



## **Fred Kowalik '74 (deceased)**

Fred was a 1974 graduate of Averill Park High School. He then attended Ithaca College and as a sophomore played in the Division III World Series as Ithaca finished 2nd in the nation. He completed his college career at Coastal Carolina University where he played for Averill Park graduate Larry Carr. At Coastal Carolina, Fred earned a degree in physical education and competed in the 1st NAIA World Series for the school. After college Fred returned to the area and coached at Watervliet and Tamarac. His last job was as the transportation supervisor for the Berlin Central School District.

At Averill Park Fred was a three-sport athlete. He played baseball for three years, basketball for two years and football for two years. He was co-captain of the football team his senior year. In baseball Fred was selected as a Central Hudson Valley League all-league catcher and to the Troy Record All-Star team in both 1973 and 1974. During those two years Averill Park won Central Hudson Valley League championship and finished as the Section 2 Class B finalist both years.

In 1976 he was on the team that won the Stan Musial NYS Semi-Pro Championship. Fred was also a perennial all-star from 1976-1986 in the Albany Twilight League, one of the top semi-pro baseball leagues in the country. He was named league MVP in 1983. Fred was selected to the Albany Twilight League Hall of Fame in 1998 and at the time of his retirement ranked 5th in home runs (53), 8th in RBIs (203) and compiled a .319 career batting average.

Unfortunately, Fred passed away on June 18, 2020. His survivors include his sister Linda Stevens and brothers John, Thomas, Robert and Michael.

