



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

POB

Volume 2, Issue 2

3/1/2015

Girls' Basketball—Juvenile Arthritis Tournament



This holiday break our Girls' basketball team gave up some of that well deserved rest and turned their attention to a noble cause. On December 29th & 30th, the Girls' Varsity Basketball team hosted the 1st annual Juvenile Arthritis Foundation Basketball Tournament at POBJFK high school. The tournament consisted of three local schools, Bethpage, Great Neck North, Bellmore JFK, as well as the home team, Plainview Old-Bethpage. The purpose of this tournament was to raise money as well as awareness for the Juvenile Arthritis Foundation. As a whole, all

4 teams were able to raise over \$500, with 100% of earnings donated to the foundation.

The Girls' Varsity Basketball team volunteered their time to set up the tournament and helped raise over \$200 as a team. On the court, the girls defeated Great Neck North on Monday, December 29th in the semi-final game, 60-56, in overtime. The first game was led by Krystal Korason (20pts) who made her season debut after ACL surgery. On Tuesday, December 30th, the Hawks advanced to the tournament championship to face off against cross town rivals, Bethpage High School. The Hawks were successful in defeating Bethpage in an exciting game to win the tournament championship. That game was led by Jessica Pantowich (20pts) and Krystal Korason who made the final four free throws to lead the team to a 48-45 victory. Brianna Bollettieri, an alumni who has been honored by this foundation, dropped by to thank the team for their efforts.

Special thanks to the POB Booster Club for supporting the Hawks basketball team and designing/ donating T-shirts for all of the participants in the tournament.

Girls' Gymnastics Back to Back County Champs



It was another great season for the Plainview-Old Bethpage Varsity Gymnastics team. This year the Hawks were crowned conference champions and then they went on to win the Nassau County Championship for back to back titles. This was the programs 14th County Championship and 16th Conference Championship.

The Hawks were also crowned NYSPHSAA Scholar Athlete Team Champions with a GPA of 95.22.

This season the team had a few injuries, but the girls worked hard and it paid off. The Hawks had 9 girls qualify for counties and three ended up making the state team.

At the Nassau County Team Championship the Hawks posted their highest score of the year with a 168.8. At the Nassau County Individual Championship freshman Jessica Lopez won every event and was crowned the overall champion.

Lopez was joined on the state team by fellow 9th graders Ashley Bellino and Rene Vullin. Lopez finished 4th in the state on vault, while Ashley Bellino finished 7th on the floor.

Other individual honors go to All-County—Lauren Bernstein, Jamie Simon, and Marie Torrico. All Conference—Ilana Foster.

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Winter Season Recap

Gymnastics

- NYSPHSAA Scholar Athlete Team Champions
- Nassau County Team Champions
- Conference Champions

Boys' Bowling

- Conference Champions

5 All-State Student Athletes

10 All-County Student Athletes

100% of teams earn Scholar Athlete team award

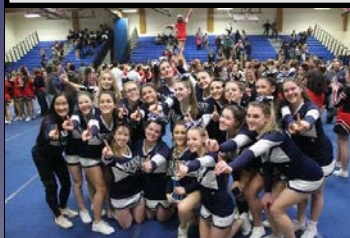


Senior captain Matthew Wieselthier lead the Hawks to a Cconference title and qualified for the State Team.



David Glass committed to John Hopkins University. David will continue his athletic career as a member of the Blue Jays baseball team.

Competitive Cheerleading



This season marked the first time that NYSPHSAA recognized cheerleading as a competitive sport. A competitive team performs routines that are two and half minute in length with signs, poms, megaphones, and stunts that show off skills and strength. Teams are judged on the difficulty and execution of the routine performed.

The girls worked together to perform their best at every competition this year. This hard work paid off with a 1st place finish at the Winter Cheer Classic and 2nd place at the Holiday Cheer classic.

Its was a great first year and we are looking forward to another successful season next year.

Boys' Bowling—Back to Back Champs!



The 2014-2015 Boys' Varsity and Junior Varsity Bowling teams both finished in 1st place in Conference 3. This makes it back to back conference titles for the Hawks! The Varsity team finished the regular season with an overall record of 10-2 and JV finished with a record of 12-0.

The team was led by senior captains Matthew Wieselthier and Aron Lampert. David Gallub, a fellow senior, was a solid supporter of the captains on the Varsity team. The future is bright with our current juniors Michael Arrow and Ross Cohen, who will be our leaders next year. The juniors will be supported by 10th graders; Jesse Lindell and Daniel Katz, along with a strong group of 9th graders ; Nicholas DeChiaro, Max Heller, Bryan Hirsch, and Phil Jankowitz. Congratulations to all of the boys on a successful season.

The Varsity team finished the regular season ranked first in Nassau County with an average pin fall per game of 798. The team participated in the County tournament at Garden City Bowl with the top 16 teams in Nassau County. The individual tournament participants this year were Matthew Wieselthier and Aron Lampert. Matthew finished in the top 6th at the county tournament and qualified for the state tournament in Syracuse as part of the Nassau County All-Star team.

Hawks moving on to College

It is with great pleasure that I announce that 8 Plainview-Old Bethpage student athletes have decided to pursue a college degree while participating in collegiate athletics.

Darrien Bucking—Western Connecticut State University (D-3)—Football

Brian Cameron—Hofstra University (D-1) —Lacrosse

Olivia Cohen—Lafayette College (D-1) - Swimming

Gabrielle Dworkin—Nassau Community College—Bowling

Thomas Ensmenger—Drew University (D-3) - Lacrosse

Madalyn Fernbach—Stonehill College (D-2) - Soccer

David Glass—John Hopkins University (D-3) - Baseball

Michael O'Brien —Concordia College (D-2) - Baseball





Boys' Basketball—Setting a New bar!



The 2014-15 Plainview-Old Bethpage Boys' Basketball season was filled with big wins, tough losses, and a run to the final 8. The Hawks were just 12 minutes away from playing at Hofstra University, but they fell to the number # 3 seed Uniondale Knights. This team has plenty to be proud of in a season to remember.

The Hawks reached milestones not seen in quite some time. They earned a home playoff game for the first time since 2003 and reached the quarterfinals for the first time since 2002. The

team won the Great Neck South Winter Basketball tournament. They began the season with a 7-1 record and were ranked #16 on Long Island according to LongIslandBasketball.com.

Along with many team accomplishments there were individual award winners as well. Thomas Flynn was awarded All-Conference. Brendan Fitzpatrick and Allen Durutovic were selected to the All-County Team. In addition Allen Durutovic will be playing in the Exceptional Senior Game in a few weeks at LIU Post.

This season would not have been possible without great senior leadership. The Hawks were led by captains Brad Weiss and David Glass, and fellow seniors Alex Stein, Nick Tavel, Jacob Pullman, Nick Perlowski, and Allen Durutovic. Good luck to those young men in their future endeavors and GO HAWKS!!



Sophomore, Peter Pappas continues setting records. He became the 1st wrestler in school history with 100 victories in a career.

Catching up with our Alumni



Heather Fitzpatrick—('13) - SUNY Oneonta—Lacrosse— As a freshman played in 12 games; Scored 1 goal for 1 point; Picked up 1 ground ball and won 8 draw controls; Scored first collegiate goal against Marywood on Mar. 8

Georgia Kalamidas ('12) Farmingdale State—Lacrosse— Played in 10 games as Sophomore and led the Skyline Conference in goals against average (5.99)...Posted a 3-0 record in goal.

Brain Coniglio ('12) - Baruch College—Volleyball— Third year on the team...Member of team that defeated York to win the 2014 CUNYAC Championship and earn a berth to the NCAA (4/11/14)...Dean's List Student (2012-13)...Member of team that won the 2013 CUNYAC Championship and played in the NCAA Tournament that reached the Final Four...Dished out career-high 48 assists vs Hunter (2/21/13).



Brett Pinsky ('14) - New Platz University—Swimming— Had a 2nd place finish in the 1,000 freestyle (11:51.45)

Brianna Bolletieri ('12) - NYIT—Soccer and Basketball— played in 10 basketball games this season. Played 11 games in goal for the Bears soccer team this fall, with 42 saves.

Takhyung Seon ('13) CCNY—Indoor Track and Field— Season Highs in the High Jump of 1.80m at the GBTC Invitational and 5.27m Long Jump at the Rutgers Invitational

Ali Gungor ('12) - Fordham University—Soccer— Appeared in 2 games this season



Coach Rut and Coach Ruggerio with freshman Ashley Bellino,, Jessica Lopez, and Renne Vulin at the NYSPHSAA state gymnastic meet in Rochester, NY



Madalyn Fernbach has committed to Stonehill College to continue her athletic career as a member of the Hawks soccer team.

10th Grade Health Update



Currently in our 10th grade Health classes students are exploring the world of mental health. Students have been exposed to the characteristics of positive mental health as well as characteristics of poor mental health. In class, discussions have centered on recognizing negative emotions, how to healthfully cope with these emotions as well as what may happen to an individual who does not cope with these emotions in a productive manner. Furthermore, our classes are learning about the causes, signs and symptoms as well as characteristics of common mental illnesses such as depression, bipolar disorder and obsessive compulsive disorder, among others. Before completing this unit, students will be discussing suicide prevention as well as who and where to turn to for help when in need.

“Continuous effort—not strength or intelligence—is the key to unlocking our potential.”

Sir Winston Churchill

Varsity Leaders Club visits Hofstra

On Tuesday, March 3rd, Plainview-Old Bethpage High School students from our Varsity Leaders Club Program were chosen to participate in a leadership event at Hofstra University. The 12th Annual *Student Athletes as School Leaders: Leadership On and Off the Field* is an informative event sponsored by our Nassau County High School Principals’ Association, our Physical Education Consortium, and Hofstra’s School of Education. It has been an event our Plainview-Old Bethpage students have been apart of for the past 10 years.



The Varsity Leaders Club members at Hofstra University for the 12th annual *Student Athletes as School Leaders: Leadership On and Off the Field*

This year’s students were Joanna Savino, a JV volleyball player and sophomore. Andrew Cardello, Captain of the Junior Varsity Basketball team, Justin Lambert, a sophomore Volleyball and Basketball player, and Andrew Scalia, a junior Varsity volleyball player. These students were chosen for their leadership qualities and their drive to improve themselves, and their teammates in their sport as a whole.

The program involves an accredited guest speaker, Coach Randy Nathan, founder and creator of The Five-Star Coach, The Leap Program, Teen etc... His speech centered on the common myths about sports, parents, college and leadership.

Another part of the program involves the Positive Coaching Alliance (PCA), a program developed for student athlete leaders to get to meet their counterparts from other High schools and to share ideas about the meaning and significance of leadership. They are trained all day on their communication skills on and off the field so that they may go back to their school, community and team to work on.

The Varsity Leaders club welcomes any future student athlete leader to join us at our meetings throughout the year The VLC is advised by Russi Villalta.

High School Physical Education—Yoga



Do you want to become a YOGI? When you take yoga at the high school for physical education class you can expect a full body workout. The class starts with stretches or movement that wakes the body up. Then we proceed onto a form of yoga called “Vinyasa Flow”. This energetic class uses a flowing series of postures to create heat within your body and you increase strength, flexibility, muscular endurance and balance. This class is for all levels incorporates other items (yoga blocks, resistance bands, yoga straps, gliders, Pilates balls and ballet bar) to assist or increase the challenge.

Music is always playing, the sweat is coming and the laughs are continuous. This isn’t just a Physical Education class, we have created a yoga family at J.F.K.

See for yourself and try out a class, guests are always welcomed! May the light and love in me, Honor the light and love in you...Namaste

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

Thomas A. Edison



8th Grade Health

The 8th graders at POBMS are participating in an activity that simulates having an addiction as part of our substance abuse prevention curriculum. The students are to give up one thing/behavior for one week that they would normally do on a daily basis. The students are required to keep a daily journal that includes: their feelings for that day, their mood for that day, and their behavior for that day. On the final day, there are an additional eight questions that are required to be answered.

The students have given up many different things/behaviors—such as: junk food, the computer for social interaction, video games, and even being mean to their sibling.

This activity will help our students better understand what happens when they must give up something that is important to them and how this can lead to dependence and feelings of withdrawal. In the past, our students have experienced some of the same things that a person who is addicted to a substance might feel.

DID YOU KNOW:

The World Health Organization (WHO) recommends that all children ages 5-17 should get at least 60 minutes of physical activity a day. Regular physical activity helps maintain a healthy body.

2015-2016 Interscholastic Sports Schedule

Nest year the POB CSD will begin on September 9th, I want to make sure that everyone is aware of the 2015-2016 Nassau County Interscholastic Sports schedule. These dates have been approved and are final:

Fall Sports

JV and Varsity Football—August, 17
All other JV and Varsity Sports—August, 24
All Middle School Sports—September, 9

Winter Sports

Varsity and JV Wrestling—November, 9
All other JV and Varsity Sports—November, 16
All Winter 1 Middle School Sports—November, 4
All Winter 2 Middle School Sports—January, 19

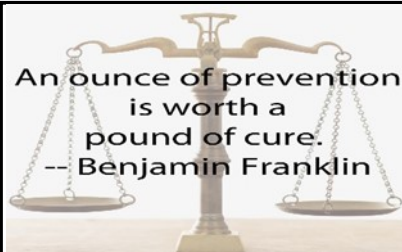
Spring Sports

B/G Lax, Baseball, Softball, B/G Track—March 7
B/G Golf, B Tennis—March 14
All Middle School Spring Sports—March 29

For more information please go to www.pobschools.org/page/4839



12th Grade Health Update



Many of our 12th grade Health classes are in the midst of being exposed to the latest, and extremely startling, information with regards to the “Long Island Heroin Crisis.” In addition to discussing these drug trends, students are learning why and how the use of this drug, among others, has become so prevalent. Discussions have included factual information about drug addiction and the importance of avoiding the use of prescription pain killers. Students are learning about the vicious cycle of drug dependency and addiction as well as the dismal consequences that may result with the use of such drugs. Additionally, signs and symptoms of drug use, prevention techniques and how to seek help will be included in class discussions.

“Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day-in, day-out. Not just for the week, not just for the month, but for years. And working really hard to make that future a reality.”

Angela Lee Duckworth



2015 WINTER TEAM MVPS

JUNIOR VARSITY TEAM MVPS

CHEERLEADING—ASHLEY GREENBERG

BOYS' BASKETBALL—JUSTIN LAMBERT

GIRLS' BASKETBALL—REBECCA KOLTUN

WRESTLING—ADAM BETTAN

VARSITY TEAM MVPS

CHEERLEADING—ERIKA TEICH

BOYS' BASKETBALL—BRENDAN FITZPATRICK

BOYS' BOWLING—MATTHEW WIESELTHIER

BOYS' SWIMMING AND DIVING—BRENT ISRAEL

BOYS' WINTER TRACK AND FIELD—TROY BENSON

GIRLS' BASKETBALL—EMILY ALEXANDER

GIRLS' BOWLING—GABRIELLE DWORKIN

GIRLS' WINTER TRACK AND FIELD—JENNIFER PANTELL

GYMNASTICS—JESSICA LOPEZ

WRESTLING—PETER PAPPAS



Fall 2014 Post Season Award Winners

All-State

Ashley Bellino (FR) Gymnastics
 Jessica Lopez (FR) Gymnastics
 Peter Pappas (SOPH) Wrestling
 Renee Vulin (FR) Gymnastics
 Matthew Wieselthier (SR) Boys' Bowling

All-County

Sari Arrow (8th) Girls' Bowling
 Lauren Bernstein (SR) Gymnastics
 Allen Durutovic (SR) Boys' Basketball
 Gabrielle Dworkin (SR) Girls' Bowling
 Brendan Fitzpatrick (JR) Boys' Basketball
 Aron Lampert (SR) Boys' Bowling
 Jennifer Pantell (SR) Girls' Winter Track
 Jamie Simon (JR) Gymnastics
 Maria Torrico (8th) Gymnastics
 Olena Trojanowski (SR) Girls' Winter Track

All-Conference

Emily Alexander (SR) Girls' Basketball	Dylan Cook (FR) Wrestling
Thomas Flynn (JR) Boys' Basketball	Ilana Foster (JR) Gymnastics
Anthony Franco (Soph) Wrestling	Anthony Greco (JR) Wrestling
John Kim (SR) Boys' Swimming	Daniel Morales (FR) Wrestling
Kevin Pisarz (JR) Wrestling	Justin Rubin (SR) Wrestling
Aiden Shwom (8th) Wrestling	Anthony Trentacosta (Soph) Wrestling
Brent Israel (JR), Dionisios Katehis (SR), Junehyuk Roh (FR), Jungmin Lee (SR)	

All-League

David Gallub (SR) Boys' Bowling	Corinne Testa (SOPH) Girls' Bowling
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All-Division

Brent Israel (JR), Dionisios Katehis (SR), Junehyuk Roh (FR), Jungmin Lee (SR) -



Plainview-Old Bethpage Girls' Winter Track School Records

<u>EVENT</u>	<u>NAME</u>	<u>TIME / DIS.</u>	<u>DATE</u>
55 m	E.Otaka	7.5	2010
55 Hurdles	L.Solomon	9.8	2007
300 m	B.D' Angelis	44.9	2009
600 m	J.Wallach (8 th Grade)	1:46.7	2012
800 m	B.Rabinovici	2:39	1993
1000m	J.Wallach (8 th Grade)	3:21.1	2012
1500m	E.Tropiano	5:16	2004
1600 m	E.Tropiano	5:38	2005
3000 m	E.Tropiano	11:18	2005
1500 Walk	V. Smith	8:04	2007
Shot Put	E. Park	28' 1 ¼	2013
Triple Jump	A.Gungor	33' 5 ½	2012
Long Jump	A.Gungor	16' 1 ¾	2012
High Jump	L.Solomon	4' 10"	2009
	A.Gungor		2010
<i>Pole Vault</i>	<i>J. Pantell</i>	<i>8'6</i>	<i>2015***</i>

Relays

<u>4 X 200</u>	<u>1:57.3</u>	<u>4 X 800</u>	<u>11:31</u>	<u>DMR</u>	<u>15:46</u>
E.Otaka	2009	I.Peyser	2000	A.Wang	2013
A.Austria		M. Jarchin		L.Schaumburg	
J. Passes		S.Pritchard		M. Kerman	
B.D' Angelis		A. Joe		K. Wallach	
<u>4 X 400</u>	<u>4:35.8</u>	<u>Mile Medley</u>	<u>5:05</u>		
J.Wallach	2012	A. Joe	2001		
B.Nickel		T.Pritchard			
M.Fiume		C.Krammerer			
A.Gungor		M.Jarchin			



Plainview-Old Bethpage Boys' Winter Track School Records

<u>EVENT</u>	<u>NAME</u>	<u>TIME / DIS.</u>	<u>DATE</u>
55 m	E. Cheng	6.5	1/96
55 Hurdles	D. Landau	8.3	12/05
200 m	E. Cheng	23.3	3/96
300 m	<i>T. Benson</i>	<i>40.70</i>	<i>12/03/14***</i>
400m	D. Fishbein	59.1	1/07
600 m	R. Beckerman	1:27.5	2/99
800 m	Mario Ferone	2:11.1	1/5/10
1000m	J. Rosenkrantz	2:47	1/95
1600 m	J. Rosenkrantz	4:37	2/92
3200 m	M. Cashman	9:38	2/92
Shot Put	Abe Jun	42' 10.25"	2/12/10
Triple Jump	Vasilios Stotis	38' 3"	1/23/10
Long Jump	D. Kim	19' 11"	1/08
High Jump	Matthew Benjamin	5' 11"	2/24/10

Relays

<u>4 X 200</u> <u>1:39</u>	<u>4 X 800</u> <u>9:02</u>	<u>4 x 1600</u> <u>20:35</u>
J. Symons 2/96	V. Raju 2/92	B. Nordell 1/98
B. Bae	M. Lewek	M. Kuhne
J. Rosenkrantz	B. Levenson	R. Klein
E. Cheng	A. Labrocca	J. Bank
<u>4 X 400</u> <u>3:24</u>	<u>Mile Medley</u> <u>4:07</u>	<u>55HH Relay</u> <u>27.9</u>
J. Klaff 2/92	E. Bernstein 12/95	A. Mei 1/97
J. Rosenkrantz	J. Symons	E. Levine
R. Kasendorf	A. Mei	J. Lee
E. Chen	M. Kuhne	

Plainview-Old Bethpage Girls' Swimming and Diving School Records

<u>Event</u>	<u>Year</u>	<u>Time</u>	<u>Record Holder</u>
200 Medley	2013	1:55.67	Messinger, Ren, Cohen, Blum
200 Free	2013	2:01.32	Ren
200 IM	2013	2:17.37	Cohen
50 Free	2007	26.01	Krekel
IM Dive	2014	359.50	Muhlbach
100 Fly	2013	1:01.38	Cohen
100 Free	1996	56:15	Peysen
500 Free	1996	5:21.53	Peysen
200 Relay	2006	1:50.01	Marinoff, Karp, Israel, Krekel
100 Back	2012	59.66	Ren
100 BR	2014	1:13.00	Cohen
400 Rel	2012	3:54.66	Fitzpatrick, Cohen, Ren, Blum



Plainview-Old Bethpage Boys' Swimming and Diving School Records

<u>Event</u>	<u>Year</u>	<u>Time</u>	<u>Record Holder</u>
200 Medley	2011	1:42.92	Bouzourne, Casciola, D. Sirgusa, J. Gabalski
200 Free	2003	1:48.12	Descovich
200 IM	2008	2:07.90	Flanagan
50 Free	2008	22.13	Flanagan
IM Dive	2006	263.26	J. Siragusa
100 Fly	2011	53.27	J. Gabalski
100 Free	2008	48.10	Flanagan
500 Free	2001	5:06.18	Descovich
200 Relay	2006	1:32.30	Flanagan, J. Sirgusa, Sudran, Khanna
100 Back	2006	55.64	Flanagan
100 BR	2011	1:03.30	A. Gabalski
400 Rel	2011	3:54.66	Casciola, D. Siragusa, Alexander, J. Gabalski



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2014-15 Interscholastic Season Start Dates

High School Athletics

Fall:

Football - Monday, August 18

All other sports -Monday, August 25

Winter

Wrestling – Monday, November 10

All other sports-Monday, November 17

Spring:

B/G Lacrosse, Baseball, Softball Spring Track– Monday, March 2

B Tennis - Monday, March 9

B/G Golf – Monday, March 16

Middle School Athletics:

Fall:

Monday, September 8, 2014

Winter I:

Wednesday, November 5, 2014

Winter II:

Tuesday, January 20, 2015

Spring:

Monday, March 30, 2015

Support POB Athletics and Athletes

Join the POB ATHLETICS BOOSTER CLUB
Today!

The Booster Club supports our student athletes through
scholarships, donations, special events and much, much more.

Download a membership form on the POB Athletics Website.

HOME OF THE HAWKS

Additional Post Season Awards—Sport Specific

Exceptional Senior Basketball Game—Boys' Basketball—Allen Durutovic

Scholar Athlete Award—Girls' Basketball—Sydney Mastorides

