



Nonnewaug's Scott Meyer Chosen as 2024 Michael H. Savage Spirit of Sport Award Honoree

Cheshire, Conn. – Scott Meyer, a Nonnewaug High School (Woodbury) senior, and member of the Nonnewaug indoor and outdoor track teams, has been chosen as the 2024 *Michael H. Savage Spirit of Sport Award* honoree. He becomes the 15th recipient of the distinguished yearly award, and as Connecticut's honoree he will go forward as a nominee for the National Federation of State High School Associations' (NFHS) Section 1 and National Spirit of Sport Awards.

The *Michael H. Savage Spirit of Sport Award* seeks to recognize individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based athletics. The award may be given in recognition of a specific act or an activity of longer duration.



SCOTT MEYER, SENIOR
NONNEWAUG HIGH SCHOOL

Meyer has endured five surgeries to treat brain cancer, the first at age six. He also has undergone two rounds of chemotherapy. Despite the surgeries and treatment leaving him with residual effects that include left-sided weakness, minimal use of his left hand, and seizures, he competes with the Nonnewaug High School indoor and outdoor track teams. His goal this spring is to qualify as a thrower (shot put, javelin) and compete in the Berkshire League Outdoor Track Championships.



Nonnewaug Head Boys Outdoor Track Coach Deb Flaherty says, "Over the years Scott has continued to make steady progress. He now shot puts nearly 10 feet further than he did two years ago and is only inches away from meeting the qualification to compete in the Berkshire League Championships this spring. Similarly, he has improved his javelin throw by 16 feet during his time on track and has a chance of qualifying for the league meet this year. I am confident that with his work ethic and focus on the goal, he will meet his goal and compete in leagues this year."



"I am honored to know and coach Scott Meyer. He is an inspiration to me every day I watch him practice and compete," says Nonnewaug Head Boys Indoor Track Coach Areigh Duff. "Sometimes as athletes, we have to overcome obstacles to achieve a higher goal. Scott had to overcome an obstacle much bigger than most. He had to battle brain cancer."

Nonnewaug Track Coach Don Maki says, "What most people wouldn't realize is that Scott made me a better coach to all the athletes. We had to create new drills, techniques and exercises to accommodate his physical differences, some of which I've used with the other athletes. He also helped me better understand the emotional side of training someone who's less physically gifted than other athletes and to react to those emotional needs."

Meyer will be formally honored at the CIAC's Annual Scholar-Athlete Banquet in May.

Watch the CIAC video of Scott being surprised with the Spirit of Sport Award.

