

Alan “Pez” Pesner Coach

Coach Pez has been a staple of Nyack athletics for several decades. He coached Football and Boys Lacrosse early in his NHS career before he took over as the head coach of Field Hockey and Girls Lacrosse. Pesner led those teams to success and devoted himself to promoting and expanding girls athletics. He was also a legendary announcer for Nyack Football games at MacCalman Field for many years.

In 1970, Al was hired as a Physical Education teacher and coach. He worked with the Fresh man Football and Boys JV Lacrosse teams. Pesner quickly became an Assistant Coach with the Varsity Football team, before a stint as pre-season camp receivers assistant coach with the Kansas City Chiefs in 1972. He also was an assistant coach at Westchester Community College.

Pez became the Varsity Girls Lacrosse coach in 1980, and the Varsity Field Hockey coach in 1982. He developed the Girls Lacrosse team into a powerhouse. During his tenure, Al led the team to 13 League championships, 9 Sectional titles, 3 regional titles and 3 State Final Four appearances. He won 7 Coach of the Year awards and had 329 wins, the most wins in New York state at that time. Many Girls Lacrosse stars prospered under his leadership, including Stacey Sennas McGowan (NHSA HOF 2015), Liz Chambers (NHSAHOF 2018) and Allison Chambers (NHSAHOF 2017).

Pesner served on numerous committees of the Section 1 Girls Lacrosse Association, and was the President of that body. He worked as the chairperson of the New York State High School Athletic Association for Girls Lacrosse. In that position, he helped organize New York State Girls Lacrosse, establishing the state tournament. Pez is in the Century Club, for having 100-plus wins in both Girls Lacrosse and Field Hockey.

Coach Pez has long been appreciated for his dedication to local sports. He received the initial Joe Grasso Award for contributions to Rockland County athletics. He even resuscitated a student in his P.E. class, and was asked to re-enact his heroics on the TV show “Rescue 911”.

In addition to his high school coaching career, Al also worked with Nyack-Valley Cottage Little League and SPAL basketball. His sons Michael and Brian both played sports at Nyack. They describe their father's devotion to coaching as follows: "He coached to win, with a compassion for the athletes. All members of his team were important to him. He spent endless hours preparing for each game (film review and game plans)... perfect practice makes perfect

was one of his favorite philosophies.” Pez will always be a legend in the Nyack sports community.