



Born and raised in New Rochelle, Tommy Proudian stands out as one of New Rochelle High School's and Iona College's greatest athletes. Proudian began his football career playing JV football as a 9th grader for the Huguenots. Due to a broken arm, Tommy missed his entire sophomore season. For the next two years he was the starting quarterback.

Tommy Proudian was selected All-League 1-A and All-Section quarterback in 1989 and 1990. At the conclusion of the 1990 season Proudian was an All County selection and voted Most Valuable Offensive Back in League 1-A. Tommy was the starting quarterback in back to back Turkey Bowl wins in 1989-90. He was also the team's place kicker and over the course of two seasons was successful on 24 of 27 PAT's and 3 out of 4 FG attempts. Tommy passed for over 1000 yards during his 1990 senior season. In addition to playing football, Proudian played varsity baseball ending up hitting 11 homeruns and batting in 41. He was selected to the All- League 1-A in 1991.

As a collegian, Proudian played for Iona College. As a Gael he played in 35 games, passing for 8975 yards and 67 touchdowns. As a sophomore, he led the Gaels to the Inaugural MAAC football league championship. Tommy ended the season ranked third nationally in total offense at 1-AA level. He was named to the MAAC first team and earned ECAC Offensive 1-AA Player of the Year for 1993. As a junior and senior he continued to excel throwing for 4700 yards and 29 touchdowns and named ECAC Offensive Player of the Year again in 1994 and All MAAC First Team for 1994 and 1995 season. Tommy still owns all 12 passing records at Iona College (most attempts, completions, yards and touchdown passes in a game, season and career). Proudian entered the Iona Athletics Hall of Fame in 2002.

After graduating, Proudian earned his Master's degree in physical education and currently teaches physical education in the Bronx. He currently coaches football in the Rye City School District and basketball in the Scarsdale School District. Tommy and his wife Lara have three children; Hudson, Ryder and Sage. They currently reside in New Rochelle. It is an extreme honor to induct Tommy Proudian into the New Rochelle Sports Hall of Fame.