

AE/MS Track & Field

By Jim Tucker
AE/MS Athletic Director

What a great season the track team had this year! The students of Andover grades six through eight participated in many track and field events. The meets were held at Winnisquam, Merrimack Valley, and Gilford.

The team began the year with 25 enthusiastic members and no coach. With great support and volunteer efforts from several Andover staff members, they began their season with a lot of excitement. By mid-season the team had gained supportive coaches from outside the school system.

Nick Fairall, an elite athlete who just so happens to be from Andover, was first to join the coaching staff. With his background and expertise in fitness and training, he began to work with the students in regard to health and exercise. They learned that fitness was about the whole body and about making good choices to improve themselves. He helped them set goals for achievement on and off the track.

Nick was a natural working with the young athletes. AE/MS athletes and staff members hope that Nick will be a regular contributor to the school sports programming.

The track and field team was also joined by Jared Tiede, a former state level competitor. With his skills in the shot-put, disk, and javelin, the students began to see great improvements in their skill levels and self-esteem. They began to see what they could accomplish as an athlete with the right amount of practice

and dedication.

The final member of the coaching staff to join the team was a faculty member from Proctor Academy and parent of an Andover student. Buz Morison brought the team to yet another level. His experience as a cross country track coach proved to be an amazing asset. The students began to refine their skills of running, pacing, and how to motivate themselves to achieve their goals on the track.

The team did well all year long. Each member made his or her goal at the beginning of the season for events they chose to complete in. Most of the athletes surpassed those goals and have new "personal bests" as they look toward a new season.

"Success can only be measured by the student's attitude. At every practice and every meet, Andover participated with large grins on their faces and positive attitude," said Jim Tucker, Athletic Director at AE/MS. "I receive many compliments on what great athletes we had and how it was nice to see such great sportsmanship from not just a few students but an entire team."

The final event for the team was a gathering for the end-of-season track banquet. The athletes challenged the parents to events they had created for the occasion. The events consisted of sack races, balloon toss, hula hooping, and more. The event concluded with a pot luck dinner. It was a truly great celebration for a great group of young athletes.

Way to go, Andover Track Team!

Athletes Honored At Proctor's Senior Award Night

By Scott Allenby
Proctor Academy Athletic Office

Proctor's annual Senior Award Night and Commencement Exercises offer a final opportunity for the Proctor community to acknowledge standout senior athletes who have contributed significantly to Proctor's considerable athletic success over the past four years. Below is a list of all athletes honored during these end-of-year ceremonies.

Charles A. Jones Trophy – Awarded to the most outstanding male and female athletes in the graduating class. Emily White – East Falmouth, Massachusetts. Connor Toomey – Billerica, Massachusetts.

Athletic Award – Awarded to a male and female graduating senior for outstanding dedication, achievement, and ability in Proctor athletics for three or more years. Sarah Cottrill – New London. Harris Williams – Lynn, Massachusetts.

Babe Ruth Sportsmanship Award – Awarded to two students in the senior class who have made the greatest

contribution to the spirit of sportsmanship and fair play. Marion Smith – Washington, DC. Keith Buehler – Skaneateles, New York.

"Doc" Howard Memorial Award – Awarded to a male and a female senior for sportsmanship on and off the field. Eliza Perry – Southport, Connecticut. Ben Berton – Andover.

Spencer Wright Athletic Award – Awarded for athletic achievement and sportsmanship to a male and a female graduating senior. Emily White – East Falmouth, Massachusetts. Ben Bartoldus – Hillsboro, New Hampshire.

Athletic Council Award – Awarded to graduating seniors in recognition of their outstanding contribution in Proctor athletics. Katie Lehmann – New London. Kerstin Middleton – Greenland, New Hampshire. Courtney Summers – Kittery, Maine. Jenny Galligan – New London. Zack Spencer – North Scituate, Rhode Island. Nik Tasiopoulos – Norwell, Massachusetts. David Murphy – Berryville, Virginia. Mike Hemingway – Newport, New Hampshire.



Front (l-r): Heidi Terwilliger, Ashley Lucas, Nathan French, Danny Cummings, Nicholas Terwilliger. Back: Aimee Linehan, Hunter Heath, Abigail Heath, Frank Cummings, Charlie Reed, Michael Schamel, Joren Schamel, Head Master David Stepp.
Photo: Leighton Terwilliger

ANDOVER ACADEMY OF SELF DEFENSE

By Heidi Terwilliger

Andover Academy of Self Defense

Andover Academy of Self Defense held two rounds of testing this month for 14 students. On June 16, Ethan Reed and Jasper Redican both tested and advanced to Orange Belt. Ethan also moved up to the Tiger Class.

June 19 was round two, with Aimee Linehan and Heidi Terwilliger reviewing third degree Black Belt and Michael Schamel confirming second degree Black Belt. Nicholas Terwilliger joined the adult ranks with a first degree Black Belt and the first Junior Black Belt to advance to an adult ranking.

Charlie Reed advanced to second degree Junior Black Belt; Joren Schamel and Hunter Heath both confirmed first degree Junior Black Belt; Abigail Heath advanced to first degree Junior Black Belt; and Nathan French confirmed Ju-



Ethan Reed and Jasper Redican
Photo: Heidi Terwilliger

nior Black Belt.

Frank Cummings and Danny Cummings both advanced to first degree Brown Belt, and Ashley Lucas advanced to second degree Brown Belt.

Racing Fans!

Please help the Beacon get more photos and articles about auto racing, motocross, kart racing, etc!

If you're involved in any motor sports or know an Andover resident who is, please contact Charlie at 735-6099 or

Charlie@AndoverBeacon.com

Andover Academy of Self Defense

Come check out a FREE class!



Little Tigers (from age 4) Mon/Wed 5:30 - 6:00 PM

Tigers (beginners) Mon/Wed 6:00 - 7:00 PM

Dragons (advanced) Tue/Thu & Adults 6:00 - 7:00 PM

Adults Mon/Wed 11:30 AM - 12:30 PM

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