

Jeff Cochran
Class of 1978
Presentation by: Will Stanley

It is not often that one person can, in one year be considered by his coaches, local media, opposing coaches and football aficionados, transform a good team into a team recognized as one of the best in CVAC history. Returning to Plattsburgh for his senior year Jeff came to a team that was deep in running backs so he was moved to defense as a middle linebacker. Referred to as “coach on the field”, Jeff guided the defense in holding the opponents to a total of 24 points and shutting out 5 of 8 teams. Averaging 12 unassisted tackles a game, Jeff also picked off 3 passes for the season. Most experts felt that Jeff was the second best running back in the conference. As a fill in at tailback for 2 games he averaged 7 yds per carry and scored 4 TD's. His exploits did not go unnoticed as he became the first defensive player in memory (still to this day) to be named Most Valuable Player by the Press-Republican/CVAC, WEAV and WIRY. This phenomenal season was culminated by his being selected by his peers for the Black Letter and his recognition by the NYS Sportswriters as a 5th team All-Star selection. Jeff is married to his wife Cindi and they are the proud parents of 4 young men, Travis, Joel, Jae and Jenner.



Kevin “Skip” O'Hara
Class of 1972
Presentation by: Kyle Burdo

Whenever PHS football is discussed, the the name “Skip” O'Hara is immediately brought to mind. Skip also participated in baseball and basketball but his impact in Champlain Valley Athletic Conference football is legendary. As a sophomore this hard hitting linebacker was named to the First Team Plattsburgh Press/CVAC All-Star team, quite an honor for a 10th grader. Skip did not rest on his laurels as in his junior year he was named First Team Press/CVAC and WEAV both Offensive and Defense, a recognition enjoyed by few. The best was yet to come. As the PHS captain in his senior year, Skip was named Plattsburgh Press/CVAC Most Valuable Player by the Press/CVAC. This tenacious, committed and dedicated Hornet was selected by his teammate to receive the prestigious Black Letter Award in his senior year.

Skip O'Hara has given back to PHS football by sharing his expertise, skills and enthusiasm for the game and the students by coaching Hornet football for over 10 years at all levels. A “players” coach, Skip had to step back due to work commitments but his work with his athletes has left a positive impact. Skip has two children, Nicki and Nate, both noted PHS athletes, Skip currently spends much of his free time following the exploits of his grandchildren in their pursuit of athletic competition.

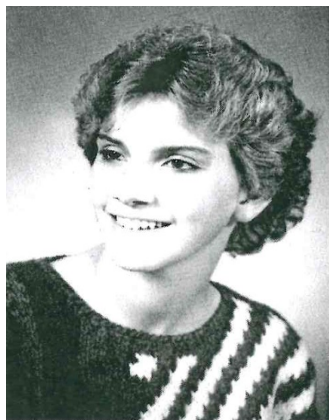
Plattsburgh High School

**Welcomes you to the
Athletic Hall of Fame
Ceremonies
Honoring
The 2015 Inductees**



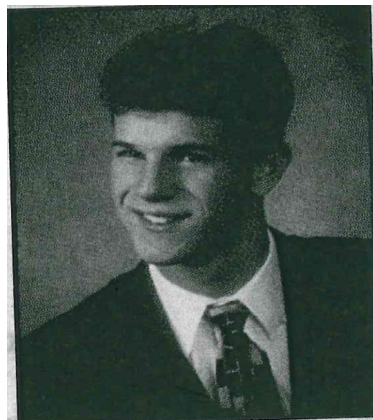
**Saturday, October 10, 2015
American Legion Post 20 at 6:00pm**

**PLATTSBURGH HIGH SCHOOL
ATHLETIC HALL OF FAME**



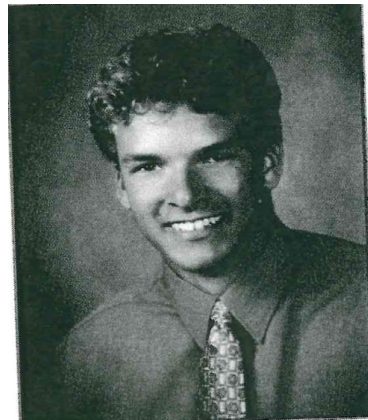
Kari Parrish Class of 1987
Presentation by: Nina Bell

Kari Parrish is considered one of PHS's greatest 3 sport athletes. Kari excelled in Soccer, Volleyball and Softball. In Soccer Kari captained the Hornets for 2 years and was recognized as the CVAC Defensive Player of the year in her sophomore, junior and senior year. As the Volleyball captain in her Senior year she was named the CVAC Most Valuable Defensive Player. Softball produced almost identical results as she captained the Black and Orange her junior and senior year. She was a CVAC All-Star for 3 consecutive years. To top it all off, Kari also played one year of basketball during the old CVAC hybrid 4 season Girls schedule. Kari is one of the few PHS athlete to ever receive the Black Letter in three sports and was name Most Outstanding Athlete in her senior year. Kari attended Oneonta State University where she played Volleyball and received a BS in Elementary Education and later a MS in K-9 Reading. She is currently a 4th Grade teacher in the So. Glens Falls School District. Kari's volunteerism is too numerous to recognize but a few of these range from "Big Buddy", SPCA and Relay for Life.



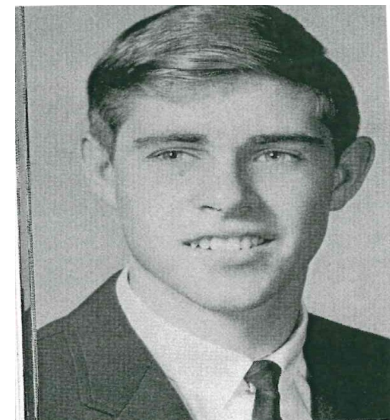
Michael "Mike" Pedersen
Class of 1996
Presentation by: Scott Carpenter

Mike Pedersen, a member of the outstanding athletic class of 1996, made his mark on the soccer pitch and most notably in both Indoor and Outdoor Track. Mike was a member of 2 Section VII soccer Class B Championships. His outstanding speed and aggressive play put tremendous pressure on opposing defenses. His performances in Track and Field were and still are unprecedented. He not only qualified for States all four years in high school but over those same years qualified in every event he competed in both Indoor and Outdoor. In 1996, he finished 3rd in the 400 meter dash in the NYS meet setting a Section VII record at that time. He held several numerous Section and school records and still hold the school record in the 100 meter dash (10.80 sec.) Mike continued his exploits at Ithaca College where he held 6 different school records: Indoor 400 meter dash, Indoor 500 meter dash and was a member of 4 Relay Record teams. He graduated from Ithaca with a BS in Corporate Communications. This multi-talented PHS graduate is a self-employed singer songwriter living in Burlington VT where he is the proprietor of Pedersen Graphic Design.



Matt O'Dell
Class of 1999
Presentation by: Clay Morris

Matt O'Dell successfully competed in both soccer and swim while at Plattsburgh High School. He was instrumental in the powerful defense that propelled PHS to CVAC and Sectional soccer titles in 1997-98 and 1998-99. Playing the crucial "sweeper" position, Matt's leadership, poise and calm style kept opposing teams from generating any consistent means of attack. Matt captained the Hornets in his senior year. Swim was Matt's forte. A four year performer who competed in every event over those years, he lead PHS teams to 4 consecutive Northern League titles. Matt qualified for the NYSPHSAA State meet in 4 events in both his junior and senior years. Those events were the 200 IM, the 100 Breaststroke and both 200 Relays. Matt joined the US Coast Guard in 2001 and achieved a 100% rating in the Seaman-ship Phase of Training. With the onset of Hurricane Katrina Matt and his crew saved 6 lives in the first day of operations. He participated in 22 missions. He has received numerous awards for meritorious service including the Red Cross-Sea Rescue Award and the Heroic Achievement in Aerial Flight Air Medal during "Katrina" Matt is married to his wife Danielle and they have 2 sons, Tristan and Kaelan.



Mark Stetz
Class of 1965
Presentation by: Norm Gebo

Mark Stetz, is another great athlete selected to the Hall of Fame from the outstanding class of 1965. The 5th member of the HOF from '65, he was a standout basketball and baseball player. In basketball, Mark played both guard and forward oftentimes guarding the opposing team's best player. His perimeter shooting along with his ability to run the floor under Coach Kimball's fast paced attack led the Hornet's to an undefeated season in 64-65. Many have claimed this the best Hornet team ever. It was baseball where Mark truly excelled. Playing both third base and shortstop, his soft hands and strong arm anchored the defense while his ability to hit to all fields led the Black and Orange to several titles. On a team that had 3 other Hall of Famers, Mark was selected by his teammates as the Black Letter Recipient, quite a recognition. Mark graduated from Hudson Community College with Associate Degree and is currently retired. He lives in Yorkstown, NY with his partner Anna Ricci. Mark is the proud father of 3 daughters: Heidi, Kim and Nikole.