



Born in Paddington England, Pat Morrison came to New Rochelle in 1974. After watching the 1975 SuperBowl between the Steelers and Cowboys, Pat joined the Pop Warner Youth Tackle League as an 11-year-old, which ignited his interest in football. His first year playing the game, he was voted Defensive MVP.

Pat entered NRHS in 10th grade and began his outstanding career in football. Starting out on the JV team Pat showed his abilities as a wide receiver and defensive end. The varsity level was an easy transition for Morrison. He became part of 1982 championship team. The team was known as "The Crazy Bunch" under Coach Harold Crocker.

Morrison was a hard nose player averaging 2-3 sacks a game. He was voted "Westchester's Best" and selected to the All-County Honorable Mention team in 1982. Pat also won the coveted "McKenna Award" in 1983.

Several colleges were interested in Pat Morrison upon graduation. He joined former New Rochelle players Sonny Fernandez and Michael West at Southern Connecticut University. Pat was known as a vicious hitter with numerous sacks and over a dozen interceptions. He made the 1986 ECAC All- Star team, All New England Division 1,2,3 team, New England number 9 rated player, All North East Team and ranked as one of the top 20 safeties in the nation. Multiple NFL teams scouted Pat during college. The NY Giants later drafted him in 1986. Unfortunately, Pat's NFL playing career was cut short by nerve replacement surgery. He was offered a contract by the Miami Dolphins after healing, but turned it down. Instead Pat played one year in the Arena Football League as a receiver/linebacker and received the "Iron man Award multiple times".

Pat earned a Masters Degree in Social Work and has specialized in Drug and Alcohol Abuse and at risk youth. He was Connecticut's Department of Children and Families first adolescent specialist. Before returning to the area, Pat was the Diversity and Inclusion Director for Fox Chase Cancer Center in Philadelphia where his focus was in Prostate Cancer research, treatment and prevention. He was an Athletic Director and currently coaches Varsity Football at The King School in Stamford Connecticut. He is the President for "Caring Men Inc.," a New Rochelle based youth intervention volunteer organization of New Rochelleans who provide support services to New Rochelle youth.