

Vanessa McCoy
Basketball
Class of 1985

Vanessa McCoy is an athlete in her own class. She honed her basketball skills in the neighborhoods of Nyack playing only against the boys until she entered junior high school. This experience helped build confidence and skill; she religiously would walk casually along the sidewalks easily dribbling the basketball between her legs; a skill unheard of in a female athlete. She is considered by many to be one of the best girls basketball players in Nyack High School history. Her crossover is the story of legends and the ‘broken ankles’ of those that challenged her.

During her sophomore year, ‘82-’83 season, Vanessa averaged 10 points per game, and was a key player on the Section Championship team; the team made it all the way to the Final Four at the state level. Her contribution earned her All County Honorable Mention recognition. Her junior year was the year of Vanessa McCoy. It was the first year the Rockland County schools competed in Section One, as we know it today. She not only made First Team All-Conference, but also was the unanimous Conference Player of the Year; she was named First Team All-County while averaging 19 points per game.

During her senior season, ‘84-85, she was awarded All County and All Section honors. In 1985, McCoy became just the ninth high school girls basketball player in Rockland County to score 1,000 career points. The sharp-shooting McCoy reached the milestone in Nyack’s 48-37 win over Tappan Zee, in which McCoy finished with a game-high 26 points. McCoy averaged 25.3 points per game with eight rebounds and six blocks in high school, while finishing her high school career with over 1,100 points.

“She is definitely one of the best players that I’ve seen in this county in a long time,” Nyack coach Robbie Woods said of McCoy in a 1985 article from *The Journal News*. “It’s not just her scoring, but her passing and rebounding. She can do it all.”

Coach Tony Boffa, who coached her during her sophomore and junior seasons, states: “If the WNBA was in existence back then, Vanessa would have had a chance to make the league. That is how talented she was!”

While a member of the Navy, Vanessa reinvigorated her basketball career in 1996. She was the 3 on 3 World Tour Winner, and 3 on 3 Hoop It Up Division Winner for the years 1997-1998. She placed 1st as an individual at the 2nd Annual Fort Story Veteran's Day Basketball Tournament, Women's Division; at the Hampton Roads Pro-Am she was a member of the women's champion team and named to the All-Tournament Team. These are just a few of her successes beyond her high school career.

Vanessa currently resides in Chesapeake, Virginia and has a daughter, Essence.