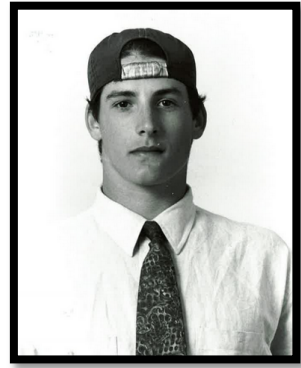


## ADAM OLSHANSKY

1995, lacrosse

Olshansky played soccer, wrestled and played lacrosse during his years at Wayland High School. He had plenty of success, but his defining moment in high school sports came as the result of a defeat. "Without a doubt, my most important experience in Wayland athletics was losing to Matt Schiller of Nashoba in wrestling in the semifinals of the state championship my senior year," said Olshansky. "I had trained for four years for that tournament, and it was that moment, more than anything else in my life, that taught me how to accept defeat, handle failure, and, most importantly to shake off disappointments, re-evaluate and come back swinging."



Olshansky feels a real debt of gratitude to his three high school head coaches: Bill Snow, Rick Moyer and Tom Cavanaugh. "All three are honest, hard-working and inspiring men," said Olshansky. "Through their instruction and example, they taught me how to work, how to be a leader, and most importantly, that the man I endeavored to be on the field and mat, should be reflective of the man I am in every aspect of my life." Those lessons led Olshansky to play lacrosse at Colgate University where he earned All-Patriot League status and served as a captain as a senior. "I had a great time playing lacrosse in college," says Olshansky, "But my favorite post high school athletic moment was getting back to Wayland for a season to coach the JV lacrosse team. I called them the Little Nasties, and they *NEVER* missed a ground ball."

In addition to his head coaches, Olshansky wanted to give some other people a shout out. "Coaches Joe Porrell, Gary Chase, Rich Testa, Dave Watts and Bill Leone were always there to give me guidance and sometimes simply kick my butt, which I often needed!" He also wanted to give special thanks to (trainer) Chris Brown, he says, "...for the millions of times she patched me up." These days, Olshansky terms himself, "a hippie-songwriter, touring the country with a rock band." On the serious side, he says athletics still play a big role in that life. "I use the lessons I learned through Wayland athletics every day," he said. "I am part of a team of six now, and we train just as hard, and lean on each other just as



much as any athletic team I have ever been part of." Olshansky has taken note of the wonderful things two of his ex-teammates continue to do today. "An important shout out needs to go out to my teammates Scott Parseghian and Sean Chase, who are continuing to shape the future of Wayland athletics," he said. Olshansky and his girlfriend Alley Welsh live in Chelsea, though still often come back to Wayland to walk in the Paine Estate, and drink whiskey at the Chat. Olshansky wanted to add a comment about a man who had a special place in his life. "I want to briefly mention Rick Moyer once more," he said. "He was an idol and hero of mine since I took my first wrestling clinic with him in middle school. To this day, I still hold that if I can inspire others the way he inspired me, I will have lived a full life."