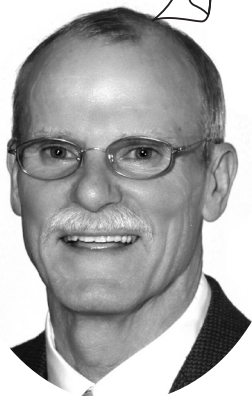


Frank Moffett



Frank Moffett left his imprint on the local athletic scene not once, but twice. First as an outstanding athlete at Brien McMahon High School, and then as a longtime successful coach at Norwalk High.

Growing up right up the street from Kendall School, Moffett played sports at Ponus Ridge Junior High School in the early-1960s before attending McMahon, where he was a two-way lineman for the Senators from 1966-68.

A center on offense and an end on defense, Moffett's line coach was the late Jack Casagrande, who Moffett credits for turning him into an All-FCIAC center in the fall of '68 when he helped the Senators finish in a first-place tie in the West Division.

He also ran indoor and outdoor track for Casagrande and excelled in both. As a senior in the winter of 1969, Moffett qualified for the indoor state championship meet in the 60-yard high hurdles and was a member of the 4x220 relay team that finished third in the state.

In the spring, he competed in the 120 yard high hurdles and 180 yard low hurdles, as well as the 220 yard dash, the 4x440 relay, and the 440 relay, which set a new school record.

Following his graduation in 1969, Moffett played football at Southern Connecticut State College in New Haven, where he was the starting offensive center in 1971 and '72. Two of his teammates with the Owls were future NFL head coaches Kevin Gilbride, now the offensive coordinator with the defending Super Bowl champion New York Giants, and Chris Palmer, a former quarterback with the Giants and currently the offensive coordinator of the Tennessee Titans.

After his career at Southern, Moffett played with the Norwalk Vikings in the highly competitive Intercity Touch Football League from 1973-78, and from 1980-85 he played in the Darien 5-man Football League, helping his team win three championships.

It was also in 1973 when a 22-year-old Frank Moffett began his coaching career as an assistant at Norwalk High under newly appointed head coach Sam Testa, one of his defensive coaches when he played at McMahon. He served as the offensive and defensive line coach for Testa from 1973-76, and then was the defensive line coach for Walt Czekaj, another one of his coaches with the Senators.

Moffett would step down as a coach following the 1981 season, but after a 16-year hiatus he returned as a defensive line coach with NHS under Pete Tucci for three more seasons from 1998-2000, including the Bears' first FCIAC division championship and state playoff berth in 1998.

During his football coaching career, Moffett also became the Norwalk girls outdoor track coach in 1979 and '80, and the cross country coach from 1982-88. But it was as the Bears' boys indoor and outdoor track and field head coach that he enjoyed his most success.

Moffett guided the Bears' indoor team to the 1995 FCIAC championship as well as a runner-up finish in the Class L state meet and New England Championships. His teams also won division titles in 1989 and '94, were FCIAC runners-up in 1994 and '96, and division runner-up in 1988.

Overall, Moffett has coached 39 athletes who accounted for 78 division, FCIAC, state and New England individual championships, and one high school All-American.

And while he stepped down as an assistant football coach after 2000, since 2001 Moffett has continued to assist the NHS football program as the weight and conditioning coach.

Moffett has been a teacher in the Norwalk School System for the past 39 years, most of that at Norwalk High, where he currently teaches science. In addition, he is 25-year member of the Laurel Athletic Club, and a three-year member of the Laurels Board of Governors.

Moffett is married to the former Sheila Monahan, a former NHS track coach herself whose father and Frank's father-in-law was the legendary Thomas R. Monahan, one of the founders of the Connecticut High School Coaches Association. Moffett's son, Patrick Moffett, is a former all-state football player and FCIAC champion hurdler at Norwalk High, and is currently an assistant football coach and head girls track coach with the Bears.