

JOSEPH AVVEDUTI, JR. CLASS OF 1970



Joe was a member of the Mynderse Academy Varsity Football team for three years as a defensive back and running back. Lacrosse came to Mynderse in 1969 and Joe quickly fell in love with the game. He played Varsity Lacrosse for three years and was co-captain of the team in 1970. While attending Mynderse Academy, he was selected as President of the school's Athletic Association "Block M," and served as President of the Student Council.

Upon graduation from Mynderse, Joe entered the Naval Academy in Annapolis MD where he "walked on" to the Varsity lacrosse program and saw significant playing time as a sophomore. He earned a starting position his Junior year and in 1974, his

Senior year, he was elected Captain by his teammates and coaches, earned Second Team All-American honors, the LTjg. Donald C. MacLaughlin Jr. Award as "The Outstanding Navy Midfielder", and was selected to play in the North-South All-Star game.

After graduation Joe entered Naval Aviation flight school in Pensacola Florida where he continued to play lacrosse for the Pensacola team in the Florida Club Lacrosse League. Besides earning his wings as a Naval Aviator, he and his Pensacola lacrosse teammates won two consecutive State titles and then transferred to Jacksonville Florida where they won a third State Championship. Joe continued to play lacrosse for the Jacksonville Armadillos between Naval deployments. The Armadillos won the State Championship in 1981 and 1987 and Joe was the Florida Lacrosse League's MVP in 1987.

Besides playing, Joe coached at the US Naval Academy at the NCAA Division 1 Varsity level. He has also coached Varsity High School and Youth lacrosse programs in the Alexandria, Virginia area since 1996.

In addition to playing and coaching, Joe served six years as President and Past President of the U.S. Lacrosse Men's Division Board of Governors. He has been

President of the Masters and Grand Masters, and served on the Post Collegiate Club Council for U.S. Lacrosse which is the National Governing Body of Men's and Women's Lacrosse.

Joseph spent twenty-six years on active duty in the Navy, reaching the rank of Captain. He served as Commanding Officer of Helicopter Anti-submarine Squadron Three (HS-3) during Operations Desert Shield/Desert Storm (the first Gulf War 1991); was an Executive Officer of the aircraft carrier USS Independence (CV62) home ported in Yokosuka Japan; and was the Commanding Officer of the USS Kalamazoo (AOR6). His awards include the Defense Superior Service Medal, Legion of Merit, Bronze Star, three Meritorious Service Medals, Air Medal and various campaign and service medals.

He and Carol are the proud parents of two sons, Joseph III and David who both play lacrosse.