



## Manchester Essex Regional High School Student Receives MIAA Student-Athlete of the Month Award

Shea Furse, a senior at Manchester Essex Regional High School, has been selected as the recipient of the "MIAA Student-Athlete of the Month Award" for March 2022. As a competitive swimmer, Shea found incredible success in the pool while simultaneously leaving a notable impression in her community and in the classroom.

A freestyle-stroke specialist, Shea took home first place in the MIAA Division 2 500 Yard Freestyle event as well as the 200 Yard Freestyle event, in which she swam a state record time. Awarded the Cape Ann League Girls Swimmer of the Year for 2021-2022, Shea was also recognized as a League All-Star in both events and received Second-Team Honors in the 200 Medley Relay. Additionally, at the MIAA North Sectional Meet, Shea swam meet records times in both events to earn the win while also receiving All-American considerations. Athletic Director Cami Molinare stated, "Shea is a strong leader on our Swim and Dive Team. All of her teammates admire her for her work ethic, sportsmanship, team attitude, and willingness to teach others new stroke techniques to improve their times." Shea will be a Division 1 student-athlete next year as she continues her swim career as a Bulldog at the University of Georgia. Molinare described Shea as "an exceptional student-athlete and individual. She embodies the core values of our athletic department and the MIAA's mission and philosophy."

Academically, Shea has taken all Honors and Advanced Placement courses since ninth grade, holding a strong 4.91 out of 5.00 GPA. Her English Teacher stated, "Shea is a student who brightens up every class she's in. She is engaged and lively during discussions, always bringing her sense of humor!" Shea is also a member of DECA (Distributive Education Clubs of America) and an inductee into the Manchester Essex National Honor Society. Her Spanish Teacher noted, "Shea is an impressive language student. I have come to realize that she treats her academics with the same relentless drive and dedication with which she approaches her goals in swimming." Shea is a National Honor Society Officer.

A true community server, Shea has accumulated over 400 hours of community service, 200 hours of personal development, and 2,000 hours of physical activity. Shea's commitment has earned her the Massachusetts Congressional Gold Medal. Her service commitments are extensive and include volunteering for the Essex Elementary School PTO Polar Plunge, calculating receipts for Manchester Memorial School to earn school supplies, Toys for Tots Gift Wrapping, Swim Across America Fundraiser for Cancer, Youth Soccer Volunteer Coach, YMCA of North Shore Fundraiser for Scholarships of Families, YNS Swim Team Helping Master and Little Children Swimmers, and she volunteered time

at an adult rehabilitation center along the North Shore. Shea will be honored and recognized for the Congressional Medal at the White House this spring. Principal Trish Puglisi said, "Shea is amazing and humble. She is an academic all-star and her community service goes unmatched."

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](http://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](http://www.miaa.net).

## EDUCATIONAL ATHLETICS

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