



Maddy Pfeifer of Andover (center), a national Junior Olympics medalist, waits for a race to start during training in New Zealand this summer. Maddy is flanked by a member of the Japanese national team (l) and a Canadian National Gold Medalist.

Proctor Students, Grads Train Hard During Summer

By Scott Allenby
Proctor Athletic Department

While many public and private day schools engage their student-athletes during the summer months through on-campus events, summer leagues, and camps, Proctor's student body departs in 354 different directions following final exams. This situation presents a unique challenge in that students must therefore train individually for their respective athletic pursuits under the guidance of their varsity coach's summer training program. The work that Proctor's students and faculty dedicate to summer training not only helps to ensure a successful fall season, but makes significant strides toward maintaining and building school culture for the upcoming academic year.

Proctor junior Maddy Pfeifer of Andover is one student-athlete who has dedicated her summer to training for next winter's Nordic Ski program. Maddy stood out among her peers during the 2009-10 Nordic season as she won each Lakes Region race by a substantial margin and ultimately became both the Lakes Region and New England Nordic Champion.

As Head Nordic Ski Coach Buz Morrison commented this past winter, "Maddy has been a terrific role model and an inspiration to our team. Her success is due not just to natural talent, but to a love of the sport, a total commitment to training, and maximum effort in competition."

While her accolades have blossomed since her arrival at Proctor, it has been her personal dedication to training that has helped land her a spot on the Junior Olympic team. Maddy has spent countless hours this summer on roller skies, averaging around 13 hours per week, working to improve her double poling technique and upper body strength, while also spending two weeks at a biathlon camp in Lake Placid and travel-

ing to train in New Zealand for three weeks alongside the Canadian, New Zealand, Japanese, and Australian national Nordic teams. Maddy has also completed a number of road races, including first place finishes in both the Limotour Odyssey 15-miler and the SNA 5k, while also winning the first two FIS New Zealand/Australian cup Nordic races for juniors (age 23 and under) on her current training trip.

Maddy is just one example of a Proctor athlete dedicating the summer months to training, as each program at Proctor has outstanding athletes working hard to ensure their readiness for the upcoming season.

Both male and female day students gather twice weekly to play pickup soccer on Carr Field with faculty, focusing on both individual skills as well as condition. Members of both the boy's and girl's hockey programs adhere closely

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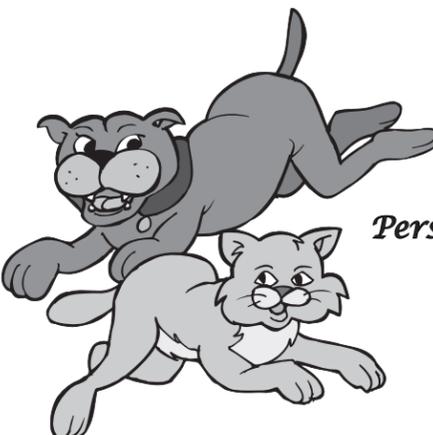
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