



The Hawks Nest

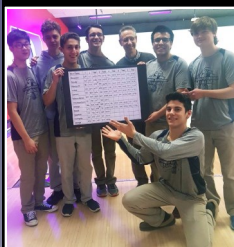
POB Physical Education, Health, Athletics and Recreation

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Bowling—County Champions



The Boys' Varsity Bowling team had an incredibly memorable season, in which they won the Nassau County team-bowling tournament in February and represented Nassau County at the state tournament in Syracuse on March 11th. The teams never-say-die attitude and perseverance served them well this year. All 12 members of the team have put together the season of a lifetime, which they will never forget. Our school's athletic records will show that this group of bowlers achieved a level of bowling excellence that has not been seen here since 1996. It's been 22 years since the boys bowling team from Plainview has gone to the state tournament representing Nassau County.

The county title was preceded by a successful regular season where the varsity team was 10-2 in matches overall and finished in second place in Conference 3, losing to Massapequa by 1 point in the final season standings. The last match of the season against Massapequa was when our team jelled and rallied to beat Massapequa head to head, 2 games to 1. In spite of losing the first game of the match, the boys came back to win games 2 and 3 and proved to themselves that they were capable of anything they put their minds to achieving. They proved that again to the entire county 3 weeks later.

This year, senior co-captains Bryan Hirsch and Max Heller led our team to victory with quiet confidence. Senior Phillip Jankowitz was reliable all season and carried us to victory in the county tournament. Philip also rolled a perfect 300 game back in November. Our two other seniors, Nick DeChiaro -who was our leadoff bowler and David Savarino who rolled his own personal high game 238 during match play, will all be missed and difficult to replace next year. Sophomore, Sal Testa, and Junior, Stanley Kim, will be the future leaders of our team over the next several years. Bryan, Philip, and Sal all finished the 36 game regular season with an average over 200 and are considered All County Bowlers, and Nick DeChiaro finished the season above 190 and received All League Honors. Congratulations to the entire team.

Gymnastics-One for the record Books



This year was one for the record books for the Hawks Gymnastics team.

The Hawks steamrolled through conference play, going undefeated (11-0) and capturing the conference crown. In the last regular season meet of the season the Hawks defeated Massapequa and tied a Nassau County record with a total score of 175.3.

At the Nassau County Team Championship the Hawks continued to flex their muscles capturing the Nassau County Championship! Completing a remarkable team season.

Six Hawks qualified for the Coaches Invitational where Dominica Wallace took 3rd place on the vault.

Seven Hawks qualified for the Nassau County Invitational Championship. Senior Jessica Lopez took 3rd overall and qualified for the State team, while fellow senior Miranda Lund won the Nassau County Overall Championship for the 2nd time.

At the State meet Miranda came in 2nd overall and won the NYSPHSAA State Title on beam. This is Miranda's 2nd time winning the State title on beam during her career. Miranda will be attending Cornell University next year where she will be continuing her academic and gymnastic career.

The senior class of Miranda Lund, Renee Vulin, Jessica Lopez, Melanie Golubow and Giselle Munoz have combined for 3-All-American, 5—All-State, 3- Nassau County titles, 3 conference championships. This was truly a remarkable run for this team!!!

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Winter Season Recap

3— All-American

15 – All-County

Gymnastics

Undefeated Conference and County Championship

Boys' Bowling

County Champions

Miranda Lund

NYSPHSAA State
Champion on Beam



Congratulations to Michael Conti and his family on continuing his academic and lacrosse career at Wheaton College.



Congratulations to Jamie Yonkers and her family on continuing her academic and volleyball career at NYIT.



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, 75% of our varsity student athletes received the individual scholar athlete award. Given to any varsity student athlete with a 90 GPA or higher.

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

Team	Team GPA
Girls’ Indoor Track	96.94
Boys’ Swimming and Diving	96.40
Gymnastics	94.83
Boys’ Basketball	94.71
Boys’ Indoor Track	94.23
Boys’ Bowling	93.64
Girls’ Bowling	93.57
Girls’ Basketball	92.19

Hawks moving on to College

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

- Dylan Bucking—Football—Cortland University (D3)
- Michael Cole—Baseball–Franklin and Marshall (D3)
- Michael Conti—Boys’ Lacrosse—Wheaton (D3)
- Mark Faello—Baseball—Hofstra University (D1)
- Miranda Lund—Gymnastics–Cornell University (D1)
- Tyler Marinaccio—Baseball—University of Maine (D1)
- Ryan Saltzman—Baseball—Mercy College (D2)
- Jamie Yonker—Volleyball—NYIT (D2)





POB Athletic Hall of Fame

The Plainview-Old Bethpage Hall of Fame committee recently announced the Hall of Fame Class of 2018. Here are the members of the 1st ever Hall of Fame class.

Student Athletes

Brad Greenberg—Basketball—JFK High School—Class of 1972

Seth Greenberg—Basketball—JFK High School—Class of 1974

Marc Iavaroni—Basketball—JFK High School—Class of 1974

Susan Kushy—Swimming and Diving—JFK High School—Class of 1974

Karen Serani—Basketball, Softball, Volleyball, and Outdoor Track—Plainview High School—Class of 1981

Elise Tropiano—Cross Country, Indoor Track, and Outdoor Track—POB-JFK HS—Class of 2005

Coaches

Karen Baker—JFK High School—Girls' Swimming and Diving—1966-1982

Charlie Schlegal—Plainview High School—Boys' Swimming and Diving—1960-1985

Russi Villalta—POB-JFK HS—Boys' Volleyball Coach—1995-present

Contributor

Jack Young—Director of PAL Football and Cheerleading—2002-2017

On June 27th we will be hosting our 1st annual POB Hall of Fame Golf Outing at Bethpage State Park. Please join us as we honor these great individuals and enshrine them in to the POB Hall of Fame.



Another great season by our Challenger basketball program this year. Congratulations to all of student athletes and coaches.

Catching up with our Alumni



Nick Godino ('15) - Baruch College—Volleyball—Played in 86 sets, led the team in points (284.0), kills (255)

Alec Durutovic ('15) - SUNY Oswego—Basketball— played in 10 games and scored 6 points and grabbed 9 rebounds.

Bradley Weiss ('15) St. Joseph's—Basketball—Played in 24 games, averaged 14.6 min/g and 4.3 PPG and grabbed 3.5 REB/G and 1.3 BLK/G.

Brendan Fitzpatrick ('16) SUNY Cortland-Basketball-Played in 26 games and averaged 18.3 Min/G, 2.3 PPG, 2.0 REB/G, 1.3 AST/G

Aaron Kim ('16) Baruch College—Volleyball— played in 79 sets, led the team in assists (363),

Daniel Kim ('17) Hunter College—Volleyball— played in 5 matches and 8 sets.

Jack Stafford ('17) Scranton College—Basketball— played in 6 games and scored 6 points.

Katherine Lee ('17) Hunter College—Swimming-Award CUNYAC rookie of the week 1/16. Finished 4th in the 200Y (2:15.50) at the CUNYAC Championships

Peter Pappas ('17) Edinboro University—placed 2nd at the PSAC Championships, 3rd place at the Eastern Michigan Open. On the season he had a 11-8 record and 4-2 dual meet record, with 1 technical falls and 3 major decisions.



2018-2019 Interscholastic Sports Schedule

Next year the POB CSD will begin school on September 5th. I have copied the 2018-2019 Nassau County Interscholastic Sports schedule for your review. These dates have been approved and are final. Please remember that JV and Varsity do practice during school vacations and students are required to attend.

Fall Sports

JV and Varsity Football – August 20th
All other JV and Varsity Sports—August 27th
All Middle School Sports—September 5th

Winter Sports

Varsity and JV Wrestling 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 22nd

Spring Sports

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

For more information please go to Athletic Website

Stratford Road—12th Annual 4th Grade Circus



On March 9, 2018, Stratford Road Elementary School held its 12th annual Fourth Grade Circus. For the past 12 years the National Circus Project (NCP) has been conducting workshops with our younger students and a student show with our 4th graders. Students at Stratford Road eagerly await circus week at school. The circus week brings fun and excitement for all the students at Stratford Road. The week consists of all grades 1-3 receiving a workshop during their Physical Education class, while the fourth grade students

come to the gym throughout the week several times to work on their skills and acts. The acts change from year-to-year and this year was no different. This year's show featured Stilts, Diablo, Devil sticks, Balancers, Clowns, Wire Walkers, Jugglers and Plate Spinners. Making the show different every year keeps the excitement and anticipation on high for the younger students looking forward to their turn to put on their show. The start of the program is an assembly show, which is performed by the professionals to demonstrate to the students all the different activities they will be working on during the week. Students and staff look forward to the introductory assembly show and the workshops during circus week. Students who are shy or may have some challenges thrive in this program as much as those who are more athletic. Most of the fourth grade students come in 45 minutes early before school opens to practice their skills and routines. This program helps students come out of their shells and realize their full potential. It's an amazing self-esteem builder. Watching students progress from not even being able to get on a pair of stilts, to walking over another student while blindfolded is truly incredible. When you have that kind of success, that kind of enthusiasm and excitement, it makes me smile and remember this is why I love being a Physical Education Teacher. This is a lifetime of memories my students are making. This program would not be possible without the support from the entire staff at Stratford Road and the PTA. Thank you to all of them for making this week so amazing for our students. This year's show was a huge success, and I look forward to many more shows in the future.

“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



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 will be 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— Jordan Lambert (B Basketball), Jordan Dohrman (G Basketball),

Varsity— Michael Schatt (B Basketball), Isabella Tramontana (G Basketball), Christian Schiavone (B Indoor Track), Sabrina Kachianos (G Indoor Track), Stephanie Cheng (Cheerleading), Max Heller (B Bowling), Vanessa Bonilla (G Bowling), Spencer Dorf (Wrestling), Jessica Lopez (Gymnastics), Elana Kaminsky (Kickline)

Parkway—Jump Rope For Heart



This February for heart month, the students at Judy Jacobs Parkway School teamed up with the American Heart Association and participated in the "Jump rope/ Hoops for heart" fundraiser. Heart health is routinely discussed in P.E. class at JJP, but this event allowed us to help others less fortunate.

In Physical Education class the students were asked to do various stations that involved Jumping and Shooting hoops. Activities such as mini trampolines, hurdles, speed ladders, jump ropes and basketball shooting were among the favorites in the school. The enthusiasm by the students made for the perfect combination of staying healthy themselves, and raising money by having fun!

More than 160 JJP students and families participated in the fundraising efforts. Our daily totals were posted in the main entrance of the school, which created a buzz every morning to see how much MORE they've raised each day. All totaled, the JJP school raised \$15,025 dollars to support heart health for the A.H.A.!!!

A HUGE thank you to everyone at JJP and to the P.T.A. for providing parental assistance for our K and 1st grade classes.

Winter Olympics come to Old Bethpage



This year the Winter Olympics may have been in PyeonChang, South Korea, but they also made a stop at Old Bethpage Elementary school. From January thru March students at Old Beth got the chance to learn, explore and experience various winter Olympic activities including; bobsled, curling, speed skating, and Skelton, while competing as delegates from various countries.

As part of the Winter Olympic program each student had to research various facts about the country they were from.

The culminating event of the Old Bethpage Winter Olympics involved all of the 4th grade student participating in a day long Olympic competition. The day ended with the Medal heats in front of a packed gym. Thank you to all of the students who participated, to all of the Old Bethpage staff for their help throughout this process, to Ms. Gray and Dr. Yannucci for your support.

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 Winter Team MVPs

JUNIOR VARSITY TEAM MVPS

BOYS' BASKETBALL—NICK NEMIKAS

GIRLS' BASKETBALL—EMMA KIMMEL

VARSITY TEAM MVPs

COMPETITIVE CHEERLEADING—AMANDA ROGERS

BOYS' BASKETBALL—BRANDON MINTZ

BOYS' BOWLING—BYRAN HIRSCH & PHILLIP JANKOWITZ

BOYS' SWIMMING AND DIVING—JUNEHYUK ROH

BOYS' WINTER TRACK AND FIELD—JAKE MEYERS

GIRLS' BASKETBALL—EUNICE YIM

GIRLS' BOWLING—HAYLEY GOLDSMITH

GIRLS' WINTER TRACK AND FIELD—JANE WERNOW

GYMNASTICS—MIRANDA LUND

KICKLINE—ABBY BENOWITZ

WRESTLING—DAN MORALES



2017-2018 Winter Post Season Award Winners

All-American

Miranda Lund (SR) Gymnastics

Jessica Lopez (SR) Gymnastics

Renee Vulin (SR) Gymnastics

All-County

Sari Arrow (JR) Girls' Bowling

Bryan Hirsch (SR) Boys' Bowling

Phillip Jankowitz (SR) Boys' Bowling

Daniel Morales (SR) Wrestling

Sabina Ratas (7th) Gymnastics

Junehyuk Roh (SR) Boys' Swimming (50 Free)

Payton Sack (8th) Gymnastics

Alyssa Sanborn (7th) Gymnastics

Heather Sanborn (FR) Gymnastics

Sal Testa (SOPH) Boys' Bowling

Douglas Vaca (JR) Boys' Swimming (Diving)

200 Free Relay—Junehyuk Roh (SR), Jack You (JR), Vincenzo Ianni (JR), William Grieshaber (JR)

All-Conference

Perry Azougi (FR) Wrestling

Matt Coleman (JR) Wrestling

Nick Demasi (SOPH) Wrestling

Nicholas DeChiaro (SR) Boys' Bowling

Nick Galasso (JR) Boys' Basketball

Marinda Gowda (JR) Girls' Indoor

Ziv Granov (FR) Wrestling

Angelina Kim (SR) Girls' Indoor Track

Harrison Kyriacou (JR) Wrestling

Vincenzo Ianni (JR) Boys' Swimming (50 Free)

Jake Meyers (SR) Boys' Indoor Track

Brandon Mintz (SR) Boys' Basketball

Junehyuk Roh (SR) Boys' Swimming (100 Free)

Eunice Yim (JR) Girls' Basketball

Max Yahre (SOPH) Wrestling

400 Free Relay—Junehyuk Roh (SR), Jack You (JR), Vincenzo Ianni (JR), William Grieshaber (JR)

All League/ALL-Division

Samuel Chon (8th) Boys' Swimming 500 Free

Junehyuk Roh (SR) Boys' Swimming (50 Free)

Mel Oganessian (SR) Boys' Swimming 500 Free

Douglas Vaca (JR) Boys' Swimming (Diving)

Vincenzo Ianni (JR) Boys' Swimming (50 Free)

200 Free Relay—Junehyuk Roh (SR), Jack You (JR), Vincenzo Ianni (JR), William Grieshaber (JR)

200 Medley Realy—Marvin Dan (SOPH), Jack You (JR), Ziho Kim (SOPH), Justin Baek (SR)

400 Free Relay—Junehyuk Roh (SR), Jack You (JR), Vincenzo Ianni (JR), William Grieshaber (JR)



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
Pole Vault	J. Pantell	8'6	2015
	A. Kim		2018
Relays			
4 X 200	<u>1:57.3</u>	4 X 800	<u>10:30.25***</u>
E.Otaka	2009	S. Heaney	2018
A.Austria		J. Wernow	
J. Passes		A. Lederer	
B.D' Angelis		L. Chavez	
4 X 400	<u>4:35.8</u>	Mile Medley	<u>5:05</u>
J.Wallach	2012	A. Joe	2001
B.Nickel		T.Pritchard	
M.Fiume		C.Krammerer	
A.Gungor		M.Jarchin	
		DMR	<u>13:45.57***</u>
		S. Heaney	2018
		J. Wernow	
		A. Lederer	
		L. Chavez	



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	T. Benson	39.31	12/12/15
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> 1:39	<u>4 X 800</u> 9:02	<u>4 x 1600</u> 20:35
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> 3:24	<u>Mile Medley</u> 4:07	<u>55HH Relay</u> 27.9
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

Event	Year	Time	Record Holder
<i>200 Medley</i>	<i>2017</i>	<i>1:54.53</i>	<i>Brandenstein, Tanaka, Mejia, Lee</i>
200 Free	2013	2:01.32	Ren
<i>200 IM</i>	<i>2017</i>	<i>2:17.34</i>	<i>Tanaka</i>
<i>50 Free</i>	<i>2017</i>	<i>25.40</i>	<i>Tanaka</i>
<i>IM Dive (11 Dives)</i>	<i>2017</i>	<i>379.90</i>	<i>Bellino</i>
<i>IM Dive (6 Dives)</i>	<i>2017</i>	<i>269.12</i>	<i>Bellino</i>
<i>100 Fly</i>	<i>2017</i>	<i>1:01.22</i>	<i>Mejia</i>
100 Free	1996	56:15	Peysen
500 Free	1996	5:21.53	Peysen
<i>200 Relay</i>	<i>2017</i>	<i>1:44.17</i>	<i>Brandenstein, Tanaka, Mejia, Lee</i>
100 Back	2012	59.66	Ren
<i>100 BR</i>	<i>2017</i>	<i>1:11.26</i>	<i>Tanaka</i>
<i>400 Rel</i>	<i>2017</i>	<i>3:52.16</i>	<i>Brandenstein, Tanaka, Mejia, Lee</i>



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	Flanaghan
<i>50 Free</i>	<i>2018</i>	<i>21.97</i>	<i>J. Roh *****</i>
IM Dive	2006	263.26	J. Siragusa
100 Fly	2011	53.27	J. Gabalski
100 Free	2008	48.10	Flanaghan
500 Free	2001	5:06.18	Descovich
<i>200 Relay</i>	<i>2018</i>	<i>1:30.14</i>	<i>Grieshaber, Ianni, Roh and You</i>
100 Back	2006	55.64	Flanaghan
100 BR	2011	1:03.30	A. Gabalski
400 Rel	2011	3:54.66	Casciola, D. Siragusa, Alexander, J. Gabalski



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2018-2019 Interscholastic Season Start Dates

Fall Sports

JV and Varsity Football – August 20th
All other JV and Varsity Sports—August 27th
All Middle School Sports—September 5th

Winter Sports

Varsity and JV Wrestling November 7th
All other JV and Varsity Sports—November 13th
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Spring Sports

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Varsity and JV B/G Golf, B/G Track—March 11th
Varsity and JV 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
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

Gymnastics

Miranda Lund—1st Team Newsday All Long Island Team

Miranda Lund—Newsday Gymnast of the Year

Deb Rut—Newsday Gymnastics Coach of the Year

