

Carrie Seymour



CARRIE SEYMOUR has certainly done a lot of winning during her sports career, first as a player and then as one of the most successful Division II women's basketball coaches in the country.

In fact, last week the former Norwalk High School three-sport athlete began her 34th season as head coach at Pace University in Pleasantville, NY. She entered the 2025-'26 campaign with a career record 555-386, placing her 10th for the most wins among active NCAA D-II coaches in the country. Her sparkling .590 winning percentage is also among the best nationally.

After serving as an assistant coach for eight years at three different Division I schools, Carrie was named the head coach at Pace in 1992-'93 and led the Lady Setters to 20-win seasons her first five years, including a program record 27 victories her second year. She won 24 games six other seasons and has had

13 seasons overall with 20 or more wins. She became the fourth fastest Division II coach to record 100 career wins, reaching the milestone in just her 127th game. Meanwhile, win No. 500 came on Jan. 22, 2022, becoming only the 17th active D-II coach to accomplish this feat.

Overall, Carrie has averaged 17 wins per season and has guided the Pace women to 18 postseason appearances, including 11 trips to the NCAA tournament, highlighted by four runs to the "Sweet 16" and making it all the way to the "Elite Eight" in 2001 and 2022. Under Seymour, the Setters have also won three Eastern Collegiate Athletic Conference (ECAC) championships, including her first season.

Not surprisingly, Carrie has been recognized regionally and nationally with numerous coaching awards. Among them was being named the Division II Coach of the Year by the Metropolitan Basketball Writers Association seven times. She's also a two-time District Coach of the Year, while earning the New York Collegiate Athletic Conference Coach of the Year award in 1993-'94.

Her biggest honor, however, occurred in 2023 when she was inducted into the Pace University Athletic Hall of Fame.

Long before her coaching success began, however, Carrie Seymour was experiencing that winning habit at Norwalk High School where she played field hockey, basketball, and softball. As a senior, she was a key member of the Bears' 1979 girls basketball and softball teams that both went unbeaten during the regular season and captured the FCIAC Western Division title. That softball team also won the FCIAC championship that season while the '79 basketball team went to the conference and Class ILL finals and finished runner-up.

But it was in her junior year that Carrie became a footnote in NHS softball history. Tied 1-1 in the last of the seventh against Westhill in the FCIAC championship game, the Bears got the leadoff batter on and coach Ray Barry promptly inserted Carrie as a pinch runner for her speed. She was bunted to second and when a low throw got a few feet away from the first baseman, Carrie sprinted to third. Then on the same play, when the first baseman made an errant throw to third,

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Carrie raced home with the winning run to give Norwalk High its first ever FCIAC championship in softball. It was also the first of four straight conference crowns by the Bears and the first of their FCIAC record 11 championships. And Carrie Seymour helped jumpstart that dynasty with her daring base running.

But her future would be in basketball and following her graduation from NHS she continued her career at Eastern Connecticut State University where she was three-year letter winner. As a senior captain in 1982-'83, she was named team MVP

after averaging a team-high 10.2 points and leading the Warriors to their first NCAA tournament bid in women's basketball. She capped her collegiate career by being named All-New England.

After her playing days, Carrie remained part of the Eastern Connecticut program as an assistant coach and then became an assistant at three Division I schools in eight years, including the last six seasons at St. John's. All roads led to Pace University, where the following season she began building her own legacy. ■