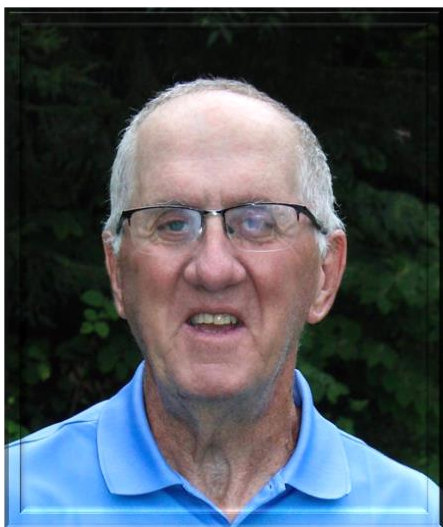


FRANK H. MILLER, JR.
Class of 1971



Frank Miller is a 1971 graduate of Mynderse Academy where he lettered in football, wrestling, and lacrosse. He was a member of the '70 undefeated championship football team coached by George Davis and played defense on Al Henry's lacrosse team. Frank proudly remembers beating Geneva in lacrosse for the first time ever.

After Mynderse, Frank attended and graduated from Auburn Community College in '73 where he was a member of the varsity wrestling team. Frank then went on to SUNY Plattsburgh and was a starting defensive end on the football team. He graduated from Plattsburgh in '75 with a degree in elementary education.

Frank began his teaching career in the North Rose-Wolcott School District for the '75-'76 school year and while there, served as JV wrestling coach. In '76, he was hired by the Queensbury School District where he worked as an elementary school teacher for 31 years before retiring in '07. From '76 until '82, Frank coached at St. Mary's Academy in nearby Glens Falls. At St. Mary's, he was the assistant football coach as well as the varsity wrestling coach where he developed several Section II Class D sectional champions.

In '82, Frank returned to coach football and wrestling at all levels back at Queensbury. He founded and administered the Queensbury Mat Rat Youth Wrestling Program from '82-'00 and served as director of the annual Queensbury Mat Rat Tournament. Beginning in the late '90's, Queensbury became a powerhouse in Section II football, winning multiple sectional championships. The '97 Class A Championship is remembered by many as the "greatest game ever played in Section II", a 37-36 overtime win over Amsterdam. During this time Frank was coach of special teams when Queensbury appeared twice in the NYSPHAA Finals at the Carrier Dome.

After retiring from teaching in '07, Frank continued coaching football at two local high schools (Lake George and Warrensburg) from '11-'15. He now serves on the staff of the combined Warrensburg/Lake George Wolverines who finished the '22 season at 12-1, ending their season in the state semifinals.

Frank was a member of the Capitol District Wrestling Officials Association from '83-'16. During that time, he served as the secretary-treasurer, vice president, president, and finally the assigner for all levels of wrestling in Section II. In addition, Frank was selected three times to officiate the NYSPHAA State Championship Tournament. He also worked to create the Section II Team Sportsmanship Award now given annually. In recognition of his many contributions, Frank was presented the New York State Athletic Administrators Association Distinguished Service Award for Section II in '10. Today, he volunteers his services as sergeant at arms at the NYSPHSAA State Wrestling Tournament.

When Queensbury's lacrosse program launched in the late '90's, Frank knew that future success would start with strong youth programs, and he became an area leader in this endeavor. He became involved with local boys' youth lacrosse teams, supporting Queensbury K-8 spring and fall teams, coaching modified boys' lacrosse at Queensbury, and following the Adirondack Mountain Men where his son Matt and grandson Kyle are coaches. Frank's grandsons, Keith and Owen, play for the 2025 and 2032 teams.

Frank attributes his lifelong commitment to sports and his journey as a player and coach to his time at Mynderse. The influence and example set by his coaches and teammates left an indelible effect on his own philosophy of coaching and supporting young athletes to meet their potential. Four men in particular--Vince Caraccilo, Al Henry, George Davis, and Abe Meyers (all members of the Mynderse Academy Athletic Hall of Fame)--had a profound effect on Frank's future as a college athlete and youth/scholastic coach.

Frank and wife Kathi will soon be celebrating their 48th anniversary. They reside on Glen Lake and have three children that he had the pleasure of coaching--Jason (Jessica), Megan (Patrick), and Matthew (Katie). The Miller's have 6 grandchildren --Kyle, Scott, Keith, Olivia, Owen, and Christopher--who all participate in youth, school, and college sports.