



The
Frederick
Gunn
School

BOYS LACROSSE PROGRAM

Elite Level Program and Lifelong Learning

The Frederick Gunn School (FGS) has built a strong lacrosse tradition in which our players strive for both academic and athletic excellence. Our program honors our founder, Mr. Gunn, by concentrating on the four cornerstones of character: scholarship, integrity, respect, and responsibility.

FGS offers many things only possible in a school of 315 students: the chance to know and be known by every fellow student; the individualized care for students only possible when every faculty member knows every student by name; multiple early opportunities for leadership and discovery. We believe that all of our students are encouraged and expected to contribute, in the classroom, in the community, and on the playing fields.

We intentionally keep a small varsity roster, typically 26 players, to ensure that we are developing all of our players in games and practices. While many of our players are multisport athletes, something we value as a school, our goal is to develop young men of character who will become leaders in our community, outstanding students, and exceptional lacrosse players. We stress player development, personal excellence, respect, and sportsmanship, and we look to develop these traits within the structure of the team. Each year we begin our season with a spring break training program organized by the coaching staff. The trip is an excellent opportunity to come together as a team

and hone our skills before returning to campus for tryouts. During this time, we compete against teams from around the country in preparation for our regular season schedule.



We play in one of the premier leagues in New England, the Western New England Secondary School Lacrosse Association (WNESSLA). In 2022, Eddie Rayhill earned All-American honors, our third player to receive All-American in six years, and we finished with a 13-5 record, winning the Colonial Cup Tournament.

In speaking to college coaches, they consistently remark about how our players are developed and ready to play in college. We attribute this to the premium we put on developing each player on a daily basis and the

quality of competition in our league. Simply put, there are no days off in our league. Our players play at a high pace day in and day out in practice and face every game situation imaginable through the course of our season in games.

I hope this information has helped to answer some of your questions. If you would like more information, please contact me at marichm@frederickgunn.org or 860-350-0175.

GoGunn!
Coach Marich

OUR PROGRAM

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HEAD COACH MIKE MARICH

A Long Island, New York native, Mike played lacrosse and basketball in high school and went on to play four years of Division I Lacrosse for John Danowski at Hofstra University, where he received a BBA. He has remained actively involved in sports since graduation, coaching in a variety of sports at all levels in Manhattan and Westchester, New York, and locally in Connecticut.

At FGS, Mike is the Director of Athletics and was named the Head Boys Varsity Lacrosse Coach in 2016. In his time at FGS, Mike has coached three U.S. Lacrosse All-Americans, an Offensive Player of the Year, a Defensive Player of the Year, 30 First-Team All-WNESSLA selections, and countless players who have gone on to play at some of the most selective and competitive college programs in the country.

In 2016, the team won the WNESSLA League Championship and Colonial Cup Tournament, and in 2022, won the Colonial Cup Tournament again. Mike also won the WNESSLA Coach of the Year Award in 2016 and 2019.



2022 POSTSEASON AWARDS

U.S. LACROSSE ALL-AMERICAN

Eddie Rayhill '22

OFFENSIVE PLAYER OF THE YEAR

Parker Hoffman '24

FIRST TEAM ALL-LEAGUE

Owen Laatsch '25
 Blake Maracle '22
 Andrew Rainville '24
 Théo Weidinger '22

ALL-LEAGUE HM

Trey Bessett '22
 Luke Calabria '25
 Will Marich '23
 Mike Pizzo '23
 Allan Szydowski '22
 Christian Wood '23

2019 POSTSEASON AWARDS

U.S. LACROSSE ALL-AMERICAN

Jared Rainville '19

FIRST TEAM ALL-LEAGUE

Julian Aviles '19
 Garrett Argentino '20
 Henry Hoyt '20
 Matt Lee '19
 Patrick Thomas '20

ALL-LEAGUE HM

William Alling Graney '19
 Nikolas Ioannou '19
 Edward Rayhill '22
 Hunter Sansbury '20
 Cody Sipher '19
 Bobby Wells '21



COLLEGE READY

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Simply put, there are no days off in our league. Our players play at a high pace day in and day out in practice and face every game situation imaginable through the course of our season.

RECENT HIGHLANDER PLAYERS IN COLLEGE

Sebastien Seymour '18..... Hood College
 Niko Grollman '19.....Post University
 Matt Lee '19.....High Point University
 Jared Rainville '19.....Connecticut College
 Cody Sipher '19.....St. Lawrence University
 Dylan Donnery '20..... Quinnipiac University
 Ryan Donnery '20..... Quinnipiac University
 Henry Hoyt '20.....St. Lawrence University
 Kenny Snyder '20..... Whittier College

Patrick Thomas '20.....Rollins College
 Colin Trom '20.....Catawba University
 Riley Edwards '21.....Adrian University
 Bobby Wells '21.....St. Lawrence University
 Trey Bessett '22..... SUNY Geneseo
 Blake Maracle '22.....Limestone University
 Eddie Rayhill '22..... Cornell University
 Allan Szydowski '22.....Washington College
 Théo Weidinger '22.... The College of Wooster

OUR FACILITIES

UNDERHILL & BARNES FIELDS

The Field House is home to the Boys Lacrosse Locker Room. The team plays and practices on both Underhill Field and Barnes Field. The natural grass and synthetic turf fields offer our athletes the opportunity to practice on a variety of surfaces to hone their skills.



EMERSON FITNESS CENTER

The center offers cardio and strength-training equipment, deadlift platforms, indoor turf, Peloton bikes, treadmills, exercise bikes, elliptical machines, a climbing rope, pull-up bar and pegboard.

Work out before class or during your free block. The center is open from 6 a.m. to 8 p.m. No matter the time, Emerson is open to our community, all day.





OUR SCHOOL

In 1850 Frederick Gunn established a school based on the belief that strength of character was the goal of education. Today, The Frederick Gunn School rests on the four cornerstones of character: **scholarship, integrity, respect** and **responsibility**. Character is forged in a cohesive, diverse community informed by a challenging college preparatory curriculum, a broad range of athletic, artistic and social activities and a faculty of scholars and committed educators dedicated to the intellectual and ethical development of every student. A Frederick Gunn School graduate is a broadly educated, socially responsible citizen with tested beliefs, strength of character and the courage to act on convictions. **Start your journey at gogunn.org.**



OUR TOWN

The Frederick Gunn School campus is located 90 miles from New York and 140 from Boston and is within walking distance of Washington's idyllic green, white-steeped meeting house, and historic homes, as well as boutique shops, outstanding restaurants, a seasonal outdoor farmer's market, independent bookstore, art galleries, and a community gathering and event space known as The Judy Black Memorial Park & Gardens. The town and our school are also steeped in nature, surrounded by the scenic hills, woods, lakes, and rivers that so inspired our founder and have been preserved for generations to enjoy.

BY THE NUMBERS



315
STUDENT BODY

OUR STUDENTS HAIL FROM:



22
COUNTRIES
&
22
STATES



5,530
GLOBAL
ALUMNI
NETWORK



220
ACRE
CAMPUS



AP & HONORS
COURSES

115
Academic
Courses



90 MILES
FROM NEW YORK CITY

Founded by
**Frederick
Gunn**

in 1850



35
SPORTS
TEAMS

\$5
MILLION
AWARDED IN
FINANCIAL AID

Average
Class
Size
12



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