

T. J. Sheedy

Class of 1994 - Soccer, Hockey & Baseball



When Stoneham High School baseball, hockey and soccer standout T.J. Sheedy's athletic career was over for the Spartans, the class of 1994 graduate left not only a legacy of distinguished accomplishment, but a hard-earned reputation of intelligence, modesty and understatement.

Sheedy was the definition of dominance on the baseball diamond, as he batted .333, .375, .576 and .547 in each of his four years for the SHS baseball team and won the Middlesex League MVP Award during both his junior and senior seasons. During his freshman year, Sheedy was a member of a squad that played for the Division II state Championship. As a junior, T.J. was a major contributor to a 1993 squad that went 20-0 in winning the Middlesex League and earned a number one position in the Boston Globe baseball rankings. Sheedy was named a Boston Globe and Herald All-Scholastic during both his junior and senior seasons, and was named the Division II Player of the Year as a junior.

Sheedy wasn't just a standout on the Stoneham diamond, however, as the three –sport captain's accomplishments helped raise the heights of both SHS soccer and hockey as well.

During Sheedy's senior season as a stopper – a position that routinely forced him to shadow the other team's best player - the SHS soccer team earned their then best regular season record (8-6-4) dating back to 1979. Sheedy was also a cerebral defenseman on the hockey team, earning All-League honors during his junior and senior seasons – and was the consensus best defenseman in the league during his senior year.

"T.J. was probably the smartest player around," said Sheedy's SHS hockey coach Bob Carr. "He was like having another coach on the ice, and was really the heart and soul of that team." Sheedy went on to have another highly successful four years playing baseball for the University of Maine and summer baseball in the prestigious Cape Cod Summer League. Sheedy hit .357 in 213 career games for the Black Bears, and still holds the career marks in Orono for singles (212), consecutive games played (213) and is second on the All-Time list with 266 hits, right behind former major league baseball player Mike Bordick.

T.J. currently resides on Cape Cod and runs a hitting school.