

September Upper School Athlete of the Month



Lydia King is a two sport fall athlete for Salem Academy participating on both the soccer and cross country teams. As a sophomore she has stepped in to fill a big role on the soccer team and has started every game at outside midfield. She has been a vital member in helping the soccer team get off to one of the best starts in school history. Lydia has only gotten better as the season progresses and we look forward to her continued success on the soccer field.

In cross country Lydia ran in the only meet that took place in September and finished in first place for women and finished thirteenth overall. She finished the three mile course in a blistering pace of 21:30, which is just over a seven minute mile pace. Many coaches and athletes around the league were complimentary of this time and praised her competitive drive. Congratulations to Lydia for all of her athletic accomplishments this month and we look forward to her continued success in soccer and cross country.



September Lower School Athlete of the Month



Sydney Moreno is also a two sport fall athlete for Salem Academy by participating in soccer and cross country. While the soccer team continues to progress Sydney has been a stand out for the team as she has not only improved but earned her way into the starting lineup as we enter October. She is a versatile player who is able to play both as a midfielder and as a forward. As the fall continues we look forward Sydney's continued improvement as a player and as a leader on our middle school team.

In cross country Sydney had a standout performance in the league wide match at Franklin Park. Sydney finished with the fastest time on our team which led Salem Academy to victories over Boston Collegiate and Prospect Hill Academy. She finished 32nd overall with a time of 12:23 on the mile and a half course. With three more matches in the month of October we will look for Sydney to lead the cross country team into the final championship meet on November 5th.