

**High School Basketball**  
**The Clockers play it his way**  
**Moresi steps in, boosts confidence**

**By Brendan Hall**  
**March 2, 2008**

Ashland High senior Lindsay Shorey is, by nature, rather shy. She lets her play on the court do the talking. But last spring, Shorey and fellow captain-elect Katherine Brownlee were vocal and adamant with their coach, Phil "Smokey" Moresi.

'With everyone focusing on me this year, it's been a challenge. But I'm up for it, I guess,' says Framingham's Kathleen King.

Moresi, who was retiring as the school's athletic director at the end of the school year, was also considering stepping away as the Clockers' interim girls' basketball coach after filling in last season. But Shorey and Brownlee, fearing that they would be playing for their third coach in three seasons, pleaded with him to stay.

Moresi agreed - with a stipulation. The Clockers would to have play his way.

And for Shorey, that translated into being a bit more selfish and shooting with confidence.

The 6-foot forward led the Tri-Valley League in scoring as a junior, averaging 15 points per game, but she was known for her inclination to pass the ball rather than take a shot at the basket. Moresi felt that she had the potential to do much more.

Before Moresi's arrival, Shorey said, "I didn't really have any confidence to shoot."

With a laugh, Moresi said he told Shorey and Brownlee "this would be the only coach in their lifetime who ever said 'Don't pass it.' "

With Moresi's backing, Shorey again paced the TVL in scoring, raising her average to 22.7 points per game. But she still continued to get her teammates involved in the attack, particularly Brownlee, who averaged 12 points a game.

Shorey became the focus of opposing teams, who tried to contain her with a number of defensive schemes, including triangle-and-two and box-and-one sets. Undaunted, she powered the Clockers to four wins in their last five games, qualifying for the tournament with a 10-10 mark and a first-round matchup Thursday night against TVL champ Westwood.

"Our team didn't think we could win at the beginning of the season," said Shorey, who netted her 1,000th career point during a 29-point effort against Wayland on Feb. 13. "But toward the end, we started to believe."

Shorey has drawn interest from several Division 3 college programs, but said her two top choices are Springfield College and Eastern Connecticut State.

She was not the only girls' player in the area to emerge as a dominant player as a senior.

A year ago, Framingham rode the talents of All-Scholastic forward Denise Beliveau to the postseason. With Beliveau off to the University of New Hampshire, the Flyers this season turned to Kathleen King in the post, and she delivered.

Heading into her senior year at Framingham, King found there was little time for anything but basketball last summer. She played for two Amateur Athletic Union teams, the Boston Monarchs and the Bay State Lightning, competed in the **Bay State Games**, and suited up for Framingham High's summer league team. The 6-foot forward estimates that she played four hours a day during the summer.

When she finally had some time to herself, in late August, she spent it at the Framingham YMCA, running through a self-imposed 2-hour practice routine of shooting, free throws, and post-up moves. The homemade drills continued until the beginning of the basketball season.

'With everyone focusing on me this year, it's been a challenge. But I'm up for it, I guess,' says Framingham's Kathleen King.

Her dedication paid off. She developed into a ferocious presence in the low post, and virtually automatic for a double-double (averaging 22 points and 12 rebounds per game) nearly every night. While Beliveau attracted all the attention a year ago, King became the focus of every team's defense.

She led the Flyers to a 12-8 mark and a first-round Division 1 South match against New Bedford on Wednesday night. But despite her 24-point, 17-rebound performance, Framingham's season ended with a 49-41 loss.

A second-team All-Bay State Conference selection as a junior, she was chosen Most Valuable Player in the league's Carey Division this winter.

"She's really developed a will to win," Framingham coach Chip DelPrete said. "I remember very few players who hate to lose as much as Kathleen."

King - who is interested in playing at a Division 2 program in the Northeast-10, such as the University of Massachusetts at Lowell or Assumption - put up solid numbers last season while leaving the spotlight to Beliveau. Playing the role of the first option, she found out, can be a chore.

"I didn't realize how hard it was for her [until this year]," when she started seeing triple teams, King said. "With everyone focusing on me this year, it's been a challenge. But I'm up for it, I guess."

### **The season's best**

With the regular season complete, it's time to hand out a few salutes to a few teams and players from area communities. More to come next week.

Best comeback - Wayland 69, Newton South 68, Dec. 14. There were bigger rallies, but none as quick as this one. Over the final 45 seconds, the Warrior boys erased a 68-59 lead with a 10-0 run, capped by a Mike Synodis game-winning 3-pointer, for a stunner.

Best individual performance - Dan Guadagnoli, Framingham. The junior guard poured it against archrival and host Natick, starting off with back-to-back-to-back 3-pointers. Scoring from all over the floor, he had 27 points at the half, and finished with 42.

Best offense - Marlborough High's boys' squad. The Panthers (17-4) play at a fast pace and have two of the region's most electric scorers in George Jordan and Keith Brown, both averaging more than 20 points. Marlborough gets the edge over Watertown's hot-handed offense for topping the 85-point mark seven times this season, including a 97-92 track meet over Worcester's Doherty Memorial on Feb. 15.

Best defense - Westborough girls. The Rangers (20-1) suffered a hiccup in a 32-point loss to Northampton in the Westboro Invitational final. The Rangers force plenty of turnovers with guards Annette Kristiansen and Emily Mongeau. Their best offense is their defense.

Most underrated (boys) - Uche Egesionu, Trinity Catholic. You won't find anyone more deceptively agile than this 6-foot-5, 280-pound center. He has shown a proficiency in scoring and as well as passing (averaging 21 points, 14 rebounds, 4 assists), and is the main reason for one of the best records in Falcon history (18-2).

Most underrated (girls) - Michelle DeRoma, Mount Alvernia. Don't let the Division 4 tag fool you. There's a reason the guard/forward is committing to a Division 2 college program (American International). As one of the region's leading scorers (19.5 points per game), she has been a double-double threat all season. She opened the tournament with a 24-point, 21-rebound performance in Tuesday's win against St. Clement.

### **Rim shots**

Anna Littman-Quinn of Southborough and Jordan Balcom of Natick, members of the Rivers School's girls' basketball team, were recently selected as New England All-Stars. The seniors sparked the Weston private school on a five-game win streak at the end of the regular season. Rivers (14-5) was the third seed in the New England Class B Prep tournament. . . . Emily Wanger of Newton is the first girls' basketball player in Winsor School history to reach the 1,000-point milestone. The junior forward averaged 21.7 points, 11.2 points, and 8.6 blocked shots for the Boston private school to earn MVP honors in the Eastern Independent League.

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## **CSTV.com**

### **UMass Field Hockey Signs Seven New Players**

**Last season's Atlantic 10 Champions add six freshmen and one sophomore for 2008.**

AMHERST, Mass.. - UMass field hockey head coach Justine Sowry has announced the addition of seven new players for next season. The newcomers for 2008 include six incoming freshmen and one transfer sophomore. The high school seniors who have signed Letters of Intent for 2008 are: Christine Cutry, Amanda Dietz, Emily Krueger, Nicole Panciocco, Callie Sweigart, and Alesha Widdall. Transfer Jackie Tait will join the Minutewomen as a sophomore, having played her freshman season at the University of Delaware.

"This class is a really important one with the loss of six seniors and pretty much half of the starting lineup," Sowry said. "The two areas we needed were leadership, losing that group, but also defensively, we really needed to cover both positions. We recruited in hockey-talented areas and also recruit players from winning programs who know how to get the job done. I think losing as many as we did, all of our incoming athletes will compete for a starting position. I think that we are recruiting at a high level and I am excited to see what the future hold for us over the next three or four years."

#### **Christine Cutry**

Cutry is a 5-4 defender from Medford, N.J. where she was a three-year member and two-year starter at Shawnee High School. She led Shawnee to the New Jersey Tournament of Champions in 2007 while also winning the Group III State Championship and reaching a ranking of No. 7 nationally. Cutry was named first team All-Conference and first team All-South Jersey in 2007 and was named a National Futures Tournament alternate in 2006 and 2007. The six-time Futures program member served as Shawnee's defensive flier on penalty corners and led a defense that posted 15 shutouts and allowed only four goals in 2007.

"Christine is a very athletic midfielder and defender," Sowry said. "We will look to play her at either of those lines. She comes from a talented hockey area and school, so coming from a successful program, bringing that winning mentality is really important. I see her competing for a starting spot."

### **Amanda Dietz**

Dietz (pronounced Deetz) is a 5-7 defender/midfielder from Lehighton, Pa. where she was a three-year varsity player at Lehighton Area High School. She helped lead the team to three-straight Mountain Valley Conference Championships and Pennsylvania District XI AA Championships in 2005, 2006, and 2007. The 2007 second team All-State selection participated for three years with the Futures program, won a gold medal at the Summer Keystone State Games in 2005 and 2007, was named to the 2007 NFHCA National Academic Team. Dietz was also a four-year member of the varsity soccer team, serving as captain in 2007.

"Amanda comes from a very talented hockey area and she has good size and strength," Sowry said. "She sees the field very well, can read the play, and has a great understanding of the game. She is a big strong defender."

### **Emily Krueger**

Krueger is a 5-2 defender from Canton, Mass., where she was a three-year starter for Canton High School. Her team amassed an amazing 41-1-4 record over the last two seasons, winning the Massachusetts State Championship in 2006 and an Eastern Mass. Championship in 2007, while serving as team captain. Krueger has participated in the Futures program for the last three years and represented Team Southeast in the **Bay State Games** in 2007, helping lead it to the championship, where also she took home the Sportsmanship Award. A National Honor Society member, she also was a captain on the indoor track team in 2007, going to states in the 4x200 relay.

"Emily is a complete student-athlete, holding herself to high standards both on and off the hockey field," Sowry said. "She will make an impact on both the defensive and midfield lines. Coming from Canton, the team that won the State Championship, Emily will enhance the winning mentality that we must foster here. I am excited that she has chosen to be a member of the team here and complete her degree in her home state."

### **Nicole Panciocco**

Panciocco (pronounced Pan-see-oak-o) is a 5-4 midfielder from Walpole, Mass. where she was a starter for Walpole High School for three seasons, winning Division I State Championships in 2004 and 2006. The 2007 **Bay State Games** gold medalist participated in both the National Indoor and Outdoor Festivals for four years and in the Futures program in 2005. Panciocco was named All-Scholastic in 2007 by the Boston Globe, Boston Herald, and Daily Transcript. She was named first team Bay State League All-Star her senior year, while also serving as team captain. Panciocco is also a three-year starting pitcher for the Walpole softball team and played basketball with the Sparx AAU team.

"Nicole is an athletic midfielder, coming from a highly successful program in Walpole," Sowry said. "She has high energy, is very likable, and will compete at the midfield line. She also could see some time up on the forward line."

### **Callie Sweigart**

Sweigart (pronounced Swag-urt) is a 5-5 defender from Ephrata, Pa. where she was a four-year varsity starter at Ephrata High School. The senior captain received several awards in 2007, including All-League, Section 2 first team All-Star, Ephrata's Defensive MVP, All-League Academic Team, All-State Academic Team, and second team All-State. She also attended the National Field Hockey Festival for three straight years (2005-2007). Sweigart is in the National Honor Society and a member of the Student Council. She was also a member of both the indoor and outdoor track teams at Ephrata for four years, winning league championships in several throwing events.

"Callie is a very well-rounded student-athlete, and she has a dominant presence on the field," Sowry said. "She is a defender with impressive distribution skills. She shows great leadership with not only her

presence but with her communication skill. She will probably fill one of the back four spots and will compete for starting time without a doubt. I look for her to really play a pivotal role."

### **Jackie Tait**

Tait is a 5-6 midfielder/defender that transfers to UMass after playing her freshman year at the University of Delaware. The Fredericksburg, Va. native started all 17 games for the Blue Hens last season, posting five assists while playing primarily in the backfield. Tait was varsity starter her senior year at Owen J. Roberts High School, and as a junior at Stafford High School, she led the team to the 2005 Virginia State Title with a 24-0 record. Tait has participated in the National Futures Tournament for three years (2005-07) and the Futures Elite in 2006-07. She was a member of the 2007 U-19 National Team that toured Argentina and played at the USA Junior National Camp in 2006 and 2007. Tait also participated with the USA High Performance Training Squad at College Park, Maryland.

"I actually worked with Jackie a little bit through US field hockey summer programs over the last couple of years," Sowry said. "She is a very enthusiastic hockey player, and has great knowledge and understanding of the game. She draws a lot of knowledge from the international game. She has spent bit of time in Argentina, so with her knowledge I am looking for her to be a leader on the field and helping the teammates around her. She will be a key figure for us over the next three years."

### **Alesha Widdall**

Widdall (pronounced Wid-uhl) is a 5-7 goalkeeper from Whitney Point, N.Y. and regarded as one of the top goalkeeping recruits in the country. She was named NFHCA first team High School All-American in 2007 in addition to two-straight years as first team All-State. The U.S. Field Hockey Association selected her for the U-21 National Team, which will tour Argentina in March of this year. It is her second year as a member of the U-21 team and she was a member of the USFHA U-19 National Team in 2007 as well. Widdall has been involved in the Futures program since 2004 and was an Olympic Development selection in 2007-08, as well as the High Performance Training Camp Northeast Region.

"We are very fortunate to get one of the best goalkeepers in the country," Sowry said. "Alesha will make an immediate impact. She has the ability to change this program and take it to another level. She is big, strong, athletic, and not a lot of goals get past her. She will not only elevate the team to the next level but in the practice environment every day she will challenge our entire team to get better."

The Minutewomen, under the guidance of first-year head coach Sowry, returned to national prominence in 2007. UMass finished tied with Temple for the regular season Atlantic 10 title at 7-1, and then went on to defeat five-time defending champion Richmond and then Saint Joseph's to win its 10th A-10 Championship. The Minutewomen went on to defeat No. 17 Princeton on the road in an NCAA play-in game before falling to No. 4 Connecticut in the NCAA round of 16.



## Triton alum, Younes, set to play for Hlebichuk at UMass Lowell

**By Dan Guttenplan**  
Staff writer

**March 07, 2008**

Field hockey must remind Triton alumnus Katie Younes of losing.

And softball must remind her of winning.

That's the only way to break down an athletic career in which Younes has done nothing but excel individually in both sports.

As a field hockey player at Triton, Younes was widely regarded as the state's top goalie during her junior and senior seasons (2002 and 2003). Still, her Vikings logged a 5-27-4 record in that span.

On the softball diamond, the second baseman had a career batting average of .383 and committed just three errors in four years. But unlike her field hockey teams, her Viking softball teams had success, tallying a 73-19 overall record and one Division 2 North title.

So it came as no surprise when, in the spring of her senior year, Younes accepted a softball scholarship to attend Long Island University's C.W. Post rather than entertain the plethora of offers to join college field hockey teams.

Now for the surprise.

Younes, currently a senior at C.W. Post, will return to the sport that has historically tortured her with losses next fall when she joins the UMass Lowell field hockey team.

Although she has yet to sign a National Letter of Intent at UMass Lowell, Younes confirmed in an interview with The Daily News that she will transfer and exercise a fifth year of eligibility.

NCAA rules allow for collegiate athletes to compete for a fifth year if at least one year is served playing a different sport.

"I've always thought about playing field hockey again," Younes said. "Our field hockey coach (at C.W. Post) proposed it to me every year. I had to turn it down because softball is a full-year commitment. I always hoped to have one more opportunity."

That opportunity will come under the tutelage of UMass Lowell field hockey coach Shannon Hlebichuk, an Amesbury native. And the losing that has been associated with Younes' field hockey career figures to end.

Hlebichuk's teams have won five consecutive Northeast-10 Tournament titles. The Riverhawks also won a Division 2 national championship in 2005.

Hlebichuk was unable to comment yesterday on the prospect of Younes attending UMass Lowell since she has yet to sign her National Letter of Intent.

"She recruited me in high school," Younes said of Hlebichuk. "I chose softball. I played in a field hockey league with her last summer, and I started thinking about how I had another year of eligibility."

Younes and Hlebichuk played on the same team in a **Bay State Games** alumni tournament last summer. The squad brought home a gold medal with Younes in goal.

"I'm in good shape from softball so it wasn't that tiring," Younes said. "It was challenging at first figuring out what I was doing. But it was a good test. I surprised myself. I got an indication that I could do it again as long as I had a lot of practice."

Younes, a physical education major with aspirations of becoming a physical therapist, researched UMass Lowell's master's program before submitting her transfer forms. The changing of schools will be categorized as a transfer because Younes needs eight credits to fulfill her undergraduate degree. She will take 12 credit hours next fall in accordance with the NCAA's minimum requirements for athletes.

"There's a chance I could only be there for a semester," Younes said. "But I'll apply to grad school there, and hopefully I'll be accepted. I know they have a good physical therapy program."

First, Younes will complete her senior softball season at C.W. Post. As a junior, Younes was a member of the NCAA Division 2 Softball Northeast Regional Championship team. She batted .308 with a career-high seven home runs and 23 RBIs. She was named First Team All-East Coast Conference.

The Pioneers (56-4) finished with the most wins in program history.

"Right now I'm focused on my last softball season," Younes said. "Last year was amazing. I don't regret playing softball one bit. It's very competitive here, and I've learned a lot. I'm sure it'll transfer over to field hockey."



## **Return men: Gloucester boys lax aiming to make tournament once again**

**By Jason Brisbois**  
**Mar 26, 2008**

CAPE ANN - It's been nine years since Gloucester High School started up its boys lacrosse program for the first time, and since then the Fishermen have made great strides.

"We've missed the tournament only once since we started our varsity program," says Gloucester coach Drew Dominick, who has coached the team since its inception almost a decade ago. "It's a pretty good program. Now, we're working on drawing like other schools do. We've established a youth program, which helps tremendously. That's made a huge difference in getting kids ready to play at this level."

While the Fishermen have accomplished quite a bit to this point, they certainly can't rest on their laurels as the 2008 regular season fast approaches. If the team wishes to keep that tournament streak alive (last year, Gloucester finished the regular season with a winning record and earned a tournament game against Peabody before being dispatched by the Tanners in the tourney's first round), they must replace the half-dozen starters who were lost to graduation at the conclusion of last season.

Picking up the mantle of team leader this season will be the Fishermen's two co-captains, Adam Quinn (midfield) and Jeremy Fanning (attack). The two seniors are skilled players on the field, but also know

what it's like to feel the pressure of the spotlight, as well as how to keep a team pointed in the right direction.

"They are two really good players who are both stars in other sports," says Dominick. "We definitely will be leaning on them quite a bit. They both lead by example, and they've both been in the program for four years. They know the drill. They know what's expected of them."

A big key for the team this season will be defenseman Dylan Morrissey, who is leading a relatively inexperienced defense.

"He's one of the most talented kids I've ever coached," says Dominick. "He's one of the best long poles in the state. The rest of the defense may not be as good right away because they're further behind, and they haven't played as much as Dylan."

A Northeastern Conference all-star in 2007, Morrissey has started every game he's played in since his freshman season, and even stands out in a field of all stars — the junior played for Dominick in the Bay State Games over the summer and was the best defender on the field.

"His positioning and his stick are awesome," says Dominick. "He plays a great position game. He doesn't get beat all that often, and when he does, it's usually a fluke. He just has a great demeanor. He's not a loud kid, but he's got a quiet confidence about him."

Other key returning players include Mike Beuotte, a senior who will play in the attack spot with Fanning.

"He's a good, solid second attackman," says Dominick. "He could be a first attackman."

Joining Quinn in the midfield will be senior Nick White, another experienced player who Dominick counts among the team's most talented. Joining Morrissey on defense will be Mike Forgette and Jared Toye.

One new name to look out for will be Jared Wright. The sophomore has looked impressive since switching positions from midfielder to long-stick midfielder.

Dominick says of Wright. "I'm pretty excited about him. He's just done an incredible job, and hopefully he keeps going in that direction."

While the team certainly boasts some talent, it may take some time for that talent to mesh. Dominick believes his team could go through some growing pains during the early stages of the season and emerge a wiser, more cohesive unit during the season's second half.

"Our strength is our potential," says the coach. "It sounds kind of weird, but I don't think we'll be good right away. We have the potential to be good by the end of the year. As long as we win some games in the beginning, we should be all right in the end. We have a lot of growing to do."

The Fishermen open their season on the road against Triton on April 8.

**BASEBALL PREVIEW**

**Big-hitting Rouleau looks to lead Rangers to a title**

**By Jim Wilson**

**TELEGRAM & GAZETTE STAFF**

**Sunday, March 30, 2008**

WESTBORO— Baseball has taken Westboro's A.J. Rouleau many different places, but there's one stop in particular the senior would like to make before he heads to college, and that's LeLacheur Park in Lowell. Because if Rouleau plays on that infield there, it will mean he's led the Rangers to the Division 1 state final.

Westboro has been making strides the past few seasons and after missing the postseason in 2006, the Rangers returned to form last year with a 13-7 mark before falling to Milford in a Central Mass. Tournament quarterfinal. Westboro lost a lot of its pitching to graduation, but with the hard-hitting Rouleau back for his senior season the Rangers are hoping to continue to raise the bar for the program.

"We're definitely looking forward to this season," Rouleau said. "We're looking forward to playing and getting into the swing of everything. I've been working out a lot this year and trying to get into the baseball mindset."

Rouleau burst onto the scene as a freshman by hitting better than .400 and then continued as a sophomore, finishing third in the Mid-Wach B hitting race with a .484 average. He followed it up last year with a league-leading .449 average.

"I think he's going to be one of, if not the best hitters in Central Mass.," Westboro coach Scott Kittredge said. "Most people know that, and (A.J. and I) have gone back on that. It's all about plate discipline, it's waiting until someone makes a mistake because he knows he is going to get pitched around. That's where our depth and some other guys need to step up."

Kittredge has watched other teams adapt to Rouleau over the years as he blossomed into one of the more feared sluggers in Central Mass., and the coach said Rouleau has adjusted well.

"We saw it a lot last year, whether it's an intentional walk or because he was pitched around," Kittredge said. "He showed more discipline last year as the season went along. He put in a lot of time in the offseason, and I think he knows this isn't the end for him."

Rouleau's father, Charlie, played baseball at the University of Massachusetts and Rouleau credits him and his mom, Kelly, for fostering his love of the game.

"My dad taught me a lot, I wouldn't be where I am now without him or my mother," Rouleau said. "They worked with me and drove me to AAU and practices for the five other teams I was on. I owe it all to them."

Rouleau has been working out with Jeff Keaveney — a former Red Sox draftee who is now a Westboro police officer — at Station 4 Baseball, which has helped him become a more complete player.

"I think I have more of a work ethic now instead of thinking I could get by with what I did in my freshman and sophomore years," Rouleau said.

Rouleau certainly has an impressive résumé, as he is a three-time Central Mass. All-Star and earned a spot on the Telegram & Gazette Division 1 all-star team the past two seasons. The big-swinging lefty joined St. John's John Andreoli — who is headed for the University of Connecticut in the fall — as the Massachusetts representatives in the High School Power Showcase Home Run Derby at Tropicana Field, home of the Tampa Bay Devil Rays.

Rouleau has been named the MVP for the Northboro Legion in each of the past three seasons and was on the Central team in last year's **Bay State Games**.

It was on the Bay State team where he caught the eye of the Southern Connecticut State staff, and Rouleau will suit up for the Owls next fall. Rouleau will take his place with other Central Mass. standouts Nick DeProspero (St. John's), Ryan Desjardins (Wachusett) and Jim Fuller (Marlboro).

"I went down there for a visit and just fell in love with the place," Rouleau said. "They've been saying this is their best recruiting class they've had."

But first Rouleau is hoping to lead the Rangers to their first Mid-Wach B title since 2000. Westboro finished 6-4 in the league last year, but couldn't overtake rival Marlboro, which finished a perfect 10-0. With ace Andy Bower back on the hill, Westboro could make a run if some more arms make the leap to becoming a solid varsity starter. There's no doubt Rouleau will mash this spring and he'll have some help with the return of outfielders Taylor Allen and Brian Ruhl.

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## **Rink rats**

### **Millbury women compete in national figure skating meets**

**BY JOSH FARNSWORTH**

**March 27, 2008**

When it comes to finding the world's best figure skaters, fans need not look beyond the United States for prime examples of excellence.

For finding the best adult figure skaters, fans need not look beyond two sisters in Millbury.

Cynthia Jacobson and Jennifer Stewart have been carving out a name for themselves in regional competitions for the past few years.

At the most recent Eastern Regional Competition in New Jersey, Jacobson won the entire adult sectional and will be competing at Lake Placid, N.Y. April 8-12 on a national stage.

The stage is not unfamiliar for either Millbury resident.

"I was a little intimidated," said Stewart of skating in a Nationals exhibition. "It was really inspiring to see someone 45-50 years old out there and competing the way they were."

"The setting is so inspiring," said Jacobson. "The USFSA does a great job hosting."

The USFSA is the United States Figure Skating Association, which holds competitions in adult categories. Stewart has won twice at the national level in the entertainment division, which emphasizes music interpretation, costume and music.

Sense of humor is optional in theory, but not to Stewart.

"If you can make them laugh, it sure helps," she said.

Outside of USFSA-affiliated events, both women have earned medals in the **Winter Bay State Games** and numerous honors in skating excellence.

The sisters' skating background can be traced back to childhood, skating along a pond in Warwick, R.I. Their family of eight siblings grew up adjacent to the pond. One of their three brothers still plays competitive ice hockey in his mid-50s.

The sisters agreed that they were raised in a family that could get competitive at times. Part of a family of eight siblings, Jacobson said competitiveness was in the genes.

"I think it is naturally instilled in you," she laughed. "You had to fight for that last dinner roll sometimes."

Though Stewart said she was always interested in the sport, she had never officially taken up her ice-bound passion.

Not long after giving birth to her son in 1991, Stewart saw an advertisement, and everything changed. Six weeks after her delivery, she was on the ice, taking lessons.

When Jacobson moved back from California in 1995, she was re-introduced to hours on the ice spent trying to do that perfect spin.

"Jennifer gave me an old pair of skates and told me I should come with her," said Jacobson.

From there, the sisters set out to establish themselves and create skating programs that allowed them to maximize their everincreasing skill and enjoyment on the ice.

"They are committed, dedicated and hard workers, which make them really good students," said skating coach Christine Groleau. "We have a very good group of adults that skate here and many are inspired by them."

Much more goes into a program, however, than just skating.

The process of assembling a program includes finding appropriate music, cutting it to the specified length, working with a coach and often putting in time with a choreographer.

Overall, the sisters estimated that a program could consume as much as two months before they are comfortable with performing it in competitions.

"It feels really good when you do it correctly," said Stewart. "It is a hard sport. It is not just physical, but very mental, as well."

Stewart and Jacobson attribute much of their success to the attitude of another current skater both say they tend to look up to.

"We love Michelle Kwan," said Jacobson. "She reaches out and brings everyone onto the ice with her."

"When you see someone like Michelle really enjoying what they are doing, it makes you want to get out there, too," said Stewart."

Through a common sense of enjoyment, these Millbury sisters also see social benefits in a sport shared by many across the country.

"We get to travel and have met some of our best friends through this experience," said Stewart. "It is nice that you get to see some of the same people twice a year and know you have a major thing in common."

After moving away from the Millbury area, work and family life have brought these sisters back to their home town. The two continue to relentlessly practice the sport that has brought about great success and happiness.

"I just love it," said Stewart. "It is the only form of exercise I have stuck with in 16 years."

"It is inconsistent and frustrating," admitted Jacobson. "But when it comes together, it is this wonderful feeling."