

ALAN R. HENRY
Mynderse Coach and Teacher (1969-1998)



Alan Henry grew up on Long Island in Hempstead, NY. He graduated from Hempstead High School in 1961 and State University of New York (SUNY) at Cortland in 1965. It was there he met his wife of 43 years, Sharon Brady Henry, a '61 graduate of Mynderse. Alan arrived in Seneca Falls in 1969. Twenty-nine years later, he retired from Mynderse Academy a beloved and respected Varsity Lacrosse Coach and Health Education instructor.

As the only child of two Scottish immigrants, Alan grew up in a small, modest Long Island apartment. Alan played recreational sports through the Boys' Club of New York and spent his summers in the Catskill Mountains at Lake Delaware Boys' Camp –

a summer refuge for needy and deserving families, where he ultimately achieved rank of Company Captain.

At Hempstead High School, he played both Junior Varsity (JV) and Varsity Football and Lacrosse. In 1960, Alan played left guard in the Hempstead football starting line-up, a team that received the distinguished honor of finishing in a three-way tie for first place in the South Shore Conference A League. However, it was his interest in high school lacrosse, a program in its infancy at Hempstead, which opened many doors and led him to a successful career in education and coaching. He recalled playing alongside teammate Alan Lowe, and others, as notable highlights of his high school lacrosse days.

In 1961 Alan began attending college at SUNY Cortland, where he played four years of collegiate level lacrosse for the *Red Dragons*. During the 1964-1965 season, Alan played under the direction of Coach Alfred Pisano, who interestingly launched Cortland's reputation as "*The Cradle of Lacrosse Coaches*".

In 1965, Alan started his professional career in the Yorktown Heights Central School District in Yorktown Heights, NY - as an elementary physical education teacher, JV football coach and coach of the school's first JV lacrosse team. Alan served as a valued assistant to Coach Jim Turnbull until 1969 and has been

credited with having a significant impact on the early success of the Yorktown Heights lacrosse program. The two remained lifelong friends.

In 1969, Alan moved to Seneca Falls. He was immediately immersed in the community and embraced by Mynderse Academy (MA) athletics. Over the next 29 years Alan became a beloved teacher and respected coach – ultimately serving 27 years as MA's Varsity Lacrosse Coach. No one can argue Coach Henry's long term commitment to MA's Lacrosse program and the Finger Lakes Lacrosse League. He earned 266 wins, is listed amongst the *Top Winningest Men's Lacrosse Coaches in New York State* and has been credited as having a major impact on the growth and development of lacrosse in the Finger Lakes Region. As a longtime Chairman of the Finger Lakes Lacrosse League, Coach Henry was a vocal proponent for equity between the various leagues in Section Five. He was voted *Finger Lakes Coach of the Year* three times (1976, 1980 and 1995) and was inducted into the *US Lacrosse - Rochester Chapter Hall of Fame* in 2003.

His devotion to the game and confidence in the true potential of his players was infectious. MA Varsity Lacrosse once faced-off against powerhouse programs like Corning East, Corning West, Irondequoit, Webster and Rush-Henrietta. In 1976, after guiding the Blue Devils to their second Finger Lakes Championship, he remarked "When I first got here, I never saw kids with sticks in their hands, but now I see them all the time. We're trying to develop a lacrosse tradition..." Armed with this mindset, his players believed and recognized that they were building something for themselves, their school and their community, and they were all in it together.

Coach Henry spent a majority of his teaching career at Mynderse as a Health Education Instructor. Coach had a great sense of humor and was loved by the entire student body - twice receiving the honor of Myndersian Dedicattee (1975 and 1994). He had a gift for making students laugh and keeping them engaged. He was a long-time Red Cross volunteer teaching First-Aid and CPR at Mynderse and throughout the local community. Dressed as "The Count" for blood-drives, he encouraged high turnouts from the student body, faculty and staff. Coach Henry was also a popular Driver-Education Instructor. Again, making students feel at ease with his not-so-serious personality.

If Alan were here he would most certainly express his deep love for and commitment to Mynderse Academy and the Seneca Falls community. Whether being referred to as "Coach" or "Mr. Henry", he valued his role as educator and cherished the unofficial title of "*Patriarch of the Mynderse Lacrosse Family*".