



IPSWICH HIGH SCHOOL

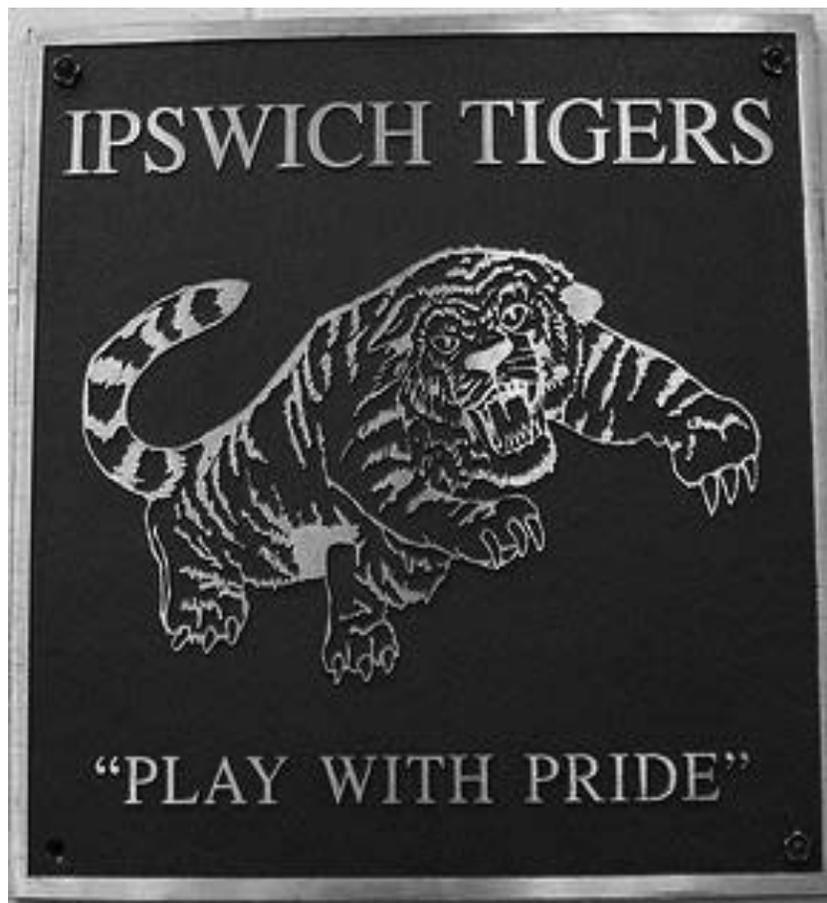
Athletic Hall of Fame

Induction Ceremony • November 28, 2025

Congratulations

Athletes, Legends, and Teams

On Your Induction to the Hall of Fame



Ipswich Boys Basketball

IPSWICH HIGH SCHOOL

Athletic Hall of Fame

Ipswich High School has been the home of interscholastic athletics for more than a century. Over the years, we have been privileged to witness many wonderful and talented athletes accomplish individual and team successes while wearing the black and orange for the Ipswich Tigers, and they live in our memories. There are reminiscences shared by Ipswich residents every day about great games, plays, teams, athletes and coaches.

The Town of Ipswich is unique in its support for the athletic programs at Ipswich High School. Ipswich offers a wide variety of sports for both boys and girls for a community of its size. The Ipswich athletic programs provide a collection of educational experiences that help to prepare the student participants for an extremely competitive world. Values promoted and learned through participation include cooperation, communication, mutual respect, challenge, leadership, initiative, self-esteem, inclusion, and integrity. The continuation of this beneficial program of sports participation depends on the generous and enthusiastic support and involvement of the Ipswich community. The unique academy of sports, which Ipswich taxpayers and schools generously provide, must be continued for all current sports as well as any future sport additions. As witnessed for over a century of athletic offerings in the Ipswich schools, the educational experience as well as community spirit, is the return on this important investment into these programs. The Ipswich High School Athletic Hall of Fame Committee hopes that parents continue to encourage and support their children's participation in all sports programs, and that the school system and taxpayers of Ipswich continue to support them as well.

The Ipswich High School Athletic Hall of Fame will continue to grow in size and stature with the continued support of the community. Please visit the Ipswich High/Middle School to view the plaques of all of our Athletic Hall of Fame Inductees. They are located on the walls outside of the C. Elliott Roundy Gymnasium. We hope that you enjoy the evening and that our collective goal of enhancing and preserving Ipswich High School's athletic traditions will be achieved and perpetuated.

Ipswich High School
Athletic Hall of Fame Committee
November 28, 2025

Rollie Hinckley, President
Dan Clasby, Treasurer
Ruben Britt
Bob Tobiasz
Maureen Woodworth, Ex Officio Board Member

Dr. Ann "Kiki" Papagiotas, Vice President
Bob Foote, Clerk
Kathy Daly
Drew Wile

P R O G R A M

The Ipswich High School Athletic Hall of Fame
welcomes you to the
2025 Induction Ceremony and Banquet.
We hope you enjoy this memorable evening.

THE HALL OF FAME COMMITTEE

WELCOME

Master of Ceremonies
Rollie Hinckley, President

DINNER

INTRODUCTION OF INDUCTEES

ATHLETES

Sandy Lezon	Class of 1964	Field Hockey, Basketball, Softball
Mel Bowen, Jr.	Class of 1970	1998-2024 Football Game Announcer
Tobie Goff	Class of 1970	Basketball
Craig McDonald	Class of 1981	Lacrosse, Hockey
Jim Bodwell III	Class of 1999	Football, Basketball, Baseball
Megan Berry	Class of 2006	Soccer, Basketball
Molly (Berry) Knowles	Class of 2006	Field Hockey, Basketball, Softball
Melyssa McFayden	Class of 2009	Indoor Track, Outdoor Track, Soccer
Constantine John Galanis	Class of 2015	Wrestling, Football, Lacrosse

TEAMS

Ipswich High	Girls Basketball Team	Class of 1981-1982
Ipswich High	Boys Basketball Team	Class of 2004-2005

PAST INDUCTEES — BY INDUCTION CLASS

CLASS OF 2010

Jayne Benirowski Canty	Basketball	Class of 1979
Ruben Britt Jr.	Basketball	Class of 1970
Brett Budzinski	Football, Basketball, Track	Class of 1993
John “Bubba” Galanis	Football, Basketball, Lacrosse	Class of 1972
Edward Mackey (Machaj)	Baseball, Basketball	Class of 1941
Philip “Jo Jo” Robishaw	Football	Class of 1940
Dr. Ann “Kiki” Papagiotas	Basketball Coach 1970–1984	Class of 1966
C. Elliott Roundy	Coach and Athletic Director	1951–1983
John Thomas	Meritorious	Class of 1967
Jack Welch	Football Coach, Track Coach	1964–2000

CLASS OF 2011

Bernard Adell	Football, Track	Class of 1978
Jean Clarkin	Basketball, Track	Class of 1983
Joan Clarkin	Basketball, Track	Class of 1981
Charles Gianakakis	Football, Basketball, Baseball	Class of 1954
Jack Gillespie	Football, Basketball, Baseball	Class of 1957
Peter Gorniewicz	Football, Basketball	Class of 1971
Kevin Nylen	Soccer, Basketball, Lacrosse	Class of 1999
Kathy Paganis	Field Hockey, Basketball, Track, Softball	Class of 1977
Joseph Rogers	Teacher, Principal	1950–1985
Arthur Carey	Lacrosse Coach, Football Coach	1967–1981
Ken Spellman	Track, Football and Basketball Coach	1969–Present

CLASS OF 2012

David Bialek	Hockey, Baseball, Football	Class of 1970
John Bialek	Hockey, Baseball, Football	Class of 1933
Chris Bromby	Lacrosse, Hockey	Class of 1993
Venetia Constantine Reilly	Field Hockey, Basketball, Track	Class of 1976
James LaRochelle	Wrestling, Football	Class of 1971
Joseph “J.J.” Millette	Cross Country, Track	Class of 1986
Edward Sklarz	Baseball, Basketball, Football	Class of 1953
David Whipple	Basketball Coach	1966–1978
Angelo Perna	Teacher, Coach, A.C.P. Sports	1968–2012

CLASS OF 2013

Holly Foster	Field Hockey, Basketball, Coach	Class of 1974
Megan Frederick	Soccer, Track	Class of 2001
Carl Mattarochia	Football, Lacrosse	Class of 1970
Ellen Galanis Nich	Basketball, Softball	Class of 1977
Peter Pickul	Football, Basketball, Baseball	Class of 1960
Greg Smith	Football, Hockey, Track	Class of 1983
Dorothy Stanley	Basketball, Softball	Class of 1981
Cameron Wallace	Football, Basketball, Baseball	Class of 1960
Frances D. Cogswell	Basketball, Softball Coach	1942–1960
Robert Conary	Football Coach	1921–1942
Rick Storer	Soccer Coach	1970–2010
Chester F. Bowen Jr.	Athlete, Writer, Manager, Friend	1941–1945
John H. Stella	Superintendent of Schools	1968–1981

PAST INDUCTEES — BY INDUCTION CLASS

CLASS OF 2014

Jeff Camacho	Wrestling, Football	Class of 1970
Roger Day	Football, Basketball, Baseball	Class of 1973
Rob Dolman	Football, Track	Class of 1991
Dennis Doty	Football, Basketball, Baseball	Class of 1969
Chris Farfaras	Football, Track, Basketball	Class of 1986
Carol Graffum	Field Hockey, Basketball	Class of 1975
Justin Lemire	Soccer, Track	Class of 1997
Cindy Scherer	Field Hockey, Basketball, Track, Softball	Class of 1976
Norm Sheppard	Football, Basketball, Baseball	Class of 1955
Jen Usher	Basketball, Track, Soccer	Class of 1996
Bob Burke	Wrestling, Football, Baseball Coach	1951–1966
George Geanakos	School Committee	1957–1966

CLASS OF 2015

Andrew “Doc” Alexson	Baseball, Basketball, Football	Class of 1939
Dr. Kristine Corkum	Lacrosse, Soccer	Class of 2004
Dr. Julie Crawford MacDonald	Basketball, Field Hockey, Softball	Class of 1989
Dorothy Fenton Wallace	Basketball, Field Hockey, Softball	Class of 1979
Karen Jacunski	Basketball, Field Hockey, Softball	Class of 1967
Matthew Lemire	Soccer, Basketball, Lacrosse	Class of 2004
George “Mike” Singer	Baseball, Basketball, Football	Class of 1947
William Smith	Baseball, Football	Class of 1942
Kelly Usher Merrell	Indoor and Outdoor Track, Soccer	Class of 1995
Jeffrey Vitale	Football, Lacrosse	Class of 1994
Walter J. Dembowski, Jr.	Baseball Coach, Football Coach	1962–1981
Douglas Woodworth	Baseball, Basketball, Football	Class of 1972
	Coach of Girls’ and Boys’ Basketball	1978–2015
	Softball, Football, Golf	
	Meritorious	2000–2015

CLASS OF 2016

Jean Dauer	Sports Correspondent – Chronicle	1970s–1980s
John Davis	Basketball, Baseball, Track, Soccer	Class of 1983
Susan Mikel Donaher	Field Hockey, Basketball, Track	Class of 1990
Robert Dudek	Basketball, Baseball, Cross Country	Class of 1964
Nancy Campus French	Field Hockey, Basketball	Class of 1978
C. Barry “Butch” Johnson	Football, Baseball, Wrestling	Class of 1967
Eleanor Knowles	Basketball, Softball, Dory Racing	Class of 1960
	Coach	
Nick Kokinacis	Basketball, Baseball	Class of 1957
Paul Lees	Football, Hockey, Track	Class of 1978
Robert McKenna	Coach, Basketball, Track	1956–1966
	Cross Country	
Tyler Smith	Soccer	Class of 2003
David Williams	Football, Basketball, Baseball	Class of 1953
D. Justin Woodworth	Basketball, Golf	Class of 2005

PAST INDUCTEES — BY INDUCTION CLASS

CLASS OF 2017

William D. Alexson	Basketball, Baseball, Cross Country	Class of 1965
Maureen Bowen Beaudet	Soccer, Softball, Basketball	Class of 1982
Bill Ray Coleman	Track, Football, Basketball	Class of 1973
Kathleen Gagnon Daly	Field Hockey, Basketball, Track	Class of 1984
Andrew DiMichele	Swimming	Class of 2001
Steve Hopping	Baseball, Football, Hockey	Class of 1967
	Baseball Coach	
Justin “Jud” Logan	Baseball, Football, Basketball	Class of 1978
Brian Phaneuf	Football, Basketball, Baseball	Class of 1977
William “Bill” Laakso	Hockey Coach	1966–1977
Jim Daly	Sports Correspondent – Chronicle	1967–1987

CLASS OF 2018

Kristine DiCicco Bowen	Field Hockey, Basketball, Softball	Class of 1983
David Doyon	Football, Track	Class of 1969
Marc Greenleaf	Football, Lacrosse, Hockey	Class of 1993
Janice Knowles	Softball, Basketball, Tennis	Class of 1957
Steven Phaneuf	Football, Basketball, Track	Class of 2007
Marlene Super Smith	Softball, Field Hockey, Basketball	Class of 1949
Barbara Waite Tilton	Basketball, Softball	Class of 1938
Dustin Zabelski	Lacrosse, Football	Class of 2002

TEAMS

Ipswich High	Football Team	Class of 1959
Ipswich High	Girls’ Basketball Team	Class of 1980

CLASS OF 2019

Peter Adamowicz	Basketball, Basketball, Track	Class of 1966
Henry Cowles	Basketball, Baseball	Class of 1963
John Hopping	Baseball, Soccer	Class of 1978
Harry Lampropoulos	Meritorious	Class of 1977
Michael Marini	Baseball, Football, Basketball	Class of 1979
Gary Sinclair	Baseball, Football, Basketball	Class of 1971
Ann Trask	Field Hockey, Basketball, Softball	Class of 1966

TEAMS

Ipswich High	Boys Basketball Team	Class of 1969
Ipswich High	Girls Basketball Team	Class of 1995

CLASSES 2020-2021-2022 CANCELLED DUE TO COVID-19

CLASS OF 2023

Dora Geanakos Mavroides	Basketball, Archery, Softball	Class of 1950
David Player Sr.	Football, Basketball	Class of 1950
Don Burke, Sr.	Football, Basketball, Baseball	Class of 1952
Rosalie Arcisz Sweeney	Basketball, Archery, Softball	Class of 1953
Ned Cooke	Football, Wrestling	Class of 1964
Steve Daly	Wrestling, Football	Class of 196
Bill Wallace	Wrestling, Football, Lacrosse	Class of 196
Christine Heigh Fiore	Field Hockey, Track	Class of 1982
Joe Stasiuk	Football, Basketball, Baseball	Class of 1984
Amber Smith	Basketball, Soccer	Class of 2009

PAST INDUCTEES — BY INDUCTION CLASS

CLASS OF 2023 *cont.*

Richard Hazen	Meritorious	Class of 1970
Bob Tobiasz	Basketball, Cross Country	Class of 1963
Dan LaRochelle	Wrestling, Soccer	Class of 1972
Hannah O'Flynn	Basketball, Soccer, Track	Class of 2011

TEAMS

Ipswich High	Girls 4x400 Track Relay Team	Class of 2002
Ipswich High	Boys Lacrosse Team	Class of 2003

CLASS OF 2024

Bruce Franklin	Football, Basketball, Baseball	Class of 1959
Ben Alhowik	Football, Basketball, Baseball	Class of 1963
Jan Gerry Eldridge	Basketball, Field Hockey, Softball, Ski Club	Class of 1964
Sandy Chamberlain Murray	Field Hockey, Basketball, Softball, Dory Racing	Class of 1964
Shawn Ryan McCarron	Field Hockey, Basketball, Softball	Class of 1969
Christopher Landrum	Basketball	Class of 1984
Dr. Hugh O'Flynn	Football, Basketball, Track, Team Physician	Class of 1985
Drew Wile	Football, Baseball, Hockey	Class of 1993
Elizabeth Glavin	Softball, Field Hockey, Indoor Track	Class of 2011
Gale Vaughn	Coach Indoor/Outdoor Track	1999-2005

TEAMS

Ipswich High	Football Team	Class of 1969
Ipswich High	Girls Basketball Team	Class of 1973

INDUCTEES — BY GRADUATION CLASS

1930S	CLASS	INDUCTION			
John Bialek	1933	2012	Carol Graffum	1975	2014
Barbara Waite	1938	2018	Venetia Constantine	1976	2012
Doc Alexson	1939	2015	Cindy Scherer	1976	2014
			Ellen Galanis	1977	2013
			Harry Lampropoulos	1977	2019
1940S	CLASS	INDUCTION	Kathy Paganis	1977	2011
Jo Jo Robishaw	1940	2010	Brian Phaneuf	1977	2017
Eddie Mackey	1941	2010	Bernie Adell	1978	2011
Bill Smith	1942	2015	Nancy Campus	1978	2016
Chet Bowen	1945	2013	John Hopping	1978	2019
George Geanakos	1945	2014	Paul Lees	1978	2016
Bob Burke	1946	2014	Judd Logan	1978	2017
Mike Singer	1947	2015	Jayne Benirowski	1979	2010
Marlene Super	1949	2018	Dorothy Fenton	1979	2015
			1980S	CLASS	INDUCTION
1950S	CLASS	INDUCTION	Joan Clarkin	1981	2011
Dora Geanakos Mavroides	1950	2023	Craig McDonald	1981	2025
David Player Sr.	1950	2023	Dottie Stanley	1981	2013
Don Burke Sr.	1952	2023	Maureen Bowen	1982	2017
Ed Sklarz	1953	2012	Chris Heigh Fiore	1982	2023
Rosalie Arcisz Sweeney	1953	2023	Jean Clarkin	1983	2011
Dave Williams	1953	2016	John Davis	1983	2016
Charlie Gianakakis	1954	2011	Kristine DiCicco	1983	2018
Dave Whipple	1954	2012	Greg Smith	1983	2013
Norm Sheppard	1955	2014	Kathy Gagnon	1984	2017
Jack Gillespie	1957	2011	Christopher Landrum	1984	2024
Janice Knowles	1957	2018	Joe Stasiuk	1984	2023
Nick Kokinacis	1957	2016	Dr. Hugh O'Flynn	1985	2024
R. Bruce Fanklin, Jr.	1959	2024	Chris Farfaras	1986	2014
			J. J. Millette	1986	2012
			Julie Crawford	1989	2015
1960S	CLASS	INDUCTION	1990S	CLASS	INDUCTION
Ellie Knowles	1960	2016	Sue Mikel	1990	2016
Peter Pickul	1960	2013	Rob Dolman	1991	2014
Cammy Wallace	1960	2013	Chris Bromby	1993	2012
Ben Alhowik	1963	2024	Brett Budzinski	1993	2010
Henry Cowles	1963	2019	Marc Greenleaf	1993	2018
Bob Tobiasz	1963	2023	Drew Wile	1993	2024
Ned Cooke	1964	2023	Jeff Vitale	1994	2015
Robert Dudek	1964	2016	Kelly Usher	1995	2015
Jan Gerry Eldridge	1964	2024	Jen Usher	1996	2014
Sandy Lezon	1964	2025	Justin Lemire	1997	2014
Sandy Chamberlain Murray	1964	2024	Mike Marini	1997	2019
Bill Alexson	1965	2017	Jim Bodwell III	1999	2025
Steve Daly	1965	2023	Kevin Nysten	1999	2011
Peter Adamowicz	1966	2019	2000S	CLASS	INDUCTION
Kiki Papagiotas	1966	2010	Andrew DiMichele	2001	2017
Ann Trask	1966	2019	Megan Frederick	2001	2013
Steve Hopping	1967	2017	Dustin Zabelski	2002	2018
Karen Jacunski	1967	2015	Tyler Smith	2003	2016
Butch Johnson	1967	2016	Kristine Corkum	2004	2015
John Thomas	1967	2010	Matt Lemire	2004	2015
Dennis Doty	1969	2014	Megan Berry	2006	2025
David Doyon	1969	2018	Molly (Berry) Knowles	2006	2025
Shawn Ryan McCarron	1969	2024	Justin Woodworth	2005	2016
Bill Wallace	1969	2023	Steven Phaneuf	2007	2018
			Melyssa McFayden	2009	2025
			Amber Smith	2009	2023
1970S	CLASS	INDUCTION	2010S	CLASS	INDUCTION
Dave Bialek	1970	2012	Elizabeth Glavin	2011	2024
Ruben Britt	1970	2010	Hannah O'Flynn	2011	2023
Jeff Camacho	1970	2014	Constantine John Galanis	2015	2025
Tobie Goff	1970	2025			
Carl Mattarocchia	1970	2013	COACHES	INDUCTION	
Peter Gorniewicz	1971	2011	Bob Burke	2014	
Jim Larochele	1971	2012	Arthur Carey	2011	
Gary Sinclair	1971	2019	Frances Cogswell	2013	
Bubba Galanis	1972	2010	Bob Conary	2013	
Dan LaRochelle	1972	2023	Walter Dembowski	2015	
Doug Woodworth	1972	2015	Holly Foster	2013	
Billy Ray Coleman	1973	2017	Bill Laakso	2017	
Roger Day	1973	2014	Bob McKenna	2016	
Holly Foster	1974	2013			

INDUCTEES — BY GRADUATION CLASS

		TEAMS	CLASS	INDUCTION
Kiki Papagiotas	2010			
Elliott Roundy	2010			
Ken Spellman	2011	Football Team	1959	2018
Rick Storer	2013	Football Team	1970	2024
Gail Vaughn	2024	Boys' Basketball Team	1969	2019
Jack Welch	2010	Girls' Basketball Team	1973	2024
Dave Whipple	2012	Girls' Basketball Team	1980	2018
Doug Woodworth	2015	Girls' Basketball Team	1982	2025
		Girls' Basketball Team	1995	2019
		Girls' 4x400 Track Relay Team	2022	2023
		Boys' Lacrosse Team	2003	2023
		Boys' Basketball Team	2005	2025
MERITORIOUS	INDUCTION			
Mel Bowen Jr.	1970			
Chet Bowen	2013			
Jean Dauer	2016			
Jim Daly	2017			
George Geanakos	2014			
Ricky Hazen	2023			
Harry Lampropoulos	2019			
Dr. Hugh O'Flynn	2024			
Angie Perna	2012			
Joe Rogers	2011			
John Stella	2013			
John Thomas	2010			

THANK YOU

To our Advertisers, Sponsors and Donors:

The Ipswich High School Athletic Hall of Fame Committee would like to thank all of our advertisers, sponsors and donors who have contributed to this year's Hall of Fame program. Your contributions, donations and support of our Athletic Hall of Fame is greatly appreciated. A special thank you to the Institution for Savings for their continued generous support, not only to us but to the Town of Ipswich.

Although we have a dedicated group of volunteers, we rely on you our contributing supporters to enable us to honor and recognize the Athletes of Ipswich. We hope we can rely on you for your continuing support.

To our friends and guests, please help us support our sponsors by purchasing goods and services from these businesses.

We are extremely proud of all of our Athletic Hall of Fame members and we look forward to our next year's Class of 2026!

Congratulations!

Ipswich High School
Athletic Hall of Fame Committee



BEYOND TITLE IX

Title IX of the Education Amendments Act was enacted in 1972. We were very fortunate in Ipswich, during the early 1970's, to have a School Superintendent, High School Principal and School Committee that possessed the insight to provide equitable athletic programs for girls. Uniforms, facilities, schedules, coaches' pay, and supplies were equally provided and accessible for all girls at all levels.

In 1972, six interscholastic Varsity girls' teams existed at Ipswich High School. Over the last 53 years, since Title IX enactment, six additional interscholastic Varsity team programs for girls have been implemented at Ipswich High School. This year, the Ipswich Athletic Hall of Fame Committee is honoring four outstanding women athletes, both pre and post Title IX enactment, as well as one girls' team.

Globally, of the 3,722 professional sports offered, only 22% are dedicated to women. However, women's sports teams are growing at a faster rate than men's teams. The United States, internationally, ranks nine out of ten in percentage of women's professional teams where only 17.9 % of the 179 professional sports teams in the US are for women.

The Ipswich Community continues to support girls' sports as well as equity in accessibility to all sports for Ipswich athletes. These athletic programs provide pathways for both young women and men to bring lessons learned through sports into their futures.

The Ipswich Athletic Hall of Fame Committee is committed to honoring the athletic contributions of former outstanding individual female and male athletes as well as Varsity athletic teams.



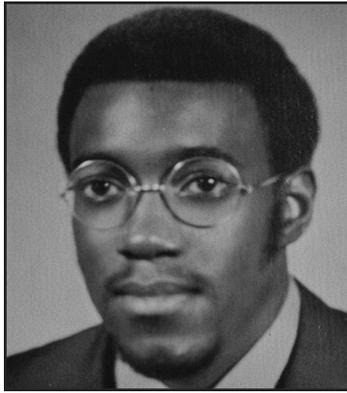
SANDY LEZON

Field Hockey, Basketball, Softball
1960-1964

At an early age, Sandy had a passion to be competitive. The eldest in a big family, Sandy found solace in athletics as a means of building her confidence and self-esteem. Plus, it was a way to get out of the house and release energy! Sandy would play pick-up games wherever she lived. Her dad served in the military, so they lived all over the US. For Sandy, it was just fun to play!

At Ipswich High School, Sandy had so many friends who were going to play sports. She wanted to be part of a team and have fun. Friendship was very important to her. Sandy recalls that the best decision she ever made was walking to Linebrook Playground hoping to be able to make the team! Her mom had purchased Sandy her first softball glove for try-outs and Sandy would volunteer for any position to make the team. Sandy made the varsity as a catcher. Sandy recalls that while sitting in classes at IHS, she couldn't wait for the bell to ring to end classes for the day. She really enjoyed achieving her best on the field hockey field, basketball court or softball diamond. Athletics truly shaped Sandy's future as a teacher and coach.

After high school, Sandy attended and graduated from Sargent College (BU). Sandy embarked on a very successful career in education, teaching elementary physical education and coaching at Salem High School, utilizing lessons learned from her participation in athletics. While at Salem High School, Sandy coached three varsity sports. Her Salem High School basketball team won five Northeast Conference Championships. The 1975 team was also a MIAA Basketball finalist. Sandy's overall record was 118 wins and 21 losses. Her softball team also won the Northeast Conference. Sandy was a Salem News Coach of the Year and MIAA/New Agenda Northeast Unsung Hero. She was inducted into the Salem High School Athletic Hall of Fame in 1993.



TOBIE GOFF
Basketball
1967-1970

Tobie Goff established himself as one of the top rebounders and defenders in Ipswich High School basketball history. A fierce competitor and reliable leader, Tobie played a crucial role in guiding the IHS basketball team to the Massachusetts State Championship in 1969 and to the State Finals in 1970. Over his two varsity seasons, the team amassed an impressive 47–4 record, including a remarkable 33 game winning streak.

Tobie’s tenacious defense was a cornerstone of the team’s success. In a key game, he helped prevent an upset by Cape Ann League rival North Reading, shutting down their leading scorer. The following year, he again came through in the clutch, scoring 11 points in the fourth quarter to lift Ipswich past a tough Westwood team. As a senior, Tobie averaged 14 points and 14 rebounds per game, which helped lead to an undefeated season.

Under his leadership, the Ipswich High School Tigers became the highest-scoring team in the state of Massachusetts. His efforts were recognized with a selection to the All-Cape Ann League Team, and he received an honorable mention by the Boston Herald in 1970.

Tobie Goff passed away in 2017. He is lovingly remembered and survived by his sons, Jamarr, Jonathan, and Jason.



CRAIG MCDONALD
Lacrosse, Hockey
1977-1981

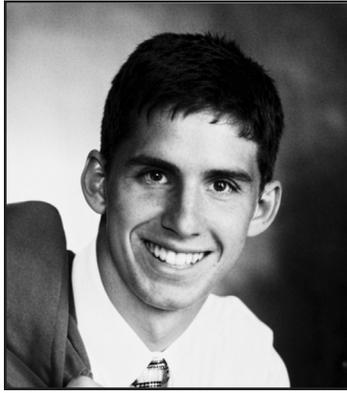
Craig grew up in the Syracuse N.Y. area where he started playing hockey and lacrosse at around 3 years old. Craig's family moved to Ipswich in 1975. While in the 7th grade, Arthur Carey, the Head Coach of the Varsity Lacrosse team, gave quiet permission for him to practice with the Junior Varsity team and, on occasion, gave him some game time play.

Once in high school at Ipswich, he made the high school Varsity Lacrosse team as a freshman. Because of Craig's long shoulder length hair and always in the scrum going for the ground ball, Coach Carey would say "You're like a wet Rat." The nickname, "The Rat," has stuck to this day.

In his junior year as co-captain playing crease attack, he was named on the Honorable Mention All-Conference Lacrosse team. He registered 47 Points (33 goals and 14 assists) that year. The team made it as far as the state quarter finals. As co-captain in his senior year, he registered 9th in the Northern Division with 50 points (45 goals and 5 assists) and was named to the 1981 Salem Evening News All Star Team, was awarded the Varsity Lacrosse team Coach's Award and was the highest goal scorer in school history at the time.

He played on the Junior Varsity Hockey Team as a freshman, earning the season's MVP Award, Coach's Award, and the Youth Hockey Award that year. Then he was on to the Varsity Hockey team his sophomore year starting at center on the 2nd line, short-hand line, and the power play line. He continued to start at center, short-hand, and power play through to his senior year, being named captain in his senior year. In his senior year, he was awarded the Varsity Coach's Award and the MVP Award.

Craig attributes his success in lacrosse to his dad, his brother who played goalie in hockey and lacrosse (1975 - 1977) at Ipswich, Coach Arthur Carey, and teammates throughout his career.



JIM BODWELL III
Football, Basketball, Baseball
1995-1999

Jim was a dynamic multi-sport athlete who left a lasting impression on the fields and courts of Ipswich High School. Excelling in football, basketball, and baseball, he showcased his remarkable talent and skill uniquely in each sport. Throughout his sophomore, junior, and senior years, Jim consistently captivated audiences in the MIAA tournaments for both basketball and baseball. As a senior, he assumed the role of a co-captain for both teams, demonstrating leadership and unwavering determination. One of his crowning achievements came during his senior baseball season, during which he played a pivotal role in leading a 19th-seeded team on an unforgettable Cinderella run to the Sectional Semi-Finals. While his football skillset opened the door to a collegiate career, it was the thrill of basketball that truly captured his heart. After a stellar junior year where he averaged double figures, he clinched the Cape Ann League scoring title, received the Robert Dudek Award (MVP), and earned All-League honors, all during his senior year.

Jim's athletic journey took him to Springfield College. He transformed this opportunity into a bachelor's degree in Sports & Recreation Management. A guiding principle in his life and career is encapsulated in his favorite quote: "Luck is the crossroads of hard work and perseverance." It underscores that behind every achievement lies a story of resilience. After college, Jim built a career in the telecommunications industry, specializing in IoT Connectivity Solutions. His professional journey mirrors his athletic career, where passion, drive, and perseverance were key factors. The lessons learned on the field and the court are the foundation for his leadership philosophy.

Jim lives in Alpharetta, Georgia where he and his wife Genesis raise their three boys, Kendall, Jett and Kellan. While that may be home now, Ipswich will forever hold a special place in his heart. Family is everything to Jim, especially the unwavering support of his dad and grandfather, who believed in his potential and encouraged him with unconditional love.

In a beautiful, full-circle moment, Jim has channeled his passion for sports into coaching his sons in baseball and football for many years. He reflects on his own athletic beginnings and achievements while nurturing their talents and love for the game. Yet, he humbly acknowledges that nothing compares to the joy and pride he feels in watching his boys thrive.



MEGAN BERRY
Soccer, Basketball
2002-2006

Megan Berry was a two-sport standout at Ipswich High whose leadership and resilience made her a force in both basketball and soccer. Overcoming a broken leg as a freshman and a torn ACL as a junior, she returned stronger each time, earning a reputation as the Tigers’ “go-to player” with rare court vision and skill. Her coach, Mandy Zegarowski, called her “a difference maker. She could score any time and is one of the best passers I’ve ever coached or seen.”

As a senior guard, Megan led the Tigers to the Division 3 North Semifinals for the first time in 11 years, averaging 15.6 points, 6.3 assists, and 5.2 rebounds, with a league-best 56 three-pointers. In just two seasons, she totaled 707 points and 252 assists showcasing her elite scoring and playmaking abilities. Co-captaining with her twin sister Molly, she was named team MVP and helped secure Ipswich’s first Cape Ann League Small School Title in 16 years. In a memorable quarterfinal game, she tallied 29 points, 9 assists, and 10 steals.

Her accolades included Boston Herald All-Scholastic, Salem News All-Star, two-time Cape Ann League All-League selection, and selection to the prestigious Harry Agganis All-Star Classic.

On the soccer field, Megan was a three-year varsity starter and a Cape Ann League All-Star as a freshman, helping the Tigers reach the Division 3 North Finals in 2003, her sophomore year.

She continued her basketball career at UMass Lowell, becoming a leader in three-point shooting. After college, she returned to Ipswich as an assistant coach under Coach Zegarowski, helping the team win multiple Cape Ann League titles, and later led Boston University Academy to its first Girls Independent League Division II Championship.

Megan now lives in Newburyport with her wife Meredith, son Mac, and their dogs, Mookie and Riley.



MOLLY (BERRY) KNOWLES
Field Hockey, Basketball, Softball
2002-2006

One of Ipswich High's most decorated multi-sport athletes, Molly earned varsity letters in field hockey, basketball, and softball. Known for her tenacity, athleticism, and team-first mentality, she especially stood out alongside her twin sister Megan on the basketball court.

In field hockey, Molly was a four-year varsity starter and three-year co-captain who anchored the midfield with unmatched tenacity and vision. A driving force behind multiple play-off runs, she led the Tigers to an unforgettable undefeated season in 2006. Her coach dubbed her game-changing presence "Berry Mode," a nod to her control of pace and play. Molly earned Cape Ann League All-Star honors, team MVP, and widespread recognition across the North Shore. That season, the Tigers won their second straight league title and set a school records for goals (60), shutouts (11), and an unbeaten home streak of 20-0-5. Despite a tough semifinal loss, the team finished 16-1-5 in a historic campaign.

On the basketball court, Molly was a four-year varsity starter known for her relentless defense and leadership. She consistently guarded top opponents and led the team in key defensive stats. Coach Mandy Zegarowski called her "our best defender," praising her speed, rebounding, and impact as one of the area's top athletes. Her leadership helped the Tigers reach the Division 3 North Finals with a dramatic 46-45 win.

In softball, Molly's versatility and clutch play earned her All-League honors and helped lead Ipswich to a playoff upset and a spot in the Division III North Championship.

Molly graduated from UMass Lowell in 2010 and now lives in West Newbury with her husband and two children.



MELYSSA MCFAYDEN

Soccer, Track

2005-2009

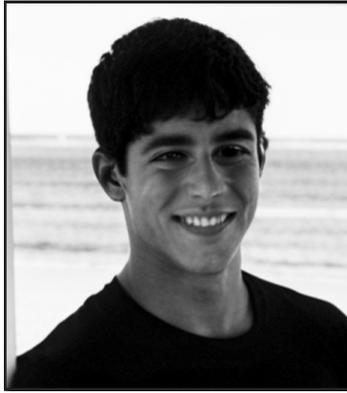
Melyssa McFayden was a 3-season athlete during her four years at Ipswich High School, graduating in 2009. She was a track Captain her junior and senior years, as well as a soccer Captain her senior year. She was a 2-time Salem Evening News All Star, 4-time Honorable Mention; a 5-time Tiger MVP; 5-time Cape Ann League All League, and a 3-time Cape Ann League All Star.

Her senior year in track, she remained undefeated in the Cape Ann League in both the 600m and 400m hurdle races, as did her 4x400m relay team. At the Cape Ann League Championship Meet, she scored nearly one third of the team's points. She earned MileSplit US Second Team Silver honors in the 300m, 600m, and 400m hurdle races. She qualified and represented Ipswich High School at the Nike Nationals in the 400m. She won the MSTCA Coaches Invitational in the 600m, and the Weston Twilight Invitational in the 400m hurdles.

To know Mel, is to know her passion for running. When faced with the decision to attend her senior promenade and prom, or compete in the State Meet, she chose to compete. That night, Mel anchored the winning 4x400m relay team and further qualified for the New England Meet (for the 4th time), both in the 400m hurdles and with her 4x400m relay team. Mel remains in the top 5 of the Ipswich High School Track and Field all-time list in the 300m, 600m, 400m hurdles, and 4x400m, and is a part of the still standing school records in the Indoor 4x800m relay and Outdoor 4x800m relay.

Mel continued to run at the collegiate level for four years at the University of Lynchburg in Virginia. In 2010, she received the Outstanding Freshman Award. In 2011, she was the top 400m hurdler in the Old Dominion Athletic Conference, supporting her team in a championship win. Her 4x400m relay team broke the school record – a record which still stands 14 years later. In 2013, Mel was presented with the Sportsmanship Award from the Old Dominion Athletic Conference.

Today you'll find Mel back in Ipswich raising her three wonderful daughters, and coaching soccer and track at Ipswich High.



CONSTANTINE JOHN GALANIS
Football, Wrestling, Lacrosse
2011-2015

Constantine Galanis grew up on the mats long before he ever wore a singlet. Inspired by his older brother, Andrew, who first introduced wrestling to the Galanis household, Constantine spent many weekends tagging along to matches and soaking up the grit and camaraderie of the sport. Those long weekends spent in gyms around New England sparked a passion that would carry him through a record-breaking high school career and beyond.

At Ipswich High, Constantine was a three-sport athlete, competing in football, lacrosse, and, most notably, wrestling. He wrestled all four years for the Georgetown-Ipswich team, serving as captain his senior year and compiling 157 career wins — the most in the history of both Georgetown and Ipswich wrestling programs. His dedication, discipline, and drive led to remarkable achievements, including an undefeated regular season his senior year, two Cape Ann League championships, recognition as Cape Ann League Co-Wrestler of the Year, and multiple Outstanding Wrestler awards at tournaments. He was named both a Salem Evening News and Newburyport Daily News All-Star across several seasons, earned Academic All-American honors from the National High School Coaches Association, and qualified for the Massachusetts All-State and New England Interscholastic Wrestling Championships.

After graduating from IHS in 2015, Constantine continued his academic journey at WPI, where he competed in wrestling his freshman year and club rugby in his sophomore through senior years. He graduated in 2019 with a degree in Civil Engineering and has since built a career as a Superintendent in the construction industry. Staying true to his athletic roots, Constantine remains active by playing on a men's rugby team in Boston, Massachusetts.



MELVIN A. BOWEN JR.

Meritorious

Public Address Announcer

Football, Basketball, Lacrosse and Field Hockey

As a Meritorious inductee into the Ipswich High School Athletic Hall of Fame, Mel Bowen's contributions to Ipswich High School sports did not come from accomplishments on the field, courts or rinks, but behind the microphone in the press box. With Mel's trademark sayings of "TOUCHDOWWWWN Tigers!" as well as "and that's enough for another Ipswich Tiger Firrrrst Dowwwwn!," Mel went on to create a lasting legacy.

Inspired by sportscaster Dave Zinkoff from Philadelphia, Mel's first games as the public address announcer started with some of the 1968–1969 (State Champions) and the 1969–1970 (State Finalist) boys basketball team games. He also worked some of the Tiger football games in the mid-seventies. Mel said "at the time, this was a good use of my time to keep me out of trouble."

From those early experiences, Mel took on the public address announcer role in earnest starting with football in 2007 and working games through 2024. He also added boys basketball in 2008 through 2020, and girls basketball in 2016 through 2020. For boys lacrosse, girls lacrosse and field hockey, Mel was the announcer for senior night and home playoff games in 2022 and 2023.

Mel's memorable games as the PA announcer include the Covid games played in the Spring of 2021. This shortened season was only 6 games. The final game played that Spring was against Hamilton-Wenham. According to Mel, it was a very close game, with the two teams going back and forth all game. Ipswich took the lead in the final minutes of the game, but Hamilton-Wenham did not quit. After the ensuing kickoff, they marched down field and were about to score. Elijah Day intercepted a Hamilton-Wenham pass near the goal line to seal the final 3 point victory.

Over the years, Mel had several spotters that assisted him with action on the field. He credits these individuals with his success as an announcer. They include Ricky Hazen, Scott Levasseur and Peter Bruni.

Mel also cherished his ten years serving on the Ipswich High School Athletic Hall of Fame Committee from 2015 to 2024.



GIRLS BASKETBALL TEAM
1981-1982
CAPE ANN LEAGUE CHAMPIONS
DIVISION III NORTH REGIONAL CHAMPIONS
OVERALL RECORD 18-3

Many said that the 1981-82 Girls Varsity Basketball Team wouldn't "make it" that year! They were a very inexperienced squad. The team had lost four out of five starters from the prior year's team which went 21-2 and was the Eastern Division Conference Champions. This young team was very "green", but they were fast and willing to learn. They believed in "Ipswich Pride." They were small but quick and were very disciplined. They played intense defense. The team bonded and prepared for the season one game at a time. The team was well aware that both the press and some followers had expressed low expectations for their performance.

They opened the season decisively with victories over Triton and Manchester. Each game saw the team become more cohesive. They were playing excellent defense and learning to gel offensively. They trusted each other. They did drop three games during the regular season, but rebounded quite well. A successful Cape Ann League Western Division swing in the second half of the season proved to be the impetus for success. Although they were dealt a significant blow when Co-Captain Stephanie Ray suffered a severe knee injury in February, they coalesced and ran the table for the remainder of the regular season.

The MIAA Tournament had been drastically abbreviated for the 1981-82 season. The enactment of Proposition 2 ½ forced the MIAA to cancel two post season games, forcing all sports teams to end their post season competition at the Regional level. The girls were undaunted and won the Division III North Regional State Finals in dominant fashion. It must be noted that this young, inexperienced team that finished 18-3 overall, fostered the athletic development of four future Hall of Famers; Jean Clarkin, Mo Bowen, Kathy Gagnon, and Kris DiCicco!

Team Roster: Maureen Bowen (Co-Capt), Stephanie Ray (Co-Capt), Jean Clarkin, Kathy Gagnon, Kris DiCicco, Chris Knowlton, Leslie McLaughlin, Michelle LaCount, Karen Sukach, Andres Chisolm, and MJ Paulitz (Manager)
Coaches: Dr. Kiki Papagiotas (Head Coach) and Micki McVann (Assistant Coach & JV Coach)



BOYS BASKETBALL TEAM
2004-2005
MIAA DIVISION IV STATE CHAMPIONS
CAPE ANN LEAGUE CHAMPIONS
REGULAR SEASON RECORD: 16-4
FINAL RECORD: 20-4

The Ipswich High School Boys basketball team, led by the late Coach Doug Woodworth, capped off the 2004-2005 season with the first state championship in more than three decades. The title was Ipswich's first since 1969. The Tigers finished with an impressive 20-4 record.

The Tigers had to claw their way through a postseason run that tested their resilience at every turn. The most dramatic moment came in the North Sectional Final, where Ipswich survived a nail-biting 63-61 win over the Minuteman of Lexington, avenging their loss from the prior season in a North Sectional Finals rematch.

Behind the continued support from the Tiger Den, led by Patrick Barton, the Tigers defeated the Westport Wildcats 68-58 to secure the MIAA Division 4 State Championship.

The Roster Included:

Standing (L-R): Coach Doug Woodworth, Ryan Gagnon (So), Nick Layman (So), Steve Phaneuf (So), Sean Fitzgerald (Jr), Adam Amann (Jr), Chris Fitzgerald (So), Richie Pierro (Jr), Tom McLoughlin (So), Asst. Coach Alan LaRoche, Asst. Coach Steve Lamson (not shown).

Kneeling (L-R) Tyler Hammond (Sr), Phil King (Sr), Capt. Justin Woodworth (Sr), Capt. Jeff Colantuoini (Sr), Capt. James Lampropoulos (Sr), Eddie Dudek (Sr).

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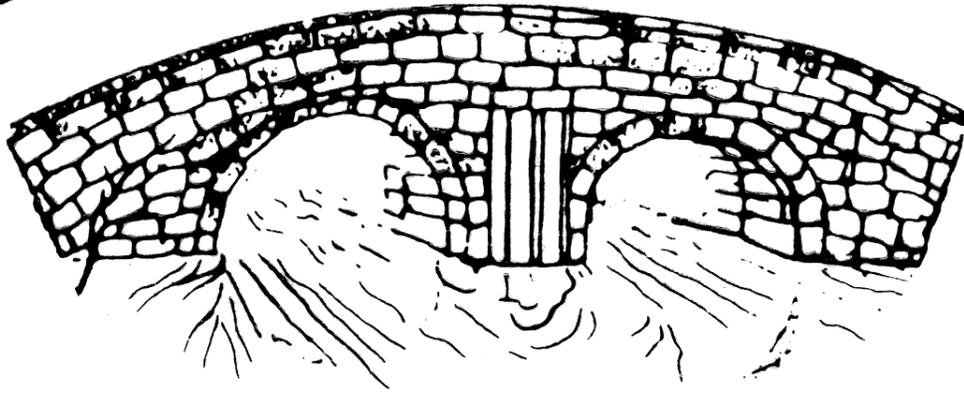
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“Once you have wrestled, everything in life is easy.”- Dan Gable

John, Christine, and Andrew Galanis

*Congratulations to Megan Berry and Molly (Berry) Knowles
and the Ipswich High School Athletic Hall of Fame Class of
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*Love, Mom and Dad
Shirley and Dan Berry*



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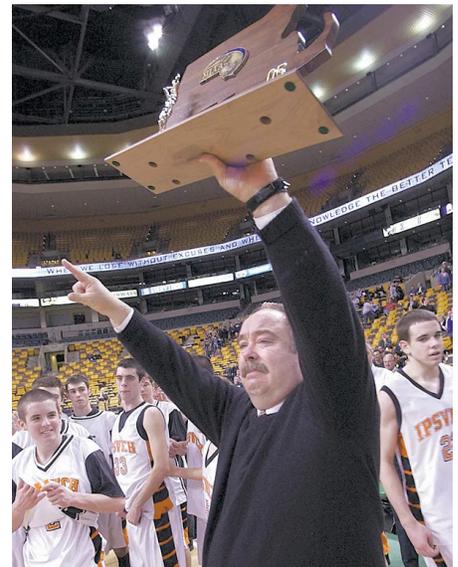
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2010 Hall of Fame Inductee



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**Ipswich High School
Athletic Hall of Fame
Nomination Form**



Date _____

Please check:

Athlete nomination Faculty/Coach nomination Meritorious service nomination

Name of Candidate:

Class of _____ or years attended Ipswich High School Sport(s) participated in: _____

Statistics, records and other achievements: _____

Reason(s) why this athlete/candidate should be admitted to the *Ipswich High School Athletic Hall of Fame*: _____

Please provide information or documentation, newspaper articles, periodicals and statistical information to support your candidate's nomination.

Submitted by:

Name: _____

Address: _____

Telephone: _____

Email address: _____

Nominations should be postmarked or emailed no later than March 31

Mail to:

Ipswich High School Hall of Fame, Inc.
P.O. Box 939
Ipswich, MA 01938

You may contact us by email at: Ipswichhof@gmail.com, or use our link on the Ipswich High School Athletics Web site.

RULES FOR NOMINATIONS AND ELIGIBILITY ARE ON THE BACK PAGE

The *Ipswich High School Hall of Fame* has been established to honor athletes, coaches and persons who have made a substantial contribution to the Ipswich High School Athletic Program in order to recognize and preserve their accomplishments and memories.

ARTICLE IX

NOMINATION AND ELIGIBILITY

SECTION 1 — Membership in the Hall of Fame is open to those individuals who have distinguished themselves in the field of athletics, made a significant contribution while a student or coach at Ipswich High School, and who have displayed sportsmanship and have brought honor and distinction to Ipswich High School

SECTION 2 — *ATHLETES:* To be eligible the athlete shall have attended and participated at least two (2) years at Ipswich High School and have been part of a class that has graduated at least ten (10) years prior to the nomination for election. Consideration may also be given to outstanding performances during the nominees' college, amateur and professional athletic career.

SECTION 3 — *COACHES:* To be eligible, coaches shall meet the following minimum criteria: They must have coached for at least five (5) years at Ipswich High School and must have coached for at least ten (10) years in their sport. They must also be out of coaching for the sport nominated in for at least one (1) year prior to nomination.

SECTION 4 — *MERITORIOUS SERVICE:* To be eligible for selection for the Hall of fame for meritorious service, individuals must have made a significant contribution to Ipswich High School athletics.

ARTICLE VIII

NON-DISCRIMINATION

The Ipswich High School Hall of Fame Committee shall not discriminate in its policies, solicitations or selection on the basis of race, color, sex, religion, ethnicity, sexual orientation or national origin.

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Mel Bowen, Jr. *Class of 1970*

Tobie Goff *Class of 1970*

Craig McDonald *Class of 1981*

Jim Bodwell III *Class of 1999*

Megan Berry *Class of 2006*

Molly (Berry) Knowles *Class of 2006*

Melyssa McFayden *Class of 2009*

Constantine John Galanis *Class of 2015*

1982 Ipswich High School Girls Basketball Team

2005 Ipswich High School Boys Basketball Team



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