Sal Punzo was born and raised in New Haven. He attended Wilbur Cross from 1960-1962. At Cross, Sal was an outstanding baseball player for Coach Larry DePalma. He played on the baseball team for three years and lettered in his junior and senior years. He was an outstanding defensive short stop and an excellent batter.

He finished his Wilbur Cross baseball career with a batting average over .300 and he stole 35 bases. As a senior; he helped lead the Governors to the District League Championship in 1962. Sal was known to give his all in every game, always gracious in victory or defeat. In his senior year, he was chosen as the winner of the Savitt Award for Sportsmanship. Sal was also a member of the bowling team while at Cross.

After graduation from Cross in 1962, Sal went on to New Haven College, now the University of New Haven, and played for the legendary baseball coach Frank “Porky” Vieira. Sal was a member of the inaugural baseball team at New Haven and starter at short stop for four years. He was remembered by Coach Vieira as one of the most hard-nosed players he’d ever coached. During Sal’s four years, the New Haven Baseball team compiled a 94-16-2 record. In 1965, he helped New Haven reach the post-season for the first time batting .320 with 41 hits and 20 RBI’s. As a senior at New Haven, he was elected captain of the baseball team and helped lead the team to the NAIA College World Series batting .330 with 36 hits and 36 RBI’s. He finished his New Haven Career with 130 hits, 70 RBI’s, 106 runs and 46 stolen bases. In 2004, Sal was inducted into the University of New Haven Hall of Fame.

After graduating from New Haven College, Sal began his long and distinguished career in education. In 1969, Sal began teaching at Horace Day School. He moved to Hill Central in 1971 and taught grades 3, 4, 5 until 1983. He then became a Chapter 1 teacher at Helen Grant and Barnard schools. In 1985, Sal was appointed to a new administrators mentoring program for one year and then was assigned to BRAMS as an assistant principal. In 1987, he was appointed Principal of East Rock Magnet School where he served for 17 years. He also coached the Richard C. Lee baseball team for eight years. While Sal was principal of East Rock, the school received numerous awards and recognitions. In 2003, the State of Connecticut recognized East Rock as a Vanguard School in recognition of growth on the CMT. Under Sal’s leadership, the school received three major technology awards for its website, finished first place in the Governor’s Summer Reading Challenge, hosted a satellite feed for all Connecticut schools featuring President Bill Clinton, received an I Have A Dream Program award, and was featured on the Oprah Winfrey show for a Multiple Intelligence Study.

Individually, Sal has been recognized for his outstanding service in the field of education. In 2004, he was nominated Principal of the Year from the New Haven Public Schools. He received the New Haven Athletic Pride Award in 2003, the TAPS Award in 1999 and the Grandparents Award in 1998. He also was recognized as the Chapter 1 Principal of the Year and received the Connecticut Shootout Award.

Sal is currently a Consultant at Nathan Hale School working with Principal Tara Cass and Assistant Principal Scott Voisine. He also serves as the President of the Annex Little League and Co-Founder of the East Shore Travel League. Sal resides in New Haven with his wife, Carmela. He has two sons, Sal and Michael, as well as six grandchildren.