



## Leonard S. Emmons

May 28, 1944 - July 18, 2022

Hampton – Leonard S. “Lennie” Emmons, 78, of Hampton, passed away suddenly at Portsmouth Regional Hospital, Monday, July 18, 2022 from complications of a hip fracture and advanced Parkinson’s disease. He was born in Portland, ME, May 28, 1944, the son of the late Fred and Bernice (Dickerson) Emmons. He grew up in Maine and never lost his Maine accent.

He graduated from Oxford Hills High School in Paris, ME and received his Bachelor Degree from Gorham State College now University of Southern Maine. He later graduated from the University of New Hampshire receiving two Master Degrees, one in Math and the other in Guidance. While attending college he excelled in playing soccer, and for a brief time after college played semi pro soccer.

Dr. Emmons started his teaching career in 1966 at Rye, NH Junior High, then taught at Winnacunnet High School for three years, then moved on to teach math for 13 years and for 27 years served as Director of Guidance at Masconomet Regional High School in Topsfield, MA. Lennie supplemented his income by working summers as a bartender, starting a painting business with his college classmate and friend Ed LeBlanc. He started and worked at several soccer camps in Maine and Massachusetts as well. At the age of 50 he pursued and obtained his Doctorate Degree in Education from the University of Massachusetts at Lowell. During his tenure at Masco he coached

varsity soccer and held the title as the 3rd most winning high school soccer coach in the United States. He also coached the girls varsity basketball team as well as the boys indoor and outdoor track teams. After his retirement in 2006 he continued to coach the soccer team and even later continued his interest in Masco soccer by attending the games.

He enjoyed spending time with his daughter and playing with his grandchildren. He was an active runner and enjoyed cycling as well as lifting weights. People would comment to Carolyn and Heidi that they saw Lennie running through town and that he would always say hello to people he knew. Later he enjoyed walking his dog, Jake. He spent many happy summers with his family and friends at his favorite place in the world, his summer cottage on Damariscotta Lake.

He would have shared 56 happy years of loving marriage on August 6th with his college sweetheart, lifelong best friend and wife Carolyn M. (Brown) Emmons.

In addition to his wife he leaves his daughter, Heidi Emmons of Hampton and grandchildren Zoe Bedoya-Emmons, Brenna Emmons and Niko Orestis, his sister Nancy and his brother in law, Russ Frothingham of Biddeford, ME, his brother in law, Alvin Brown and his wife Jeanie of Rangeley, Maine, and his nieces and nephews, Lee, Laurie, Scott, Chris, Carle, Lyle, and Josh.

Lennie was a source of strength, love and unbridled enthusiasm for life and fun to everyone who knew him. He shared his sense of humor, love of hard work and fitness with his family and students and was a motivator and team builder. He never criticized or punished people for their mistakes but helped them grow and become better people. Lennie always showed up for the people he loved and was a friend, coach, teacher, and mentor to people who had the pleasure to know him. To many, he was larger than life and always

stronger and faster, or at least as fast. Even when battling the effects of advanced Parkinson's and Glaucoma, he continued to exercise and be there to the best of his ability for everyone who needed and loved him. He persisted and showed up for his family and friends without complaint, making people laugh with his one liners right up to his last day on Earth.

Visiting hours will be held from 5-7 P.M. Tuesday, August 9, 2022 at the Remick & Gendron Funeral Home-Crematory, 811 Lafayette Road, Hampton, . Services will be at 2 P.M. Wednesday, August 10, 2022 at St. John's Episcopal Church, 101 Chapel Street, Portsmouth. In lieu of traditional remembrances, donations may be made by clicking here to the Parkinsons Foundation (<https://www.parkinson.org>) or by mailing to 1359 Broadway, STE 1509, New York, NY 10018. Arrangements are by the Remick & Gendron Funeral Home-Crematory, Hampton.

# Previous Events

## Visitation

AUG **9**. 5:00 PM - 7:00 PM (ET)

Remick & Gendron Funeral Home - Crematory  
811 Lafayette Road ·  
Hampton, NH 03842  
(603) 926-6500  
info@remickgendron.com  
<https://www.RemickGendron.com/>

## Service

AUG **10**. 2:00 PM (ET)

St. John's Episcopal Church  
101 Chapel Road  
Portsmouth, NH 03801

# Tribute Wall



“ Leonard S. Emmons

---

September 18, 2022 at 12:49 AM



*Lennie Emmons was the consummate "Gentleman and Mentor." Those that knew him had the privilege of being with a great teacher, coach and person. My daughter Meridith, who played Girls Soccer did not have the experience of his guidance on the athletic field, but did have his expertise in the classroom as an advisee. When Meridith was injured during a soccer game her sophomore year, he supported her and made sure she was up to speed with her academics. He was so helpful in her college search process. The Masconomet family will certainly miss Lennie Emmons but all that knew him are better for the experience. Mark Wilner*

---

**Mark Wilner** - October 22, 2023 at 10:07 AM

DF

“ It’s hard to fathom how many lives Lenny transformed as a teacher, counselor, and coach. My brother, who is 8 years older, played for Lenny at Masco and when I was growing up, ‘coach Lenny’ was already a legend in our house. It was one of the great privileges of my high school years then to play for Lenny for a couple of years. Lenny taught us loads about soccer and fitness, but really he was teaching us what it looked like to be a kind and thoughtful adult. One of the most powerful things that I learned from him was the idea that we are always capable of more than we think, and this was learned almost entirely on the practice fields during the hellish weeks of ‘double sessions.’ There have been many times in my life where I’ve thought, ‘if I can make it through double sessions with Lenny, I can make it through this’ and I’m sure that’s true for legions of Lenny’s players, whether they went on in competitive sports or not. What a gift it was to be coached and mentored by this amazing man. Rest in peace, coach.

*-Doug Fudge, Masco class of '87*

---

**Douglas Fuge** - September 13, 2022 at 09:25 PM

PH

“ This is donated in the memory of Lennie Emmons. He was one of the greatest persons in this world. It is so sad that he had to leave us..

*Pam and John Hieber and all the Hieber children.*

---

**Pam Hieber`** - August 10, 2022 at 10:42 AM

KW

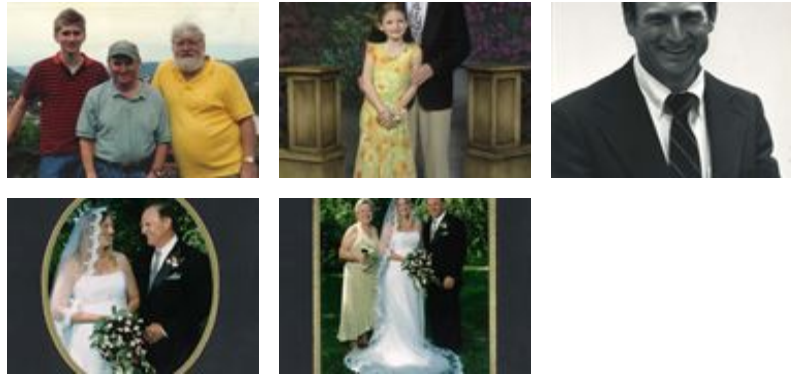
“ *Most of us remember Lennie running through the streets of Hampton, in all kinds of weather, all different times. Amazingly he continued running long beyond what most people could have endured. He was such a visible reminder of sheer perseverance! The world is diminished by his absence.*

---

**Karen & Chuck Weinhold** - August 09, 2022 at 06:52 PM



“ *179 files added to the album LifeTributes*



---

**Remick & Gendron Funeral Home** - August 09, 2022 at 01:01 PM

RD

“ *Mary Jo and I send our sincerest sympathy to Carolyn and the Emmons family at this difficult time. I had the pleasure of working with Dr. Emmons at Masconomet for many years. A terrific teacher and coach and a successful leader of our guidance department. He was one of the terrific staff members that made Masco one of the best high schools in Eastern Massachusetts. Dr Emmons will be missed.*

*Sincerely. Mary Jo and Dick Dussault*

---

**richard dussault** - August 07, 2022 at 11:23 AM

FT

“ RIP Lennie.



---

**Frank Titus** - August 05, 2022 at 11:28 AM

DD

“ *Very fond memories of Lennie as I was growing up - always smiling and good natured at family gatherings - he took the time to make a difference.*

---

**David Dow** - August 03, 2022 at 10:24 AM

RP

“ *Mr. Emmons (Coach) - you were an inspiration to anyone who came into your presence. From guidance counselor to soccer coach and so much more your deft touch and grace made so many of us - generations of us - better people for having known your kindness and, may I say - relentless drive to make us better (thinking double sessions). You will never be forgotten, I'll always remember the 4-4-2 Soccer setup that's lived with me for years - most brilliant thing ever. Beyond that - the world needs so many more "Lenny's" to help guide our youth through perhaps the most rigorous times of their lives (High School). We love you, we will miss you, and condolences to all your loved ones during this difficult time. You were a huge pebble in the pond - the ripple effect goes long and far. RIP Coach.*

*Robert Pazura - Masco Class of 1986*

---

**Robert Pazura** - July 25, 2022 at 07:16 PM

BT

“ This is Coach Bill Tarbox from North Andover High School Varsity Boys Soccer Team. Lenny and I go way back competing in 1975 when I was at Greater Lawrence Technical High School. From 1991 - 2011 (20 years) Masco and North Andover went head to head. Our teams were always prepared for the coming matches. As a coach I knew Lenny would have his team ready and that he did. It was an honor to shake his hand at the start of the match and it's conclusion. Lenny has been a long time coaching friend and of course cross town rival. I always respected Len and lovely wife. Lenny I will miss you and what you have done for the Masco School System.

---

**Bill Tarbox** - July 24, 2022 at 09:14 PM

KC

“ The Capone family send prayer and love to Coach Emmons' family. We will remember the passion and compassion of this amazing man! So many families touched by his mentoring on and off the field . We Thank you Coach

---

**Ken Capone** - July 24, 2022 at 12:24 PM

RS

“ Coach and teacher Emmons was was my track coach from 1971-1974, my soccer coach in 1973, my math teacher in 9th grade, and both of my daughters guidance counselor from 2001-2006. To say this amazing man was huge part of my whole family's growth and success is a huge understatement. Coach Emmons was inspirational, kind, always fair, and wanted all his kids to succeed. In soccer, he was a quiet, but competitive leader who helped many young men realize their dreams. We will all miss this amazing man who was the best coach I ever had. All the best to his family as I thank you for allowing all of us to experience learning from Lenny.

---

**Rob Smith** - July 23, 2022 at 04:11 PM

AC

“ I played for Coach Emmons in 1977 and 1978. He has had a large impact on my life and those of my teammates. Mostly, he taught about the value of hard work, both on the field and off. He taught us about working together as a team and respecting those around us. Most importantly, he took a bunch of young males and turned them into men. I am proud to say that those lessons have taken me a long way in life. He will be missed, but what a legacy he has left for all of us to cherish! Andy Cox

---

**Andrew Cox** - July 23, 2022 at 01:13 PM

JR

“ I remember Coach Emmons from Masconomet Soccer. My son Mark was on his team. In fact, Masco won the State Championship when my son was a senior. I'll always have fond memories of a wonderful coach who cared about his players. My condolences to his family....May his memory be eternal. Rest in Peace, Coach Emmons! 💜💜💜

---

**Jackie Rapisardi** - July 23, 2022 at 10:04 AM

AT

“ Please accept our heartfelt sympathy at such a difficult time as this.  
Love and prayers  
Alice, Justin and Jason Tierney



---

**Alice Lipinski Tierney** - July 23, 2022 at 09:33 AM

LA

“ I’m so grateful for the lifetime of memories I’ll always have of my Uncle Lennie...countless family visits, holidays, vacations, weddings, graduations, celebrations and summer days at camp. He was everything a kid loves in an uncle. He showed us the humor in everything, made up games, raced us to the float, was always up for a board game, gave us great advice and was always so genuinely interested in our lives. Growing up, his optimism and encouragement and love of family shaped my view of life. He was one of a kind and anyone who knew him knows how lucky they are.



---

**Laurie Axelrod** - July 23, 2022 at 12:13 AM

JH

“ Too many memories to put here. Lennie was a longtime friend and a friend for life. I can still hear his giggle, his “pilot to navigator”, and remember his kindness. He showed up when we needed him and had a sense of humor we still laugh at today. We’ll remember him through Carolyn and Heidi who still feel like family

---

**Judy Hoff** - July 22, 2022 at 08:26 PM

NF

“ We try not to be sad that he’s gone but grateful that we shared his amazing life ”

---

**Nancy Frothingham** - July 22, 2022 at 08:23 PM

CS

“Death leaves a heartache no one can heal, love leaves a memory no one can steal” So many memories of Lennie when he was coaching Masco Soccer. I hope he knew how much his teams and their families loved and respected him. There will never be another Lennie. Our thoughts and prayers are with his family. The Schilling Family, Charlotte, Bob (Masco '78) and Lisa.



---

**Charlotte Schilling** - July 22, 2022 at 05:12 PM

RR

Thank you, Lennie, for being one of the best supervisors I ever had. I deeply appreciated your support and encouragement over the many years we worked together in the Masconomet Guidance Department. I missed you very much when you retired, and now a bright light is gone. But judging from the comments of others, all the seeds you planted are in full bloom.  
Ruth Ryan

---

**Ruth Ryan** - July 23, 2022 at 05:19 PM

PL

I concur with the words of Ruth Ryan. Len was an exceptional department head. He was endlessly supportive to his staff, students and players. He was also a very dedicated family man and will be sorely missed by all.

---

**Paul Lima** - July 24, 2022 at 11:30 AM

SA

Mr. Emmons was a my extremely patient Geometry teacher (through many hours of extra help sessions) during my freshman year at Masconomet Regional HS! He had that perfect blend of pleasant, thoughtful intelligence and a practical New England approach. I will always remember him as a devoted teacher and greatly-respected coach and mentor. My heartfelt prayers go out to his family and friends.

With kind regards, Stephanie (Luz) Abrams Masco '75

---

**Stephanie Luz Abrams** - July 26, 2022 at 05:12 PM



CK

*Lenny was an exceptional human being. He was generous, caring and always optimistic. He was my colleague for many years and a friend. I will always have fond memories of him.*

---

**Charles Kellogg** - August 08, 2022 at 11:06 AM



Pep Peppy

*Coach Emmons taught me so much not just about soccer but about life. Practicing in the pouring rain with mud in every orifice you can imagine taught me to never let the elements win....watching him run several miles following a full soccer practice to account for the beers he had had the night before....he was a winning coach because he inspired all of us to exceed our potential...play as a team and leave our individual egos on the sideline. I was blessed with having 2 mentors in high school Lenny Emmons and Dick Megan.....God Bless you Coach Love Chris Ingalls Masco Soccer 1971-1974*

---

**Pep Peppy** - October 17, 2023 at 05:17 PM