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PRESS RELEASE

FOR IMMEDIATE RELEASE

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Assabet's Nicole Lento Honored by MIAA as Student-Athlete of the Month

Area. Nicole Lento, a senior at Assabet Valley Regional Technical High School, has been selected as the recipient of the "MIAA Student-Athlete of the Month Award" for December 2016.

Nicole serves as the captain of the girls' varsity basketball team at Assabet Valley, and is a member of the girls' varsity soccer team. She was named Most Valuable Player of her soccer team this past year, in addition to being selected as a Colonial Athletic League all-star. In basketball, she is a four-time league all-star, in addition to being a Worcester Telegram and Metro West all-star. Nicole holds the Assabet Valley female single game scoring record with 37 points recorded in December 2016. "Nicole has mentored a young group of girls on both her soccer and basketball teams," said her basketball coach, Frank Ferreer. "She has always befriended athletes from other schools and regularly offers encouragement when needed or praise after achievements."

In the classroom, Nicole is one of the top students in the senior class, earning a 4.30 G.P.A. She is enrolled in multiple Honors and Advanced Placement classes at Assabet Valley. "Her commitment in the classroom is as important to her as her commitment on the playing field," said Coach Ferreer. Nicole is a member of the National Honor Society and a member of the Student Council, holding an Executive Board position of secretary within the council. She is also a four-year member of the Assabet Valley Principal Leadership Team. This team meets with the Principal to discuss student issues and to represent the school during open house events.

In addition to her academic and athletic accomplishments, Nicole is also a leader in her community. Over her four-year membership on Student Council, she has actively planned and participated in various student body activities and charitable benefits, specifically raising over \$15,000 for the Children's Hospital in Boston. Nicole has also contributed to hosting holiday parties for the children of the Maynard and Marlborough Boys and Girls Clubs.

The Massachusetts Interscholastic Athletic Association (MIAA) Student-Athlete of the Month Award is presented on a monthly basis to one male and one female student-athlete who display excellence in the areas of academics, athletics and community service. Students in grades 9-12 who attend MIAA member schools are eligible to receive the award. Monthly award winners receive a certificate of recognition and are featured on MIAA.net. Nominations for the award may be submitted by principals, athletic directors, teachers, coaches, guidance counselors or other school administrators. A complete list of "MIAA Student-Athlete of the Month Award" recipients and finalists can be found under the "Educational Athletics" and "Leadership" sections at www.miaa.net

Lento will be invited to a special MIAA Coach of the Year and Student-Athlete of the Month Recognition Banquet in late May. She will also be featured in an upcoming edition of the MIAA "Building the Future" Educational Athletics Newsletter.

Photo tagline: Nicole Lento, an Assabet senior from Hudson, in the Business Technology program, was chosen by the MIAA as the Student-Athlete of the Month for December, 2016.