

= Jon Hess (lacrosse) =

Jonathan A. " Jon " Hess is a retired lacrosse attackman who played professional box lacrosse in the National Lacrosse League (NLL) and professional field lacrosse in Major League Lacrosse (MLL) . He starred as a member of the Princeton Tigers men 's lacrosse team from 1995 through 1998 , where he earned National Collegiate Athletic Association (NCAA) lacrosse attackman of the year award , three United States Intercollegiate Lacrosse Association (USILA) All @-@ American recognitions , four Ivy League championships , three national championships , an Ivy League Player of the Year award and an NCAA tournament most outstanding player award . Jon Hess holds Princeton lacrosse scoring records for both points and assists and won an NCAA individual national statistical championship for assists . As a professional , he is a former sportsman of the year and MLL assists leader . Jon is married to Sara Whalen Hess .

= = Background = =

Jon Hess , who is from Nyack , New York , established the Rockland County scoring record (314 points) . He attended Nyack High School , where he earned All @-@ county recognition three times , but was unable to lead them past perennial league champion Yorktown High School . Hess was an Empire State Games gold medalist in 1992 and bronze medalist in 1993 .

= = College career = =

Hess was part of a trio of noted attackmen who were Princeton classmates along with Jesse Hubbard and Chris Massey . As starters , the trio of All @-@ Americans , who retired second (Hess) , third (Hubbard) and fourth (Massey) in career points at Princeton , had a 43 ? 2 record and combined for 618 points . Jon Hess was awarded the 1997 Jack Turnbull Award as the best NCAA lacrosse attackman . He was a first team USILA All @-@ American Team selection in 1997 and 1998 and second team selection in 1996 . He was also first team All @-@ Ivy League in 1996 and 1997 and a second team selection in 1998 . The 1995 team , which earned the school 's sixth consecutive NCAA Men 's Lacrosse Championship invitation , was Ivy League co @-@ champion , while the 1996 ? 1998 teams were 6 ? 0 undefeated outright conference champions . These undefeated league champions won the 1996 , 1997 and 1998 NCAA Division I Men 's Lacrosse Championships , becoming the first team to win three consecutive championships since Syracuse from 1988 ? 90 and the first to be recognized to have done so without an NCAA scandal since Johns Hopkins from 1978 ? 80 .

Hess earned the 1997 Men 's Ivy League Player of the Year and the 1997 NCAA Division I Men 's Lacrosse Championship tournament Most Outstanding Player . His most outstanding player performance included five goals and eleven assists in the tournament and three goals and five assists in the championship game against Maryland . The 1997 team is regarded as the best in school history with a record number of wins during its 15 ? 0 season . He served as co @-@ captain of the 1998 team , and he scored two second half goals and had an assist as Princeton pushed its lead to 7 ? 3 during the 1998 Championship game . For the day , he ended up with four goals as part of the 15 ? 5 victory over Maryland .

Hess holds the Princeton University single @-@ season points (74 , 1997) and single @-@ season assists records (48 , 1997) . He was the 1998 NCAA statistical champion in assists per game (2 @.@ 60) , even though he was slowed down that season by a hamstring injury .

= = Professional career = =

Jon Hess played for the New York Saints during the 1999 and 2000 NLL seasons . Hess also played three seasons in MLL with the New Jersey Pride from 2001 to 2003 before retiring to work for Merrill Lynch in New York City . Hess works as a NASDAQ stock trader . With the Pride , he won the Major League Lacrosse Iron Lizard of the Year Award during the 2003 MLL season . That year , he

was reunited with Princeton teammate Hubbard . In each of his three seasons in the MLL , he finished first (2001) or second (2002 & 2003) in the league in assists .

= = Personal = =

In 2001 , he was dating New York Power player Sara Whalen . By 2004 , he was married to three @-@ time soccer All @-@ American and 2000 Olympic Games silver medalist Sara Whalen Hess .