



# The Hawks Nest

## POB Physical Education, Health, Athletics and Recreation

POB

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### Lund and Faello named Student Athletes of the Year



This newsletter marks the end of another successful year of Hawks Interscholastic Athletics. The 2017-2018 year saw the Hawks reach great heights both on and off the field. Three student athletes were named to All American teams. The Boys' Golf, Baseball, and Gymnastic teams each won Conference Championships, while the Boys' Bowling and Gymnastic teams won County championships. For the second year in a row we received the School of Excellence award for outstanding academic achievement by NYSPHSAA.

At the Senior Awards and Wall of Fame dinner, sponsored by POB Athletic Booster Club, multiple awards and scholarships were handed out. Miranda Lund (Gymnastics) was named the Senior Female Student Athlete of the Year, while Mark Faello (Baseball) was named the Senior Male Student Athlete of the Year. Bryan Hirsch (Bowling) and Jungin Lee (Swimming, Indoor track and Outdoor Track) were named Scholar Athletes of the year.

**Miranda Lund** was a 6 year varsity gymnast. During her career Miranda won two NYSPHSAA State Championships on beam (2016 and 2018) and the all-around NYSPHSAA title in 2016. She has also been crowned the Nassau County Individual Gymnastics Champion twice. She was a three time All-American and two All-State. She has lead her team to 3 Nassau County Championships and 3 Conference Championships. Next year Miranda will continue her gymnastics and academic career at Cornell University.



**Mark Faello** was a 4 year varsity baseball player. During his career he had a record of 15-1 with a 1.73 ERA and 212 strikeouts. He also batted .322 with 5 HR and 38 RBIs. In 2017 he was named the Diamond Award winner. This is given to the top pitcher in Nassau County. He was All-State in 2017 and All-County in 2016,2018. He helped lead the Hawks to back to back Conference Championships. Next year Mark will continue his baseball and academic career at Hofstra University.

### Boys' Golf Conference Champions!



The 2018 Boys' Golf team had one of the most successful seasons in program history, as they captured the Conference Championship for the first time since 2011 with a 7-1 record. The Hawks were led by junior co-captain and All-County recipient Saurav Bhasin who registered the team's low score for the County Tournament along with senior co-captain and All-County Honorable Mention recipient Minchul Kim.

Also receiving post season awards for the Hawks were All Conference recipients senior Ethan Birnbaum and freshman Sachin Bhasin.

One highlight for the Hawks this year came on May 3rd at Bethpage's green course where the Hawks overtook perennial champs Port Washington with a great 8-1 team victory to clinch the Conference Championship. The Hawks showed their ability to perform under pressure as 5 of the 6 matches were decided by less than 3 strokes.

The final highlight of the 2018 season came on the last day of the Nassau County Championship Tournament where Saurav Bhasin shot a 76 on Bethpage's red course to finish in the top 8 out of the 130 participants to qualify for the NY State Championships at Cornell University. Saurav became Plainview-Old Bethpage JFK's first state representative in over a decade.

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### Spring Season Recap

Boys' Golf Conference Champions

Baseball Conference Champions

2—All-State

9—All-County

Corrine Badeer broke the school record in Girls' lacrosse for points and goals in a season. (75G, 88 Ps)



Dylan Cook has committed to C.W. Post. Dylan will continue his academic and football career as member of the Pioneers football team.



Jamie Yonkers has committed to NYIT. Jamie will continue her academic and volleyball career as member of the Bears Volleyball team.

### NYSPHSAA Scholar Athlete Award



One of the core values of the Plainview Old Bethpage Athletic Department is that “ *Every student athlete and coach will aim for, pursue and achieve high academic standards*”.

Once again our student athletes and coaches worked hard to ensure that numerous Varsity teams earned the distinction of NYSPHSAA Scholar Athlete Team. This award is given to a team which has 75% of their roster with accumulative GPA of 90 or higher. This award is a great achievement for any interscholastic athletic team and demonstrates a true commitment to education from our student athletes, coaches, teachers and support staff.

In addition to our team’s academic success 68% of our varsity student athletes received the individual scholar athlete award. Given to any varsity student athlete with a 90 GPA or higher.

This spring season the following teams earned the NYSPHSAA Scholar Athlete Team Award:

Team	GPA
Boys’ Tennis	96.67
Girls’ Outdoor Track	96.31
Girls’ Lacrosse	94.64
Boys’ Outdoor Track	94.45
Girls’ Badminton	93.96
Girls’ Golf	93.40
Baseball	93.29
Boys’ Lacrosse	92.63
Boys’ Golf	92.23
Softball	91.87

### Hawks moving on to College

It is with great pleasure that I announce that 12 Plainview-Old Bethpage student athletes have decided to pursue a college degree while participating in collegiate athletics.

- Jordan Berson—Lacrosse– SUNY Oneonta
- Dylan Bucking—Football– Cortland University (D3)
- Michael Cole—Baseball—Franklin and Marshall (D3)
- Dylan Cook—Football– C.W. POST (D2)
- Michael Conti– Lacrosse– Wheaton College (D3)
- Mark Faello—Baseball—Hofstra University (D1)
- Dan Lee—Soccer-Bard College (D3)
- Miranda Lund-Gymnastics-Cornell University (D1)
- Tyler Marinaccio—Baseball– Maine University (D1)
- Jake Meyers– Cross Country– SUNY Geneso (D3)
- Ryan Saltzman—Baseball—Mercy College (D2)
- Jamie Yonkers– Volleyball– NYIT (D3)





### Catching up with our Alumni



**Domenic Palumbo—(Class of 2014) - Farmingdale State—Baseball—**Played in 27 games, batted .287 with 2 HR and 10 RBIs. In his career he played in 116 games, batted .294, with 3 HR 54 RBIs, 10 SB, 18 doubles. Was named 2nd team all-conference in 2018

**Joseph Marvel—(Class of 2014) NYIT—Baseball—**Named to the Athletic Director's Honor roll twice during his career. Had a career batting average of .333

**Chris Tracz—(Class of 2014) Marist College—Baseball—** Played in 35 games and batted .232 with 2 HR and 22 RBI. In his career Chris played in 68 games, batted .228 with 4 HR and 37 RBIs. He was named the MAAC All-Academic team three times.

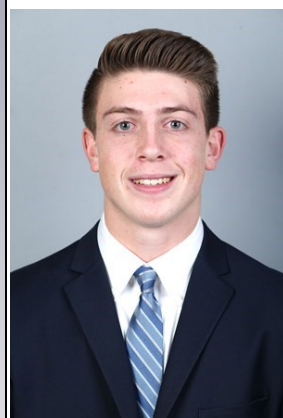
**Anglea Bollettieri (Class of 2014) Molly College—Lacrosse—**Played in 10 games and had 1 assist. In her career she played in 26 games, scored 9 goals, had 2 assists and secured 15 groundballs.

**Thomas Ensmenger—(Class of 2015) Drew University—Lacrosse—**Played in 13 games and scored 3 goal and had 4 assists.

**Jessica Steinhilber-(Class of 2015) - Utica College—Lacrosse—**Played in 17 games with 15 ground ball recoveries

**David Glass—(Class of 2015) - John Hopkins College—Baseball—** names to the Centennial Conference Academic Honor Roll. Made 4 appearances, pitched 5 innings and struck out 4

**Jake Saltzman—(Class 2016) - Molloy College—Baseball—**batted .284 with 4 HR, 22 RBIs, 8 doubles and 15 stolen bases



**Kevin Pastier—(Class of 2016) - Molloy College-Lacrosse-** Started all 16 contests...Led the team in scoring with 39 goals, including nine man-up markers...Totaled 48 points, 20 ground balls, and two caused turnovers...Tallied 10 multi-goal contests, including six hat tricks

**CJ Mazzocchi—(Class of 2016)-Manhattan College—Lacrosse—** Played in 14 games and secured 6 ground balls. Named to the MAAC All-Academic team

**Brian DeGennaro-(Class of 2016) - Misericordia College- Lacrosse-** Played in 3 games and had 2 saves

**Joe Galasso—(Class of 2016) - Mount Saint Mary College—Baseball—**Played in 5 games and batted .750

**Kyle Supran—(Class of 2016) - Ursinus Collge—Baseball—** Played in 11 game, batted .325 with 4 RBIs

**Jake Supran—(Class of 2016) - Urisinus College—Baseball—**Played in 21 games, had 2 doubles and 4 RBIs on the season

**Troy Benson—(Class of 2017) - CW Post University—Outdoor Track –**Benson had a personal best time in the 200m of 24.99 at the SJC invitational

**Justin Kimmel—(Class of 2017) –Muhlenberg University-Baseball-**Pitched in three games and had 3 strikeouts



**Victoria Overbeck—(Class of 2017) —Swarthmore College-Softball—**Played in 29 games this year and batted .247. She had 4 doubles and 4 RBIs on the season.

**Matthew Butigan—(Class of 2017) —Saint Anslem-Baseball-** name to the NE-10 All-Rookie team. Played in 35 games and led the team in batting with a .325avg and on-base percentage .432. On the year he had 7 doubles and 15 RBIS.

**Yuval Solomon— (Class of 2017)- Wake Forest University—Tennis—** Member of the 2018 NCAA Division 1 National Championship team



Jordan Berson has committed to SUNY-Oneonta. Jordan will continue his academic and athletic career as member of the Red Dragon lacrosse team



## Boys' Tennis Serves Up Another Banner Year

The 2018 spring season was another solid one for the Boys' Varsity Tennis team. For the 3rd straight year the net men stormed their way into the Nassau County Team playoffs semifinals. They posted their best regular season record in 9 seasons, finishing in 3rd place in the toughest conference in Nassau County, Conference I.

The top of our card was well-manned by Sophomore Jared Phillips, who posted an outstanding 12-4 record, playing against some of the best singles players in Nassau, in his 3rd year as a singles starter. This earned him All-Conference honors. (Just a side note: Jared has filled the spot vacated by NYS 2-time reigning Singles Champion, Yuval Solomon, who graduated last June and is a member of the newly crowned 2018 NCAA Collegiate Tennis Champions, Wake Forrest.) The strength of our team has truly been our singles players, rounded out by Sophomore Anthony Casale and Junior Ethan Treihaft. Both are honored as All-Division players.

Keeping with that youth theme, of the team's perennial 11 starters, 8 of them are currently sophomores or younger. This bodes well for our team for seasons to come. Anchoring the Hawks were seniors, Nick Dechiaro and Alex Wright, who contributed mightily in the doubles ranks. Both of these players received All-Division honors, as did their doubles partners, Sean Cohen and Sam Weissman, respectively. Also achieving this honor was Brandon Bernstein and Ido Moriah.

The Hawks' entries into the "Counties," Nassau's county-wide tournament for the best singles and doubles of the more than 60 tennis teams of our high schools, were a great success, as well. Anthony Casale fought through the singles brackets to attain All-County status, while Dechiaro and Cohen advance all the way to the Final 4 of doubles teams to be crowned as All-State players!

Hawks Boys Tennis has a very bright future! Not only do we return nearly everyone from our starting roster next season, but they possess several years of varsity competition experience. To add to all that, our Junior Varsity team moved up to Conference 1 competition for the first time, battling the best the county has to offer at the JV level. This has primed them well to compete with the best at the Varsity level. Great season Hawks!!

## Baseball—Back to Back Conference Champions

The 2018 Hawks varsity baseball team enjoyed another amazing and fun filled season with some great games and lots of memories. This spring, the team finished 18-6 overall, including the playoffs. In league play, the Hawks went 14-4 and won the regular season conference championship again. This is the first time since 2003-2004 that the Hawks won back to back regular season conference titles. The team won all six series they played, getting a sweep in two of them. This helped the Hawks earn the number 2 seed in the AA playoffs, home field advantage, and a first round bye.

The playoffs started against the Port Washington Vikings in what turned out to be a crazy, week-long series because of weather and TWO suspended games. The Hawks took the series two games to one. The first game had to be continued because of rain. It resumed two days later. The third and final game was suspended after 12 innings of play because of darkness with the game tied 2-2. The game was finished the following afternoon, with the Hawks coming out on top 3-2.

The victory propelled the Hawks into the semi-finals against 4th seed, and defending LI champions, the Massapequa Chiefs, who had beaten the Hawks in the county finals last year. This series ended the way last years finals did, with the Chiefs upending the Hawks. It ended the season and a great two year run that saw the Hawks go 30-6 in league play and 37-13 overall the last two springs. Many good things came out of the season, along with many accomplishments for individual players and the team.

*"Continuous effort—not strength or intelligence—is the key to unlocking our potential."*

**Sir Winston Churchill**



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

**Thomas A. Edison**



## POB Booster Club—I've Got your Back Award

The POB Athletic Booster club is sponsoring a new award that will recognize JV and Varsity Student Athletes. The award is given to student athletes that best exemplify the traits of being a great teammate and willingness to help others succeed. This season's award winners are:

**JV**— **Andrew Gelfman**, **Mathew Lipchik** (Boys' Tennis), **James Manzo** (Baseball), **Matthew Anderson** (Boys' Lacrosse), **Max Loria** (Boys' Golf), **Karin Sannonmiya** (Girls' Badminton), **Brianna Paoli** (Girls' Lacrosse)

**Varsity**— **Cooper Levine** (Boys' Tennis), **Ryan Saltzman** (Baseball), **Harrison Kyriacou** (Boys' Lacrosse), **Gabriella Alvarez** (Softball), (Boys' Outdoor Track), **Isabell Wallach** (Girls' Outdoor Track), **Lyndsey Shulroff** (Girls' Lacrosse), **Minchul Kim** (Boys' Golf), **Marielle Garvey** (Girls' Golf), **Anastasia Grossfeld** (Girls' Badminton)

## 2018-2019 Interscholastic Sports Schedule

The following is the 2018-2019 Nassau County Interscholastic Sports schedule. These dates have been approved and are final. Please remember that all JV and Varsity teams do practice during school vacations and students are required to attend.

### Fall Sports

JV/V Football— August 20th

All remaining JV/Varsity Fall Sports August 27th

Kickline—September 4th

All Middle School Sports - September 5th

### Winter Sports

Varsity and JV Wrestling and Cheerleading—November 7th

All other JV and Varsity Sports—November 13th

All Winter 1 Middle School Sports—November 5th

All Winter 2 Middle School Sports—January 21st

### Spring Sports

B/G Lax, Baseball, Softball, —March 4th

B/G Track, B/G Golf —March 11th

G Badminton, B Tennis—March 18th

All Middle School Spring Sports—April 1st

*For more information please go to Athletic Website*

## Girls' Outdoor Track—One for the Record Books



The POB Girls' outdoor track teams had one of its best seasons ever. The team won 17 medals, 8 of them at Divisional Championships and 2 at County Championships. The leadership of this team was generated from the captains; Jenna Chow, Sinead Heaney, Isabel Wallach, & Jane Wernow. Head Coach Justin Carey and Assistant Coach Brianna Yannotta couldn't have been more proud of the teams individual and group efforts. The team MVP, junior Amy Lederer, is an incredible athlete who broke the school record in 400IH 3 times during the season. She also broke the school record

in the SMR relay with Leah Chavez, Isabel Wallach, and Emily Yagudaev. She broke the school record in the 4 x 800m relay with Leah Chavez, Sinead Heaney, and Jane Wernow. Amy earned 2 All Division awards in the 400IH and 100HH. Other record breaking feats were accomplished by senior Angelina Kim in Pole Vault who jumped 9 feet three times during the season and earned both All Division as well as All County awards. Freshman Shaina Smith broke the school record in high jump twice during the season with her best jump at 5'2", earning her All County and 2nd place at the State Qualifier.

### Fitness Fact:

*"Memory retention and learning functions are all about brain cells actually changing, growing, and working better together, exercise creates the best environment for that process to occur."*

**John J. Ratey**, clinical associate professor of psychiatry at Harvard Medical School



*"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**

## 2017-2018 End of the Year Awards

### STUDENT ATHLETE AWARD

MIRANDA LUND  
(GYMNASTICS)

MARK FAELLO  
(BASEBALL)

### SCHOLAR ATHLETE AWARD

JUNGIN LEE  
(GIRLS' SWIMMING AND DIVING, INDOOR TRACK,  
OUTDOOR TRACK)

BRYAN HIRSCH  
(BOYS' BOWLING)

### HEART OF THE HAWK AWARD

JORDAN BERSON  
BOYS' LACROSSE

SATNADAR KAUR  
GIRLS' LACROSSE

RYAN SANDLER  
BOYS' VOLLEYBALL

SYDNEY SENDER  
GIRLS' LACROSSE

SARAH SOMNEZ  
GIRLS' LACROSSE

MELANIE GOLUBOW  
GYMNASTIC

LUKE PETRSORIC  
BOYS' BADMINTON

MATTHEW SAFER  
BOYS' SOCCER

MATT WOLSON  
BOYS' CROSS COUNTRY  
BOYS' INDOOR TRACK  
BOYS' OUTDOOR TRACK



## 2017-2018 End of the Year Awards

### UN Sung HERO AWARD

**WILL ALTMANN**

BOYS' LACROSSE  
BOYS' VOLLEYBALL

**RACHEL BAER**

GIRLS' INDOOR TRACK

**JESSICA LOPEZ**

GYMNASTICS

**CHRISTIAN SCHIAVONE**

BOYS' CROSS COUNTRY  
BOYS' INDOOR TRACK  
BOYS' OUTDOOR TRACK

**RENEE VULIN**

GYMNASTICS

**LUKE PETROSORIC**

BOYS' BADMINTON

**LEAH CHAVEZ**

GIRLS' CROSS COUNTRY

**MICHAEL SCHATT**

FOOTBALL

**GABRIELLA ALVAREZ**

SOFTBALL

**MICHAEL COLE**

BASEBALL

**SABRINA KACHIANOS**

GIRLS' OUTDOOR TRACK

**RACHEL TRICHON**

GIRLS' LACROSSE

**MICHAEL SCHATT**

FOOTBALL

**MATT LAMANTIA**

BOYS' BADMINTON

**DAN PETROSORIC**

BOYS' SOCCER

## 2017-2018 End of the Year Awards

### GOLDEN HAWKS

The Golden Hawk award is given to any student athlete who has lettered in 12 junior varsity or varsity seasons in grades 9 through 12. This is the highest award that the Athletic Department gives out. The POB Athletic Department and coaches recognize that any individual that receives this award has demonstrated a true commitment, sacrifice, dedication and loyalty towards POB Athletics

ANGELINA KIM

CHRISTIAN SCHIAVONE

DANIEL VILCHEK

MATT WOLSON

MICHAEL SCHATT

JAKE MEYERS





## 2017-2018 End of the Year Awards

### PLATINUM HAWKS

The Platinum Hawk award is designed to recognize any student athlete who has received 8 varsity letters during their POB Athletic career. This award recognizes those student athletes that have achieved and sustained a level of excellence during their high school career.

CORRINE BADEER

LEAH CHAVEZ

RYAN CHOI

STANLEY CHOW

NICHOLAS DECHIARO

MATTHEW ELIASI

SEBASTIAN FELIPE

BRYAN HORN

SABRINA KACHIANOS

ANGELINA KIM

JUNGIN LEE

JAKE MEYERS

GISELLE MUNOZ

CHRISTIAN SCHIAVONE

SARAH SONMEZ

DANIEL VILCHEK

MATT WOLSON

## 2018 Spring Team MVPs

### JUNIOR VARSITY TEAM MVPS

RYAN OSTRAGER – BASEBALL

RYAN PAJER – BOYS' GOLF

ANDREW ALBERTELLI–BOYS' LACROSSE

JUSTIN KIM–BOYS' TENNIS

MICHELLE ZHU – GIRLS' BADMINTON

ALEXANDRA WHITMORE - GIRLS LACROSSE

### VARSITY TEAM MVPs

MARK FAELLO–BASEBALL

SAURAV BHASIN – BOYS' GOLF

JARED PHILLIPS –BOYS' TENNIS

JORDAN BERSON – BOYS' LACROSSE

JAKE MEYERS–BOYS' OUTDOOR TRACK

SOPHIE GOODMAN – GIRLS BADMINTON

JACLYN PRINTZ – GIRLS' GOLF

CORRINE BADEER – GIRLS' LACROSSE

AMY LEDERER – GIRLS' OUTDOOR TRACK

SAMANTHA FRIED –SOFTBALL



## 2018 Spring Post Season Award Winners

### All-State

Nicholas Dechiaro (SR) Boys' Tennis

Sean Cohen (SOPH) Boys' Tennis

Mark Faello (SR) Baseball

### All-County

Jordan Berson (SR) Boys' Lacrosse

Suarav Bhasin (JR) Boys' Golf

Anthony Casale (SOPH) Boys' Tennis

Ryan Saltzman (SR) Baseball

Tyler Marinaccio (SR) Baseball

Angelina Kim (SR) Girls' Outdoor Track

Shaina Smith (SR) Girls' Outdoor Track

Jack Meyers (SR) Boys' Outdoor track

### Honorable Mention All-County

Michael Conti (SR) Boys' Lacrosse

Jessica Libertelli (SR) Softball

Minchul Kim (SR) Boys' Golf

### All-Conference

Corrine Badeer (SR) Girls' Lacrosse

Ethan Birnbaum (SR) Boys' Golf

Anastasia Grossfield (JR) Girls' Badminton

Dan Petrosoric (SR) Boys' Lacrosse

Jaclyn Printz (8th) Girls' Golf

Michael Schatt (SR) Boys' Lacrosse

Jack Thurber (SR) Boys' Lacrosse

Rachel Weiss (SR) Softball

Sachin Bhasin (FR) Boys' Golf

Dylan Cook (SR) Boys' Lacrosse

Emily Howell (FR) Softball

Jared Phillips (SOPH) Boys' Tennis

Michael Rothstein (JR) Baseball

Sarah Teper (SR) Softball

Rachel Trichon (SR) Girls' Lacrosse

### All-Division

Brandon Bernstein (SOPH) Boys' Tennis

Madira Gowda (JR) Girls' Outdoor Track

Ido Moriah (FR) Boys' Tennis

Ethan Treihaft (FR) Boys' Tennis

Alex Wright (SR) Boys' Tennis

Micheal Cole (SR) Baseball

Amy Lederer (SOPH) Girls' Outdoor Track

Ethan Schorr (JR) Baseball

Sam Weissman (SOPH) Boys' Tennis

**2017-2018 Wall of Fame Inductees****ALL-AMERICAN****JESSICA LOPEZ**

GYMNASTICS

SENIOR

**MIRANDA LUND**

GYMNASTICS

SENIOR

**RENEE VULIN**

GYMNASTICS

SENIOR

**ALL - STATE****NICHOLAS DECHIARO**

BOYS' TENNIS

SENIOR

**SEAN COHEN**

BOYS' TENNIS

SOPHOMORE

**MARK FAELLO**

BASEBALL

SENIOR



## 2017-2018 Wall of Fame Inductees

### ALL COUNTY

**MELENA ALDORISIO (JR)**  
GIRLS' VOLLEYBALL

**ASHLEY BELLINO (SR)**  
GIRLS' SWIMMING AND DIVING

**MICHAEL BISCARDI (SR)**  
BOYS' VOLLEYBALL

**ANTHONY CASALE (SOPH)**  
BOYS' TENNIS

**NICK GALASSO (JR)**  
BOYS' VOLLEYBALL

**SINEAD HEANEY (JR)**  
GIRLS' CROSS COUNTRY

**VINCENZO IANNI (SR)**  
BOYS' SWIMMING AND DIVING (200 FREE RELAY)

**PHILLIP JANKOWITZ (SR)**  
BOYS' BOWLING

**MATT LAMANTIA (SR)**  
BOYS' BADMINTON

**JAKE MEYERS (SR)**  
BOYS' CROSS COUNTRY  
BOYS' OUTDOOR TRACK

**WILL PRICE (JR)**  
BOYS' SOCCER

**JUNEHYUK ROH (JR)**  
BOYS' SWIMMING AND DIVING (200 FREE RELAY)

**RYAN SALTZMAN (SR)**  
BASEBALL

**HEATHER SANBORN (FR)**  
GYMNASTICS

**SHAINA SMITH (FR)**  
GIRLS' OUTDOOR TRACK

**DOUGLAS VACA (JR)**  
BOYS' SWIMMING AND DIVING (DIVING)

**ISABELL WALLACH (JR)**  
GIRLS' SOCCER

**JACK YOU (JR)**  
BOYS' SWIMMING AND DIVING (200 FREE RELAY)

**SARI ARROW (JR)**  
GIRLS' BOWLING

**JORDAN BERSON (SR)**  
BOYS' LACROSSE

**SAURAV BHASIN (JR)**  
BOYS' TENNIS

**BRAIN DEMARINIS (FR)**  
BOYS' BADMINTON

**SAMANTHA FRIED (JR)**  
SOFTBALL

**WILLIAM GRIESHABER (JR)**  
BOYS' SWIMMING AND DIVING (200 FREE RELAY)

**BRYAN HIRSCH (SR)**  
BOYS' BOWLING

**JUSTIN ILOULIAN (JR)**  
BOYS' VOLLEYBALL

**ANGELINA KIM (SR)**  
GIRLS' OUTDOOR TRACK

**TYLER MARINACCIO (SR)**  
BASEBALL

**DANIEL MORALES (SR)**  
WRESTLING

**SABINA RATAS (7TH)**  
GYMNASTICS

**PAYTON SACKS (8TH)**  
GYMNASTICS

**ALYSSA SANBORN (7TH)**  
GYMNASTICS

**CHRISTIAN SCHIAVONE (SR)**  
BOYS' CROSS COUNTRY

**SAL TESTA (SOPH)**  
BOYS' BOWLING

**ALEXA VEGODA (SOPH)**  
GIRLS' SOCCER

**DENNIS WANG (JR)**  
BOYS' BADMINTON



### Girls' Outdoor Tack Records

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
<b>4x400</b>	S. Otaka S Sethi J Pantell E Schreiber	4:46.0	5/12
<b>4x800</b>	<b>L Chavez</b> <b>S Heaney</b> <b>A Lederer</b> <b>J Wernow</b>	<b>10:46.33</b>	<b>5/18****</b>
<b>SMR</b>	<b>L Chavez</b> <b>A Lederer</b> <b>I Wallach</b> <b>E Yagudaev</b>	<b>2:03.40</b>	<b>5/18****</b>
<b>SMR F/S</b>	C Krinstler J Passes A Picciurro M Rizzo	2:09.5	4/08
<b>DMR</b>	J Gentile M Rizzo L Solomon L Whittlin	14:12.7	4/08
<b>DMR F/S</b>	K Wallach E Otaka A Hedgecock A Gungor	14:19.5	5/10
<b>Long Jump</b>	A Gungor	16' 1.25"	5/11
<b>Triple Jump</b>	A Gungor	33' 1.75"	5/11
<b>High Jump</b>	<b>S. Smith</b>	<b>5'2"</b>	<b>5/18****</b>



## Girls' Outdoor Track Records

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
100 M	B. Goldfeder	12.7	5/99
110 HH	J Best	18.1	5/07
200 M	B D'Angelis	27.3	5/06
400 M	M. Levy	59.9	5/07
<b>400 IH</b>	<b>A Lederer</b>	<b>71.38</b>	<b>5/18****</b>
800 M	J. Gentile	2:25.0	5/08
1500 M	J Gentile	4:57.9	5/08
1500 Walk	V Smith	8:27	5/06
Mile	J Gentile	5:36.2	5/08
3000 M	B Rabinovici	11:17	5/94
<b>2000M Steeple</b>	<b>S Heaney</b>	<b>7:46.43</b>	<b>5/18****</b>
4x100	S Alhante	52.5	5/07
	M Levy		
	B D'Angelis		
	J Passes		
4x100 F/S	S Ahlante	54.1	5/05
	C Russoles		
	A Delman		
	L Singer		
4x200	L Singer	1:55.4	4/06
	C Russoles		
	S Ahlante		
	M Levy		
Shot Put	K Serani	32' 3"	5/1980
Discus	T Logan	81' 3"	5/06
<b>Pole Vault</b>	<b>A. Kim</b>	<b>9'0"</b>	<b>5/18****</b>

**Boys' Outdoor Tack Records**

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
<b>4x 1600</b>	Jake Meyers Christian Schiavone Bryan Horn Tyler Goldstein	20:12.9	3/17/2017
<b>SMR</b>	Troy Benson Matt Eliasi Ethan Lerman Ross Gillman	1:45.0	3/25/2017
<b>DMR</b>	L Flanagan K Crean S LaRosa D Turner	12:24.1	5/06
<b>MMR</b>	A Ercolano M Mellina M Scalia M Trojanowski	3:58.0	4/11/13
<b>Shot Put</b>	J Siragusa	38'5.5"	4/06
<b>Discus</b>	K Crean	122'	5/07
<b>Long Jump</b>	B Park	19'9"	4/12/16
<b>Triple Jump</b>	D Kim	39'11"	2011
<b>High Jump</b>	M Benjamin	6'2"	4/2/11
<b>Pole Vault</b>	J Siragusa	9'0"	5/06





## Boys' Outdoor Track Records

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
<b>100 M</b>	W Zuckerberg	11.2	4/12/16
<b>110 HH</b>	D Landau	16.3	5/06
<b>200 M</b>	M Newman	23.2	4/07
<b>400 M</b>	I Clar	52.2	3/04
<b>400 IH</b>	C Whalen	61.1	4/07
<b>800 M</b>	M Ferone	2:06.7	4/20/10
<b>1600 M</b>	M Ferone	4:39.2	4/20/10
<b>3200 M</b>	M Ferone	9:51.4	5/17/10
<b>Steeple</b>	M Ferone	9:53.1	6/2/10
<b>4x100</b>	M Gullota	46.6	5/22/13
	C Dender		
	M Mellina		
	A Ercolano		
<b>4x200</b>	C Casamassina	1:46	4/05
	J Siragusa		
	S Kaminker		
	T Messina		
<b>4x400</b>	A Ercolano	3:46.9	5/1/12
	J Gruttaduria		
	K Castillo		
	J Mass		
<b>4x800</b>	Jake Meyers	8:53.87	3/17/2017
	Christian Schiavone		
	Jae Song		
	Nico Venturini		



## POB

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### 2017-2018 Interscholastic Season Start Dates

#### Fall Sports

JV/V Football— August 20th  
All remaining JV/Varsity Fall Sports August 27th  
Kickline—September 4th  
All Middle School Sports - September 5th

#### Winter Sports

Varsity and JV Wrestling and Cheerleading—November 7th  
All other JV and Varsity Sports—November 13th  
All Winter 1 Middle School Sports—November 5th  
All Winter 2 Middle School Sports—January 21st

#### Spring Sports

B/G Lax, Baseball, Softball, —March 4th  
B/G Track, B/G Golf —March 11th  
G Badminton, B Tennis—March 18th  
All Middle School Spring Sports—April 1st

### Support POB Athletics and Athletes

Join the **POB ATHLETICS BOOSTER CLUB** Today!

The Booster Club supports our student athletes through schol-  
arships, 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**

#### Baseball

**Mark Faello**—Conference AA2 player of the year, Newsday All-Long Island  
1st Team

#### Girls' Lacrosse

**Brooke Reamer**—Unsung Hero Awards

