

## **Elizabeth Chambers Lewis**

### **Soccer, Basketball, Lacrosse**

### **Class of 1996**

Defenders don't often get the recognition they deserve, but Liz Chambers' accomplishments are hard to ignore. She earned numerous accolades in Soccer and Lacrosse, was a vital part of the Basketball squad and led all three Nyack teams to the Section Finals. After her NHS career, Chambers was dominant in Lacrosse at Rutgers University. Throughout high school and college, Liz maintained a high standard of academic excellence.

Liz Chambers thrived for four years on the NHS Varsity Soccer team. As a Freshman, she helped lead Nyack to the Final, even scoring in a Sectional Semi-Final victory over Tappan Zee. In her Sophomore year, she became a Sweeper, and anchored a dominant defense. Chambers led the Soccer team to its first Section title in 1993. She helped shut out Nanuet in the Section championship game, a dramatic shoot-out victory. Liz was named All-County, All-League and All-Section. The following year, Liz Chambers led Nyack to a third-straight Section Final, and was named All-County, All-League and All-Section again. In her Senior season, she won those honors for the third time, as well as All-State.

On the Basketball court, Liz was instrumental in the team's rise in prominence. In her Sophomore and Junior years, Nyack reached the Section Semi Finals and Quarter-Finals, respectively. As one of the only Seniors on the team in 1995-96, she helped the team earn a 20-2 record, and a Top Ten ranking in the State. Chambers provided key buckets and steals, as a spark plug off the bench, as Nyack made a run to the Section Title game. Playing alongside Erica Lawrence (NHS AHOF 2016), Liz helped usher in an era of NHS Girls' dominance.

Chambers was also a key player on the great Lacrosse teams of the mid-1990's, under legendary coach Al Pesner (NHS AHOF 2018). As a Junior, she was a defensive stalwart, as the team reached the Section Finals. Liz earned numerous honors, including All-League, All-Section, All-County, All-State and All-American honorable mention. In her Senior season, she took on a bigger role on Offense, scoring 35 goals. Chambers even scored the winning goal in a Section Semi-Final victory over Nanuet. She scored twice in Nyack's loss to Yorktown in the Section Championship, including an over-the-shoulder goal. Chambers won accolades once again, highlighted by All-State, All-American and Most Valuable Athlete for Girls Lacrosse for Rockland County.

At Rutgers University, Liz was a four-year starter on the Lacrosse team. She was a three-time All-American, and Team MVP twice. At the time she finished college, Chambers was

4th all-time in scoring, and 2nd all-time in assists at Rutgers. She was named New Jersey Woman of the Year in 2000.

Throughout her athletic career, Liz was also excelling academically. During her time at Nyack High School, she was a Journal News Scholar Athlete. She continued her academic success at Rutgers, where she was named Scholar Athlete three times. Liz Chambers will be remembered for her excellence on the field and in the classroom.