



Paul Benway

2005- Head Coach Eastport South Manor Middle School boys lacrosse team
2006- Asst Coach Eastport South Manor Varsity
2009- Nike NYS Shootout Asst. Coach
2010- LI Empire gold medal team Asst. Coach
2007-2015- Asst Coach Sachem North HS
2016-2017- Head Coach Sachem North Varsity
2018 to present- Head Coach Hills East Varsity
2018- NYS Regional Championships Gold Medal Team Coach

Brian Donovan

2017 to present-Hills West Varsity Asst
2016-Hills West JV Asst
3-year Varsity player
2X All-league
Team Hills 2006-2008
SUNY Albany graduate 2014

Connor Hagans

2017 to present-Hills West Varsity Head Coach
2016-Hills West JV Head Coach

College

Hofstra U. 2X CAA Champion
Member of 2006 quarterfinals team

High School

2002 graduate Hills West
3 sport athlete
2001 Empire Team
2X All-county, 3X All-division
2002 Team MVP

Jason Mauro

1998- Empire State Team
1999- All-County, All-American Sachem HS
1999-03- 2X GWLL, Butler University DI
2003- All-American Dowling College DII
2008- LI Empire gold medal team Asst Coach
2009- Nike NYS Shootout Head Coach
2010- LI Empire gold medal team Head Coach
2005-2015- Sachem North Head Coach; 113 career wins, 2014 HS Coach of the year
2016-2018- Stonybrook University Assistant Coach
2018- Team 91 K-3 Director

Justin O'Connell

1996- gold medal Empire State Team
1997- All-County, Joe Cuozzo award winner as best defensive player in Suffolk County, Suffolk County Ray Enners award winner, Sachem HS
1997-2001- University of Pennsylvania Men's Lacrosse team, 2001 team captain, 2001 coaches award winner
2012- Molloy College Asst Coach
2005-present (excluding 2012)- Sachem Lacrosse Coach
2013- Varsity Asst Coach of the Year
2017- JV Coach of the Year
2017 to present-Hills East Varsity Asst Coach
2009 to present- Flg Lacrosse Club Coach

Thomas Palasek

7 year MLL professional - MLL Champion - MLL All Star - 6 seasons New York Lizard - top 5 Lizards points- current Atlanta Blaze Captain
5X Coca Cola player of the game

College

Syracuse University-Captain, HM All American - led team in scoring 2 years - 2012 Big East Tournament MVP, Big East tournament Champions, 2012 All Big east

High school

-US lacrosse & Under Armour All-American
-4th all time Suffolk county career points (181 goals 218 assist - 398total)
-2008 Long Island player of the year. 155 points (lead all of Long Island)
-2008 All Long Island team
-2008 state championship 21-1 record
-State championship MVP -5 goals 4 assist
Lacrosse:
-2007 NY state empire games gold medal and team captain,
-3X top 10 recruit in the country, ranked by inside lacrosse
-3-time All-county
-Suffolk county rookie of the year
-3 time team captain / 3 time team MVP
-2nd on Long Island in points 2007 (135 points)
Football: 2X team captain, All Long Island, 2X All-county, 2X 1,000+ yard and 18+ touchdown seasons
Basketball: academic all county, Team Captain, 3-year Varsity player