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SPORTS

With Brameier, Sono Field House Benefits Blue Wave

Longtime DHS lacrosse coach Jeff Brameier explains how his new position as Lax Director at Sono Field House will affect the Blue Wave.

By **Bob Goldsholl** | [Email the author](#) | September 8, 2009

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Build it and they will come. That's the philosophy driving the construction of the Sono Field House. With a projected opening in October, the new "field of dreams" is a 52,000 square foot facility, designed to attract athletes, teams and corporations from throughout Fairfield County who seek team building activities.

Built by Q Properties and staffed by 50-75 full and part-time employees, the arena will serve as an indoor training facility for a number of sports including lacrosse, soccer, field hockey, indoor football—even rock climbing.

To help draw the crowds, the Sono Field House has hired one of our own: [Darien High School](#) lacrosse coach, Jeff Brameier. As Lacrosse Director, Brameier will "manage all facets of lacrosse programming for the field house, including clinics, leagues, tournaments and camps," according to a SFH press release.

Brameier's resume is certainly impressive; he's the winningest active coach in Connecticut, with 413 wins in his 26 years as lacrosse coach at DHS. He's been named "Connecticut Coach of the Year" four times ('88, '92, '97 and '99), and he's also the founder of Elite Sports Camps and the director of Future Star Sports Camps.

But how will Brameier's new position impact the Blue Wave? He said the new facility will allow Darien athletes to hone their skills year-round, which is especially beneficial for his spring lacrosse players who would otherwise be fighting for field-space during the off-season.

"It gives lacrosse players a place to practice during the fall season when outdoor field space is at a premium at the high school. Football, soccer and field hockey get first dibs," Brameier said.

In addition, Brameier says he will be able to coach his own varsity players who have enrolled in the clinics during the off-season, something that he cannot do through the high school. Currently, if a lacrosse player participates in an off-season league, a parent or even a student is usually the coach. It is commonplace in hockey, for example, where high school hockey players compete in summer and fall leagues, where the in-season coach is not allowed to be behind the bench.

The field space at the new arena may also benefit Blue Wave Lacrosse in-season. Brameier said outdoor space is hard to come by, as lacrosse is such a popular sport. He's limited to two turf fields: one standard size, and one small grass field. To remedy this, the Darien Youth Lacrosse Board may purchase indoor time at the new facility; the extent to which they do so is still under discussion, said Brameier.

"It's not a given that Blue Wave Lacrosse would automatically move indoors," said Brameier. "The board would have to approve the budget."

The fields may see a whole lot of the Blue, but they're also very green. Unlike the traditional artificial turf infilling made from rubber, the turf field at SFH is eco-friendly and totally recyclable.

Lacrosse training at the SFH will feature league play, tournaments, recruitment events and camps. Leagues at both the youth and adult levels have already been scheduled for the fall/winter season.

The new facility is located at 350 Ely Avenue in Norwalk with a planned opening sometime in October.

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