

Behind the Athletic Director's Desk

With the fall season long over and the winter season upon us, I think this is a perfect time to recap the fall and talk about the happenings within the Saugus High School Athletic Department.

- Here are some of the highlights for the fall season:
- Girls Soccer team qualified for the State Tournament (North-Quarterfinals)
- Field Hockey team qualified for the State Tournament
- Boys Golf team qualified for the State Tournament
- Shamir Guillaume became the single season all-time leading rusher in football
- Boys Soccer All-Stars: Derek Coderre, Dave Velasquez, Larry Bolduc
- Girls' Soccer All-Stars: Kaleigh Evans, Emily Quinlan, Melissa Toomey, C.C. Cresta-Devine, Gabby Cogliano, Ashley Aldred
- Golf All-Star: Michael Kotowski
- Field Hockey All-Stars: Jackie Doherty, Courtney Selvage, Lauren Sanford
- Volleyball All-Star: Allyssa Furtado
- Football All-Stars: Mike Joseph, Ryan Kennedy, Shamir Guillaume
- Football: Honorable Mention - Thomas Trainor
- Field Hockey: Sportsmanship Award
- Boys Soccer: Sportsmanship Award
- Cross Country: Sportsmanship Award
- NEC Girls Soccer Coach-of-the-Year: Chris Coviello
- NEC Boys Golf Coach-of-the-Year: Jeff Mitchell
- NEC Football Assistant Coach(s)-of-the-Year: Mark Cox & Donald Trainor
- Friday Night Lights was a true community event and a special night for the whole town
- Volleyball was a huge success in its first year as a varsity sport
- The girls' soccer program showed great composure with the very difficult and disheartening decision in the State Tournament.

Some other worthy notes:

- The Towers Gym (Main Gym) at Saugus High School has been completely renovated; new floor with new lines and logo,
- new painted walls, new glass backboards, new wall pads with graphics, and fully repaired bleachers
- All winter coaches became CPR/First Aid certified (spring coaches will be trained this month and the fall coaches in

- the spring time). All coaches are now MIAA certified and concussion course certified as well.
- The SHS Athletic Department purchased a software program called ImPACT: ImPACT is the most-widely used
- and most scientifically validated computerized concussion evaluation system. ImPACT is a 20-minute test that has
- become a standard tool used in comprehensive clinical management of concussions for athletes
- Thanks to Superintendent Langlois, Town Manager Andy Bisignani and Town Meeting members the athletic user
- fees have been reduced \$100.00 again this year
- The tuft field meeting went well. In attendance were School Committee members, Selectmen, parents, coaches,
- and many people from the town. The next meeting will be sometime in the near future.
- The SHS weight room continues to be updated with new equipment and a new strength and conditioning coach.
- Many athletes are in the weight room on a regular basis.
- SHS and BMS are seeing more students participate in athletics than in previous years; this year we added two
- volleyball teams, JV football and two middle school hockey teams. All other programs continued with similar or
- slightly higher players than last year.

Thanks to SHS teacher Jason Diozzi the Athletic Study Center is fully running and our student-athletes are now being held more accountable for their academics

The annual 'Swing for SHS Athletics' Golf Tournament will be held once again at the Ferncroft Country Club on June 20th. Please sign-up early because space is limited and the tournament was a huge success last year...details to follow soon

The winter season is in its first month of games but already we are seeing a great deal of success. The SHS hockey team won the Kasabuski Holiday Tournament and there are many other great stories that will be told at a later date. Please come support the student-athletes from Saugus High School and the Belmonte Middle School....they deserve it!