

## Coach Julia C. Sterling

Beloved by both students and alumni, Julia has been coaching for over 20 years. Before accepting the position of head coach with the varsity field hockey team at NYA in 2005, Julia was already well-known in the world of Maine athletics. She coached at NYA from 2005 until 2011.

After beginning her coaching career with the Waynflete basketball team, she was recruited to start the Yarmouth High School girls lacrosse program in 1991. Although hesitant about coaching lacrosse, she attended clinics and learned more about the sport and was able to field the school's first girls lacrosse team. The Yarmouth Clippers girls lacrosse program became a powerhouse in the state of Maine, and Julia led them to multiple state championship appearances and two state championship titles.



In 2004, she stepped down from coaching the Clippers lacrosse team, retiring from coaching. Shortly after, the NYA field hockey head coach position became available, and she could not pass up the opportunity to return to field hockey. Julia took a team that had been a fairly consistent performer in the playoffs and led them to the top. While they lost in the 2007 regional finals, the team's spirit was ignited for the following seasons. Julia coached her field hockey team to their first program title in 14 years in 2008 and again in 2010. Also in 2008, she accepted the position of

head girls lacrosse coach at NYA. As she had in field hockey, Julia set out to create a team environment that fostered positivity and hard work. The team appeared in the state final during Julia's first season at the helm. The program had been close to a state title many times, and in 2010, the Panthers defeated rival Waynflete to win the state championship.

Julia's players remember her enormous personality and all of the positive energy she gave to each of her teams. She is a respected community member and a terrific coach. Her sense of humor and her ability to see the positive aspect of any situation is something her players will always appreciate. North Yarmouth Academy is proud to induct Coach Julia C. Sterling into the Edgar F. White '38 Athletic Hall of Fame.