



# **BODY**<sup>TM</sup> **ZONE**

THE LACROSSE ACADEMY

## Advisory Board

### Tom Marechek

Tom is probably the most prolific goal scorer in the history of the game. Tom has it all from quickness, strength, great stick skills and is a tremendously versatile shooter that can elude any goalie on the planet. Tom began his career in Victoria, British Columbia playing since the age of five. He then moved on to win 2 NCAA titles at Syracuse and was a four time All American. He later was drafted by the Philadelphia Wings of the National Lacrosse League in 1994 with the Philadelphia Wings, and retired in 2005, and played seven seasons with the Baltimore/Washington Bayhawks.

Tom currently works at Glenelg Country School in Maryland and is the Varsity Boy's Lacrosse Coach. He has guided his teams to the lacrosse conference title game four times since 1999, and winning the MIAA "C" Conference championships two years in a row 2003 and 2004. Tom also works for STX as a technology representative where he helps design and promote STX equipment throughout the country and also helps grow the sport of lacrosse in grass root areas:

#### Tom's timeline since he started playing:

- Tom's Youth years "Indoor lacrosse" - Victoria Seasprays 1974-1984
- Victoria Esquimalt Legion Junior "A" 1985-1989
- Victoria Seaspray/ Royal Waxmen first outdoor lacrosse team in Victoria 1983-1988
- Syracuse Orangemen NCAA Division 1. 1989-92
- Brooklin Redman Ontario Major League 1990 and 94
- Victoria Shamrocks Senior "A" 1997
- Team Toyota Lacrosse Club 1996-2000
- Team "Canada" 1990,94,98 and 2006
- Philadelphia Wings - National Lacrosse League (Indoor) 1994-2005
- Baltimore & Washington Bayhawks - Major League Lacrosse 2001-2007