

Vicky Caburian
Lincoln-Sudbury High School

As her former players and current colleagues shared their thoughts about L-S Field Hockey Coach Vicky Caburian--or "Cabs," as she is affectionately called--one adage comes up again and again: "It's not about field hockey." Apparently by focusing on developing all the skills and values young female athletes need to take on real life-- leadership, communication, collaboration, integrity, and plain hard work--Coach Caburian has found a way to have a winning program, and one that frequently happens to succeed at field hockey, too, with her team consistently tops in the Dual County League and always in the MIAA Division I Tournament.

Lincoln-Sudbury AD Nancy O'Neil cites Caburian's Captain's Council, a collaboration through which all interested seniors on the team share and develop leadership, as a popular example of how she "stretches her young ladies beyond their comfort zones." The council establishes a team leadership development plan and meets regularly. "Part of her success lies in her amazing ability to model consistency of character, honest communication, humility, decision-making and integrity," O'Neil said.

In addition to coaching the field hockey team for 14 years, Caburian is also a Wellness Instructor at L-S and a leader on the school's Wellness Committee, bringing in speakers covering topics such as nutrition and eating disorders and enhancing the nutritional value of school lunches. She advises the Asian Cultures Club, has served as an instructor in the Mentors for Violence Prevention program, and coached the girls lacrosse team for several seasons.

Lincoln-Sudbury Wellness Department Coordinator Susan Shields recalls a particularly tough training run during her years on the field hockey team. "Coach Caburian's response to our remarks: 'I should never ask my players to do something I couldn't do...I have done this too,'" said Shields.

Her graduated students return year after year to visit, thank her, and cheer for the Lincoln-Sudbury field hockey team. They recognize the value of what she gave them. "Her team was about showing up for double sessions on blistering hot August afternoons and freezing November mornings, and showing up to work really hard with a smile on your face," said Alison Occhiolini, Lincoln-Sudbury Class of 2006. "She pulled the best out of all of us. She is one of a kind."