



Lenora Baker
~ 2006 ~

Lenora was a star athlete from an early age, having been captain and MVP in freshman volleyball, basketball and track. Entering NRHS did not slow her down as she went on to captain the girls basketball team and earn MVP honors, captain the girls track team, holding records in multiple events, some of which stood of over twenty years. She was voted All-County and All-State in track & field and was awarded the Con Edison Award, Athlete of the Year at NRHS, and Athlete of the Year at the Remington Boys & Girls Club. She earned a track scholarship to the University of Indiana. Upon graduation Lenora sought to share her talents as a counselor at the Remington Boys Club and the New Rochelle High School Special Olympics Camp.



Roger Heimann
~ 2006 ~

Roger was a three sport athlete while at NRHS. Captain of the football team, he twice received the McKenna Award for Outstanding Lineman. As a wrestler he won the Section One Championship twice and was selected Most Outstanding Wrestler at the 1963 Section One Tournament. He is the only New Rochelle wrestler to ever receive this award.

Heimann attended West Point, where he continued to wrestle successfully. He was named Captain and placed 3rd and 4th at the EIWA Tournament. Roger ranked first in his class for four years in physical education. For the past six years, Roger has been a guest instructor in the New Rochelle Wrestling Program.



Onofrio Vaccaro
~ 2006 ~

Onofrio will be remembered in Westchester boxing circles as one of the most outstanding amateurs in the history of the sport. Self-taught and with virtually no professional training he had his first match at the age of 16. Nofi rose to become the Westchester Bantamweight Amateur Champion and a member of Westchester County's Ring 30 Hall of Fame. He compiled a record of 50-2, winning 48 bouts by knockout.

When his boxing career came to an end, Nofi turned to training young men interested in the sport. Nofi formed the South Side Branch of the Boys Club of New Rochelle. For his work in the Boys Club, he was awarded the Club's highest honor, the Keystone Award.



Rasaun Young
~ 2006 ~

Rasaun was the All-Time leading scorer in basketball at the University of Buffalo with 1908 points and led the Mid-American Conference in scoring in 1997. Young was named to the Mid-American Conference, East Division, First team, three years running. When the Big-4 was formed, Young was named MVP of the 96-97 season. Young played in the U.S.B.L. for the Connecticut Skyhawks, in the I.B.A. for the Youngstown Hawks, and in Europe for a season, leading the league in scoring. Rasaun is the co-founder and Director of Young World Basketball Camp. He was awarded a National Achievement Award by the N4A which goes to a student "who has overcome great personal, academic, and/or emotional odds to achieve academic success while participating in intercollegiate athletics."