Megan Reilly: from PHS athlete to girls lacrosse coach

(From left to right) Eva Petrone ’20, Assistant Coach Katie Frederico, Megan Mavoides ’19, and Head Coach Megan Reilly stand together and observe the rest of the team as they practice shooting on 3/12.

Growing up in Princeton, Megan Reilly ’10 played many sports from softball to basketball, but her lacrosse career began when she was in eighth grade.

“I first began playing ... for the Princeton Girls Lacrosse club at [Princeton Day School]. I was interested because I initially played softball [but] the pace of the game was a little bit slow for me and I was excited about the new sport,” Reilly said.

It was at PHS where Reilly became serious about lacrosse. She played the sport all through high school and looked up to the older players and coaches as role models to guide her through her athletic career.

“I had really great leadership from the seniors as a freshman, and I eventually was a captain my senior year. I vividly remember our trip to Disney my freshman year because it was really fun to get away with the team ... I had Joyce Jones as my coach and she is still such an active member of the Princeton community ... [It] was just awesome to be coached by her,” Reilly said.

In high school Reilly first began coaching for local clubs, including Princeton Girls Lacrosse Club and Princeton Girls LAX. Looking back, Reilly is fond of her time as a coach in high school due to the relationships and memories she was able to create with the girls she coached. “[When] I was coaching third graders and I went to their practice in my prom dress because I fell so in love with my team that I felt like I wanted to share my entire life experience with them ... I actually brought my prom date with me and we took pictures at Smoyer Park with my team,” Reilly said.

When Reilly finished high school, she continued lacrosse into college.
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“I played lacrosse at Muhlenberg College. [I was able to continue] my career into college because I played travel lacrosse in the summers and I got interest from college coaches,” Reilly said.

After college, Reilly worked as the assistant coach for the PHS girls lacrosse team for four consecutive years. This season, she will be joining the team as the head coach.

“This is definitely going to be a huge transition in terms of time spent towards the job. I’m really excited to be able to compete in things like the Mercer County Tournament. Whereas [when coaching] JV, I wasn’t able to go into any competitive tournaments ... now I’m excited to do that, and I’ll be able to help girls with their college decisions ... [I] look forward to things like that,” Reilly said.

Reilly hopes that her experience as an assistant coach will help her during her transition. Her experience under different head coaches taught Reilly new and innovative ways to help the players on the team in regard to their strength and technique.
“I’ve learned a lot from the head coaches that came before me. I’ve been able to be an assistant to two coaches ... so I’ll be able to pull from different strengths that they had and combine them ... [in order] to create a strong package [this season],” Reilly said. Coming into this season, the lacrosse team is excited to have a new coach. “As a head coach she will help really improve our team ... I think that she has a lot of experience in lacrosse and she will be able to teach all of us a lot about new plays and new techniques of lacrosse,” said Morgan Swanke ‘20.

This season, Reilly hopes to not only encourage healthy team dynamics, but also be a positive role model for her players just as her coach in high school was for her. “I plan to lead the team by being a positive role model, [developing team] fitness, time management, and cooperative skill sets ... I hope to have [a] winning record ... to have a team that truly cares about each other and ... to create a family,” Reilly said.