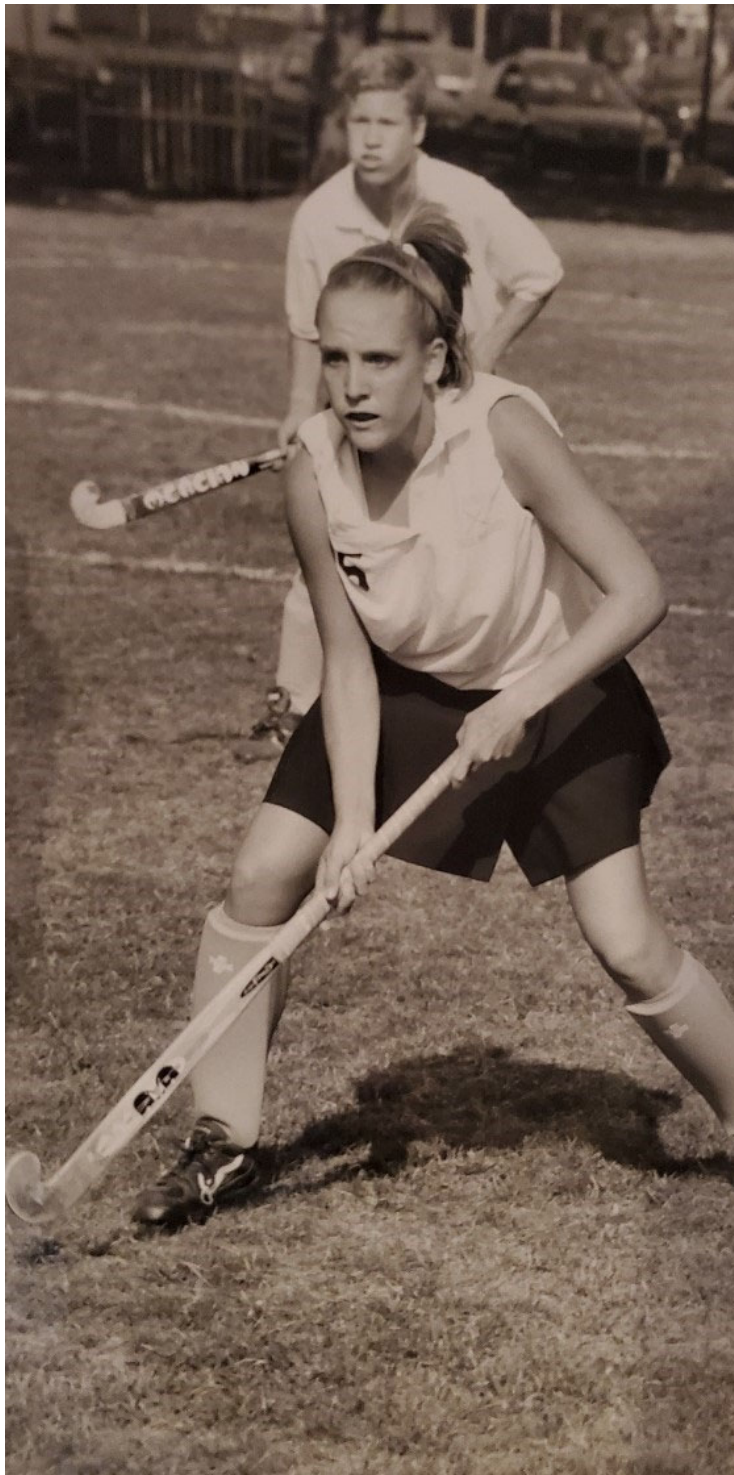


**2020/2021
Hall of Fame Inductee**



**Kelly McQuade Kinzinger
Central Bucks West -- 2000**

From a young age, Kelly McQuade Kinzinger's involvement in fitness and sports would bring 10 Varsity letters from competing in three sports at Central Bucks West: Field Hockey, Lacrosse and Diving.

Diving

3 Varsity Letters for Diving

Field Hockey

Received 3 Varsity letters each of the three years she competed in the sport.

Sophomore Year—

- Second leading scorer with 6 goals and 2 assists
- Selected All Suburban One, 2nd Team
- Team reached 2nd Round District One Playoffs

Junior Year—

- Scored 12 goals and 6 assists
- As Division Champs, was 3rd in District and for first time since 1991 advanced to State Playoffs and scored 6 goals
- Selected to 2nd Team All-State
- Honorable Mention All Area
- Selected 1st Team All-Intelligencer
- Received Outstanding Offensive Player Award

Senior Year—

- Captain, scoring 13 goals and 9 assists.
- Team Division Champions, advancing to 2nd Round of State Playoffs
- Selected 1st Team All-League; 1st Team All-State; 1st Team All-Area; 1st Team All-Intell
- Received Most Valuable Player

Lacrosse

Kelly earned a Varsity Letter for each of the 4 years, scoring 192 Career Goals, in the Attack position.

Junior Year—

- Scored 62 goals and 14 assists,

Senior Year—

- Selected Captain with the team winning the Suburban One League Championship, after scoring the most wins of the season (11) and the most goals in one game (9)

Kelly was recruited by Division 1 William & Mary College for both Field Hockey and Lacrosse where she competed in both.

She played Division 1 Field Hockey and Lacrosse at The College of William and Mary, graduating with a degree in Kinesiology in 2004. During her playing career, Kelly received national recognition as an NSCA Weight Lifting All-American and the first woman to earn this honor at W&M.

Following graduation, Kelly was appointed Assistant Coach for both Field Hockey and Lacrosse at her alma mater; and remained there for two years. Next came Virginia Commonwealth University where after three months, she was promoted to Head Field Hockey Coach, leading her team tying a record for the most number of wins in program history. After receiving the Colonial Athletic Association “Coach of the Year”, she pursued her coaching passion in a new direction. In 2012 she opened a women’s personal and small group training facility—Zinger Fit. Located in Richmond, Virginia, it is also the city where she calls home to her husband, two boys and a girl.