



## Pentucket Regional High School Receives MIAA Student-Athlete of the Month Award January 2023

**Henry Brien** – Pentucket Regional High School

Nominated by Dan Thornton, Athletic Director at Pentucket Regional High School

Henry, a senior at Pentucket Regional High School, is a two-sport athlete competing in swimming and lacrosse.

Henry's swimming career has been exceptional as he has been a multi-year captain and also the Cape Ann League Male Swimmer of the Year for 2021, 2022, and 2023. A school record holder in two individual events (100 Butterfly and 100 Backstroke), Henry is also a record holder as a member of three relay teams.

Henry was also a Boston Herald All-Scholastic Swimmer last year. Taking one of the most demanding academic schedules at Pentucket, Henry has maintained a 4.06 grade point average and excelled in the classroom.

In addition to his school and athletic achievements, Henry has devoted his time to educating local youths on the importance of water safety. Recently, he led an anti-drowning campaign and was able to visit various elementary schools in West Newbury, Triton, and Newburyport to discuss the importance of lifejackets and CPR.

