

There isn't much free time in Sandwich High School senior Caroline Warren's schedule. She is a three-sport athlete, who was one of the captains of the Lady Knights field hockey team in the fall, is currently a captain of the girls' indoor track team and this spring will be a captain for the SHS spring track team.

When not on the field or track she plays the saxophone with the SHS Jazz and Concert Bands, is the vice president of the Student Council, is a Peer Leader and member of the SHS Book Club.

Her four years as a member of the field hockey team came to an end this fall, however, she still plays the game she learned as a seventh grade student at the Wing School. She has been a part of the winter Indoor Field Hockey League at the Plymouth Jungleplex for two seasons and this summer will mark her second season of summer league play.

She has received Atlantic Coast League All-Star recognition in both winter and spring track and all-star honorable mention in field hockey.

Warren began running competitively once she arrived at SHS and in her four years has re-written the school record books. She has competed nationally for the Blue Knights and currently holds three individual school records and three relay records.

"Caroline trained this summer with me at the FOSS running camp for a week where she completed a 9-mile run at the week's conclusion," Sandwich Coach Steve Infascelli said. "She is an extremely talented athlete, one that can accomplish just about anything she sets her mind to. She is as fierce a competitor as I have ever seen, and seems to bring her teammates to a whole other level. We are looking forward to her qualifying for the national championships again this winter and hopefully this spring as well. She is a wonderful and lovely girl and I shall miss her dearly."

**You were a member of the indoor track team last winter and had a very successful season. How does this season look?**

The thing I love about track is that you don't rely on anyone; it's just you against everyone else. The girls did very well last year. It's fun to have both the boys and girls teams together because we are able to cheer for each other. We didn't lose anyone on our 4x4 relay so we're looking really strong this year. This season we're planning on qualifying in the sprint medley for the Nike Indoor Nationals., which consists of an 800m, 200m, 200m, and 400m. I think every member of the team has set a goal for this season and they will make it happen.

**How did you get into running?**

My dad ran in high school and college. He still runs for fun today. My family would go to all of his road races to see him. He is the person that really got me into running. I never ran competitively before high school. The only running I did was up and down a field. I was really scared the day of my first meet. I was running the 200 meter dash in the varsity heat with older high school athletes. I ended up winning and later on qualifying for states. Now when I run I don't let my nerves get to me. I set a goal for myself and try to do my very best. By doing this I've been able to participate in All-State, New England, and National meets. I do have a few school records. There is the 300 meter dash- 43.02 set last year. I'm really trying to beat it this year. The indoor high jump- 5-1 set my sophomore year and the indoor 4x200-1:50.00, indoor 4x400- 4:10.55, 300 hurdles-46.1, and the outdoor 4x400- 4:10.10 all set last year.

**Last fall was your final season of high school field hockey.**

This season was definitely my favorite season of field hockey. Everyone got along and it showed on the field. We were a strong team. The captains were great. Caitlin, Emma, Kristen, and I really worked well together. Our coach, Kelsy Beaton, was tough at practice and that's what I love about her. She made us work so hard and other teams could see all that on the field. I'm really going to miss her practices. I hated them, but loved them at the same time. I'd like to thank Kelsy for being so tough on me and helping me stay in great shape for winter track.

**Your busy with sports and school, yet still find the time to play the saxophone.**

I used to play both the alto and baritone Sax, but now I'm all baritone. I've been involved in band since fifth grade. I played just the alto from fifth to eighth grade, but when I tried out for the jazz band as a freshman they didn't have a baritone player, so I decided to start playing it. I love how powerful its sound is and how it's not hard to pick it out in a crowd. I find very little time to practice at home, so I take the Concert Band course that the school offers. Last week was the Concert Band's Winter Show and I believe that Jazz Band will be performing sometime in January. I've been a part of the SHS Concert and Jazz Bands for four years now. I listen to whatever is on the radio, but I love Jazz music. It's so relaxing to listen to. I love listening to artists perform solos. This spring the Jazz Band is competing in Washington D.C. I would like to play for fun outside of SHS, but no more bands for me.

**How have the last four years at SHS changed your life?**

Day one at SHS was a scary time for me. I had two classes where I was the only person from the Wing School. I soon learned that it didn't matter what school I was from. I have made great friendships with teachers, classmates, and athletes at SHS. I feel like I have grown into a strong, independent person here. I'm ready to go to college and pursue my dream of becoming a veterinarian.

**What will you remember most from these high school years?**

I think everyone will always remember their Junior Prom. My prom experience was amazing. Getting the perfect dress, getting my hair and makeup done with one of my best friends, having the dream date, taking all the pictures, everything. I was so happy that day. It was the best.

**How would you like to see the world change in 2009?**

I would love to see an end to all the violence in the world. I'm in a class called Exploring Current Topics and it's just so sad to hear about the violence and injustice that is going on in the world.

**Who has been your inspiration?**

My parents, David and Elaine Warren have always been there to encourage me to do my best in life. They come to my games and meets, they answer all my questions, and they recently helped me with my college essay. All of my coaches have also been a big influence on me. They have all pushed me to work so hard at the sports I love. Kelsy (Hammond-Beaton) has encouraged me to give it all I've got, OB (Coach Mike O'Brien) has helped me master the hurdles, and Infa (Coach Steve Infascelli) has done everything humanly possible to help me get all the experience I need in track. I am blessed to be able to be members of their teams.

**Is there anyone to whom you would like to say thank you?**

I'd like to thank all of my family for all of their love and support and my friends for everything. They have made high school a great experience. I'd also like to thank Mr. Carafone and Mr. Brennan for always being around to talk to and my coaches for all their effort and support.

**Do you plan to attend college?**

I do plan on attending college, I just don't know where yet. I'm applying to nine schools. I really like URI and BU, but I also like UNH, UVM, and U-Mass Amherst. I plan to study either Animal Sciences or Pre-Veterinary Sciences. I'm really excited to go out into the real world and do something with my life.