

The 2008-2009 was a very successful year for the Saugus High School Athletic Department. The Saugus Sachems had many accomplishments and our student-athletes and coaches should be recognized for all of their hard work and dedication. Along with our team and individual accomplishments, there were many other changes that I believe the people of Saugus will enjoy hearing about. I am sure that you will see that the Saugus High School Athletic Department is one we should all be proud of.

Between Saugus High School and the Belmonte Middle School, there were over 475 students who played sports. This year, Saugus High School offered over 16 sports and had 41 different teams. This statistic is far better than many other public and private schools in the area. Though the athletic department is expanding, we are happy to inform you that there are two traditions that are returning to Saugus. First, the Thanksgiving football game versus Peabody is back! The long, historical Thanksgiving football game versus rival Peabody is starting again this year in Saugus. Also, the strong, traditional wrestling program is back at Saugus High School and will hopefully continue to grow and develop into what it was in years past.

This year the Saugus Sachems had many team accomplishments. The Varsity Football team went 7-3, for back-to-back years. The Varsity Girls' Soccer team made it to the State Tournament for the 19<sup>th</sup> consecutive year and the Varsity Field Hockey team made it the State Tournament for the ninth consecutive year. For the first time ever, both our Boys' and Girls' Varsity Hockey teams made it to the State Tournament in the same year. Our Boys' Varsity Tennis and Baseball teams made it to the State Tournament as well. This winter our Hockey Cheerleading team won the State Title, beating out rival Danvers. At the Belmonte Middle School, the outdoor track team won the Northeastern Conference championship. There were also four varsity teams that won the Northeastern Conference Sportsmanship Award.

Along with our team accomplishments, there were also many individual achievements for our Sachems. During the year, there were five Saugus High School coaches who were recipients of the Northeastern Conference Coach-of-the-Year Award. Additionally, Saugus High School had over 30 individual conference all-stars and one league MVP. Saugus also received two prestigious awards at the annual NEC banquet. The Northeastern Conference recognized Frank Serino as Assistant Coach-of-the-Year, and honored the late Ted Moriello for his service, sportsmanship and dedication.

The student-athletes at Saugus High School are driven in both their academics and athletics. Some of our student-athletes were accepted to the best colleges in the country; schools such as Holy Cross, Boston University, Syracuse University, Suffolk University, and Northeastern University. Many of our Sachems will indeed be playing a sport next year in college. Just to name a few athletes and their destinations: Anthony Barrasso (Football-Hartwick College), Tyler Calla (Baseball-Wheaton College), Belinda Cresta-Devine (Soccer-Bridgewater State College), Michael Silva (Baseball-Endicott College), Matthew and Jason Guarente (Track-University of New Hampshire), Elizabeth Dean (Basketball-Rivier College), Lauren Garchinsky (Softball-Salem State College), Anthony Howell (Golf-Franklin Pierce College), and Mike Dean and Bret Reid (Football-UMASS Dartmouth).

One of the reasons the Saugus High School Athletic Department is so strong is because our coaches are dedicated, hard-working, and committed. There were several new hires this past year and both the student-athletes and I are very excited. The new coaches include: Michael Broderick (Boys' Varsity Basketball), Jessica Lucier (Girls' Varsity Basketball), Barbara Guarente (Girls' Varsity Indoor Track), Chris Tarentino (Boys' Varsity Indoor Track), Chris

Coviello (Girls' Varsity Soccer), Tom Duplisea (Boys' Varsity Soccer), Jeana Forestier (Football-Cheerleading) and Kevin Fontanella (Varsity Cross Country).

A few other noteworthy highlights include the development of several programs. This year there was a significantly large number of participants in our cooperative teams, teams that are comprised of two or more cities/towns. The Swim team had a significant number of girls this winter in their co-op with Lynn Classical. The Girls' Hockey team co-op with Beverly High School had several Saugus girls playing this year as well. The Wrestling team co-op with Winthrop High School had 17 Sachems wrestling this year for the first time.

This spring two Saugus High School teachers, Kristina Topham and Jessica Lucier, developed a Girls' Lacrosse program. This 5-week intramural program had huge interest and served as a learning clinic. The clinic/intramural program had over 35 girls practicing every day after school and finished with an inter-squad scrimmage. Having this clinic/intramural program also served as a stepping stone for the possibility of having a future varsity program.

The Student-Athlete Leadership Council (S.A.L.C) was invaluable this year. This council, which is comprised of 30 respected student-athletes, helped me as the Athletic Director, in so many ways. As a group, we sponsored the student-faculty basketball and softball games. All proceeds from these events go directly to charitable foundations, such as the Jimmy Fund. S.A.L.C. helps in developing athletic policies, serves as a liaison between the student body and the administration, helps in various fundraisers, assists in providing information to parents, and helps in many other ways for the benefit of the athletic department and the school.

This winter, the Saugus High School weight room was completely renovated. The revamped weight room was made possible through the help of Superintendent Richard Langlois, Principal Joe Diorio, Town Manager Andy Bisignani, head basketball/football coach Mike Broderick, Saugus Building Department, Saugus High School Boosters Club, and various parents, coaches, and students. The weight room now has new windows, new mirrors, freshly painted walls, new and reconditioned machines, clean floors, and suitable fitness equipment for all of our teams. Each day after school, the new weight room is utilized by many student-athletes with the supervision of our coaches. Our student-athletes will now be bigger, faster, stronger and overall healthier because of this newly reconditioned weight room.

As you can see, the Saugus High School Athletic Department is first rate and continues to grow. The fact that Saugus High School has so many hard working student-athletes, supportive parents, involved people of the town, a strong administration, and dedicated coaches is the reason for the great amount of success. I look forward to sharing more accomplishments and stories with you next year, and I sincerely thank all of you for your continued support.

Mike Nelson  
Athletic Director