

***NASSAU COUNTY P.A.L. YOUTH LACROSSE
COUNTY UNIT
2008
Sgt. James J. Regan P.A.L. Memorial Award***



Left to Right: P.O. Darlene Capobianco, P.O. George McLaren, Jim Howell, Frank Coughlin-Manhasset (recipient), Jim and Mary Regan, Gary O'Connor-Garden City (recipient) George Rettinger, Sgt. Doug Kenah, Youth players from Manhasset and Garden City

The P.A.L. Youth Lacrosse League presents this award annually in the Memory of Sgt. James J. Regan. James played lacrosse for the Manhasset P.A.L. in his youth. To this day his father Jim Regan is still the girls director for Manhasset. The Sgt. James J. Regan award is presented to an outstanding boys and girls coach and or director for his or her outstanding contributions to youth lacrosse.

Sergeant James J. Regan, 26, of Manhasset, New York, died February 9, 2007, in northern Iraq of wounds suffered when an improvised explosive device detonated near his vehicle while on combat patrol. Regan was assigned to the 3rd Battalion, 75th Ranger Regiment, Fort Benning, Georgia

The 2009 Sgt. James J. Regan award will be presented to a boys and girls coach or directors in September during the *Long Island Metropolitan Lacrosse Foundation's* dedication of REGS Rock at Farmingdale State College. "REGS Rock is a memorial honoring four of our American Hero's, Sgt. James J. Regan (Manhasset), Cpl. Kevin Kohm (Hicksville), Lt. Ronald Winchester (RVC) and Cpl. Christopher Scherer (Northport).

