

Friday, May 24, 2019

As we arrive (finally!) at the long weekend...

1. During the opening ceremony of our Senior Athletic Awards on Wednesday night, **Margaret Conaty** (now fondly described as our Athletic Director Emeritus) made a surprise appearance to present the **first annual coaching award** named in her honor. The field of worthy candidates was crowded, but **Dawn Diedricksen** (biology teacher and track coach extraordinaire) emerged as the first winner of this award. The moment felt historic...and perfect!
2. Not that anybody wants to think about the fall just yet (let's first enjoy summer to the fullest extent possible) but NEASC is looking for volunteers to serve on accreditation teams. The available dates are listed at the bottom of this email. Please let me know if you'd like to participate in any of them.
3. **Heather Rodriguez** and **Collin Shattuck** both completed a **Spartan Race** (the Boston Sprint) in Charlemont, MA on Saturday, May 11th. Little did they know at the time how well the physical challenges of that obstacle course would prepare them for the next two weeks here at HHS.
4. While Heather and Collin were climbing ropes and leaping over barrels in Central MA two weeks ago, **Livvy Kates** was competing in the [Ironman 70.3 Gulf Coast](#) in Panama City Beach, Florida. While doing so, she delivered the real headline achievement of the whole year: Livvy qualified for [70.3 WORLD Championship](#) to be held in Nice, France, in September. By the way: It's called the Ironman **70.3** because you have to swim 1.2 miles and then bike 56 miles before running the 13.1 miles of a half-marathon. Do the math and it adds up to a truly phenomenal accomplishment!
5. The fact that last Friday's fire cost us only one day of school is a minor miracle. This could only have been accomplished with the combined efforts of MANY people. The creative problem solving, resilience, and generosity of spirit have been exceptional. What a blessing to be part of a team like this.

Have a great weekend, everybody!

And, by the way, as a warm-up for the weekend, come on down to the front entrance during the lunch block (11 AM - 12:30 PM) today. The **Nona's truck** will be here to serve ice cream to all faculty and staff. And it's on the house. A small token of our appreciation for everything you do, not just this week, but every week!

Rick Swanson

**Principal
Hingham High School**