Triton High School

Athletic Hall Of Fame

Inductee 2014

Henry Sheldon

Henry Sheldon is a legend in the Triton Athletic Community. A distinguished athlete at the University of New Hampshire, Coach Sheldon first worked in the Triton Region as a physical education teacher and coach at Salisbury Memorial School in 1952. When Triton Regional High School opened its doors for the first time in 1971, he was a member of the physical education department and Triton's first basketball and track and field coach.

Over the years of 1971-1993, Coach Sheldon served the athletes of Triton Regional High School. With distinction as head coach of the boys and girls cross-country team, the boys basketball team, and the boys spring track and field team, and as an assistant coach for the football team. Upon his retirement as a physical education teacher in 1993, Coach Sheldon remained as the head coach of the boys spring track and field team until 1998 and the girls and boys cross country team until 2001. He also served as an assistant coach for the Girls Winter Track and Field team until 2010 and the Boys Spring Track and Field team until 2012. In 2008, Triton named an annual track and field meet "The Henry Sheldon Triple Classic" in his honor, and in March 2012, Coach Sheldon was named the Cape Ann League's assistant coach of the year for his long y ears of service as an assistant coach.

Very few can match the longevity of Coach Sheldon's career or his level of devotion and commitment to the youth of the Triton community. Countless Triton Regional High School athletes will forever be indebted to him. Over six decades, Coach Sheldon touched lives and shaped athletes with his unique ability to share his love of athletics and his passion to help young people grow.

He was knowledgeable in the sports he coached, but more importantly, he loved coaching kids and related to them in a way that allowed all to share in his passion and love of high school sports.