In the spring of his freshman year Sandwich High School senior Brad Bailey joined the track team. Four years later he is still running, but now is a captain on the cross-country, winter track and spring track teams. When not competing with the Blue Knights, Bailey runs 5K's throughout the year. A distance runner in the fall, he turns to sprints in the winter and spring. Last winter he achieved All-Star status as a member of the Blue Knights winter track team and three times he has competed at the Massachusetts Divisional Championships for SHS. He also has been playing underwater hockey since the fourth grade and is one of the founding members of the Sandwich team. Bailey also played two years of Ultimate Frisbee.

He has been the recipient of both the Gold and Silver Scholar Awards for top academic placement in his class every year. He is a member of the National Art Honor Society and has participated in International Studies and was a member of the Key Club for two years.

What kind of a season has it been for the Blue Knights cross-country team?
The Sandwich cross country team had an excellent season this year. Our record was 5-3. We lost a couple of close meets by only a few points, but we had a great year considering we only have five seniors. Our team is fairly young depending on a strong group of juniors such as Jack Stanton, Jason Lefavor, Steve MacDonald, and Jameson Goins to win our meets with a couple of fast freshmen and sophomores such as Dave Allen, Tom Cundiff, and Dana Murphy. I have thoroughly enjoyed my senior year of cross country as I got to know everyone on the team and I was happy to see that my times have improved since my junior year.

The course for a typical meet is about three miles. What goes through your mind as you run the course?
During a typical race, there are many thoughts that run through my mind. Cross country is much more complicated than merely moving legs quickly. I constantly have to check my watch to see if I am on pace with the time I am looking for. Every step of the way, my brain tells me to stop or slow down, but I have to tell myself to keep going no matter what. If I am weak for only a couple of seconds, I could get passed by someone and lose the race. In most races, I am focused on trying to pass whoever is in front of me. Other races, I focus on my fear of getting passed by people who are behind me. I try to really kick it into high gear as I pass people on the final straight away with the strength of a sprinter.

Do you plan to run winter and spring track this year?
I am planning on running in my third year of winter track and my fourth year of spring track. I will be running sprints this year such as the 300 meter dash, the 400 meter dash, and the 4x400 meter relay. Sprinting is a different kind of running than the distance running of cross country. I spend half a year doing each kind of running and as I train in one kind, my skill increases in the other. I try to be a cross country runner with the finishing kick of a sprinter and a sprinter who can maintain a quick speed like a cross country runner. In the past few years, the indoor and outdoor track teams have had poor

seasons, but this year I feel that we can have a better season if we can maintain team unity.

What is underwater hockey?
Underwater hockey is a sport unlike any other. The game is played wearing snorkels, masks and fins. A weighted puck is pushed along the bottom of the pool with foot long hockey sticks into goals on each end of the pool. The positions and rules are similar to ice hockey, but the fan turnout is decidedly smaller. I started playing underwater hockey when I was 10 years old because my friend, Collin Sykes, the current captain of the team encouraged me to play. The team has grown into a large group with enough people for two teams. We are one of the best high school teams on the Atlantic coast. We mostly compete against college players from around the country and we have even competed internationally in Canada. The skills used in underwater hockey help me cross train for running because they both require me to control my breathing. I play both offensive and defensive positions. The sport is easy to pick up and I encourage everyone to play Friday nights at the Sandwich High pool at 8 PM.

You're a member of the National Art Honor Society.
I have been a member of the National Art Honor Society for two years. In this organization, I do 20 hours of art related community service and I learn from visiting artists. I like to draw pencil illustrations that are full of imagination and creativity, but I also am open to other kinds of art. National Art Honor Society requires its members to have an A average in previous art classes, but I have gone a step further by having an A average in all of my other classes as well.

What has been the highlight of your four years at Sandwich High School?
A highlight of my high school career was when I had my first breakthrough race in track and I qualified for the Divisional Championships. It was the first time I distinguished myself from my twin brother Greg. No one could tell us apart before that. I also fondly remember all the memories I had with my friends, especially eating out at the Bobby Burns restaurant every Friday after underwater hockey. I know I will cherish my Sandwich friends forever.

Who has been your inspiration?
I have been inspired by my twin brother Greg who has been by my side from the moment I was born. He has always pushed me to be the best that I could be. My parents were the ones who inspired me to get involved with athletics and they always supported me in my triumphs and failures. My coach Stephen Infascelli and past runners such as Teddy Vrountas, Nate Gelson, and Dave Koren have inspired me to be a great runner if I work hard every day.

Is there anyone to whom you would like to say thank you?
I would like to thank my parents, George and Carla who have encouraged both my athletic and academic achievements. They were always happy to hear any news about how I was doing on the team. I also say thanks to my brother Greg who stuck with me even if I was a little faster than him. He shares in my love for the sport of running and

has been a great co-captain with me. I would also like to thank Rob Sykes for all his time he spent coaching the underwater hockey team. I thank my coach Stephen Infascelli who never quit on me and helped me progress into a strong athlete.

Do you plan to attend college?
I plan on attending college and I am applying to Worcester Polytechnic Institute, Rensselaer Polytechnic Institute, and Northeastern. I hope to combine my skills in art and science by studying engineering. I would like to continue running in college and would also like to start an underwater hockey team at the school I attend.