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Seymour Thunder star athlete Alaina Murphy will attend Harvard and compete in track

BY DAN VANDERPAS • POST-CRESCENT ASSISTANT SPORTS EDITOR • FEBRUARY 21, 2010

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Seymour High School senior Alaina Murphy is usually a calm, level-headed student/athlete.

But after recently learning that she had been accepted to attend [Harvard University](#), she couldn't settle down.

"When the lady from Harvard called and told me over the phone that I had been accepted, I was jumping all over the place," Murphy said. "I was so excited that I couldn't contain myself. I hope she didn't hear me."

Murphy, perhaps the most decorated three-sport athlete in The Post-Crescent's 26-school circulation area during her career, will sign a letter of intent Wednesday to attend the prestigious university in Cambridge, Mass. She will participate in track.


While Ivy League schools don't offer athletic scholarships, Murphy will receive financial aid.

At Seymour, she has been a standout in cross country, [basketball](#) and track during her four-year career.


When the track season ends, she is expected to become Seymour's only three-sport, four-year letter winner in the school's history. She is likely to finish with 12 varsity letters. She has qualified for state four times in cross country and in track on three occasions.

Last June in La Crosse, she anchored a WIAA Division 2 state track championship team in the 1,600-relay. She collaborated with Justine Mehojah, Ashley Effa and Stephanie Ambrosius to set the state standard in 4 minutes, 2.05 seconds. She also placed third in the 400 and


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seventh in the 200.

In 2008, she finished third at state in the Division 1 400 with an area's best time of: 57.54. Last fall she was an honorable mention selection on The Post-Crescent's all-area cross country team.

Before choosing Harvard, Murphy also visited Indiana State, the University of Wisconsin and Minnesota.

"All of the schools had good and bad things," she said. "When I visited Harvard I was telling myself that I hope I can go here. I know the people I met are brilliant, but they were cool. Everyone told me that once I get there I could do the work. I am [confident](#) that I can."

Alaina is the daughter of Lucy and Jon Murphy. Jon, boys' basketball coach at Seymour, has led the Thunder to three WIAA Division 2 state championships and five second-place finishes.

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