

Steph Seymour



It was pretty apparent at an early age that Steph Seymour was going to be a very special athlete.

Even going back to her championship days with the Blue Royals in the first ever youth girls softball league formed in Norwalk, Seymour's talent was evident.

That wasn't the only sport that sparked her passion growing up. One of her earliest experiences was swimming at the YMCA and becoming a member of the Y's Junior Leaders Club. The Norwalk native also took boating and sailing classes at Calf Pasture and as a 10 year-old she won the Norwalk Recreation city tournament in her age group.

All roads led to Norwalk High School, where Seymour played five sports — six if you count 'Powder Puff' football. But she specialized in three — field hockey, basketball, and softball — and excelled at the

highest level in all of them as she established herself as one of the best all-around athletes, male or female, in Fairfield County and the state.

The 1979 NHS graduate started all four years in each sport. In field hockey, the forward/midfielder earned All-FCIAC honors as she helped lead the Bears to the state tournament.

She was also captain and the starting point guard on the 1978-'79 Norwalk girls basketball team that finished a perfect 19-0 in the regular season and 23-2 overall, the only two losses coming in the FCIAC and Class LL state finals.

In fact, on a team loaded with outstanding players, Seymour, the talented playmaker who led the Bears in assists, was named the team MVP. She was also named to the The Hour's first two All-City girls basketball teams.

But it was in softball where Seymour's star shined the brightest. An outstanding second baseman, Seymour was one of the key players on the Bears' first two FCIAC championship teams in 1978 and '79, earning All-FCIAC first-team honors both years and serving as a captain her senior year. She was also named to The Hour's first two All-City softball teams.

That '78 NHS team finished 20-3 and also went to the Class LL state final, losing 4-3 to Southington. The 1979 squad went unbeaten in FCIAC play en route to a second straight conference title and boasted a 20-0 record before losing to Amity 2-1 in the state semis.

Besides her stellar defense, Seymour was also an offensive threat, hitting .463 as a junior and .507 her senior year, which was second on the team and in the city behind only fellow 2018 Norwalk Old Timers honoree Sue Eskierski.

And while the Lady Bears rode the pitching arm of Lynn Luczkowski, a 2017 Old Timers award winner, Seymour proved to be an excellent No. 2 hurler as she compiled a 7-0 record, including a 6-0 shutout in the FCIAC semifinals.

In the 1979 All-City softball article, NHS coach Ray Barry was quoted, "Steph turns the double play better than any other player in Fairfield County. I said player, not girl."

While playing three sports at Norwalk High, Seymour found time to also play club ice hockey and club lacrosse. And, of course, there was the 'Powder Puff' football game she played in her senior year.

During the summer, Seymour played softball with the Wilton Hawks from 1976-'80, and then the newly formed Norwalk Mariners from 1981-'85. She helped the Hawks qualify for three women's Class A fast pitch national tournaments, finishing runner-up in the country in 1978, the same year she was named an ASA All-American second baseman. She returned to the national tourney with the Mariners in 1982 and '83.

After high school, Seymour continued her career up the line on an athletic scholarship at the University of New Haven, where she was a rare two-sport collegiate captain. In basketball, she came off the bench as a freshman point guard and averaged 7.0 points before starting her last three seasons. Seymour averaged a career-high 7.7 ppg her junior year while as a senior she was named captain and helped the Chargers reach the NCAA tournament. Seymour scored over 600 career points — graduating on the school's all-time top-10 list — along with 158 assists and 90 steals.

Meanwhile, she started all four years for UNH in softball playing second base and pitching. As a senior captain in 1983, Seymour had a microscopic 0.74 ERA — still the lowest in Chargers history — as she allowed only seven earned runs in 66 innings pitched. She was also solid at the plate, striking out only three times in 306 career at-bats.

In 1990, Seymour was inducted into the University of New Haven Athletic Hall of Fame while in 1994 she was enshrined in the Connecticut Scholastic and Collegiate Softball Hall of Fame under the college player category.

Then in 2016, when UNH announced its 40th anniversary team of top female athletes, the name Stephanie Seymour was prominent among them.

And even after her playing days were behind her, Seymour, now residing in Wallingford, continued to challenge herself and completed two marathons.