



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

Eliot Lent, a senior at Triton Regional High School, has been selected as the recipient of the "MIAA Student-Athlete of the Month Award" for April 2022.

A Varsity athlete, who played five sports while at Triton and who will graduate with nine varsity letters, Eliot has been a leader for his Football, Indoor Track and Field, Outdoor Track and Field, Soccer, and Swim teams. A versatile student-athlete that is an asset to every team, Eliot was named Captain of his Football, Indoor and Outdoor Track & Field teams. He is recognized as a "respectful young man who epitomizes what it means to be coachable and refuses to be outworked," according to his Track Coach and nominator Danielle Perkins. He has been a top javelin thrower for two years in the Cape Ann League. Eliot's Football Coach described him as a "coach's dream who just wants to know how he can help the team in the best possible way." Eliot has been recognized as the Unsung Hero for Indoor Track and Field, Most Improved Player for Football, and he received the Doug Foley Leadership-Sportsmanship Award for a multi-sport Track athlete who shows leadership through character.

Academically, Eliot "is highly regarded by staff and students alike and is a role model for his peers," according to a teacher. Eliot's confidence and academic ability have grown over his four years at Triton, maintaining excellent grades, intensity, and integrity as noted by many of his teachers. He is described as, "being a rock star," "does great work, participates, and is a good classmate," and "leads by example with his 'can-do' attitude." His Marine Biology teacher noted, "Eliot is an excellent student who works so hard to prepare for his exams and completes his assignments to the best of his ability, but he is a kind, caring, and thoughtful person." Eliot's commitment to excellence has resulted in his induction to Triton's National Honor Society as well as the World Language National Honor Society. In addition to his academic prowess, Eliot's hilarious personality makes the "classroom a brighter and happier place." Principal Patrick Kelley said, "Eliot has been a leader throughout the building and as an athlete."

Eliot serves the Triton School Community as a Class Officer, Leader of Peer Mediation and the Gay/Straight Alliance Club. During Triton's Day of Giving, he spruced up the school with painting, and with his teammates, he helps at youth soccer and football clinics. Eliot also has volunteered his time at the Brewster Town Recreation Sailing Program as a Counselor in Training. Tim Alberts, Athletic Director stated, "Eliot has a very strong work ethic in sports and in academics. He is a very good teammate and is well respected by his peers." 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

MIAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997

