

Stan Poremba



As a high school athlete four decades ago, **Stan Poremba** was always on the run. That was only natural since he was a three-year member of both cross country and track teams at Norwalk High School. And when it was too cold to run, Poremba played three years for the NHS basketball team.

The 58-year-old Poremba was born in Norwalk and grew up in the Woodward Avenue section of South Norwalk, attending Benjamin Franklin Jr. High and Norwalk High, Class of 1958.

During the fall, he was a key member of the NHS cross country team, competing in the state cross country championship meet all three years. As a senior, he finished 42nd in the state from a field of nearly a thousand runners.

In the winter, Poremba did his running on the hardwood as a shooting guard on the Green & White basketball team, playing for coaches Jack Cronin and Billy Murphy. As a sophomore, he was a member of the Norwalk High team, which went to the state tournament and included teammates such as David Spears, Jim Romanello, Connie Carpenter, and James McLean.

Then in the spring, Poremba returned to running as a member of the NHS track team, excelling in both the half-mile and mile as well as competing in the high jump.

But Poremba's local athletic career wasn't restricted to just his days at Norwalk High School. Following his graduation, he played two seasons of CYO basketball for St. Joseph in 1959 and '60, helping his team reach the state championship game. In fact, Poremba's coach on the St. Joe's team was Joe DeFlorio, a 1997 Norwalk Old Timers honoree.

Growing up, Poremba also played baseball locally, beginning with three seasons in the American Little League where his coach was Lou Dorso, another former Norwalk Old Timers honoree. An outfielder and third baseman, Poremba went on to play in the Norwalk Pony League and later the Norwalk City League, where he was converted to a pitcher.

Long after his playing days were over on the field, court, and track, Poremba still managed to stay active by playing golf, mostly at Oak Hills Park, where he has played since the local public course opened 31 years ago. Poremba still calls shooting a round of 74 there his greatest feat in sports.

In addition to being a past member of the Oak Hills Men's Golf Association, Poremba has been active in several other local organizations. He is a past president of the Laurel Athletic Club, and for 10 years was chairman of the Laurel A.C. Sports Committee, which allocated funds to several local teams.

Poremba is also a past president of the Norwalk Kiwanis Club as well as the Norwalk Old Timers Athletic Association, of which he is still a very active board member.

Even today, 40 years after his own high school athletic career drew to a close, Poremba continues to have a great interest in local high school sports and still attends many games involving his alma mater.

And Poremba, as he was during his athletic days, is still on the run as a sales account manager at Corporate Express, where he has been employed for the past 40 years.