

Soccer was her game until Sandwich High School senior Caitlin Michniewicz discovered field hockey. Today she is one of the captains for the Lady Knights and along with the rest of the Sandwich squad has her sights set firmly on the post season.

As a seventh grader Michniewicz decided to try something different, only to find out how much she loved the game. She played field hockey during the off-season, winters at the Jungleplex in Plymouth and summers with the Cape Cod summer league. She currently plays in the defensive end of the midfield at center halfback for the Lady Knights, but can play most positions on the field.

Now in her fourth field hockey season, she also was a part of the SHS Track & Field team during her freshman and sophomore years. She is a member of the Student Council and Key Club, as well as being an accomplished musician on the piano.

How is the field hockey season going?

The Lady Knights are doing quite well. We have an outstanding team this year. We have lost a few players to injuries and such, but we have worked together to fill these gaps. We have a lot of potential on the team, and it's really starting to show. The team just has to keep it together, and keep doing what we're doing to keep winning.

The Lady Knights are always one of the top teams in the Atlantic Coast League.

The Lady Knight field hockey team is such a good team because it is part of an awesome program. Our coaches are exceptional. The varsity coach, Kelsy Beaton, has a tradition of excellence. Kelsy pushes us to the limit. We work as hard as we do because she expects it of us. She is one of the toughest coaches you'll meet, but it's great. She works just as hard as we do to improve our game. She really cares about every member of the team, and it shows. SHS field hockey wouldn't be what it is if it weren't for Kelsey. It is an honor to be a team captain. I love being able to help lead the team, and encourage everyone in every way that I can.

What are you going to remember most from your four years at SHS?

One of my greatest memories will be of the field hockey team. I have learned a lot from being a member of the team, while having an awesome time. My friends will also be a big memory for me; they have all affected my life in a great way and I love them for it.

How long have you been playing the piano?

I have played the piano since I was in the third grade. A friend of mine got me into playing. Once I tried it, I fell in love. I play a variety of music styles, and I like trying new things all of the time.

What is the best piece of advice that you have received and how have you applied it to your life?

Some of the best advice I have received is to not sweat the small stuff. It has really helped me in my life. I have learned to enjoy life more, and to not worry about the little things.

Who has been your inspiration?

One of my inspirations is my brother Sean. He joined the United States Marines when he was a senior in high school, which I could never imagine doing. He was sent over to Iraq in the beginning of the war. He has inspired me with his courage and his strength. I really look up to him for this.

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

I would like to say thank you to my parents for supporting me with everything I do. And also I would like to thank my coach, Kelsy Beaton. She has pushed me to be the best I can be, and has taught me how working hard really pays off.

Do you plan to attend college?

I have been looking at a variety of schools, but am really interested in U-Mass Amherst. I am thinking about majoring in computer science. I would love to continue my field hockey career in college, possibly just as a club sport.