

By Alex Hall

Sydney Herrington spent most of her weekends growing up at some rink somewhere watching one of her older siblings play hockey. It did not take her long to decide she would prefer to be out on the ice like her brothers and sisters than in the stands.

“I had five older siblings and they all played so I was like, ‘I want to play too,’” Herrington said. “So I was just following in their footsteps.”

The Bow, N.H., native began playing hockey when she was about four years old. Herrington is currently a junior center on the Bishop Brady-Trinity-Manchester West girls’ co-op hockey team and spends the offseason with the East Coast Wizards club team out of Bedford, Mass.

When Herrington graduates from Bishop Brady two years from now, Bishop Brady-Trinity-Manchester West coach Dan Earley expects she will become the latest in her family to play college hockey.

Herrington’s oldest sister, Lauren, played at Harvard and her other sister, Shelby, is a junior center for Northeastern University. Her three brothers, Lance, Brooks and Ian, were college athletes as well. Lance played hockey for the University of Vermont and Brooks skated for UVM before joining Colgate University as a junior transfer. Ian played hockey for the New Hampshire Junior Monarchs in high school and rowed at Northeastern.

“Pretty much every weekend, [I was] going to every sibling’s games,” Herrington said. “I’m just watching [and] I’m like, ‘OK, I can do that.’ And just being around them and talking hockey all the time, it definitely helped me.”

Herrington said it’s great being able to call one of her siblings and get their advice on how to improve her game. It is especially helpful when they get a chance to come to Herrington’s games and give her feedback afterwards.

“If they come watch my games, they can give me pointers because I know that they’re better than me,” Herrington said. “They can give me advice that I can use.”

Herrington has used those pointers to help Bishop Brady-Trinity-Manchester West the last two seasons. She joined the then-Bishop Brady-Trinity co-op last season after hearing it needed more skaters.

Manchester West joined Bishop Brady-Trinity this year to form the NHIAA’s first three-school girls’ hockey co-op. Herrington is a tri-captain alongside fellow junior Mary Anne Wiley and senior Brianna Brack this season.

“Sydney, she’s the heart of our team,” Brack said. “She works hard and it pays off for all of us. And we try to just encourage her and she just seems to always be there and encouraging us in the same way.”

Herrington opened her junior campaign with an eight-goal, two-assist performance in Bishop Brady-Trinity-Manchester West’s 14-6 victory over Bishop Guertin Dec. 13. She had five goals by the end of the first period. Herrington also spent several shifts on defense, which is not an uncommon occurrence.

Herrington was not immediately stringing together eight-goal outings when she joined the team last season, however.

“Last year, I think she didn’t realize how tough our Division 1 hockey was,” Earley said. “I think she felt like she was going to be able to go out and get around everybody.”

Herrington learned that was not going to be the case after facing teams like Concord and seven-time defending state champion Hanover early last season, Earley said.

“She found that she had to work a little harder but her response to it is, ‘I’m going to work a little harder,’ not frustration,” Earley said. “You could see it [Dec. 13]. They were all over her. She just worked a little harder.”

Herrington is arguably Bishop Brady-Trinity-Manchester West’s biggest scoring threat but that’s not her only role on the team. She also acts as a mentor for her younger and less experienced teammates, Earley said.

Bishop Brady-Trinity-Manchester West has nine underclassmen on its 15-player roster.

“She’s communicated with all the girls on the team and just brought the whole [team] up,” Earley said. “She’s a great leader. She really is.”

Earley asks a lot out of Herrington, whether it’s to play up front or on defense or help a teammate in practice, but she is happy to do each task, he said.

“She really likes to help the team,” Earley said. “I’m not a big one for superstars being dominant and running the team but she does it in such a nice way and works with anybody.”

Herrington’s on-ice and leadership skills will come in handy if she decides to play at the next level. Earley thinks the only reason Herrington may not play hockey in college is if she chooses to play tennis instead. Herrington became the first Bishop Brady girls’ tennis player to win the NHIAA individual state championship last season and finished runner-up her freshman year.

Before she decides which sport to play collegiately, Herrington is looking forward to seeing what Bishop Brady-Trinity-Manchester West can accomplish this season.

“Well, hopefully we’ll get as far as we [can] get, try hard and have fun,” Herrington said.

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