

Liz & Lauren Duffy, Setting The Bar High Sisters Excel In The Classroom And On The Track

March 5, 2010 – Dan Crowley,
Enterprise Newspapers

Both academic and athletic standouts at Sandwich High School, seniors Liz and Lauren Duffy have set the bar high.

Two of a kind the twin sisters are in the top 10 academically of the Class of 2010 and athletically have both just completed successful indoor track seasons and plan to be back with the Lady Knights this spring when they'll wrap up their high school careers as members of the SHS Track & Field team.



Together they began playing youth soccer at an early age. When they reach SHS, they both joined the Lady Knights freshman soccer team. The next year they played at the junior varsity level.

“Before long we started to realize that we were enjoying running more than soccer,” Lauren pointed out.

In their junior year they joined the cross-country team and competed for the next two seasons.

“This year was their second time running cross-country and we would not have had the success we had without them running in our top five,” SHS Cross-Country Coach Mike Lavers said. “Our captains were chosen last spring and since they were new to the sport they were not chosen, but they still quietly took on part of the responsibility and helped out whenever needed. They have set the bar high for the underclassmen to strive for as they become seniors.”

This winter they both were team captains for the indoor track team and ran distance events. Lauren focused on the two-mile, while Liz ran the one-mile.

“We started running around the 7th or 8th grade with friends to get into shape for soccer,” Liz said. “I’ve been trying to run winter track since my freshman year, but never did it. This was my senior year so I made sure I did.”

“They were both top runners for us in whatever event I put them in,” Winter Track & Field Coach Steve Infascelli said. “They are both fierce competitors.”

While this spring will mark the fourth season of track for Liz, Lauren has played lacrosse for three seasons, prior to joining the spring track team.

“I really enjoyed cross-country and the winter season,” Lauren pointed out, “and I wanted to give spring track a try. I really love it. I’m looking forward to the spring.”

The Duffy sisters have had plenty to keep them busy the past four years at SHS. In addition to athletics and maintaining their high academic standing, they are members of the National Honor Society. They are also members of the Key Club where Lauren serves as president and Liz as secretary. Liz is the vice president of the school’s environmental

club, Roots & Shoots and Lauren is treasurer. They are both members of International Studies.

In the summer the Duffy's run for fun competing in local road races. They've run the Sandwich Fourth of July Race, DeConto 5K and the Thanksgiving "We Gather Together 5K." They have also competed in the Cape Cod Marathon Relay.

This spring Liz plans to compete in the one-mile for the Lady Knights and the 4x4 relay. She also throws the discus. Lauren plans to run the two-mile and since she competed in the high jump during the indoor season, she hopes to jump again this spring.

SHS Girls' Spring Track Coach Mike O'Brien, while looking forward to having Lauren on the track for the first time this spring, will be coaching Liz for her fourth outdoor season.

"Liz is exceptionally diligent in AP Literature, any opportunity to go the extra mile is seized," O'Brien said. "She applies the same work ethic in track. She has committed to recycling projects and is a very genuine kid."

"The work ethic that they have demonstrated in the classroom is certainly equaled on the track," Coach Infascelli agreed. "This winter they led by example. They have accomplished amazing things and are both absolutely wonderful young women. I hope they look back on running and realize just how much of an impact that they have had on the younger kids."

For most of their lives the sisters have mirrored each other, sharing similar interests and with similar accomplishments. But college may send them in different directions.

"It's going to be hard," Lauren said of the possibility of splitting up. "But we're not going to base our college decision on each other."

The list of schools the Duffy's have applied to is lengthy. They have both been offered scholarships at St. Anselm College and Stonehill College. Liz has also received a scholarship offer from Salve Regina. Lauren did not apply to Salve Regina. They have spoken with the cross-country coach at St. Anselm and should they choose to attend, they will both be offered spots on the team.

However, many of the schools the sisters have applied to have yet to be heard from, including their mutual favorite, Holy Cross.

"If I go somewhere that I can't run, I'll do a club sport," Liz pointed out, to which Lauren agreed.

Lauren plans to turn her focus toward Environmental Studies once in college, while Liz maintains she is still undecided.

"If we go to different schools it's going to be weird not to see her everyday," Liz said looking at her sister.

"It's going to take some getting use to," Lauren added should the sisters split up. "It's really going to be different."

Their accomplishments on the track and in the classroom over their four seasons at SHS have been considerable and they agree, wherever they choose to go to school, they'll continue to run.

"The winter track season just ended and I miss it already," Lauren smiled while Liz agreed. "I'm not myself when I'm not running."