

CONNIE CARACCILO IRLAND

Class of 1983



Connie Caraccilo Irland graduated from Mynderse Academy in 1983. While at Mynderse, Connie participated in soccer, volleyball, and track & field. She was team captain for two years in both soccer and track & field. Connie was a four-year starter for the soccer team and led the league in scoring with 23 goals & 19 assists and 21 goals & 11 assists in two campaigns. In her senior year, she led the team to an undefeated overall season with a record of 17-0-1. This was the school's first soccer team in history to go undefeated. She was selected to the Finger Lakes East 1st team All-League team twice and voted team MVP twice.

Connie's track & field career began when she competed in her first AAU Junior Olympics meet at the age of 8. Over the next several years, she traveled all over Western and Central New York competing in meets and accumulating many blue ribbons in the long jump and 50, 100, and 200 yard dashes. While in high school, she was on the varsity track & field team for five years competing in sprints, relays, and long jump. Connie currently holds the school record for the 100M with a time of 12.7 seconds and at 200M with a time of 26.2. She held the long jump school record for over 35 years with a distance of 16'7" that was not broken until 2017.

Connie qualified to compete in the New York State Track & Field Championships for the long jump. She placed first in many meets and invitationals such as the Lyons Invitational, the Newark Girls Invitational A, the Freshman-Sophomore Midlakes Invitational, and the Newark Metric Relay Invitational to name just a few. Connie was a member of the Finger Lakes Northern Division League Champions her freshman Year.

Connie received the Christine VanGelder award for outstanding freshman in track and many awards throughout her high school career, amongst them the SMS

Auxiliary Award, the Babe Ruth Award, and the John Libertore Award--all for outstanding athlete in multiple sports.

Connie has continued to give back to the community and the Seneca Falls School District since graduating high school. She has been a volunteer coach for the Seneca Falls and Waterloo Community Center soccer programs and was assistant director for the soccer camps for many years. At Mynderse, Connie volunteered her time coaching the high school girls track team in field events. She was a member of many committees which included the boys' varsity baseball trips to Myrtle Beach and Disney World, as well as the committee for the Cancer vs. Coaches soccer games. Connie was also on the booster club for lacrosse, soccer, and basketball.

Currently, Connie is a special education teacher at Frank Knight School and lives with her husband Gus. They have two grown children--Curtis and Casey.