



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

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

Emily Rubio is a Varsity Cross Country, Indoor, and Outdoor Track and Field student-athlete at Pentucket Regional High School who excels in all that she does. "Emily is one of the most outstanding student-athletes I have had the pleasure to coach in my 27 years," stated Steve Derro, Indoor and Outdoor Track Coach. He continued, "She is one of the most unselfish athletes I have ever coached, putting the team ahead of her individual goals." A hurdler, high jumper, and long jumper, Emily went undefeated and earned League titles in all three events this winter. Her 2022 winter high jump season culminated in a Division 4 State Title and the Meet of Champions title. She is part of the 4x200 relay team and spring medley team, which broke a school record this season. Emily is also a Pentathlete, winning the Boston Holiday Classic as well as the State Championship with a school record of 3,301 points. Emily was named the Kinney Division Girls Athlete of the Year and the Cape Ann League Championship Athlete of the Meet award. In Cross Country, Emily was an integral member of the Pentucket All-State Runner-Up Team, which placed 10th in Nationals, as well as had two consecutive undefeated seasons culminating in two league titles. Her coach in all three seasons and AP English Teacher Todd Ruland said, "Emily brings so much enthusiasm to whatever challenges she faces. This passion to do her best along with the encouragement she provides others made such a positive impact on so many people."

Emily's focus on her academics is just as strong as her athletics. Ranked fourth in her class, Emily is an Advanced Placement and Honors level student who consistently achieved high honor roll. She was inducted into the Science National Honor Society in 2021 and received the 2020 Science Department Award for Academic Achievement and an MIAA Pillar Award in 2020. Her AP Psychology teacher stated, "Emily espouses the highest of standards and ideals. She is extremely humble and often underestimates the strength of her abilities."

Emily serves her community as a Pentucket Peer Mentor, a Middle School Tutor, a volunteer middle school track coach, and an MIAA Unified Track volunteer. In recognition of Emily's well-rounded approach, in 2021 she was inducted into the Pentucket National Honor Society and the Science National Honor Society. Her Anatomy and Physiology teacher said, "Emily is not just an outstanding student; she is a role model for her 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

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