



When Erica was born in the summer of 1986, Kevin and Kathy never in their wildest dreams thought that she would end up attending CBA. There was good reason for that, CBA didn't accept girls. All of that changed the following fall, so by the time Erica was ready to go to junior high, CBA was at the top of the list. Living in Eastwood among a group of CBA families, there wasn't much of a question about where she was going to go to school. Her brother Josh was already there and having a pretty good athletic career himself, as a teammate of and fellow all CNY star of Jarett Park. However, Erica had no intention in following in her brothers, or anybody else's footsteps for that matter. She was ready to make her own mark on the athletic programs at CBA.

Erica was always a fine athlete who enjoyed competition. In fact, in her 4 years of high school, a total of 12 seasons, she competed at the varsity level in 11 of them. Add her three years of varsity competition in junior high and she ended up with an astounding 14 varsity letters. Three of those came in the winter when she joined the bowling team her sophomore year and ended up one of the better bowlers on the team. She just loved the camaraderie that being on a team provided.

However, where Erica really made her mark on the athletic fields. In eighth grade, she was chosen as a member of our powerhouse girls' soccer team. During her time on the team, it won four league championships, two sectional championships and in 2000 advanced to the state championship game. In her junior and senior years, the teams were possibly the most talented teams ever in the history of the program. She and future college players such as Kelly Niland, Anne McMahon, Mae Butler, and Grace Barnard helped lead the team to a number 2 state ranking in each of those two years combining for a 33 – 1 – 3 record. As a senior, she exploited defenses from either the midfield or forward position. She and Butler controlled the midfield sparking CBA's explosive offense. Erica was selected as an all league player three times, and along with being team captain, she was second team all CNY and third team all state as a senior. Not bad for her second sport.

You see Erica loved lacrosse. She watched her brother compete and caught his passion for the game. Moreover, she happened to be involved in the formative years of CBA girls' lacrosse, Erica's first year at CBA was also the first year that CBA had its own varsity lacrosse team. So as a seventh grader Erica competed on

that team. She was an immediate contributor. Although the wins did not come easy that first year, it didn't take



long for the program to take off. In 2000, the Brothers became division champions and Erica's 20 goals help to get them there. Now just think she was a seasoned veteran and not even in high school yet! It got even better in her freshman year when the team, in only its third year of existence, won their first ever Section III title. That team, ranked as high as third in the state, lost in the state quarterfinals. Lagrow's 33 goals and 7 assists earned her a second team all league berth. The following season, with Kathryn Smith taking over in goal and Maura Kenville and Sara Spillane playing more prominent roles on the team, expectations were high. However, some early season heartbreaking losses made the Brothers a long shot to repeat as Section III Champions. In the sectional semifinals against Skaneateles, a team that had beaten the Brothers twice earlier in the year, Erica had arguably the most memorable game of her career. CBA defeated the Lakers 11 – 9 and LaGrow scored 7

goals including her teams last 6 of the game. The newspaper headline called her unstoppable. After the game, Coach Burrows remarked that Erica "was an unbelievable athlete. When she is on, no one can stop her... she can score at will". The team did go on to win their second straight Sectional Championship. Erica was acknowledged for her performances and called one of the top players in the area. In her last two years, the team did not win championships but they did advance to the sectional finals in both years. And in those years she was twice a lot of things, first team all-league, All CNY, All State, All American...you know, the usual. For her career, she scored 213 goals and passed for 64 assists.

Erica chose to continue her academic and athletic career at the University of North Carolina. There she continued to excel. As a Tar Heel, LaGrow racked up 24 goals during her senior season in 2008 and was named second-team All-South Regional for the second time in her career. The four-year starter was named to the first-team All-Atlantic Coast Conference team as a senior and the conference honor roll every year. She also earned All-ACC Academic honors twice.

She ended her collegiate career with 80 goals and 15 assists for 95 points. LaGrow helped lead the Tar Heels to the NCAA Tournament Quarterfinals four consecutive years. However, her career did not end there. She represented our country playing on the U.S. Women's National team from 2007-2012, the highlight being winning a gold medal in the Federation of International Women's World Cup in Prague in 2009. Currently Erica is head lacrosse coach at Yale University.

Erica your hard work and positive attitude have always made you stand out on and off the athletic field. During your time at CBA, you helped grow our women's athletic program into one that our school could take pride in. Tonight, please accept your induction into our LaSallian Athletic Hall of Fame as a token of our appreciation.

