



...Sandwich High School senior Caela Berger holds the school indoor track record in the 55 meter hurdles at 9.55 seconds. She has been a member of the winter track team for all three years of its existence and last season was one of the team captains. Last spring she received the Atlantic Coast League Sportsmanship Award and this season is one of the team captains for the Lady Knights track squad focusing on the

100 high hurdles.

She began playing soccer at an early age and played for three seasons with the SHS Lady Knights mostly on defense or midfield. She currently plays indoor coed soccer at the Plymouth Jungle Plex.

The spring track season is almost at an end. How did the Lady Knights do?

This season, we as a team have done pretty well. As of now we are 3-2 and are hoping to beat Falmouth on Tuesday. I have done well also. I could do a lot better. I haven't beaten my time from last year yet but I hope to do so soon. I have to thank both my coaches Infa (Steve Infascelli) and Mr. (Mike) O'Brien for all my improvement and for their patience because I'm as stubborn as they come.

You have been on the winter track team for all three seasons that it has been in existence.

The winter track team is self-funded and is always looking for donations. I would have to say my favorite seasons at SHS would have been the three of winter track. The team all got along and had a good time. At times running in the cold was unbearable but in the end it was worth it. I hold the winter 55 hurdle record and proceeded on to states this season. During my race I fell so I didn't place. It was a bummer but I shook it off and hope to do well now with spring track winding down. Winter track improved my spring season so much. During the indoor season I learned how to take three steps in between each hurdle and took about two seconds off my outdoor time.

You've also played soccer at SHS.

I played the past three seasons of soccer at SHS. I didn't play my freshman year because I thought it was too competitive. That following summer my mom passed away and she always loved to watch me play so I decided coming into my sophomore year to continue playing for her. I enjoyed it so much and made so many friends. I regret not playing my first year but there's nothing I can do about it now. I won't forget the many pasta dinners and the friendships that were created. This last season with a new coach and many players graduated it was a rough transition. First game of the season I sprained my ankle

and was out for three weeks and coming back was rough but I made the best of it. Our record definitely didn't show our talent and effort and I wish them the best of luck for next year. Currently I play on a coed indoor soccer team and that is a lot of fun.

What role do you feel athletics have played in your life over the last four years?

Anyone coming to the high school I fully recommend they join a sport. They create long lasting friendships and keep you motivated. Sports have played a huge role in my life. I enjoy them so much. They help get stress out and show you that hard work does pay off. The bond between you and a teammate and a coach is priceless. And there is a huge difference in a team sport and an individual sport. In team sports you have to rely on others around you. With track when I run it's all on me. You have no one to blame but yourself and I believe that makes you work harder. Knowing you won that race is one of the best feelings in the world and it makes the pain and frustration all worth it.

When you look back, what will be some of your favorite memories from SHS?

When I will look back on high school my most favorite memories come from track. Either season, it is just one of the best things I have ever been apart of. At one practice I kicked goose poop into my coach's mouth on accident and he will never let me forget it. All the races I've won and all the support I've had will be lasting memories with me. Besides track, I will remember prom, Mr.Sandwich and just Friday nights with my friends. Thanks to all them I wouldn't change one thing I did in high school. It has been fun.

You'll graduate in a couple of weeks.

Wow. They say these four years fly by but it feels like it was yesterday that I was at freshman orientation, I could even tell you what I was wearing. I have changed so much since then. I have made so many friends and I have realized life only happens once, so enjoy it. I was a shy little kid and people that know me now, know I never shut up. I am sad to leave all the people I have grown to love but it is exciting to know it is almost over. I am going to miss my teachers and especially my coaches.

Who has been your inspiration?

Many people have influenced me throughout my life. My number one is my dad. He goes to every sporting event he can make it too if he's not working and is always cheering. Along with him is my mom. Even though she's no longer with me she has taught me all I ever needed to know. She has given me my patience; she has always taught me that attitude is everything, the longer I live, the more I realize the impact of my attitude. She was right. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, and even a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. I now know thanks to her, we cannot change our past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. She always told me that

she was convinced that life is 10 percent what happens to her and 90 percent of how she reacted to it. And so it is with you, we are in charge of our attitudes.

Is there anyone to whom you would like to say thank you?

I'd like to thank my family, friends, teachers, coaches but mostly my best friend, my sister, Inga Berger. After all I have been through there has always been someone there motivating me, encouraging me, telling me I could do it even when I saw it impossible. I'd like to thank them all from the bottom of my heart.