathematical concepts is unmatched by his peers; he easily ranks in the top five percent of all students I have had in Pre-calculus over the years. Sean



Sean Dolan of Marblehead

DAVID SOKOL/Staff photo

(also) has superior interpersonal skills and works equally well individually or in a group setting."

The Harvard Book Award, Outstanding Junior Science Award, and being an AP Scholar with Distinction are

just a few of the academic accolades that have come Dolan's way. He is also a member of the National

Meet Sean Dolan

Hometown: Marblehead

Age: 18

College you will be attending: Boston College

What is your favorite book?: "The Hobbit" by J.R.R. Tolkien

What is your favorite movie?: Top Gun: Maverick

Who is your favorite singer or musical group?: AC/DC

What is your favorite app?: YouTube

What is your favorite class in school?: Calculus BC

What athletic feat are you most proud of?: Winning the Division 3 state championship in hockey last year. This is easily my favorite feat, because it was an all-out awesome experience getting to play at TD Garden and upset the No. 1 seed, Nauset, for the title. Also, after the game we got a police and fire truck escort around Marblehead while the whole town was lined up around the streets, which was so incredible that it didn't feel real.

Where do you see yourself 10 years from now?: Graduated from BC, working in a science or math job, and hopefully I've moved back to Marblehead.

What's something most people don't know about you?: I am about to get my Private Pilot's License.

Honor Society and French National Honor Society

"Sean's ability to comprehend complex scientific concepts exceeds that of most of his peers. He was an outstanding student in 10th grade honors chemistry, and was the single student in his class section who was awarded the Excellence in Chemistry award," said Marblehead chemistry teacher Renee D. White, Ph.D., M.Ed.

"Sean frequently came to me for in-depth discussions of chemistry topics, and to ensure that he had a completely solid understanding of every topic in AP chemistry. He prepared exceptionally well for the AP chemistry exam and earned a strong score."

The Junior Class Male Student-Athlete at Marblehead a year ago, Dolan has

played both varsity hockey and lacrosse for the Headers for the last three seasons.

After helping the Headers to a Division 3 state title on the ice last winter, he captained this year's team to an NEC crown and into the state quarterfinals. An NEC all-star, he led all defenseman on his team in scoring with 12 points. This spring he'll captain the defending NEC champion Magicians lacrosse team.

Having started flying at age 16, Dolan is expected to get his pilot's license this spring. He is a Peer Mentor and member of the MHS Student Council; volunteers as a Learn to Skate coach; tutors younger high school students in sciences such as physics and chemistry; and works at Coastline Marine Service in Marblehead.



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SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Amanda Schneider, Masconomet

In the 45-year history of the Massachusetts girls soccer state championship, only six players have ended their seasons the way Masconomet's Amanda Schneider did this past fall: by scoring a hat trick.

Those three goals in her final high school soccer game delivered the Chieftain girls their first state title since 1989. But Schneider's chief concern — and biggest point of pride — afterwards was not the number of goals she scored, but the significance of the *team* accolades earned by her squad.

In going undefeated at 22-0-1, the honors that went Masconomet's way were plentiful. They were ranked the No. 1 team in the state as well as No. 2 in New England and No. 12 in the country. Further, the Chieftains received Pinnacle and Sportsmanship citations from the United Soccer Coaches Association for a combination of grades, community service and on-field excellence that fewer than 40 teams nationwide qualified to earn.

A First Team All-State honoree from the Eastern Mass. Girls Soccer Coaches Association, Schneider is a multi-time Northeastern Conference and Eastern Mass. all-star. Her team went a combined 74-5-5 in her four years on the varsity. Her most meaningful honor was Masco's Jen Daly Award, named for one of the program's late legends.

"Like Jen, Amanda has excelled in sports and academics while maintaining humility," said Chieftains soccer coach Alison Lecesse. "Amanda never focuses on her



DAVID SOKOL/Staff photo

Amanda Schneider of Masconomet

personal accolades, of which there are many; instead, she emphasizes friendships formed, lessons learned, and values instilled throughout her experiences at Masco."

Incredibly, Schneider's championship accomplishments don't end there. She also led Masconomet to its first-ever state championship in skiing as a junior. She is widely recognized as one of the top skiers in the Eastern Region, having been selected to compete at the Eastern US championships and consistently placing among the

top 25 of all racers from 19 different states.

"The consistency of Amanda's dominance is what's so impressive in a sport that is often determined by razor-thin margins. Amanda has consistently blown the doors off of her competition year in and year out at the league level, the state level and at the national level," Masconomet ski coach Ryan Quinn said. "She is truly a generational talent."

A three-sport captain in soccer, skiing and spring track, Schneider ranks in the top 30 of

Masconomet's Class of 2025. She carries a 4.71 GPA while taking five different Advanced Placement courses and is a member of the National Honor Society. Additionally, she has volunteered as a youth soccer coach.

"I was always impressed by her humility," said Lecesse. "As captain of our team, Amanda exhibited the kind of leadership that inspires and elevates those around her. Her communication skills are stellar, and she is always encouraging teammates to push past their limits while maintaining

Meet Amanda Schneider

Hometown: Boxford

Age: 18

College you will be attending: Colby College

What is your favorite book?: "Powder Days" by Heather Hansman

What is your favorite movie?: Dreamer

Who is your favorite singer or musical group?: Taylor Swift

What is your favorite app?: Photo App or Instagram

What is your favorite class in school?: AP Chemistry

What athletic feat are you most proud of?: Winning the MIAA Division 2 girls soccer state championship this past fall while going undefeated as a team and receiving Player of the Match after I scored a hat trick in the title game. I'm proud to have captained the team, to see the growth over many seasons, and contribute to a program mentality of hard work, grit, and fun.

Where do you see yourself 10 years from now?: I'm not sure! I expect to be in a career related to sciences and will likely be living in New England, hopefully near my friends/family and with a dog.
What's something most people don't know about you?: I'm a very good cook and baker. I find it peaceful and a good unwind from my busy schedule.

a sense of camaraderie."

"Her character is unsurpassed," Quinn added. "Amanda shows the qualities found in true champions in that she never rests on her laurels and is never satisfied."



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SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Ally Bettencourt, Peabody

When it comes to improving the world around her, Ally Bettencourt is never afraid to get her hands dirty.

The student founder of Peabody High's chapter of the Dirty Hands Project, which promotes making mental health a priority and taking time to see, recognize and help those that might be suffering, Bettencourt has personally helped organize awareness games and other promotions for the cause.

"Ally is a selfless person," said her lacrosse coach for the Tanners, Michelle Roach. "She's also seldom satisfied. She's the type of person that asks 'What else can I do?' and she takes the initiative to make things happen."

A three-sport Northeastern Conference all-star in soccer, basketball and lacrosse, Bettencourt serves as captain of all three teams in addition to being elected President of Peabody High's chapter of the National Honor Society. She's also an officer in the Model United Nations and represented her school at the state's National Girls and Women in Sports Day last spring.

"Her accomplishments and the causes she cares about show she's not just a top athlete or a top student. She's a productive citizen," Peabody athletic director Dennis Desroches said.

Besides being the leading scorer of both her soccer and basketball teams, Bettencourt is one of the most prolific offensive players in the history



Allyson Bettencourt of Peabody

DAVID SOKOL/Staff photo

girls lacrosse at PVMHS. She surpassed 200 career points as a junior and will likely graduate as one of the top three point-getters in school history but remains most proud of the

team accomplishment of being a member of the first Tanner club to win an NEC title.

Her resume in the classroom is equally weighty. Bettencourt ranks 12th in a senior class

of over 300 students and has never scored a grade below 90 in her high school career while tackling a course load that's included more than a half dozen Advanced Placement offerings.

Meet Ally Bettencourt

Hometown: Peabody

Age: 19

College you will be attending: Vassar College

What is your favorite book?: Any of the Harry Potter books

What is your favorite movie?:

Good Will Hunting

Who is your favorite singer or musical group?: Mac Miller

What is your favorite app?: Hay Day

What is your favorite class in school?: Biology

What athletic feat are you most proud of?: Being a part of the first Peabody girls lacrosse team to go undefeated in league play and win the NEC.

Where do you see yourself 10 years from now?: Working in a hospital and providing medical care to infants and young children.

What's something most people don't know about you?: I really enjoy painting. I even painted a mural by the turf field at my high school.

Just as she does on the field with teammates, Bettencourt enjoys sharing her successes with her classmates. Math teacher Thomas Picano recalled Bettencourt solving a particularly rare and difficult problem and then dropping little hints that helped others discover the solution as well.

"That day is a great summary of the kind of student Ally is," said Picano. "She had this beaming smile that only comes from doing a hard job well. She will not back down from any challenge and in fact attacks challenges with an enthusiastic joy."

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Simone Brooks, Pingree



Whether it's climbing the academic ladder, climbing into passions that include computer programming, scuba diving and peer tutoring, or physically climbing rocks for speed, you can always bank on Simone Brooks giving it everything she's got.

One of the top students at the highly competitive Pingree School, Brooks has a grade point average of 96.63 and scored a fantastic 1,450 on her SATs. She was inducted into the Cum Laude society as a junior, is a member of the school's High Honor Roll (for those in the top 10 percent of their class), and has received Departmental Distinction in English, Language and Science.

Among the Winchester native's classes her senior year are some of the school's most rigorous in STEM and the arts. APEX Calculus, APEX Physics, Advanced Computer Science, and a history Seminar on the History of Immigration in America: What does it mean to be an American?

"Compassionate, academically and personally invested, and beautifully creative — Simone is a student who enriches her learning spaces and affirms the joy in teaching," said Jess Angell, Pingree's English Department Chair. "Simone is a wonderfully refreshing voice in the classroom and the larger school community."

"Simone is one of those rare high school students who knows — really knows — how to optimize her own studying," added E. Alexander Burt, a physics teacher and Robotics coach at Pingree.

"Combining her self-awareness and love of learning, Simone is willing to spend considerable amounts of time building her own understanding through research and problem solving. To say that she does not give up easily is an understatement!"

A two-time captain of both the cross country and track & field teams for the Highlanders, Brooks is one of the school's best harriers and holds the school's 5K record for girls. After leading her cross country squad to NEPSAC titles her first two years and being honored as an All-Eastern Independent League runner both times, she battled injuries her junior and senior seasons and served as a mentor both in terms of her perseverance and leadership.

"Simone overcame some bad luck the past two years to keep practicing, cheer on teammates, lead funny stretches, and be an incredibly valuable part of our solid pack for four years," cross country head coach Jim MacLaughlin noted of Brooks, who regularly runs 5K races and half-marathons.

A gifted coder, Brooks is ardent rock climber, involved in both speed climbing and bouldering. She placed sixth in the Greater Northeast division in bouldering to qualify for the 2024 Nationals, is the captain of her club sport team, and has a part-time job as a belayer and youth rock climbing coach.

"For her, rock climbing is a short of 3D puzzle, requiring the same kind of discipline, balance and out-of-the-box thinking that's

Meet Simone Brooks

Hometown: Winchester

Age: 18

College you will be attending: I am still receiving decisions, but am considering the University of Rochester and Brown University as my top choices.

What is your favorite book?:

"Mistborn" by Brendon Sanderson.

What is your favorite movie?: I'm not much of a movie person, but I do enjoy a good show. My current favorite is "911 Lone Star", which follows a group of Texan firefighters.

Who is your favorite singer or musical group?: Two Door Cinema

What is your favorite app?: Apple Messenger

What is your favorite class in school?: Studio Art

What athletic feat are you most proud of?: Qualifying for bouldering nationals in last year's competitive climbing season. I've also qualified this and last year in the speed category, and will be attending the national competition in Portland, Ore. this summer.

Where do you see yourself 10 years from now?: I'm hoping to get a combined degree in art and engineering, so I see myself combining art and creativity into the technical world of engineering in a job that allows me some freedom.

What's something most people don't know about you?: I am a certified rescue diver. I've been scuba diving since I was 10 and am going for a master divers certification in the near future.

allowed her to succeed in our most challenging courses at Pingree," said Nicholas Soodik, the school's Director of College Counseling & Academic Planning.

Simone Brooks of Pingree

DAVID SOKOL/Staff photo

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SNAPSHOTS OF OUR STUDENT-ATHLETE AWARD NOMINEES IN ACTION



JARED CHARNEY/Photo

Beverly's Will Ryan lines up a putt at Beverly Golf & Tennis Club.



JAIME CAMPOS/Photo

Ally Bettencourt of Peabody prepares to launch a shot in girls lacrosse action last spring.



JARED CHARNEY/Photo

Scoring goals came easily to Masconomet's Amanda Schneider this past fall, helping lead her Chieftains to an unbeaten season and the Division 2 state title.



KIRK R. WILLIAMSON/Photo

Gloucester's Skye Ciolino on the soccer pitch.



DESI SMITH/Photo

Will Conklin of Danvers made a late push to win the Northeastern Conference boys cross country championships last fall.



PAUL BILODEAU/Photo

Making spectacular saves is something that Manchester Essex girls lacrosse goalie Brigid Carovillano does with regularity.



JAIME CAMPOS/Photo

Marblehead's Sean Dolan was one of the area's best defensemen in boys hockey this winter.



COURTESY PHOTOS

Georgia Wilson of Hamilton-Wenham was the Cape Ann League Baker Indoor Track Athlete of the Year this winter.



JAIME CAMPOS/Photo

Salem's Quinn Rocco Ryan captured Northeastern Conference MVP honors on the gridiron this past season.

Rocco Ryan, Salem

It's not an exaggeration to say that no one in the history of Salem High School athletics has been elected a team captain more times than Quinn 'Rocco' Ryan.

An unprecedented three-year Witches football captain, Ryan is also a two-year captain in baseball and captained the basketball team this winter. Those six total captaincies illustrate the natural leadership and charisma Ryan has displayed since arriving at Salem High as an eighth grade football player.

"I remember a team bonding exercise where Rocco was the first to speak and truly opened his heart up to his teammates," said Witches baseball coach Matt Hubauer. "Even when the team struggles, you can see Rocco putting pieces together for his teammates ... and he was a huge reason we made the state Final Four last year."

The Northeastern Conference Player of the Year this past fall in football, Ryan holds an incredible 11 school records: most touchdowns in a game (5), most in a career (44), longest run from scrimmage (99 yards), most TD receptions in a game (3), season (11), and career (21), most career receptions (130), most receiving yards in a season (828) and career (2,080), career interceptions



Rocco Ryan of Salem.

DEREK KOUYOUMJIAN/Photo

(17) and career points (276). "To break one record in a program with as long a

history as Salem with so many amazing, talented athletes is impressive ...

never mind 11," said Witches head football coach Matt Bouchard, noting that

Meet Rocco Ryan

Hometown: Salem

Age: 18

College you will be attending: Undecided

What is your favorite book?: "Don't Believe Everything You Think" by Joseph Nguyen

What is your favorite movie?: The Hangover

Who is your favorite singer or musical group?: Drake

What is your favorite app?: Spotify

What is your favorite class in school?: AP Economics

What athletic feat are you most proud of?: Being named Northeastern Conference MVP for football my senior year. This was a goal I set for myself after my freshman season and something I knew would be attainable.

Where do you see yourself 10 years from now?: I see myself staying local, becoming a firefighter and being involved with youth sports in my community.

What's something most people don't know about you?: I am quite the chef, and I love to go hiking.

Ryan's playmaking wasn't limited to his own snaps but was often inspirational and contagious.

"People that have worked with Rocco have a great deal of respect for him and look to him for his leadership. Individuals are drawn to his unselfish, professional approach. Rocco has constantly impressed the coaching staff with his ability to motivate the people around him."

A Division 6 All-State honoree and Shriners All-Star, Ryan was a major factor in Salem reaching the Super Bowl during his junior year. His bringing the baseball team to the state semifinals for the first time since 1989 and also helping the basketball squad win this winter's NEC Lynch title make him the rare multi-sport star that's won at a high level in every discipline.

Carrying a 4.05 GPA, Ryan finds time to volunteer with both the Unified Basketball team for students with special needs as well as with Salem's middle school basketball group.

"He's universally respected by both his peers and staff," said Witches basketball coach Tom Doyle. "He's a member of a diverse class that gets along with everyone. His demeanor and sense of humor allow him to fit in during any situation and with anybody."

Whether hitting a key home run, catching a fourth quarter touchdown pass or ripping down a rebound, Ryan's drive and confidence have helped raise Salem High athletics to a new standard over the last four seasons.

"As a father, Rocco is that type of person that I want my children to look up to," said Bouchard.

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All-time Salem News Student-Athlete Award winners

Year	Winner	High School
2024	Jake Vana	St. John's Prep
2023	Penny Spack	Peabody
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. Haynes	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, Peabody		
7: Beverly		
6: Marblehead		
5: Ipswich, Hamilton-Wenham, St. John's Prep, Swampscott		
3: Salem, Danvers, Essex Tech		
2: Pingree		
1: Bishop Fenwick, Manchester Essex		



DEREK KOUYOUMJIAN/Photo

St. John's Prep three-sport captain Jake Vana took home last year's Salem News Student-Athlete Award.



JAIME CAMPOS/Photo

Penny Spack of Peabody, the 2023 Salem News Student-Athlete Award winner, is flanked by her mom Constance and sister Eleni after the award was announced.



MARK TEIWES/Photo

Salem News Student-Athlete Award 2011 winner Olivia Raisner of Marblehead High stands with her parents, Carolyn and Bruce.



HADLEY GREEN/Photo

Lydia Runnals of Danvers holds the Salem News Student Athlete trophy after being chosen as the winner in 2018.



Beverly High's Hugh Calice poses with the trophy after being named the winner in 2017.

HADLEY GREEN/Photo



JAIME CAMPOS/Photo

Chris Masta of Essex Tech reacts after winning the 57th annual Salem News Student-Athlete Award in 2019.

Ryan DeLucia, St. John's Prep

Ryan DeLucia took a chance on himself after his freshman year. He's been watching it pay off academically, athletically and socially ever since.

Deciding to leave Winchester High to enter St. John's Prep as a 10th grader, he came to the Danvers campus not knowing if his classroom skills would translate, if his athletic ability was good enough to make a varsity impact, and wondering if he'd find 'his people' at the new school. Now, as the end of his high school journey nears, DeLucia has seen all of his skills flourish while presenting him opportunities he only dreamed of previously.

An excellent student, DeLucia is the owner of a 4.38 grade point average and scored 1,230 on his SATs. He has never received a final grade lower than an A-minus during his three years at St. John's Prep, having earned 9 A-plus grades during that time. A member of the school's Spanish National Honor Society, he takes Advanced Placement classes such as Literature and Calculus and is an honors student in Financial Algebra and Zoology.

Last year, DeLucia was awarded his school's Overall Academic Excellence Award reserved for the top 15 juniors with the highest GPAs. His is a familiar name on the Head of School and Principal's honor roll.

"Ryan's the complete package," said his guidance counselor at St. John's Prep, My Doan. "His academic achievements are impressive, and the many recognitions he



DAVID SOKOL/Staff photo

Lacrosse and ice hockey standout Ryan DeLucia of St. John's Prep.

has earned complete his impeccable record.

"But he is so much more than great grades, impressive honors/AP curriculum, and a notable resume," she added. "What truly captures Ryan as a scholar and dedicated community member is his level-headed and calm

demeanor, no matter the situation. Ryan's able to continually balance an academically challenging course load with co-curriculars and athletics while making it look effortless."

Athletically, DeLucia has won Division 1 state titles both in hockey (once) and lacrosse (twice).

He was among the hockey team's leading scorers this past winter with eight goals and 11 assists for 19 points. In lacrosse, his outstanding work as a defenseman helped him earn a college scholarship to Division 1 Georgetown, where he'll play for the Hoyas.

A leader on the Prep campus,

Meet Ryan DeLucia

Hometown: Winchester

Age: 18

College you will be attending: Georgetown University

What is your favorite book?: "One Flew Over The Cuckoo's Nest" by Ken Kesey

What is your favorite movie?: The Wolf of Wall Street

Who is your favorite singer or musical group?: Drake

What is your favorite app?: Instagram

What is your favorite class in school?: Economics

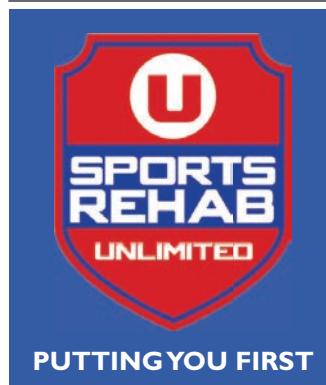
What athletic feat are you most proud of?: My first state lacrosse championship victory in 2023 during my sophomore campaign. It was my first year at St. John's after coming from my public high school, Winchester High, and it was a surreal feeling being the new guy around while starting every game, then going on to win our last game for my first ring.

Where do you see yourself 10 years from now?: Living life to the fullest, no matter which path I choose.

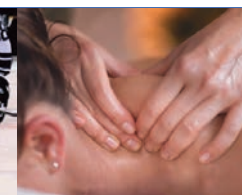
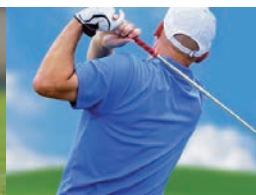
What's something most people don't know about you?: Most people wouldn't know I used to play the trumpet.

DeLucia participates in the Eagles Wing and Spire society, helping freshmen students with the transition to a new school and represents St. John's Prep at large scale events such as Open House and Alumni receptions.

"Ryan leads by example, possessing a tremendous work ethic and drive to win," said St. John's Prep hockey coach Kristian Hanson. "He's simply one of those kids who makes those around him better at all times."



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SALEM NEWS STUDENT-ATHLETE AWARD NOMINEE

Liam Keaney, Swampscott

There's nothing Liam Keaney can't tackle, whether that's on the football field or in the classroom.

An All-State senior line-backer, Keaney broke a 20-year-old Swampscott High record for tackles in a season by making over 100 stops this past fall. It's an impressive accomplishment among many the Big Blue mainstay has to his name in what's been a remarkable career in his seaside hometown.

"Liam's continuous example of determination is a tremendous example for young student-athletes to follow," said Swampscott head football coach Peter Bush.

Indeed, Keaney's biggest contribution off the field might be his influence on the next generation of Swampscott High students. He's been involved in youth sports camps in town for years, taking time to teach the fundamentals of the game and always making it an enjoyable experience that inspires kids of all ages and abilities.

"I'm always impressed by his devotion to giving back to the community," said Bush. "Our youth clinic was a huge success and that was a direct result of Liam's commitment and dedication."

"Liam knows how to work with an motivate kids," Big



Liam Keaney of Swampscott

Blue lacrosse coach Geoff Beckett added.

An outstanding lacrosse player who also runs indoor track, Keaney is a two-year football captain and will captain the lax squad this spring. Keaney has been an

honor roll student for all four years of high school, carrying a 3.70 GPA and ranking in the top third of his school's Class of 2025.

A John & Abigail Adams Scholarship recipient, Keaney tends to enjoy

business courses and never shies away from a difficult class or assignment. Instead, he sees them as a chance to grow — a philosophy he also imparts to his teammates and classmates.

"He's a quiet leader who

earns respect not through volume, but through the consistency of his actions and the empathy he show others," Swampscott school counselor Julie O'Neil noted. "He's introspective and thoughtful with a keen

Meet Liam Keaney

Hometown: Swampscott

Age: 18

College you will be attending: Bates College

What is your favorite book?: The Bible

What is your favorite movie?: Home Alone 2

Who is your favorite singer or musical group?: Rod Wave

What is your favorite app?: Instagram

What is your favorite class in school?: AP US History

What athletic feat are you most proud of: Being selected as Division 6 First Team All-State for football.

Where do you see yourself 10 years from now?: Pursuing a career in business, earning an MBA, and living in the New England area.
What's something most people don't know about you?: I like to build Lego sets in my free time.

intelligence that enables him to approach challenges with maturity and insight."

Also working as a volunteer lifeguard, Keaney has helped Swampscott's teams to success in both the regular season and state playoffs — reaching the state Final Four in both football and lacrosse. As a leader on both squads, Keaney used both his brawn and the brains that go along with a self-assured confidence to get the job done.

"He's an insightful, intellectual young man who works every hard to achieve outstanding results," Bush said.



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