

# **Liz (Gilroy) Gould**

## **Basketball, Lacrosse**

### **Class of 1999**

The Nyack Girls Lacrosse and Girls Basketball teams enjoyed a golden age in the mid-to-late 1990s, and Liz (Gilroy) Gould was a vital part of the success of both dynasties. She was a dynamic leader who captained both of those teams. Liz was a sought after Division 1 recruit as well as a First Team All-American lacrosse player. Liz won many athletic and academic awards at Nyack High School, before going on to have a successful career in Division 1 Lacrosse at Columbia University.

Gould spent 4 years as a point guard on the Varsity Basketball team. As a junior, Liz and Devon Fallon (NHSAHOF 2019) were part of a dominant Nyack team. Senior year, Liz led the team with co-captain Erica Lawrence (NHSAHOF 2016) to win a share of the League title and go on an epic playoff run, which included Gould's 13 point effort when 9th seeded Nyack upset top-seed Ossining. The team made it to the Section finals for a second year in a row. Liz's leadership on and off the court earned her the Coaches Award in 1999.

Liz used her experiences in basketball to fuel her desire to win a championship in lacrosse. She first began playing lacrosse as a freshman, and as a sophomore, her team won the 1997 Section title. Gould then led the team in 1998, as a junior, to win back to back Section championships. Liz's impressive play earned her All-League and All-County Honorable Mention honors in 1998. Due to her offensive prowess, Head Coach Al Pesner (NHSAHOF 2018) moved her from defensive wing, where she was often charged with shutting down the opposing team's top player, to attack wing for her senior year, and she clearly made the most of it. Liz finished the 1999 season 2nd in the Section in goals (71), 2nd in points (91), and 7th in assists (20). As a team captain, Liz led Nyack to win its 3rd straight Section title. Gould then led her team in scoring in a historic 12-11 Regional final win over Skaneateles to secure Nyack's first ever trip to the State Semifinals. Her strong and consistent performances throughout her senior season earned her All-League, All-County, All-Section, and most impressively, First Team All-American honors in 1999. Gould was voted as the team MVP and also named Journal News Most Valuable Athlete for Girls Lacrosse. She finished her career with over 100 goals. The team's success meant more to her than any individual accolades, and her coaches and teammates alike remember her most for her unselfish play and leadership.

Gould represented Nyack on the Hudson Valley Lacrosse team at the 1998 Empire State Games, where her strong play solidified her as a Division 1 recruit. She was also academically driven and involved in her school community. Liz served as Nyack High School Class President

for her sophomore, junior, and senior years. Her hard work paid off in the classroom, too. She was a Journal News Scholar Athlete and graduated at the top of her class. She was ranked 11th in a class of over 200 students.

Liz chose to play D-1 Lacrosse at the prestigious Columbia University. She was a true leader who was voted captain of the team for her junior and senior years. She earned many accolades during her time at Columbia, including setting the single season assist records in 2002 and 2003, and earning Academic All-American honors in 2002.

As a high school Varsity coach, she earned the Section 1 Girls Lacrosse Coach of the Year Award in 2006 which was her first, and only, year coaching. Liz stepped down from her Varsity coaching position following the birth of her first child. She is married to Julian Gould, also a 1999 NHS graduate, fellow Lacrosse First Team All American, and NHSAHOF inductee in 2016. They are proud parents to five daughters. Kate (12), Ella (11), Abby (9), Jane (7) and Tess (5) are following in their parents' footsteps, already developing a love for the game of lacrosse! They live in Upper Nyack and the girls are students at Upper Nyack Elementary School and Nyack Middle School.

Liz helped create the Nyack Youth Lacrosse (NYL) program in 2014. NYL is a nonprofit organization dedicated to promoting the sport in the Nyack community. Liz and Julian coach all of the NYL girls' teams, as well as serve on the Board of Directors for the organization. Liz is passionate about giving back to the community in which she was raised, and is a true mentor and ambassador of the sport that she loves.