"Reid helped to stop one of Wilton's best players, helping seal a Connecticut State Championship in 1986," according to New Canaan Coach Howard Benedict. Benedict goes on to say “through will, skill and strategy, he was able to shut down the opponent’s best attack at every level, including the best club teams of his era” During a 13 year career at the high school, collegiate and post-collegiate levels. Reid was a starter on the 1985 and 1986 Connecticut High School Lacrosse Coaches Association (CHSLCA) state championship teams and also served as a team captain and played in the CHSLCA North/South Senior All-Star game in 1986. Reid went on to play for Washington & Lee University where he was a four year starter from 1987 to 1990 during the team’s transition from Division I to Division III. The 1987 team was ranked #1 in Division III for a number of weeks and finished as semi-finalists in the NCAA Division III national tournament. Reid served as a team captain on the 1990 team which finished 11th in the final polls. He was a 3-time United States Intercollegiate Lacrosse Association (USILA) Honorable Mention All-America selection and a 4-time 1st Team All-Old Dominion Athletic Conference selection during this timeframe and received USILA Scholar All-America honors in 1990. After college, Reid played club lacrosse for five seasons with the Greenwich-based Shearson Bulls/New Amsterdam Lacrosse Club in the United States Club Lacrosse Association (USCLA) where his teams twice reached the USCLA Northern Conference semi-finals (1992, 1993). He played in the USCLA North/South All-Star game three consecutive years (1991, 1992, 1993) and was selected 1st Team All-Club in 1991 and 2nd Team All-Club in 1993. Reid was selected to play for the USCLA Northern Conference All-Star team in an exhibition game against the U.S. National Team in 1994. He was also selected to play for the Lacrosse USA Elite Team which defeated the English National Team and the Syracuse All-Stars in the Lacrosse USA Invitational tournament in 1991. Reid was inducted into the Washington & Lee University Athletic Hall of Fame in 2012. He and his wife Sue live in New Canaan and have two daughters, Ashley and Morgan.