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MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

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FOR IMMEDIATE RELEASE

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Seekonk Student Receives MIAA Student-Athlete of the Month Award

SEEKONK – Johnny Gregorek, a junior at Seekonk High School, has been selected by the Massachusetts Interscholastic Athletic Association (MIAA) as the "Student-Athlete of the Month" for March 2009.

A member of the Seekonk High School cross country, indoor track and field, and outdoor track and field teams, Johnny Gregorek is one of the top runners in Massachusetts. This past winter, he was the MIAA Division IV and All-State champion in the two-mile run. His All-State time of 9:19.64 in the two-mile was the fastest run in Massachusetts this year. Johnny's leadership has led to his selection as captain of the Seekonk High School cross country and indoor track and field teams next year.

In the classroom, Johnny Gregorek is also an extremely successful student. He has received high honors during every quarter of his high school career. Johnny is ranked in the top 5% of the junior class at Seekonk High School with a 4.0 GPA and is enrolled in honors and AP courses. In addition to his academic and athletic success, Johnny is an active member of Seekonk's Peer Helping Network (PHN), serves on the Student Government, and spends time as a student tutor. He is currently an Eagle Scout candidate, volunteers at a local food pantry and soup kitchen, and serves as an Alter Boy at his church. Seekonk High School teacher/coach Eli Mello says, "Johnny does a great job balancing his responsibilities and work. His backpack and books accompany him to all of his meets. He is routinely the first to arrive and last to leave each day. His determination and commitment are second to none."

The MIAA launched the "Student-Athlete of the Month" award program as a method of recognizing and honoring students who set a positive example of leadership through academics and athletics in their communities. Through this program, school principals, athletic directors, wellness coordinators, coaches, teachers, guidance counselors, and student ambassadors may nominate individuals who excel in the classroom, during competition, and as good citizens in the community. One male and one female student-athlete from MIAA member schools are selected as recipients of this award each month. Each recipient is sent a congratulatory letter and certificate from the MIAA Student Services Staff. In addition, recipients are also noted for their achievement on the MIAA web site (<http://www.miaa.net/student-athlete-of-the-month.htm>) and in the "Building the Future" MIAA Student Services Newsletter.

For more information about the MIAA "Student-Athlete of the Month" Program, please contact Peter Smith at 508-541-7997.