

Coach Brian Major

Mr. Major played his high school and college lacrosse in Massachusetts. He was one of eight Defensemen in the state to be named to the 1989 Brine all star team. He continued his lacrosse career at the University of Massachusetts as the captain of the club team. After spending two more years playing in summer leagues he went off to pursue a career in medicine. In 2005 he returned to lacrosse to be on the board of directors for Watertown Lacrosse and returned to coaching. Coach Major is currently and the very first, Watertown High School Boys lacrosse coach. Brian is also a Physician Assistant at Orthopedic Surgery P.C. in Middlebury.

Philosophy on coaching: My theory on performance in life and sports is “to beat your best”. Everyday should begin with the thought that you can always improve. This theme is most inspiring in coaching when you can get a player to achieve something they had not even thought was possible.