

Tara Brady

1989 Gymnastics & Track



Tara Brady was described by her coaches in part as “An excellent track athlete and superb gymnast, holding all kinds of school records. Tara has a strong work ethic, outstanding abilities, and flawless achievement, lettering all four years in gymnastics and track.” These accolades by her highly-regarded coaches are certainly supported by Tara’s athletic career at Stoneham High School and beyond into her college days.

During her senior year, the Booster Club honored the championship team as well as Tara Brady for being a Middlesex League All-Star, the winner of ten varsity letters in addition to being further recognized with the Coaches Award.

In 1989 the Gymnastics team finished the season with a 4-3 record for fourth place in the Middlesex League. During this time, Tara once again qualified for the State Individual Meet.

In 1989 the girls track team won their fourth league title in a row and extended their streak to 31 league meets. Tara was certainly monumental in this. That year, she was named All League in the javelin and long jump. Tara came through with two javelin throws better than the Stoneham High School record and won with a toss of 118 feet.

As if winning ten varsity letters in her career wasn’t enough, this talented member of both the gymnastics and four-time championship track team was named a Middlesex League All-Star an incredible seven times, three years in track and four years in gymnastics. Tara shared the League Coaches Award with another gymnast from the Middlesex League as the “best in the league.”

Tara was recruited to run track and field at Springfield College but after walking on and making the gymnastics team at Springfield College Tara never participated in a track and field event. Instead Tara went on to become a three time All American in Floor, Vault and Bar events.

Additionally, Tara Brady, in 1992-93 was the Division II National Champion on the Vault. Today Tara Brady Ward, a 1993 Springfield College graduate in Science Health and Fitness, resides in Georgia with her husband, Ben, and sons Chance and Brayden.