

Kathryn Perrella
Lacrosse and Basketball
Class of 1997

Kathryn Perrella's academic and athletic legacy is championed currently on the Nyack High School's lacrosse field. As the long-term girls' Varsity Lacrosse coach, she emphasizes the power and importance of both academics and athletics. Perrella's academic integrity as a member of the high school's National Honor Society and athleticism, earned her a scholarship, both academic and athletic, to continue her passion of lacrosse at Notre Dame. Here, she served as captain for the Fighting Irish. This collegiate experience translates to her teaching and coaching mantras.

She captained both basketball and lacrosse teams at Nyack throughout the mid-1990s. She found a way to marry both responsibilities and translate the sport skills seamlessly. However, lacrosse was her true wheelhouse.

Perrella started all four years for Nyack lacrosse, earning All-League honors in 1995, 1996 and 1997. During her 1997 season, scoring 71 goals and 35 assists as a midfielder she led the team in both categories as Nyack finished as the champions of Section One with a dominant 17-3 record and undefeated 12-0 league record. These accolades are attributed to her status as a two-sport athlete, an academic, and the desire to compete.

Some might say Perrella's success was destined for her. Her father, Charles, started the first lacrosse team at Nyack High School's MacCalman Field. However, Kathryn's success is her own. Basketball Coach Darren Shepard applauds her for her innate leadership skills, and demonstrating to her teammates that they can do the same drills and workouts that the boys team could. She possesses the natural ability to see a wall and find a way through it, or a net to hurl the ball in it!

Since 2009, Perrella has been the head coach of the women's lacrosse program at Nyack, securing two Section Championships and two State Final Four appearances. Under her coaching, dozens of student-athletes have gone on to play at the college level. Coach Kat, as she is affectionately known, continues to inspire and encourage future lacrosse players; she is the President of her community's non-profit organization Nyack Youth Lacrosse.

After graduating Notre Dame with a speech and language degree, she worked at Blythedale Children's Hospital as a speech specialist for several years. She currently works in the Nyack Public Schools as a speech and language teacher.

Kathryn, her husband Stephen McQuade, and two beautiful children, Dylan and Ava, currently live in Valley Cottage, continuing the Nyack tradition.