Tom Arrix – Player – New Canaan, CT

Tom Arrix was a member of what the New Canaan Advertiser coined the “Dynasty Killers” - New Canaan High School’s 1982 boys’ varsity lacrosse team. After many years of coming up short, it was the 1982 team that set a new course. Coach Howard Benedict methodically built the NCHS program out of passion, commitment and pure determination and his 1982 team set the course for what has become decades of program success. Tom, a senior Co-Captain on the 1982 team, was a classic two-way midfielder. Tom played three years of varsity lacrosse at NCHS from 1980-1982. The 1982 team recorded the first ever undefeated season for NCHS with a 17-0 record and the FCIAC and CT State Championships. During the 1982 season, NCHS beat legendary Wilton High School three times (for the first time ever), Lawrenceville and Long Island’s Syosset and Sewanhaka High Schools. Tom received First Team All-FCIAC, First Team All-State and All-America honors and was named the 1982 CT Player of the Year. Tom finished his high school career playing in the 1982 CT North-South Senior All-Star game.

After high school, Tom played varsity lacrosse for four years at the University of New Hampshire, becoming a four year starter at midfield for the Wildcats. During Tom’s time at UNH, the program experienced its biggest successes; including earning the team’s first ever bid to the NCAA Division I Tournament in 1986 when the Wildcats finished ranked #8 in the nation. Tom’s performance led to his selection for All-New England and Honorable Mention All-America honors in 1985 and 1986. Tom capped off his playing days at UNH with his selection to the North-South Senior All-Star game in Baltimore.

After college, Tom played lacrosse in the United States Club Lacrosse Association with the New York Athletic Club for five years. During his time with the team, NYAC advanced to the USCLA club championship game in each of the 1990 and 1991 seasons.

Tom has been intimately involved in Darien’s youth lacrosse program, currently the biggest in the country at over 1,200 participants. He has coached for over 10 years, and for three years led Darien’s Boys House program. Tom currently resides in Darien, is married to Kathy Arrix of 23 years, and is a father of four children, son Sam at Wake Forest University, daughter Annie, a senior at DHS who plays soccer and lacrosse, is the current President of The Darien Depot Youth Center and who will attend Wake Forest in the fall, daughter Kit, a junior at DHS who plays ice hockey and lacrosse, and son Thomas, a 6th grader who enjoys ice hockey, lacrosse, golf and basketball.

Rich Heritage – Contributor – Cheshire, CT

Growing up in Mickleton, NJ, where lacrosse did not exist at the time, Rich was a three sport athlete and all-state football and baseball player at Kingsway Regional High School in Swedesboro, NJ. In 1972 he went on to be a four year starter, All-MAC Conference football and baseball player at Western Maryland College in Westminster, Maryland.

Rich began his coaching career as a football graduate assistant at Indiana State University in 1976. Upon earning his Master’s Degree in Athletic Training, he returned to NJ and taught Physical Education while coaching lightweight football at the University of Pennsylvania, and Varsity basketball and baseball at Penns Grove High School in southern New Jersey.

In 1997, Rich returned to his alma mater where he coached football for three years at Western Maryland while the head coach, businessman Jim Hindman, simultaneously rebuilt the WMC football program along with a company called Jiffy Lube International. Eventually, the Jiffy Lube business overcame the gridiron adventure and most of the football coaches became Jiffy Lube franchisees.

This new business opportunity brought Rich, and his wife Jodee, to Cheshire, Connecticut in 1984. In 1991, Rich sold his Jiffy Lube business and went back into the world of coaching. He coached football at Wesleyan University, as well as the Cheshire High School JV lacrosse squad for two years. Rich also earned his officiating certification and was a part of the CLOA from 1992 to 1994.

Simultaneously, the Cheshire Lacrosse Club was expanding and growing with more volunteers needed. Hence, Rich became active in the Cheshire Lacrosse program as a coach and program volunteer. With three children (Brad, Dana, Todd) actively involved in lacrosse, Rich and Jodee enjoyed participating in 12 years of Cheshire Youth Lacrosse, followed by 12 years of high school and collegiate lacrosse.

In addition, Rich has devoted volunteer hours at the state level as an active CONNY member and was President for two years along with serving as the President of the Connecticut Chapter of U.S. Lacrosse for three years. Through his efforts the Chapter established the CT Boy’s Super Junior Teams and the CT Girls Rising Stars Teams. He has also been instrumental in developing the CT Lacrosse Hall of Fame and has organized clinics and educational programs for coaches across the state. Rich is still very active with the CT Chapter and presently serves as its treasurer.
Rich Pulisciano – Coach – Cheshire, CT

As a native of Cheshire, Rich had always aspired to be the head lacrosse coach at his alma mater. His dream was realized in 1998 when he was promoted to head coach and began the long tradition of excellence for Cheshire High School lacrosse. As a high school athlete, Rich was a four-year player under Head Coach Jeff Gull and was captain of the team in 1988. After a successful high school career, he continued playing at Dean Junior College and Springfield College before returning to Cheshire in 1993 to take a position as a physical education teacher and coach.

Rich has been at Cheshire High School for 25 years and has coached football for 23 years and has been the head coach for lacrosse for 21 seasons. His overall record as head coach is 262-159. Included in these victories are 6 regular season Southern CT Conference (SCC) titles, 5 SCC tournament titles, two state championships in 2002 and again in 2010 and a state runner-up in 2017. Throughout his career, Rich has accumulated many personal honors including CT High School Coach of the Year (2001, 2002, 2007), New Haven Register All-Area Coach of the Year (2002, 2010, 2017), CHSLCA Gatorade Coach of the Year (2002), CHSLCA Man of the Year (2018), and National HS Lacrosse Coach of the Year Finalist (2018). Rich has also volunteered many hours to the sport of lacrosse and has served on a variety of committees including CT Super Juniors, CHSLCA Executive Committee, All State and All-America Committee and US Lacrosse CT Chapter HS Boys representative.

With all of these accolades, the most important aspect of his coaching career is the relationships that he has built with his players throughout the years. In preparing players beyond high school, Rich has sent nearly 200 players to continue their careers at the college level. For many of them and others that he coached in high school, they have gone on to be successful, productive members of their communities and have consistently given back to the game of lacrosse.

Longtime friend, supporter and Hall of Fame inductee, Frank Barron said of Rich:

“Coach Rich Pulisciano remains that premier Connecticut coach whose ability to develop talented lacrosse players for decades has become the standard our state knows as excellent. His knowledge of the game, his love of lacrosse’s Native American origin, and his ability to motivate young men are reasons why Connecticut lacrosse is better today.”

His induction into the CT Chapter Lacrosse Hall of Fame will be Rich’s third honor having previously been inducted into the Dean JC Athletic Hall of Fame (2010) and the Cheshire High School Hall of Fame (2013). Rich is married to his wife, Frances, and has four children (Ricky, Mia, Ava, and Giada).

Al Reed – Official – Windsor, CT

No one loved lacrosse more than Al Reed. His father introduced him to the game.

Born in Boston, Al graduated from Bordentown Military Institute and went on to the United States Naval Academy where as a goalkeeper, he was a member of the Academy’s 1954 undefeated national championship team. Upon graduation, he served four years as a U.S. Naval Aviator, and then another 16 years in the U.S. Naval Air Reserve, retiring as a Lt. Commander.

Al’s two lifetime pleasures were aviation and lacrosse. He flew single engine planes and volunteered at the New England Air Museum at Bradley Field. He was employed at Chandler Evans and retired from Hamilton Standard.

Al played lacrosse for the Connecticut Valley Lacrosse Club always looking to help young players, and he officiated 30 years as high school and collegiate referee. He retired saying “The kids were running too fast”. While officiating, he mentored many young officials who went on to great officiating careers. In 1993 he went to Australia with CVLC as an official. He returned in 2002 to Perth to officiate the World Lacrosse Games.

After retiring, Al could be found watching high school games and meeting with his mentees afterwards to critique and joke with officials.

He enjoyed international travel with his wife Ellen. Father to daughter Susan and sons Allen and Matthew, he has two grandchildren Brendan and Sarah.

Allen passed away March 31, 2014 after a courageous battle with cancer.

Allen E Reed Jr – A Truly Great Official
Jack Reid – Player – Glastonbury, CT

Jack Reid is one of the most celebrated players to ever come out of Glastonbury High School and was the first defenseman selected first team All-America from the University of Massachusetts. He also played professional for several franchises over a nine year career and was a bronze medalist for Team USA at the World Indoor Championships.

As a high school player, Jack led his team to a 21-1 record and a Connecticut state runner-up in 2002. As captain of the team in his senior year, he was named first team All-Conference and All-State. He also earned US Lacrosse All-America honors and was his team’s Most Valuable Player in his senior season.

While at the University of Massachusetts, Jack was not only the first defenseman selected as an All-America, he was selected for the honor three times. He was UMASS Athlete of the Year and captained the programs first ever appearance in the NCAA Final Four in 2006. He was also selected as the ECAC defensive player of the year in his senior campaign.

After a tremendous collegiate career, Jack was drafted and played for the Rochester Knighthawks in the National Lacrosse League for three seasons. In his first season with the Knighthawks, Jack helped to led them to the franchise’s first championship. Jack continued his playing career with another 3 seasons with the Boston Blazors. At the same time, number 18 was also dominating the outdoor game initially playing for the Rochester Rattlers for three seasons and helping them to an MLL Championship in 2008. He then moved on to a successful 6 year career with the Boston Cannons, winning a championship with them in 2011. Also in 2011, Jack joined Team USA and helped them to win a bronze medal in the World Indoor Lacrosse Championship in Prague, Czechoslovakia. Jack retired after a 9 year career and was the all-time leader in penalty minutes for the Boston Cannons.

Jack is married to his wife Meredith, living in Boston, MA and stays involved with lacrosse through various coaching activities.

Al Tortorella – Player – Norwalk, CT

Al Tortorella began his playing days on the youth field in Norwalk and went on to become the first All-America in Norwalk High School history. As a high school stand out in goal (1975-1979), Al was also honored to be named to two All-FCIAC and two All-State teams. He was also recognized as the Most Valuable Player in the annual Connecticut Public School All-Stars vs. New England Prep School All-Stars game in his senior year.

Following a highly decorated high school career, Al went on to play goalie at Mount Saint Mary College (presently Mount Saint Mary University). In his time for the Mountaineers (1979-1983), he received many defensive awards and is credited with 91 saves and only 50 goals against for a .645 save percentage during the 1981 season, placing him 7th overall for save percentage in a season.

After graduating from the Mount, Al continued his playing career with several club teams including the Green Turtle, West Hempstead and the Skoal Bandits. His poise and presence between the pipes was always a welcome site for these teams as he led them to many victories during his playing days.

Al continued to give back to the local lacrosse community and helped to establish Norwalk Junior Lacrosse. He has also been a longstanding high school and collegiate lacrosse umpire in Connecticut and nationally as a member of the Connecticut Lacrosse Officials Association (CLOA) and the Western Connecticut Officials Association (WCLOA), as well as, the National Intercollegiate Lacrosse Officials Association (NILOA). Al also served on the Executive Board of CLOA for 5 years and presently serves as a US Lacrosse certified observer.

Al Tortorella – a truly great player.