

FOR IMMEDIATE RELEASE: November 12, 2008

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KEEFE TECH STUDENT ATHLETE GOES FOR RECORD 12 VARSITY LETTERS

FRAMINGHAM, MA - Sean McDonough of Natick is about to make Keefe Tech history as the first student athlete to earn a total of 12 varsity letters during his four-year high school career.

Currently a senior in the Electrical Career Program, McDonough became active in Keefe Tech athletics as a freshman. "I've always loved sports, and I wanted to play on a team every season," McDonough explained. "I found the teams here really welcoming, and the coaches inspire me to do my best and are always supportive. It's given me the chance to meet people and make more friends."

McDonough earned a total of six varsity letters as a member of the Cross Country, Wrestling, and Track and Field teams as a freshman and a sophomore. "Usually, a student athlete shines in one particular area, but Sean has excelled on each team he is a part of during every single season," noted Coach Chris Kane, Keefe Tech Athletic Director. "His athletic abilities are truly amazing."

During his junior year, McDonough earned two more varsity letters as Captain and MVP for the Cross Country and Track and Field Teams, and was named the Cross Country All-Star. He also became a member of the first Keefe Tech Cooperative Hockey Team through a partnership with Hudson Catholic High School, earning himself yet another varsity letter.

"Sean's work ethic to play at the highest level at all times while on the ice was inspirational, as was his ability to raise the effort level of all players around him through his individual effort and determination," said Hudson Catholic HS Head Coach Tom Temple. "The respect he earned from his teammates was exemplary, and earned him a leadership role as Co-Captain." McDonough was also named MVP and was selected as a 2007-2008 Central Mass, Div. III Russell Conference All-Star.

"I've been working at this school for 24 years, and no other student has ever been as successful or had such an impact on sports," Coach Kane added. "Sean is a great role model for all of his peers. He leads by example, and his classmates like to see him succeed because they know how hard he works."

In addition to all he has accomplished on the field, McDonough has also maintained a 3.6 GPA and is looking forward to attending a four-year college in the fall. "I plan on majoring in Environmental Science," he said. "I would also like to continue Cross Country running in college, too."

McDonough recently completed the 2008 Cross Country season with a varsity letter as Team Captain, MVP, and All-Star. With only the Hockey and Track and Field seasons left to go before graduation, McDonough is well on his way to becoming the first Keefe Tech student athlete to ever earn 12 varsity letters, the maximum number possible in high school sports.

"The awards and recognition he has received are second to none," noted Coach Kane. "I have never met a more deserving student and athlete than Sean McDonough."



JOSEPH P. KEEFE TECHNICAL SCHOOL

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Keefe Technical School, located in Framingham, MA, is accredited by the New England Association of Schools and Colleges. In addition to 14 different vocational programs, Keefe Tech offers a complete college preparatory program to students from the communities of Ashland, Holliston, Hopkinton, Natick, and Framingham.

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