

Jon Hess

Lacrosse, 1991-1994

Jon Hess was far more than just a great athlete who excelled at a particular sport. Hess was a prolific, record-setting lacrosse player. His attacking prowess helped cement him as the most phenomenal lacrosse player in Nyack's history, as well as in Rockland County history. He went on to dominate at the highest level of collegiate lacrosse while attending Princeton, and afterwards was one of the founding players in Major League Lacrosse.

During his high school career, Hess left little doubt about who the best player in the county was. He was named All-County three times, and was selected as an All-American in 1994. He set the Rockland County scoring record with an impressive 315 points. He also set the highest assist mark in County history at 149, and his 166 career goals were a school record. Hess was twice selected to participate in the Empire State Games. At the 1992 Games he helped lead the Hudson Valley team to a Gold Medal, and at the 1993 Games he helped the team secure Bronze.

In August, 1996, Hess was instrumental in the United States Under-19 Men's Lacrosse Team winning the World Cup Championship. The game was played in Japan, and Hess was pictured on the cover of "Lacrosse" celebrating the victory by running along the sideline and holding the US flag overhead.

Hess was a four year starter at attack, where the team went 57-9 those four years and led the Tigers to three consecutive NCAA Division 1 Championships in 1996, 1997, and 1998. In those three years, Princeton went 46-2 and 18-0 in the Ivy League. After being named a second-team All-American and first-team All-Ivy selection as a sophomore, 1996, Hess had an even more decorated junior season. He was a first-team All-American, first-team All-Ivy, 1997 Ivy League Player of the Year, and was given the 1997 Jack Turnbull Award as the top Attackman of the year. Perhaps most importantly, Jon was named the Most Outstanding Player of the 1997 NCAA tournament, in which he tallied five goals and 11 assists. His senior year, Hess was first-team All America again, was a team co-captain, and also scored four goals in the NCAA Championship game. Hess finished third all-time at Princeton in career points with 215 and in assists with 133. He was also listed at 2nd for a single-season school records for points and assists in 1997 with 74 which just got broken last year!

After his glorious collegiate career, Hess played two years of Professional Indoor Lacrosse the NLL for two seasons for the New York Saints in the 1998 and 1999 seasons. Jon then played for the New Jersey Pride as a founding member of Major League Lacrosse. During his four seasons (2001-2004) in the MLL for the NJ Pride, Hess finished first in the league in assists in 2001 and second in assists in 2002 and 2003. He also won the Iron Lizard of the Year Award in 2003 for his toughness and determination.

Hess has continued to be involved in lacrosse, serving as an advisor for Nyack Youth Lacrosse and as a board member for Rye Youth Lacrosse. He also serves as President of the "Friends of Princeton Lacrosse" which is the alumni and friends organization that serves to support the Men's and Women's Lacrosse Program. Because of his passion and excellence, Jon's incredible achievements were recognized when he was inducted to the Rockland County Sports Hall of Fame in 2006, as well as his induction to the Hudson Valley Lacrosse Hall of Fame in 2007.