

Coach Charles Sherwood



A native of Hempstead, Long Island, was a three sport (Football, Basketball & Lacrosse All-County performer @ Baldwin High School in Baldwin, Long Island. Went on from Baldwin to Nassau Community College, where he played under future hall of fame coach Rich Speckmann, and helped the Nassau get to the NJCAA Final Four twice (2003 & 2004) as a midfielder. In 2004 was scouted by Rick McCarthy, and became apart of the first recruiting class in WCSU Lacrosse history in 2005. As an Attackman, helped take the Colonials to the ECAC Tournament in their second year as a Varsity program with a 11-5 record. It was the biggest, and earliest turn around in an NCAA Lacrosse program's history. While @ WCSU, placed in the Top Ten for scoring in the Little East Conference both years (2005 & 2006). After the 2006 season left the team as one of the top 5 scorers in school history. Soon there after, he coached the Danbury Nutmeg Select Team from the fall of 2006 to the fall of 2007. Charles coached the Chase Collegiate JV team in 2008 and several Lynx team since 2008.

Coach Sherwood has been the head coach of the Nonnewaug HS Lacrosse Team since its inception in 2009. The team has prospered with over 30 players on the roster. Charles is also member of the National Black Lacrosse Leadership Foundation, which is dedicated to specific initiatives that offer inclusion, enlightenment and celebration of the black lacrosse community as well as being committed to the increasing the education of African Americans in all levels of lacrosse throughout the world. His father, Chuck Sherwood, was the first African American lacrosse player in ACC history as well as an All-American at Duke in 1975. His younger brother, Devon Sherwood, tends the goal for the Blue Devils now in his Junior Year.