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## **Outside The Lines With: Lucy Gauthier**

This winter Sandwich High School senior Lucy Gauthier, now in her fourth season of indoor track, is setting new records with two personal best marks at the recent league meet. One of the team captains, she runs the sprints and in the field competes in the shot put and long jump. As successful as she is in track and field, Gauthier's first love is softball.

She began playing softball at the age of 6. She has played at the Little League level, with the Cape Cod Riptides, in the Bay State Games and with the Bay State Thunder U18 team. This spring will be her fourth season with the Lady Knights.

She is also an accomplished horseback rider, who competed for three years in English hunter shows at Woodsong Farm, Cape Cod Horse Council, and Grazing Fields Farm. She is a member of the National Honor Society, for which she serves as secretary. She is the recipient of the Holy Cross Book Award. A three-time Gold Scholar Award recipient as one of the top 10 in her class, she was also recognized as a National Merit Commended Scholar for her high scores on the 2009 PSAT. She has been honored with the Cape Cod Riptides Tournament Scholarship, and was chosen as captain of the U18 softball team.

She is a member of the Key Club and Student Council and past co-chairman of the prom committee. A volunteer at the local MSPCA shelter, she also coaches Little League softball and has played the piano for 12 years.

### **How has the winter track season gone for the Lady Knights?**

This winter track season was really rough because it was so short. We kept getting meets and practices canceled due to weather conditions, which made it really hard to train and compete. I have run indoor track for four years, and this team is definitely the most versatile of the four. We have lots of quality long and middle distance runners, as well as sprinters. My favorite part about indoor track is training with my friends. The weather is brutal, but we push each other to run our best and have a lot of laughs. We just had our last meet, our ACL league championship. I ran a season best in the 55-meter dash and jumped a season best in the high jump, so I would say that it was definitely my personal highlight of the season.

### **This spring will be your fourth season with the SHS softball team.**

I am extremely excited for the upcoming softball season. We have a lot of players returning, but we also have some large gaps to fill in from seniors who graduated. I'm excited to see what kind of talent we'll have coming up this year. Softball is really reliant on trusting your teammates—to make the right throw, consistently get hits, and know the plays. I think our team is especially strong because we have played together for so long. I have been playing with some girls on the team, like Megan Congro, Frani Davis, Catie Bergeron, and Briana Smith, since I was 6 years old. We've grown up playing together, and know each other's styles. That's not a skill you can teach, and we're really lucky that we know each other so well. That is going to be a huge advantage for us because we don't have to spend the first half of the season getting used to playing with new people.

### **You also coach Little League softball.**

I began coaching Little League softball three years ago—the first year I was too old to play. I figured it would be a good way to stay involved with the program, and to see the game from a different perspective. I fell in love with it, and plan on coaching again this

year for my third season. I coach U14 girls, which I love because they are at the age when they are competitive and sincerely want to improve. I love to coach because I love teaching the girls new skills and showing them the sport I love. It doesn't feel like a chore at all to me; it's genuinely fun. I love helping people, and I like to think the girls enjoy having someone closer to their age as a coach. The best feeling is when they show up to watch one of my games, because I truly feel like a role model. I've learned to be confident in calling plays, as well as speaking to adults. It has helped me learn more about the game, because you see it differently when you have to decide what play to call instead of relying on an adult to call a play for you.

**You do some horseback riding.**

I began horseback riding on my 9th birthday, after years of begging for lessons. I have always loved horses, and I plan to keep them in my life. I began riding competitively when I was 12, and continued to ride up until I was 15. Since then, I've had to quit due to time and money, but I hope to restart riding after college, or to join a college club team. While I never owned a horse, I have leased several on which I competed monthly on local hunt seat circuits at Woodsong Farm, Cape Cod Horse Council, and Grazing Fields Farm. I have won several year-end titles in my divisions, from Walk-Trot to 2' Hunters and Equitation. Although I rode with many trainers, none impacted me as much as Teresa Galizio with Just Imagine Farm. She is just an incredibly selfless person, and, without a doubt, the best coach I have ever had.

**What role do you think athletics have played in your life?**

Athletics have taught me to be reliant on those around me. I'm a very individual person, always preferring to do school projects alone than in a group. But with sports, that is impossible. Even track forces me to rely on my teammates, especially in relay races. I have learned to set aside personal differences in order to achieve the greater goal of winning the game. Sports cross all sorts of boundaries, and I have played with all kinds of people. Obviously you get closer to some teammates than others, but I have found that a true team performs best when everyone pulls together.

**When you look back on your high school years, what do you think will come to mind?**

Looking back on high school, I will always remember my junior prom. I was one of those girls who had their dress picked out months before prom. Every part of that night was perfect, and it was a really fun night to spend with all of my friends. It felt especially amazing since I helped pull it all together through prom committee. Other than prom, I will always remember softball, especially beating our rival, Plymouth South, my junior year and all the good times we had getting pumped up for our games.

**Who has been your inspiration?**

My inspiration has always come from my teammates. Every single member of a team brings a unique quality or perspective to the table. I am particularly inspired by my varsity softball teammates because I have been playing with them since I was 6 years old. They have taught me to have confidence in my abilities, and to always keep trying. My team reminds me that nothing is impossible as long as I have faith in myself.

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

Every person who has walked into my life, especially in the last four years, deserves a thank-you. In some way, they have all helped me grow as a person. My parents and younger sister, Claire, deserve the most, thanks as they have always stuck by my side and

encouraged me in everything I do, and driven me hundreds of miles to horseback riding lessons and softball tournaments. I'd also like to thank the coaches I've had over the years, especially Jean Russell, Ray Velazquez, Stephen Infascelli, and Teresa Galizio for pushing me past the limits I set for myself. Bob Sullivan had also been a huge influence for me, for giving me the opportunity to coach Little League softball. Finally, I'd like to thank Erin Jodoin because she has had to put up with me every day for four years, from being an adviser to a coach to a teacher, and always giving me advice.

**Do you plan to attend college?**

I am planning to attend the University of Oklahoma in the fall. My family lives out there, and many of my relatives went to school there. It's family tradition that I attend as well, and I can't wait. It's going to be a big move from Sandwich, but I am really looking forward to being a part of a large university in a completely new location. I'm hoping to keep playing sports at the intramural level, but I'm choosing to focus on my academics instead of competing in athletics at the collegiate level. I plan to major in psychology, so I can hopefully become a school psychologist, but I'd like to look at other majors, too, before I fully commit.