



## Innovation Academy Charter School Student Receives MIAA Student-Athlete of the Month Award March 2023

**Sadie Coleman-Plourde** – Innovation Academy Charter School  
Nominated by Nolan McKinnon, Athletic Director/Head Basketball Coach

Sadie plays volleyball, basketball, and Spring Track and Field, and maintains a 4.3 GPA. Currently Sadie takes all of her courses for honors credit, and is also taking dual enrollment classes in partnership with Middlesex Community college. A consistent honor roll student, she received positive feedback from all of her teachers, who identified her as a leader in the classroom, a positive presence, and someone who has a strong understanding of the academic content.

During the **volleyball** season, she served as a captain and had a .204 hitting percentage, 10 aces, 42 blocks, and 84 kills. She was a Lowell Sun Second Team All-Star, a Commonwealth Athletic Conference All-Star, and the Commonwealth Athletic Conference Co-MVP. She led the team to their second straight CAC lower division league championship and their second straight state tournament appearance. She additionally won the Innovation Academy Athlete of the Season award this fall (an award given to one individual per season in the program who excels in their sport and exemplifies dedication, academic achievement, and community membership). In **basketball**, Sadie is averaged 13 points, 14 rebounds, 5 steals, 5 blocks, and 2 assists per game. Her willingness to take on any role (depending on what is needed) has made her into an individual who is revered and admired by each athlete on the team. Her scoring per game is not higher only because she puts team first and gladly takes on the role of facilitator and making sure that her opponents' best defenders are occupied, allowing her teammates and team to have more success. She led the girls' varsity basketball team to the state tournament for the first time since the 2018-2019 season. This Spring, Sadie is a part of the Spring Track and Field Team.

Sadie's Community Service is equally impressive as she Sadie is one of two leaders of Innovation Academy's Interact club. Innovation Academy's Interact Club brings together high school students to put service above self. Sponsored by the Rotary Club of Lowell, the Interact Club serves to make a difference in the school and larger communities through a variety of service projects. During her time as leader of the Interact Club she has organized and/or contributed to many service projects. More recently she was involved in organizing and executing, the raising of money and creating of bags of resources for those who are homeless in connection with the Lowell Transitional Living Center. She also helped to distribute these resource bags. Under her leadership the Interact Club has also conducted a book drive donating the books to Project LEARN, the club has painted Peace Poles to brighten up our school campus, and throughout the course of the year, the club reaches out to local non-profit organizations based on the interests of the group and seeks ways to give back to our community.

In addition to her work with the Interact Club, Sadie also has volunteered at the Tyngsboro Public library and at Tyngsboro's zero waste day. Sadie also interns at the Nason Law Firm in Lowell, MA.

**EDUCATIONAL ATHLETICS**

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