



# MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

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## FOR IMMEDIATE RELEASE

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### Hopkinton Student Receives MIAA Student-Athlete of the Month Award

HOPKINTON – Micah Ulrich, a senior at Hopkinton High School, has been selected by the Massachusetts Interscholastic Athletic Association (MIAA) as the "Student-Athlete of the Month" for October 2009.

A member of the Hopkinton High School soccer and track teams, Micah Ulrich has achieved a great deal of athletic success. She has been named a Tri-Valley League All-Star in all three sports in which she participated. Micah has played varsity soccer for three seasons and was a captain of this year's team. She has also been a varsity track participant during each year of her high school career.

In addition to her athletic achievements, Micah has a strong academic resume with many examples of leadership and service. She is consistently a high honor roll student, with a weighted GPA of 4.53 in Hopkinton High School's most rigorous classes. Micah is a member of the National Honor Society, Spanish Honor Society, Art Club, and serves as a Peer Tutor. She volunteers her time as the Environmental Club President, leading the group to a fourth place finish in the 2009 Envirothon. Micah also served as a Relay For Life Team Captain, helping to raise over \$2,000 for cancer research, and volunteered on two Habitat for Humanity projects.

Hopkinton High School Counseling Department Coordinator Adelaide Greco says, "Micah's gifts are many. Her values are solid, and a vital part of her character. She not only is true to herself, she cares about her peers, her family, her community, and takes the actions and makes the decisions necessary in daily life to support her value system. But perhaps her most outstanding characteristic that is worthy of note is her consistent dedication and determination to do and give her best. She has the ability, talent, energy and courage to stay the course and meet whatever goals she sets for herself."

The MIAA launched the "Student-Athlete of the Month" award program to honor students who set a positive example of leadership through academics and athletics in their communities. One male and one female student-athlete from MIAA member schools are selected as recipients of this award each month. Recipients are sent a congratulatory letter and certificate from the MIAA Student Services Staff. In addition, recipients are noted for their achievement on the MIAA web site and in the "Building the Future" MIAA Student Services Newsletter. A complete list of MIAA "Student-Athlete of the Month" award recipients and finalists can be found online at: <http://www.miaa.net/student-athlete-of-the-month.htm>.