

# Title Page & Abstract

An Interview with Kevin Benages

Part of the Abraham Lincoln Presidential Library  
*Sports Stories - IHSA Oral History project*

Interview # SIH-A-L-2017-030

Kevin Benages, who has helped introduce lacrosse to Illinois while a successful coach at Naperville North High School, was interviewed on the date listed below as part of the Abraham Lincoln Presidential Library's *Sports Stories – Illinois High School Association Oral History project*.

Interview dates & location:

Date: May 13, 2017    Located: Naperville North High School, Naperville, IL

Interview Format: Digital audio

Interviewer: Philip Pogue, ALPL volunteer

Transcription by: \_\_\_\_\_

Edited by: \_\_\_\_\_

Total Pages: \_\_\_\_\_    Total Time: 1:00 / 1.00 hrs.

Accessioned into the Abraham Lincoln Presidential Library Archives on September 17 2017.

The interview is archived at the Abraham Lincoln Presidential Library in Springfield, Illinois.

Transcript  
being processed

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## Abstract

### Kevin Benages, Sports Stories-IHSA, SIH-A-L-2017-030

**Biographical Information Overview of Interview:** Kevin Benages was born in Boston Mass on 04/10/1984. He attended and graduated from an all boys school, Notre Dame in Niles, Illinois in 2002. At Notre Dame, Kevin competed in many sports, including basketball, soccer, baseball, football, and volleyball. He earned a BS degree in physical education from Northeastern Illinois University in 2008. Following graduation, he began his teaching career at Naperville North. Kevin also earned three Masters Degrees: St. Xavier in curriculum instruction in 2011, American College of Education in technology in 2014, and Olivet Nazarene in educational administration. At the time of this interview he was at Naperville North teaching advanced weight training, adventure education, team building, lifetime fitness, swimming, CPR, and team games. While at North he has served as an assistant coach in football, basketball and football. He has also been the boys' varsity lacrosse coach since 2008, and serves on the IHSA Lacrosse Advisory Committee and the National Governing Body of Lacrosse.

This interview covers the experiences of a high school athlete who then became a head coach (lacrosse) and assistant coach (football, cross country, and basketball) at Naperville North. Benages covers the excitement of being on the staff of state championship boys cross country team. He also discusses the growth of lacrosse at the school, and talks about the game's history as a native Indian game, its popularity on the east coast, its arrival in Illinois and how it became first an IHSA Activities Program and now an official sports program in Illinois, with the first State Championship coming in 2018. Kevin gives an overview of lacrosse rules, offensive and defensive strategies, the duties of the various playing positions, the equipment needed for the game, field dimensions, how to watch the game, and the process needed to become an approved IHSA sport. Finally, Benages discusses the role of the IHSA Lacrosse Advisory Committee.

**Subject Headings/Key Words:** high school level lacrosse; Illinois High School Association; spread of lacrosse in Illinois; fundamentals of lacrosse; scheduling of practices and games at the high school level;

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