



## Mo Minicus Director of Field Hockey at Sono

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Tuesday, 15 December 2009 08:35



Darien High field hockey coach of 10 years Mo Minicus (left) celebrates winning states with her team in Wethersfield last month. (Darien Times/Steven Buono photo)

Darien High field hockey coach Mo Minicus is now leading the Sono Field House girls program in the sport.

"We have received a great response so far from girls who have played in our fall clinics, and now the winter session is fast approaching," said a field house spokesperson.

In order to generate awareness for the Winter session, Sono Field House, in Norwalk, held a field hockey open house last week which was well attended.

Minicus is the facility's new Director of Field Hockey, responsible for creating the field hockey curriculum at SFH, as well as leading a team of experienced coaches in providing quality instruction at the youth and high school levels.

"Mo has been the driving force in growing the field hockey program in Fairfield County," said Sono Field House CEO and Founder, Jim Quinn. "Sono Field House is fully committed to becoming the new home of field hockey in Connecticut and we are fortunate to have Mo leading our efforts."

Minicus graduated from Williams College in 1990, after a four year athletic career as a varsity starter in both field hockey and women's lacrosse. She was selected as an All-American in both field hockey and lacrosse.

From 1990 to 1992, she served as a Graduate Assistant at Tufts University, where she received her Master's degree in education.

During her time at Tufts, Minicus was also an assistant coach for both the varsity field hockey and women's lacrosse programs.

Mo Minicus clues in her troops at half-time of the state final Darien won 3-0 for its third win over New Canaan last season. (Darien Times/Steven Buono photo)

Following her time at Tufts, she joined the Bowdoin College coaching staff as coach of both varsity field hockey and varsity women's lacrosse.

In 1995, she led her team to victory as the ECAC Champions for field hockey.



From 1996-1999, Minicus taught physical education at Rye Country Day School, in addition to coaching field hockey, squash and lacrosse.

And Minicus signed on at Darien High School in 2000, becoming DHS varsity field hockey coach.

She has consistently led her team towards success, starting in 2003 when Darien's field hockey team became FCIAC Champions — and she was named FCIAC and Class S Coach of the Year.

Minicus coached her team through an undefeated season in 2004, where the Wave was the FCIAC and CIAC state class runners-up.

In 2007 and 2008, Minicus was FCIAC Coach of the Year and led the team to be the FCIAC and Class M State Champions, following up with a third straight set of conference and state titles this season.

Minicus will be coaching beside an elite coaching staff from area high schools and youth programs.

Skill-based field hockey clinics and competitive leagues at the youth, high school, and adult levels are open for registration for Winter Session.

Availability for individual clinic registration and team league registration is limited and sign up is on a first-come, first-served basis.