



The Hawks Nest

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Schenck and Pantell win the Student Athlete Award



This newsletter marks the end of another great year of Hawks Interscholastic Athletics. The 2014-15 year saw the Hawks reach great heights both on and off the field. Seven student athletes were named to All-State teams. The Gymnastics and Boys Volleyball teams won Nassau County Championships. The Boys' Bowling, Gymnastics, Boys' Soccer and Girls' Lacrosse teams each won Conference Championships. Yuval Solomon became the first POB tennis player to be crowned Nassau County Champion. 100% of our athletic teams earned NYSPHSAA Scholar Athlete Team Awards and as a district we earned the NYSPHSAA School of Distinction award.

The year culminated with an awards dinner sponsored by the POB Athletic Booster Club. Multiple awards and scholarships were granted during the ceremony. At the Dinner **Jennifer Pantell** (Cross Country, Indoor and Outdoor Track) and **Ryan Schenck** (Football, Lacrosse) were named the 2014-2015 Senior Student Athletes Award winners.

Ryan was a 3 year varsity football and lacrosse player. During his career Ryan was named All-County football and was twice named All-Conference lacrosse. This year he become the first Hawk to surpass the 1000yd rushing mark, he was named scholar athlete and winner of the MVP at the football senior bowl. Next year Ryan will be attending Western New England University, where he will continue his football career.

Jennifer, was a 3 sport athlete earning 12 Varsity Letters during her career. She earned the Golden and Platinum Hawk awards. She set a school record this year in the Pole Vault with a vault of 8'6", while earning All-County and All-Conference honors in Indoor Track. She won All-Conference honors in Outdoor Track twice. This past year she was named the team MVP of the cross-country, indoor and outdoor track teams. Jen will be attending The Ohio State University next year.

Girls' Lacrosse Captured 1st ever Conference Title



The Girls Varsity Lacrosse team came a long way this season. With diligence and teamwork, they accomplished a great amount. For the first time in POB Girls Lacrosse history, the Hawks were crowned Conference Champions. They finished the conference with a record 10-0 and had an overall record of 10-5. There were many exciting games this season, including the night game against Wheatley High School. The game was going to decide the conference champions, the

Hawks won 16-13. The team made it to playoffs, for the first time since 1998.

Every girl on the team played a role in achieving these accomplishments. Sophomore Lauren Healy had 54 goals and 8 assists in this season alone, earning her a spot on the scoring leaders list for Nassau County. She was given the title as MVP and was awarded All County Honorable Mention. Junior, Erin Curran will be awarded Unsung Hero for the County awards. Junior, Renee Petelis will receive All Conference as well. The team was led by captains Jessica Steinhilber, Taylor Vaca, Gabby Maher, and Katie Woodburn. Jessica will be playing lacrosse for Utica College next year. In addition to these four seniors, Mia Reich and Grace Kim will also be graduating and were key players who held the defense together. Mia will received the Scholar Athlete Award. Every player on the Varsity lacrosse team has shown so much pride to be a Hawk, motivation to push themselves to new limits, and dedication to this team.

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Spring Season Recap

Girls' Lacrosse Capture the first Conference championship in POB school history.

Yuval Solomon captures the Nassau County Boys' Tennis Singles Title the 1st in school history. He also finished second at the state tournament.

1 All-State Student Athlete

5 All-County Student Athletes

100% of teams earn Scholar Athlete team award



Sophomore, Lauren Healy, earned Honorable Mention All-County. She scored 54 goals and had 8 assists on the season.



Allan Durutovic committed to SUNY-Oswego. Allan will continue his athletic career as a member of the Lakers basketball team.

Challenger Basketball



This winter marked the first season of the Hawks Challenger Basketball team. This team was made up of student athletes in grade 7-12 with special needs. These athletes worked hard all season long, practicing twice a week and competed in 4 games this year against Seaford, Massapequa and Bethpage.

The team consisted of the following student athletes Matthew Schnitzer, Jake Trueman, Alexa Bravin and Amanda Schwartzberg. The team was coached by Cheri Wojnicki, Ed Broad and Karen Baker. Next year, the Hawks will again take the floor to compete for the Navy and White.

NYSPHSAA—School of Distinction



This year the Plainview-Old Bethpage Athletic Department was awarded the NYSPHSAA School of Distinction Award. This is given to a school district in which every district sponsored varsity interscholastic athletic team achieves the Scholar Athlete Team Award during the 2014-2015 school year.

This past year the Girls' Gymnastic team was crowned state champs with a 95.22 team GPA. We also had 11 other teams finish in the top 10 in the State: Baseball, Boys' Basketball, Lacrosse, Soccer, Indoor Track, Bowling, Outdoor Track, Golf, Tennis, Girls' Lacrosse and Basketball. Congratulations to all of the student athletes and coaches

Hawks moving on to College

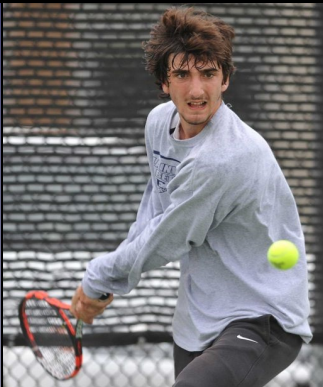
It is with great pleasure to announce that 14 Plainview-Old Bethpage student athletes have decided to pursue a college degree while participating in collegiate athletics.

- Allison Berger-SUNY Oswego (D-3)- Volleyball
- Darrien Bucking—Western Connecticut State University (D-3)—Football
- Brian Cameron—Hofstra University (D-1) —Lacrosse
- Olivia Cohen—Lafayette College (D-1) - Swimming
- Allan Durutovic—SUNY Oswego (D-3) - Basketball
- 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
- Nicholas Godino—Baruch College (D-3) -Volleyball
- Michael O'Brien—Concordia College (D-2) - Baseball
- Ryan Schenck—Western New England University (D-3)-Football
- Jess Steinhilber—Utica College (D-3) - Lacrosse
- Bryan Wang—New York University—Volleyball





Boys' Tennis—Solomon Crowned County Champion



This year marked a return to the playoffs for the Hawks Tennis team and at the same time one student athlete made history.

The Hawks entered the season placed in one of the toughest conference in all of Nassau County, facing the likes of Cold Spring Harbor, Wheatley. The Hawks posted their first winning in several years with a record of 8-6 and qualifying for the Nassau County team playoffs.

It was at the individual tournament that the Hawks shined. The doubles team of senior Junmin Lee and junior Evan Lander finished in the top 8 in the county. They received All-County Honors for their accomplishment.

But it was sophomore, Yuval Solomon, that would go on to make history. He became the first POB tennis player to win the Nassau County Singles title. He won the championship match with an amazing 6-1, 6-1 victory, bringing his season record to an undefeated 18-0. Dropping only 1 set all season long!

Yuval advanced to the NYSPHSAA Boy's Tennis state tournament and was the #3 overall seed in the state. He would make it all of the way to the finals, where he would lose to the reigning State Champion.

In his short career on the POB tennis team Yuval has an amazing record of 37-4.



Sophomore, Victoria Overbeck, received her 2nd straight Honorable Mention All-County Award, while batting .423 this season.

Catching up with our Alumni

Angela Bolleterri ('14) —Women's Lacrosse— Molly College—Played in 5 games with 1 shot on goal and 2 ground balls



Domenic Palumbo ('14) —Baseball-Farmingdale State— Played in 32 games this year. Batted .289 with 13rbi 18 run scored and 7 SBs.

Alex Seltzer ('13) - Men's Lacrosse—NYIT— Played in 15 games posting a 11-4 record with a 8.43 GAA. Alex was also named the ECC player of the week 3 times in 2015. He was also named 2nd team all ECC this year.

Georgia Kalamidas ('12) - Women's Lacrosse-Farmingdale State— Played in 5 games with a 2.76 GAA and 12 saves.

Jonathan Farber ('11) - Men's Golf—Hofstra University—played a total of 18 rounds with a scoring average of 79.17



Ryan Corbett ('12) - Men's Lacrosse—Farmingdale State— Was named the captain of the team. Played in 16 games this year with 1point and 23 ground balls.

Robert Ensmenger ('13) - Men's Lacrosse-Alfred State- Played in eight games...recorded two goals and one assist for three points...picked up three ground balls...caused three turnovers.

Alex Barsky ('14) - Men's Lacrosse-Alfred State—Played in seven games...caused two turnovers...gained possession of one ground ball.

Vinny Ruggiero ('14) - Baseball—CW Post—Appeared in 14 games, pitched 18 innings with 10 strikeouts

Heather Fitzpatrick ('13) - Women's Lacrosse—SUNY-Oneonta-Played in 18 games with 9 goals and 11 points

“ Success is no accident. It is hard work, perseverance, learning, studying, sacrifice , and most of all, love what you are doing or learning to do. “
Pele



Jessica Steinhilber committed to Utica College. Jessica will continue her athletic career as a member of the Pioneers Lacrosse team.

CrossFit @ Parkway



This spring, The Parkway elementary school students embarked on their own edition of the hottest fitness craze in the world, Cross Fit! The 3rd and 4th grade Physical Education students completed a 5 class unit of cross fit. The Unit was comprised of a combination of many fitness components such as; speed, agility, strength and cardiovascular. Students were introduced to new activities like Tire flips, kettle bell weights and battle ropes!

Many of the children had heard of this type of workout from parents and family members, so they were really excited to try it out for themselves. It was just the incentive they needed to get a great workout in, have some fun and learn something totally new.

Some children are competitive by nature, but the Cross fit workout allowed all students to set their own goals and even reach beyond what they thought they could achieve. By the time the unit was over, each group was “pushing” each other to do better than the class prior.

In the end, fun was had by all and an unbelievable sense of accomplishment was evident by effort that was displayed

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

Sir Winston Churchill



Students at Matlin participate in a Fitness Friday activity. Pictured are students performing a walking push-up ladder for time.

Old Bethpage World Cup



On Thursday, May 21st, the “Old Bethpage World Cup” took place. Ms. Ho developed a 3rd grade soccer unit that focused on skill acquisition and development, incorporated research, co-curricular planning and interdisciplinary cooperation.

The 3rd grade class was divided into 8 teams. Each team would be named after a country that is participating in the 2015 FIFA Women’s World Cup. Ms. Ho then worked with the school librarian, Collen Curtis, and the student’s classroom teacher to have each teams conduct research on their country.

While the students were researching their projects, Ms. Ho had the students practicing soccer skills during their Physical Education class. The unit’s culminating event was day long soccer tournament or the “**Old Bethpage World Cup**”. Ms. Ho than added another level of realism to the event by having various members of the Varsity Boys’ Soccer team help coach.

On the day of the event the students competed and learned to work together as a team while striving for a common goal. They learned great values such as sportsmanship teamwork, and camaraderie. The eventual champions of the 1st Annual Old Bethpage World Cup was South Korea.

Health 10—Tolerance and Acceptance

Acceptance of someone means seeing differences between you as opportunities for learning.



Throughout the last portion of the school year our 10th grade health classes have focused around our Human Sexuality unit. As part of the unit, POBJKF’s GSA, Gay-Straight-Alliance, joined our classes to discuss tolerance and acceptance of the LGBT, Lesbian Gay Bisexual & Transgender community. The goal of JFK’s GSA is to make our school’s community safe and create a welcoming and accepting environment for all students regardless of

sexual orientation, gender identity or any difference. GSA members spoke about various topics including the tragic death of Matthew Shepard and the Stonewall Riots of 1969. Additionally, members discussed marriage equality and LGBT celebrities. To conclude their presentations with the classes, students discussed ways with which we can show more acceptance and understanding towards our LGBT community.

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

Thomas A. Edison



Girls Learn International/ Healthy Hawks



Plainview-Old Bethpage J.F.K. H.S. organized a local chapter called "Girls Learn International" (GLI). It's a world wide organization that promotes awareness and advocacy about issues facing girls and women around the globe. Over twenty two students, a few parents and teachers attended Ms. Gasbarro's yoga class for a charity event. The club raised over \$330 dollars for their partner school, The Clark Hamagami School in Cambodia.

The Healthy Hawks is a High School club that promotes health and wellness to the POB community. Their events are open to all students and staff. Some events include: Yoga, Cardio Kick-boxing with Ms. Gasbarro, Healthy Cooking with Ms. Jahn, Fun Run and Fondue Fundraising for childhood obesity. The Healthy Hawks host a health week during the winter spreading awareness and information to students.

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 maintains a healthy body.

Fitness Fridays



The month of May is known as National Fitness month. To celebrate the Plainview -Old Bethpage Physical Education Department has set a goal of increasing student fitness knowledge and promoting an active lifestyle by conducting "Fitness Fridays". Every Friday during the month the High and Middle Schools devoted all physical education lessons completely to fitness based activities.

At POB-JFK High school classes partook in their first "Fitness Friday" team challenge. Each the class was divided into teams of 10 and were given the challenge of collectively completing a 3 miles run/walk, 100 sit ups, 100 push-ups and 100 jumping jacks in the time allotted. The teams had to come up with a solution as to how to complete the fitness challenge using the strengths of their team members. At the conclusion of class students were asked how their teams attacked the challenge, how they were able to communicate and effectively use their experiences and strengths to achieve the challenge.



Health 12—Detective Pamela Stark



This spring, 12th grade health students participated in a workshop presented by Detective Pamela Stark of the Nassau County Police Department. Officer Stark specializes in substance abuse education with a focus on the opiate and heroin epidemics affecting young people on Long Island.

As a supplement to the curriculum, her presentation reinforced the danger of all opiates but also emphasized concerns regarding current trends and prescription drug abuse. She provided students with the most up to date information available, even referencing events in nearby towns happening during the same week. In a time when there is an opiate based death in the county every fifteen minutes, it is extremely important for young adults to increase their awareness as well as participate in open dialogues about the dangers of drug abuse. Hearing real life stories during the workshop as well as learning about the escalation of opiate use on Long Island helped to reinforce the importance of what has been discussed in class throughout the year.

"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

2014-2015 END OF THE YEAR AWARDS

STUDENT ATHLETE AWARD

RYAN SCHENCK

(FOOTBALL, LACROSSE)

JENNIFER PANTELL

(CROSS COUNTRY, INDOOR TRACK, AND SPRING TRACK)

SCHOLAR ATHLETE AWARD

DAVID GLASS

(BASKETBALL, BASEBALL)

JESSICA SEKLER

(TENNIS, BASKETBALL)

HEART OF THE HAWK AWARD

LAUREN BERNSTEIN

(GYMNASTICS)

MATTHEW WEISELTHIER

(BOWLING)

KATIE WOODBURN

(LACROSSE)



2014-2015 END OF THE YEAR AWARDS

UNsung HERO AWARD

YOUSIF AFGHANZADA
(FOOTBALL)

NICOLE BARRAGATO
(SWIMMING)

LAUREN BERNSTEIN
(GYMNASTICS)

KYLE COLEMAN
(LACROSSE)

MATTHEW DINHOFFER
(SOCCER)

SAMANTHA GOLDBERG
(SOCCER, SOFTBALL)

DIONISIOS KATEHIS
(SWIMMING)

JOHN KIM
(VOLLEYBALL)

BYOUNG LEE
(OUTDOOR TRACK)

DON LEE
(OUTDOOR TRACK)

MIA REICH
(LACROSSE)

JUSTIN RUBIN
(WRESTLING)

SAE OTAKA
(OUTDOOR TRACK)

JESSICA SEKLER
(GIRLS' TENNIS)

NICK TAVEL
(GOLF, BASKETBALL)

TAYLOR VACA
(LACROSSE)

2015 SPRING TEAM MVPs

JUNIOR VARSITY TEAM MVPs

BASEBALL-MATT BUTIGIAN

BOYS' TENNIS-ANTHONY CASALE

BOYS' GOLF-MICHAEL GUSTAFSON

SOFTBALL-ALYSSA MOSKOWITZ

BOYS' LACROSSE-JORDAN BERSON

VARSITY TEAM MVPs

BASEBALL-MICHAEL O'BRIEN

BOYS' GOLF-NICK TAVEL

BOYS' TENNIS - YUVAL SOLOMON

BOYS' LACROSSE-BRIAN CAMERON

BOYS' OUTDOOR TRACK-BRANDON PARK

GIRLS' GOLF-VIVAN LIN

GIRLS' LACROSSE-LAUREN HEALY

GIRLS' OUTDOOR TRACK-JENNIFER PANTELL

SOFTBALL-DANIELLE DEFLIPPIS



SPRING 2015 POST SEASON AWARD WINNERS

ALL-STATE

YUVAL SOLOMON (SOPH) - BOYS' TENNIS

ALL-COUNTY

EVAN LANDER (JR) - BOYS' TENNIS

DANIEL LEE (SOPH) - BOYS' GOLF

JUNGMIN LEE (SR) - BOYS' TENNIS

MICHAEL O'BRIEN (SR) - BASEBALL

HONORABLE MENTION ALL-COUNTY

BRIAN CAMERON (SR) - BOYS' LACROSSE

LAUREN HEALY (SOPH)-GIRLS' LACROSSE

CJ MAZZOCCHI (JR) - BOYS' LACROSSE

VICTORIA OVERBECK (SOPH)-SOFTBALL

ALEX RANDISI (SOPH)-SOFTBALL

ALL-CONFERENCE

JOANNA CHENG (SOPH) - GIRLS' OUTDOOR TRACK-SHOT PUT

JUSTIN CONROY (JR) BOYS' GOLF

BRIAN MALONEY (JR) - BASEBALL

KEVIN PASTIER (JR) - BOYS' LACROSSE

RENNE PETELIS (JR)- GIRLS' LACROSSE

BRIAN SAFER (JR) - BASEBALL

JAKE SALTZMAN (JR) - BASEBALL

RYAN SCHECNK (SR) - BOYS' LACROSSE

JOSH WOLIN (JR) BOYS' GOLF

CORY WOLIN (JR) BOYS' GOLF

NICK TAVEL (SR) BOYS' GOLF

CLASS OF 2015 WALL OF FAME INDUCTEES**ALL SATE****ASHLEY BELLINO**GYMNASTICS
FRESHMAN**ALLEN DURUTOVIC**BOYS' VOLLEYBALL
SENIOR**JESSICA LOPEZ**GYMNASTICS
FRESHMAN**PETER PAPPAS**WRESTLING
SOPHOMORE**YUVAL SOLOMON**BOYS' TENNIS
SOPHOMORE**RENNE VULLIN**GYMNASTICS
FRESHMAN**MATTHEW WIESELTHIER**BOWLING
SENIOR



CLASS OF 2015 WALL OF FAME INDUCTEES

ALL-COUNTY

SARI ARROW (8TH) GIRLS' BOWLING
SAMANTHA BENENSON (SR) GIRLS' TENNIS
LAUREN BERNSTEIN (SR) GYMNASTICS
RACHEAL BERNSTEIN (SOPH) GIRLS' TENNIS
MARIA CONIGLIO (JR) GIRLS' VOLLEYBALL
ALLEN DURUTOVIC (SR) BOYS' BASKETBALL
GABRIELLE DWORKIN (SR) GIRLS' BOWLING
MADLYN FERNBACH (SR) GIRLS' SOCCER
MATTHEW FERNBACH (SR) BOYS' SOCCER
BRENDAN FITZPATRICK (JR) BOYS' BASKETBALL
JENNA FISHELBERG (SR) GIRLS' SOCCER
NICHOLAS GODINO (SR) BOYS' VOLLEYBALL
DAN KWON (SR) BOYS' VOLLEYBALL
EVAN LANDER (JR) - BOYS' TENNIS
ARON LAMPERT (SR) BOYS' BOWLING
DANIEL LEE (SOPH) - BOYS' GOLF
JUNGMIN LEE (SR) - BOYS' TENNIS
BRIAN MALONEY (JR) BOYS' VOLLEYBALL
MICHAEL O'BRIEN (SR) - BASEBALL
JENNIFER PANTELL (SR) GIRLS' WINTER TRACK
ALEXA SCHAUMBURG (JR) GIRLS' TENNIS
RYAN SCHENCK (SR) FOOTBALL
JESSICA SEKLER (SR) GIRLS' TENNIS
JAMIE SIMON (JR) GYMNASTICS
MARIA TORRICO (8TH) GYMNASTICS
OLENA TROJANOWSKI (SR) GIRLS' WINTER TRACK
BRYAN WANG (SR) BOYS' VOLLEYBALL

HONORABLE MENTION ALL-COUNTY

TYLER ALTSCHUL (JR) BOYS' SOCCER
BRIAN CAMERON (SR) - BOYS' LACROSSE
DAVID GEYER (JR) BOYS' SOCCER
LAUREN HEALY (SOPH)-GIRLS' LACROSSE
CJ MAZZOCCHI (JR) - BOYS' LACROSSE
VICTORIA OVERBECK (SOPH)-SOFTBALL
ALEX RANDISI (SOPH)-SOFTBALL



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2015-2016 Interscholastic Sport Schedule

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, Cheerleading—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

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

Girls' Lacrosse

Mia Riech (SR) - Girls' Lacrosse—Scholar Athlete
Erin Curran (JR) - Girl's Lacrosse—Unsung Hero

NYSPhAA Scholar Athlete Teams in the Top Ten

Gymnastics (1st in the State)
Boys' Lacrosse (2nd in the State)
Boys' Soccer (3rd in the State)
Boys' Bowling (3rd in the State)
Boys' Indoor Track (3rd in the State)
Boys' Outdoor Track (3rd in the State)
Girls' Basketball (4th in the State)
Boys' Golf (4th in the State)
Boys' Tennis (5th in the State)
Boys' Basketball (6th in the State)
Girls' Lacrosse (7th in the State)
Baseball (9th in the State)

