

She holds the Sandwich High School indoor track record in every one of her events. She is a scholarship winner, multiple Atlantic Coast League All-Star recipient, will captain three teams this school year and is a musician. Senior Emma Riedel is an accomplished student-athlete and in addition an honor roll student.

She didn't pick up field hockey until five years ago, but through hard work and playing during the summer, she became a team captain and league all-star by her senior season. She is no stranger to hard work. Riedel is a dedicated winter and spring track athlete. For the past two seasons she has earned all-star recognition on both winter and spring teams. She has been the ACL champion in the 55 and 100 meter dash during both her sophomore and junior years and a member of the league championship indoor 4x2 and indoor and outdoor 4x4 relay teams.

She is a member of the Concert and Jazz Bands at SHS, a National Latin Exam Silver Scholar recipient as a sophomore and a recipient of the John and Abigail Adams Scholarship.

### **The Indoor Track post season is underway. Are the Blue Knights still in the mix?**

We had a pretty strong season for the overall team this year and we have some fantastically talented individuals who are heading into the post season. We have our Atlantic Coast League Championship meet coming up and we are looking to get some first place finishes. After that we have several athletes who have qualified for the Division II Championship meet on February 22. In March the girl's sprint medley team of Caroline Conena, Emily Travers, Caroline Warren and I will be returning to the Nike National Meet. Caroline Conena is also competing in the 600 meter race and I will be running the 55 meter dash.

### **Every team competes in the winter at the Reggie Lewis Center in Boston. That's a long way to go for a meet.**

Traveling up to the Reggie Lewis Center does have its difficulties. Due to its location, it's hard for friends and family to come watch our meets and the hour long drive each way adds to an already long day. On the plus side the Reggie Lewis Center is an amazing facility for us to compete in and is well worth the drive. Professional track meets are hosted there so we can say that we run on the same track as Olympians.

### **You're a veteran of four years with the Lady Knights field hockey team.**

Being able to play field hockey at SHS was a wonderful experience. When I was a sophomore our team won the league championships, which was a great moment for the team. My favorite game from this year was our home play-off game against Duxbury. It was an intense game from the start and I was able to achieve my goal of scoring the first goal for our team. Winning that game after a double overtime was the best moment of the season.

### **You're also a musician.**

I have been in the Jazz Band for seven years and play the flute and trombone. I played the flute in elementary school and switched over to trombone in high school when they needed more players. Playing music is a nice switch from the everyday routine of school and sports. The pieces that we play can be intense, such as the 1812 Overture, or fun like the Star Wars Theme. We put on a winter and a spring concert every year and our Jazz

Band is heading down for a competition in Washington D.C. this April. My favorite concert we do is the Winter Concert because we perform in front of all of our classmates during school and we can show them what we have been working on.

**How do you feel that the last four years at SHS have changed you?**

The last four years have definitely changed me. I have grown and developed as a person, through meeting new people and having new experiences. I met many of my closest friends through the sports and clubs that I participated in at the high school. I started high school as a shy freshman who was always getting lost and humiliated herself by falling into trash cans. Now I have a greater confidence in myself and a good sense of who I am. I have also been able to avoid the trash cans.

**Years from now when you look back on high school, what do you think will come to mind?**

My experiences on the track team will be foremost in my memory, because so many of my close friends are part of that team and we have invested so much time and effort into it. I also took two AP classes during my junior year, English and United States History, and that was where I learned that you have to put in the effort if you want the result. Those classes taught me how to use my strengths as a student and how to accept my weaknesses.

**Five years down the road when you attend that first high school reunion, how do you think the Class of 2009 will have fared?**

I expect my classmates to go out and succeed in their lives. I am sure that by the time of our reunion someone will have achieved a grand accomplishment. In five years I want to be pursuing a career in my chosen field, something English or history related, and to be living on my own. I want to be happy with the way my life is going and to enjoy what I do for a living.

**Who has been your inspiration?**

My family has been my major inspiration in life. My parents have always encouraged me to try my hardest at whatever I choose to do. My brother and sister have been there to keep me laughing and to make sure I don't take things too seriously. In track I have had two amazing coaches, Mr. Stephen Infascelli and Mr. Mike O'Brien, both of whom have helped me reach a whole other level with my running. I have been lucky enough to run with a team of extremely talented girls. They have helped me, through competition and encouragement, to improve myself in sports and school.

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

I would like to say thank you to my family, John Riedel, Mary Kelly, Becky Riedel and Jackson Riedel. They were always being there for me and have made many long drives up to Reggie Lewis. There have been great teachers in my life but I would like to offer a special thank you to Mr. Schermerhorn, for giving me one of the hardest and most rewarding classes I have ever taken and to Mr. Carafone, for making band my favorite class at SHS. I would also like to say thank you to all of my friends who have made high school so entertaining and survivable.

**Do you plan to attend college?**

Indeed I do intend to attend college. I would like to go to a four year college and so far I have been accepted to Stonehill College, Assumption College and the University of Massachusetts Amherst. Although I am still unsure of which school I am attending or what I would like to study, I intend to run track at school

