

## Melissa 'Ashley' Lord

### Home Information

12 Feng Drive  
Raymond, NH 03077  
Tel: 603 244 1184  
[ashley\\_lord15@yahoo.com](mailto:ashley_lord15@yahoo.com)

### School Information

Raymond High School  
45 Harriman Hill Road  
Raymond, NH 03077  
Tel: 603 895 6616

### Academic Information - Raymond High School, Class of 2012

Ranked 1<sup>st</sup> in Class of 2012  
Principal's List junior year  
Principal's List sophomore year  
Honor Roll freshmen year

AP Biology, Honors Chemistry, Honors Biology  
Honors American Literature, Honors World Literature, Honors Foundation English  
Honors Advanced Mathematics, Honors Algebra II, Honors Geometry  
Honors Economics, Honors Government, Honors World History  
Spanish 1, 2 & 3

Volunteering at the Dartmouth SEAD program - summer 2011

Phillips Exeter Academy Summer School - 2010  
(Latin, Writing Process Workshop, Problem Solving in Algebra)

SAT Score of **1920** (March 2011): math 700, writing 660, critical reading 560

Holy Cross Book Award – 2011 recipient

### Track & Field

2011 United States Indoor 300m Ranking

51<sup>st</sup> among all Juniors (MileSplit US Second Team Elite)  
50<sup>th</sup> among all Juniors (Dyestat Elite 100)

2011 New England Outdoor T&F Championship 400m – 13<sup>th</sup> place

2011 New England Indoor T&F Championship 300M - 10<sup>th</sup> place

2010 New England Outdoor T&F Championship 400M - 17<sup>th</sup> place

400m	58.88	2011 New England Championship Meet – 13 <sup>th</sup> place
300m	41.96	2011 NHIAA Indoor T&F Division II Championship - 1 <sup>st</sup> place
200m	26.70	2011 Wilderness Invitational – 1 <sup>st</sup> place
100m	13.14	2010 NHIAA Outdoor Class M&S Championship - 4 <sup>th</sup> place
4 x 400m	4:24.89	2011 NHIAA Outdoor T&F Division III Championship – 4th place
4 x 200m	1:54.42	2011 Division III Indoor State Championship - 1 <sup>st</sup> place
4 x 160m	1:32.20	
4 x 100m	56.07	

2011 ALL STATE – Outdoor T&F Division III

2010 ALL STATE - Outdoor T&F Class M

2011 Athlete of the Year

2010 Coach's Award – Outdoor Track

2010 Coach's Award – Indoor Track

2009 Most Improved Athlete – Outdoor Track

Dick Fosbury Track Camp – 2009 Bowdoin College (Sprints)

### **Soccer**

2010 ALL STATE Nominee  
2010 Outstanding Defensive Player  
2008 JV Most Valuable Player

### **School Activities & Community Service**

President – Class of 2012	freshmen, sophomore & junior years
National Honor Society	sophomore & junior years
Student Leadership	sophomore year
Red Cross Blood Drive	junior year
Food Drive	sophomore & junior years
Operation Cleanup	sophomore year
Interact	sophomore & junior years (Secretary)
Prom Committee	junior year
Reach High Scholars	sophomore & junior year
Raffle Mania	sophomore & junior years

### **References**

Bill Hayes (Class Advisor)	<a href="mailto:b.hayes@sau33.com">b.hayes@sau33.com</a>	603 895 6616
Ed Trafton (Track Coach)	<a href="mailto:coachtrafton@comcast.net">coachtrafton@comcast.net</a>	603 895 9944
Deirdre Doyle (English Teacher)	<a href="mailto:d.doyle@sau33.com">d.doyle@sau33.com</a>	603 895 6616
Tim Brusso (Soccer Coach)	<a href="mailto:tim@brussoyoga.com">tim@brussoyoga.com</a>	603 895 3452
John McDaniels (Mentor)	<a href="mailto:jmcdaniels@mcdaniels.com">jmcdaniels@mcdaniels.com</a>	603 964 2105