

Faces of Today and Tomorrow

Welcome to the first edition of our new series, Faces of Today and Tomorrow! This series highlights Brockport High School seniors and their plans for the future. Each student is unique. Many of our students are involved in extracurricular activities outside the walls of the classroom. We want to celebrate the different strengths and interests of our students as they prepare for college, a career or the military. This series will give you an inside look at some of the amazing students that make up the Class of 2017.

New video interviews will typically be posted on our website and social media every other week. Visit bcs1.org/faces to view the current videos. Additionally, one student will be featured in each Focus through the end of the school year.

If you know a high school senior deserving of recognition, encourage him/her to fill out the questionnaire at bcs1.org/seniorvideoform.

Introducing Alex Regna

Hard work and dedication have driven BHS senior Alex Regna to excel personally and academically throughout his high school career. Regna balances a myriad of activities including New Visions, Student Council and National Honor Society. Additionally, he is an elite member of the boys varsity swim team.

Regna says swimming has been part of his life since he was six-years-old.

"I've loved the water from a very young age," said Regna. "It's a great way to escape the world and just be me."

Swimming has been more than just a passion of Regna's, though, it's been a fundamental building block in his life.

"Being on the swim team and being with all my friends in general has made me who I am today," said Regna. "I'll continue being that person that I've transformed into. I'll carry that on with me throughout my life."

Swim Coach Scott Fake has known Regna for several years. He says Regna's dedication and willingness to go the extra mile has helped him grow as a swimmer, leading him all the way to the varsity swim team as a ninth-grader and the state championship last year.

"His hard work, dedication and personality will take him a long ways," said Fake.

Fake also said Regna's leadership skills are evident, as often times he will lead and other students will follow. Further, Fake stressed the significance of how coachable Regna is, a skill that he said will benefit Regna in his career path.

Regna already has a solid plan in place for post-graduation. He aims to earn an undergraduate degree in exercise science, followed by a doctorate in physical therapy and a specialty certification in sports medicine. Ultimately, his career goal is to work as a physical therapist for a professional sports team.

"Swimming has influenced me to go into the sports field because I love sports and that's where I want to be in life," said Regna.

Regna is currently involved in the New Visions program, where he is interning on the physical therapy floor at Unity Hospital. He observes patients receiving treatment to relearn how to walk and use their fine motor skills. He said his favorite part is seeing the progression of patients throughout the treatment.

New Visions also entails enrollment in college level courses. Regna said he is grateful for the opportunity to experience college courses, as well as for the people who have pushed him to advance to this level.

"I've had great teachers throughout all my years of school who have always pushed me academically and pushed me to do my very best," said Regna. "They recommended taking harder courses. They saw the potential in me academically and knew I had the capability to withhold the rigor of the course load."

In addition to his teachers and coaches, Regna credits his parents with being exceptional role models.

Résumé

Today

- Boys varsity swimming
- National Honor Society
- New Visions
- Student Council

Tomorrow

- Undergraduate in exercise science
- Doctorate in physical therapy
- Specialty certification in sports medicine



Alex Regna

"Through all the adversity and challenges that they face every day, they keep positive mindsets," said Regna. "That's a great thing to have in life, being positive. It reflects who you are as a person and everyone enjoys being around a positive person."

Regna has inherited their positive attitude and carries it with him throughout all aspects of his life. One particular area that joins his positivity with his desire to make a difference is volunteering. Regna has participated in several volunteer activities, including the Special Olympics the past three years.

"I love helping people," said Regna. "It's one of my favorite things to do because knowing that you've impacted and influenced someone's life positively is just a great feeling inside."

As Regna reflects on his academic journey thus far and looks towards the future, he said he will carry memories of BHS with him forever but is excited to see what lies ahead.

