

Laura Stuto

1989 Volleyball, Field Hockey, Gymnastics & Track



During her four years at Stoneham High School, Laura excelled in a variety of sports including volleyball, gymnastics, field hockey, and track.

Being new to the sport of gymnastics did not hinder Laura's success. She was a four-year varsity gymnast and named a League All Star her junior and senior year. Laura competed on the beam at the North Sectional Championships and at the State Individual Championships her sophomore, junior, and senior years. She received the Coaches Award her junior year.

In track she garnered four varsity letters and was a Captain her senior year. Her list of accomplishments is impressive: Undefeated in triple jump her sophomore, junior, and senior years in the Middlesex League and set the school record in the 4x100 her sophomore year as well as set the school record in the triple jump. The team went undefeated her freshman and sophomore years and won the Middlesex League for all four years. She was part of the team that won the Class C State Relay Championship. As a senior, Laura placed 4th in the Class Meet in the triple jump, placed 5th in the All-State Meet in the triple jump, and placed 2nd in the State long jump relay. She broke her own school record in the triple jump at the New England Track and Field Championships and placed 8th in the 4x400.

Despite being injured the beginning of her junior year in field hockey, she scored in her first game back. She was a team captain and a Middlesex League All-Star her senior year as her team went to the MIAA Championship Tournament. She was the third leading scorer in the league and named team MVP her senior year.

She then established herself in field hockey at Clark University. Laura made an impact in her freshman year by scoring three goals and an assist in her first game. She was featured in USA Today's "Across the Nation in Sports" her freshman and sophomore years for scoring multiple hat tricks. Laura was an NCFHA All-Star all four years and named an All-American her junior and senior years. She also held leading scoring records for most goals in a season, most points in a season and all-time leading scorer for over 20 years.