

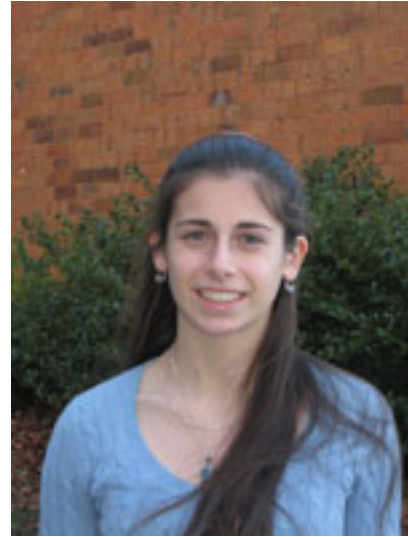
Sandwich High School senior Emily Travers loves to run. This season is her fourth with the Lady Knights indoor track team where she is a member of two record holding relay teams.

Travers was a part of both the 4x200 (1:50) and 4x400 (4:10.55) school record setting squads.

Last fall she ran cross-country for the Lady Knights after three seasons of playing SHS soccer. She participates in local road races such as the Sandwich Fourth of July Race, Captain Gerald F. DeConto 5K and Thanksgiving, We Gether Together runs. This winter she is the captain of the Lady Knights winter track team.

This spring she will join the Lady Knights lacrosse team for her fourth and final season.

She is a member of the National Honor Society and received the Gold Scholar Award in both her freshman and sophomore years, and last year received a Silver Scholar Award. She has been recognized for her work in Earth and Space Science, is the secretary of the Ecology Club, a member of the International Studies and Key Clubs, a Peer Mediator and member of the Knights Theater Company.



This is your fourth winter track season and you're a captain this year.

I became interested in running winter track my freshman year because I really wanted to be involved in a winter sport and try something new. I enjoyed running and had already been participating in local road races for several years so winter track seemed like a perfect fit. I joined the team and winter track soon became my favorite sports season. The team we have this year is very young, there are only two other seniors on the team besides myself. We have a strong group of distance runners this year, many continuing their running season from cross country. Being a captain this year is a great opportunity to give back to this sport. I try to set a good example for the other girls on the team by working hard at practice and in competition. I will definitely miss winter track when the season ends, it has been a great experience. I would have to say the highlight of running for this program would be my sophomore year, competing at a national meet on the 4x400m relay team.

Do you plan to play lacrosse again this spring?

Yes, I do plan to play lacrosse again this spring and am looking forward to it; lacrosse will be a fun change after two seasons of running. This year's team should be excellent, although we lost some great players last year we have a lot of talent on the team. We have been ACL champions for the past three years and I'm sure that we all are hoping this upcoming season will be a continuation of that trend. Two summers ago, I was able to play lacrosse during the summer as a part of the Cape Cod Women's Lacrosse League; it was a great opportunity to keep honing my lacrosse skills in the off-season. Unfortunately, due to an injury I was not able to participate again this past summer. I know that a lot of the girls on the team keep playing lacrosse after the season is over and that dedication has probably been a huge factor in our success.

You played soccer for three seasons at SHS, and then switched to cross-country last fall.

This year I wanted to try something new and expand my running distance so cross-country seemed like the right choice of sport for me. I still love soccer and had a great three years at SHS

but when I thought about what I would be more likely to continue in the future, in college and so forth, I felt running would be more prominent in my life. I have run in road races for a while so had more long distance running experience than just winter track to go on before joining the team. This fall was really fun; we had a great team of girls and finished second in the ACL. Cross country was an awesome season and I'm glad I gave it a try.

How do you feel you have changed over the last four years?

I think I have become more outgoing since I started at SHS, more confident in myself, as a freshman I would never have auditioned for the play as I have this year. I think this comes from my positive high school experience and may also be a result of the success I have found at SHS both in academics and sports.

What would you do to make the world a better place?

I would turn my attention to the environment, to educating people about the importance of preserving our natural resources. I would encourage converting to solar or wind power and doing even basic tasks that help the environment such as recycling. I would also encourage the use of reusable water bottles over plastic.

Who is your favorite author and what sort of books do you like to read?

I don't have a favorite author, but rather enjoy a variety of books and writing styles. I read quite often, every day if I have the opportunity. Currently, my favorite book is The Hunger Games by Susanne Collins. I enjoy the in-the-moment writing style employed in this book as well as the idea that it conveys a deeper message than just being an adventure story.

What has been the most important person or event in your life?

The most important people in my life have been my friends and family. My family and friends have always been there to encourage and inspire me. From them I learned never to give up and to try my best in all my endeavors. I learned determination and drive, to be motivated to succeed.

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

I would like to say thanks to my family, my dad, mom, and sister, Molly, for their unwavering support, to my friends for the laughs and positive support, and to all the coaches I've had in high school. Coach Infa (Steve Infascelli) has dedicated hundreds of hours to our track team and program, and to making us all into better runners; taking us to invitational meets in addition to our league meets. He has inspired us to love this sport as much as he does. Last fall was Mr. (Mike) Lavers' first season at SHS as the cross-country coach and he led us to finish second in the ACL, thanks to him for keeping us all motivated to run our best. Kelsey Beaton is a dedicated lacrosse coach and it is her drive to make us a better team which has allowed us to experience so much success. Thanks to Emma Riedel, Caroline Conena, and Caroline Warren for three great years of running together. And to Anna, Liz, Lauren, Kristen, Amanda, and Shea for making these four years the best.

Do you plan to attend college?

Yes, I plan to attend a four year college after graduation but I'm not sure where I will be going yet. I have been accepted to U-Mass Amherst and am waiting to hear back from my regular

decision schools in the spring. I have not yet selected a field of study. I hope to be able to continue to play sports in college on a school or club team.