



Methuen High School Student Receives MIAA Student-Athlete of the Month Award

Katherine Delap, a senior at Methuen High School, has been selected as the recipient of the "MIAA Student-Athlete of the Month Award" for February 2022. A three-sport athlete, "Kat," as she is warmly known, is a leader in Volleyball, Basketball, and Lacrosse. Additionally, as a partner for Methuen's Unified Basketball Team this fall, she "did an amazing job building relationships with these students and building up their confidence and self-worth," according to Ryan Middlemiss, the Girls Varsity Basketball and Unified Basketball Coach.

An athletic force as well as a captain in all three sports, Kat helped lead Rangers Volleyball to an appearance in the post-season tournament, in part due to her strong net play and her leadership skills. Coach Matt Twomey stated, "Kat is the type of player that every coach would love to have, yet few are lucky enough to know. I am proud to have been her coach for the past four years." As a defensive power in Basketball, Kat "dominated the paint area with her size and toughness," said Middlemiss. He added, "She is a great leader, is extremely hard-working, and does whatever it takes for the team to win." Her on-the-field hard work is also evident in Lacrosse where Coach Krystal DePaolo said, "Katherine works hard and is a great role model." This sentiment is echoed by Athletic Director Matt Curran, who stated, "Kat is a role model to our younger players, puts the team before self, and displays exemplary sportsmanship."

Katherine's leadership and mastery of skill are also threaded into her academic successes. She has maintained her status as a High Honor Roll throughout her years at Methuen and is a Member of the National Honor Society. Kat has a 4.6 GPA, is enrolled entirely in Advanced Placement Courses except for electives, and is ranked in the top 10 in a class of 500 students. "She is one of the most conscientious students I have ever had," said a teacher, "She is an active participant in class and always seems to be planning out how she intends to study and become more acquainted with the course content." Kat's AP European History Teacher stated, "She has demonstrated mastery of historical thinking skills and is a reliable and dependable classmate on group projects and assignments."

Katherine is eager to help and support her community and individuals in need. She is President of the Methuen High Schools DECA Club and Helping Others Club. The Helping Others Club serves the local Methuen community through tutoring at the lower schools, packing backpacks with donated food for the Backpack program, organizing a holiday food drive for Lazarus House in Lawrence, and other activities such as a 3v3 basketball tournament. With the volleyball team, she participated in a yard clean-up for a local Marine Veteran. Her time as a Unified Basketball partner had Kat demonstrating proper

shooting and dribbling technique while providing a warm, welcoming atmosphere. Rich Barden, Methuen Principal noted, "As a result of her hard work, positive attitude, dedication, and passion, she is well respected by students and staff alike. Kat exudes Ranger Pride in the classroom, on the playing surface, and in the community."

The Massachusetts Interscholastic Athletic Association (MIAA) Student-Athlete of the Month Award is presented on a monthly basis to two student-athletes who display excellence in the areas of academics, athletics and community service. Students in grades 9-12 who attend MIAA member schools are eligible to receive the award. Monthly award recipients receive a certificate of recognition, are featured on www.miaa.net and MIAA social platforms, and will be honored at a local ceremony to honor their selection. Each recipient will be eligible for the Harry Agganis Student-Athlete of the Year Scholarship provided on behalf of the Agganis family. Nominations for the MIAA Student-Athlete of the Month award may be submitted by principals, athletic directors, teachers, coaches, guidance counselors or other school administrators. For additional information about the MIAA Student-Athlete of the Month Award program please visit www.miaa.net.

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