



MASSACHUSETTS INTERSCHOLASTIC  
ATHLETIC ASSOCIATION



## Violet Forney, Waltham High School, Named 2021 NFHS National High School Spirit of Sport Award Recipient

Each year, the National Federation of State High School Associations (NFHS) recognizes representatives from school athletic and activities programs through the National High School Spirit of Sport Award. The recipient exemplifies the ideals of the positive spirit of sport that represent the core mission of education-based athletics.

The Massachusetts Interscholastic Athletic Association (MIAA) is pleased to announce Violet Forney, Waltham High School, as the 2021 NFHS National High School Spirit of Sport Award Recipient for Massachusetts.

### **Congratulations Violet!!**



Violet Forney, a junior at Waltham High School who is academically sound and athletically strong, demonstrated exemplary community service throughout the 2020-21 school year. Hampered by a serious injury, Violet knew during the summer of 2020 that she would be unable to participate physically on the Waltham Girls Soccer Team during the fall season. Since she was unable to fitness train for her soccer season, she used her training time and gathered her teammates to partake in a virtual fundraising event to support Feeding America, in response to local effects of the pandemic. Sydney Lindstrom, Varsity Soccer Coach stated, "Her efforts paved a way for our team to put their focus on team-bonding and community service – two aspects that proved to be essential values of this COVID season."

Determined to stay involved with her team during the fall, Violet assisted the coach with many of the required COVID paperwork and procedures. Lindstrom said, "Violet did not skip a training session or game during the COVID season. Discouraged but not defeated, Violet sought to be an impact player in other ways." Due to pandemic restrictions, the annual Kick Cancer Game was not an option, instead, Violet stepped up to help her coach conduct a "Kick for Dana Farber" Crossbar Challenge event raising over \$3,300 for the Jimmy Fund through the Dana Farber Institute.

Continuing to give back to her community, Violet organized Games at Recess (GAR), a virtual fitness program for Waltham fourth graders scheduled for Mondays and Fridays. The 20-minute fitness sessions, which were designed to get kids moving through exercise using music, were organized by Violet and implemented by six student-athlete volunteers. The high school students conducted the virtual sessions during their lunch or study period. Lindstrom noted, "I have been in awe. On Mondays and Fridays, I am afforded the opportunity to see energetic future Waltham High School athletes do jumping jacks, crunches and planks to some really fun tunes." "Violet knows how important connection is," she continued, "and she knows how important exercise is, especially for elementary students who are undergoing myriad effects from the pandemic." Forney explained the reason for this program was "to share my passion for sports and physical activity with a younger generation, especially in a time when they need it most." Each session was developed by Violet, reviewed for technique and appropriateness by a Waltham HS Physical Education Teacher, and implemented with adult supervision by the high school volunteer.

It is with great pleasure to present to Violet Forney the 2021 NFHS National High School Spirit of Sport Award for Massachusetts.

## EDUCATIONAL ATHLETICS

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