

Missy Oman



Of all the great athletes who have passed through Norwalk High School over the years, it's hard to think of anyone with a better championship pedigree than **Missy Oman.**

From Mickey Connolly to Bobby Callahan, from Mary Buschbaum to Lynn Luczkowski, from Jerry Fishman to Calvin Murphy, many star athletes have worn the Green and White. And the name Melissa "Missy" Oman can take its rightful place alongside of them.

But what arguably sets the 1981 NHS graduate apart are the championships. Oman won an amazing 13 of them during her four years on County Street — five FCIAC crowns, six Western Division titles, and two state championships.

And while the three-sport athlete also played field hockey, Oman's 13 team championships came in just two sports, basketball and softball. Her impressive resume also includes teams that were FCIAC runners-up twice and state runner-up two other occasions.

If you're keeping score at home, that's 11 conference and state finals in which Oman played.

As a freshman in 1977-'78, Oman made an immediate impact in basketball, averaging 10.3 points and earning second-team All-City honors as NHS went 18-4. As a sophomore, she helped the Lady Bears go 23-2, losing only in the FCIAC and Class LL state finals.

Oman was named All-FCIAC and All-City co-MVP her junior year as Norwalk went 21-2, was FCIAC runner-up again, and reached the state quarterfinals.

But Oman's senior year was one for the books as she led the Bears to a 24-1 record and the 1981 FCIAC and Class LL state championships. She also scored her 1,000th career point in the state semifinals, while three nights later she poured in 22 points on 11-for-19 shooting, grabbed seven rebounds, dished out six assists and made four steals as Norwalk beat Wethersfield 79-59 for its first state title.

Oman, who averaged 17.3 points, finished with 1,025 career points, second all-time at NHS and third most in city history. She was also named All-FCIAC and All-City co-MVP for a second consecutive year, while being selected first-team all-state.

Oman made just as big a mark in softball. A four-year starter, she was the only player who was a part of each of Norwalk's unprecedented four straight FCIAC championship teams. She started at first base her first two seasons and batted .331 as a freshman as the Bears went 20-3 and advanced to the Class LL final. They would go 20-1 the following season, their only loss coming in state quarterfinals.

Oman switched to shortstop her junior year and helped NHS go 22-0 and win the 1980 state title. She strained her back in the state semifinals and was questionable for the final. But Oman not only played, she had two hits, including an RBI triple as the Bears beat Andrew Warde 3-0 to cap their magical season.

The versatile Oman switched positions again her senior year, becoming the Bears' starting pitcher. All she did was lead Norwalk to another FCIAC championship, going 17-4 on the mound while hitting .412 with 28 hits and a city-leading 41 RBIs in 22 games. She was a unanimous choice for All-City MVP — her third All-City selection — while named first-team All-FCIAC and All-State. She was also voted the top high school softball player in Connecticut.

During Oman's four years at NHS, the Bears went 87-9 in basketball and 79-9 in softball, and was part of three 20-win teams in each sport. That's a combined record of 166-18, a .922 winning percentage.

Oman capped her career by being named the 1981 recipient of the Sandra Weed Memorial Scholarship as the top girl athlete at Norwalk High School, as well as a Prep All-American by the National High School Athletic Coaches Association.

She also played for the Wilton Hawks summer softball team from 1977-'82, winning a New England championship in 1979 while placing second at the 1978 National Tournament.

Today, she is Sergeant Melissa Oman with the Florida State Troopers. Now in her 20th year, she is currently a firearms instructor stationed at the main Statewide Academy and has earned several firearms and active shooter awards.