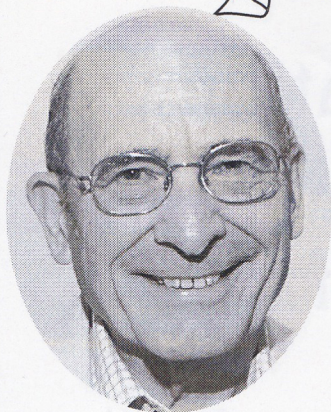


## *Frank LaPak*



When it came to sports, Frank LaPak was a man of many seasons.

Whether it was soccer in the fall, or basketball in the winter, or baseball and softball in the spring, LaPak was usually in the middle of the action.

He almost had the sport of football on his resume, too. In fact, as a senior in 1950, LaPak reported to the start of the Norwalk High School football training camp. But Hall of Fame soccer coach Tom Scarso was able to talk him into

returning to the NHS soccer team.

It turned out to be a good move as LaPak, a left wing who also played as a sophomore and junior, was elected captain of the team as a senior and led the Green and White in scoring as well as to their first County Conference championship in soccer.

LaPak's basketball career began a few years earlier at Ben Franklin Junior High School, where he played from 1946-48 and was team captain in '47 and '48. In the late 1940s, he also played for the Norwalk YMCA Juniors.

A forward throughout his career, LaPak played for the St. Joseph CYO team in the local Church League from 1949-52. He was named captain of that team, too, and helped lead St. Joe's to a pair of championships.

Then in 1955 and '56, LaPak played for Roy Brothers in the Industrial Basketball League, another team he helped win a league title.

LaPak also left his mark in baseball as a pitcher with the Ben Franklin team in the spring of 1948 and as an outfielder with the Woodward Avenue Athletic Club during summers in the late '40s.

Then in 1950 and '51, LaPak played third base and shortstop for Norwalk High School and coach Ike Kern, leading the team in batting as senior with a .393 average and helping NHS beat perennial power Stamford for the first time since 1938.

After serving in the U.S. Army from 1953-55, LaPak turned to softball, another sport he excelled in. He played shortstop for the South Norwalk Trust team that won the 1955 Class B city championship and was named the co-Most Valuable Player with Hank Cerulli.

LaPak also played shortstop with Poe's Shoreline, another team he helped lead to a city championship in 1956 with a win over O'Brien Press in the playoffs. He still calls the time he hit a clutch home run that season to give Shoreline a 1-0 win in a key game en route to the title his greatest thrill in sports.

And as if Frank LaPak didn't win enough championships in all those sports, he was a member of the Darien Review bowling team that won a local duck pin title in the late 1950s.

Now 72, LaPak, who grew up in South Norwalk, currently resides in Newtown. The father of five is expecting his 12th grandchild in December.