



The Hawks' Nest

POB Physical Education, Health, Athletics and Recreation

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Boys' Soccer—Nassau County Champions!!!

The Plainview-Old Bethpage Boys' Varsity Soccer team started the season with a goal, to host and win a home playoff game. They accomplished this goal when they defeated the Hempstead Tigers 1-0 on a cool October night. The Hawks didn't just stop there though, instead they did something that no Boys' Soccer team had accomplished since 1985, they were crowned the 2022 CLASS AA NASSAU COUNTY BOYS' SOCCER CHAMPIONS!

After the Hempstead game the Hawks headed to Mitchell Field five days later for a semi-final match up versus Port Washington. The Hawks lost to the Vikings earlier this season 0-1 but Asher Block scored the game's only goal and the Hawks got revenge this time with a 1-0 win.

The Nassau County Championship game would be one for the ages. The Hawks were facing the #1 seed Oceanside. In late September the Hawks lost to Oceanside 0-2, but once again the Hawks would prevail 1-0 in double overtime when Weber Nakagawa-Duarte headed home a cross from Ryan Misiti late in the second overtime.

That goal earned the Plainview-Old Bethpage Boys' Soccer team their third Nassau County championship in school history and the program's first since 1985.

The Hawks would fall short in the next round but nothing could take away what this group of young men achieved this year.

The Hawks finished the season with a 14-4-1 record. As a team they scored 41 goals and gave up only 15 on the season for a goal differential of +26. Senior Asher Block (16 goals and 5 assists) and Sophomore Weber Nakagawa-Duarte (13 goals and 3 assists) helped spearhead the offensive attack. Sophomore Ryan Misiti lead the team in assists with 8. Junior goalie Ben Selmer had 9 shutouts for the season.

The Hawks took home some individual honors as well, Asher Block earned All-Region. Weber Nakagawa-Duarte and Senior Sean Lee earned All-County. Sophomore Christopher Simonian earned All-County Honorable Mention. Ryan Misiti, Juniors Anthony Powers and Zachary Hammerman along with Freshman Connor Faello earned All-Conference honors.

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Fall Season Recap

Individual Honors

All-County—10

All-Region—1

County Champs

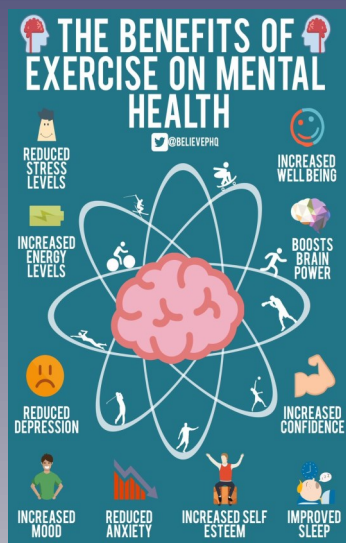
Boys' Soccer

NYSPPHSAA Scholar Athlete Team Award

100% of Varsity teams
achieved this award

87.6% of the varsity student
athletes had a GPA of 90 or
higher during the 1st quarter





NYSPHSAA Scholar Athlete Team 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 100% of the 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 academic success, 87.6% of our varsity student athletes received the Individual Scholar Athlete Award. This award is given to any varsity student athlete with a GPA 90 or higher.

Team	Overall GPA
Girls' Swimming and Diving	100.060
Boys' Badminton	99.709
Boys' Volleyball	98.954
Girls' Tennis	97.990
Kickline	97.661
Girls' Cross Country	97.328
Girls' Volleyball	96.687
Girls' Soccer	96.211
Boys' Soccer	96.049
Cheerleading	95.106
Football	95.042
Boys' Cross Country	94.776

Student Commitments

It is with great pleasure that we announce that five Plainview-Old Bethpage student athletes have informed the athletic department of their decision to pursue a college degree while participating in collegiate athletics.

Steven Forgione—Football—University of Charleston—Division 2

Alexa Hospodar—Softball—Stonehill College—Division 1

Rachel Krogman—Softball—University of New Haven—Division 2

Andrew Lenski—Baseball—Iona University—Division 1

Nathan Sica—Baseball—Drew University—Division 3





Alumni Update—Fall Season



Jamie Yonkers—(Class of 2018) - Adelphi University—As a senior Jamie earned NE10 Libero of the week 2 times and was named the NE10 Libero of the year and 1st team All-NE10. As a junior she led the NE10 in digs (585) and digs/set (5.63), she was also named the ECAC defensive player of the month (September) and was named Libero of the week 4 times. In her career at Adelphi she was named the NE10 Libero of the year (2021,2022), CoSIDA Academic All-District (2021), NE10 Academic All-Conference (2021), NE10 Academic Honor Roll - Academic Distinction (Fall '20), NE10 Academic Honor Roll - Academic Honors (Spring '21, Fall '21). As a freshman at NYIT Jamie earned East Coast Conference Libero of Year, AVCA East Region and ECC Rookie of the Year (Second Team All-ECC), D2CCA Second Team All-East Region and AVCA All-East Region Honorable Mention and Named NYIT Freshman Woman Athlete of the Year.

Will Price—(Class of 2019) - SUNY Geneseo—Soccer—Played in 9 games this year with a .84 GA/AVG. In his career Will has started 44 games, with 23 victories and 8 shutouts.

Dani Pollard—(Class of 2019) - University of Vermont—Soccer—Redshirted this year.

Nick Galasso—(Class of 2019) - Sacred Heart University—Volleyball—Played in 16 matches this past season. During his career he has played in 23 matches.

Sinead Heaney—(Class of 2019) - Marist College—Cross Country—Earned MAAC All-Academic Team during the 2021 season.

Harrison Kyriacou (Class of 2019) - Worcester Polytechnic Institute—Football—As a senior Harrison started every game and recorded 71 tackles and 2 sacks. He Earned NEWMAC Football Defensive player of the week when he had 11 tackles and 1 INT against Coast Guard. In his career he has played in 19 games and recorded 104 tackles, 2 sacks and 7 tackles for loss.

Andrew Albertelli—(Class of 2020)- Pace University— Football—Played in 5 games this past season recording 4 tackles. In 2020-21 he earned NE10's Academic Honor Roll.

Stephen Betz—(Class of 2020)-Syracuse University—Soccer— Was a member of the 2022 NCAA National Champions Orangemen team. During his career he has played in 9 games.

Alex Lessman—(Class of 2020) - Cortland—Soccer—Started 20 of 21 games for the Red Dragons in 2022, scoring 3 goals and adding 2 assists.

Lexi Vegoda—(Class of 2020) - Binghamton University—Soccer—Played in 18 games this past season for the Bearcats, scoring 4 goals and adding 3 assists. In her career she has played in 43 games scoring 5 goals and adding 3 assists.

Jack Pinnata—(Class of 2021) - Cortland—Soccer—Played in 10 games this season for the Red Dragons

Alex Kyriacou—(Class of 2021) - University of New Haven—Football— Earned Academic Honors (Fall 2021) and Academic Distinction (Spring 2021) accolades on the Northeast-10 Academic Honor Roll and named to the New Haven Dean's List following the spring semester.

Evan Gordon—(Class of 2022) SUNY– Brockport—Football—Redshirted this past year.

Kyle Meyers— (Class of 2022) - University of Albany—Cross Country—Redshirted this past year.

Tom Theocharidis—(Class of 2022) - Alvernia University –Football—Played in 7 games this season.

Justin Siegel—(Class of 2022) - SUNY-Plattsburgh– Boys' Soccer—Played in one game this season.

Jordan Washburn—(Class of 2022) - SUNY Brockport—Cross Country—Helped the Golden Eagles to a 2nd place finish in the SUNYAC Cross Country Championship. On 9/1 he finished in the top 30 with a time of 16:53 in the Houghton Highlander Short Course (5K), and placed in the top 40 with a time of 27:51 in the Highlander Cross Country Invitational (8K).



Junior Stephen Betz was a member of the 2022 NCAA National Champion Syracuse Orangemen team. During his career he has played in 9 games.



Harrison Kyriacou has been a two year starter on the WPI Goats football team. In his career he has played in 19 games and recorded 104 tackles, 2 sacks and 7 tackles for loss.

"To be gritty is to keep putting one foot in front of the other. To be gritty is to hold fast to an interesting and purposeful goal. To be gritty is to invest, day after week after year, in challenging practice. To be gritty is to fall down seven times, and rise eight."

Angela Lee Duckworth



Nothing great was ever accomplished without enthusiasm!

Ralph Waldo Emerson

Boys' Volleyball



This season the Boys' Volleyball Team finished with a record of 9-9. The Hawks advanced to the Quarter finals of the Nassau County Class A playoffs. This was the first time in a few seasons they reached this level, but they lost a heart-breaking 5th set 15-13 against Farmingdale. The following Hawks received All-County Awards; Sean Farrell and Aiden Gasbarro. The following Hawks received All-Conference Awards; Jacob Adler and Geoffrey Rothschild. Aadi Shah was recognized by Nassau County as a Scholar Athlete and Alex Berko was recognized as an Unsung Hero. Many players on the team were ranked in stats for Nassau County; Sean Farrell 196 Kills, Geoffrey Rothschild 480 Assists, Aiden Gasbarro 214 Digs.

Girls' Volleyball



The Girls' Varsity Volleyball team finished with a conference record of 8-6. The Hawks defeated the Baldwin Bruins 3-0 in their quarterfinal playoff game, but fell short against Massapequa in the county semifinals. The girls took home a number of county awards, including All-County for senior setter Jordyn Rubin, All-County Honorable Mention for junior outside hitter Sarah Fisher and junior libero Ella Katz, and All-Conference for junior outside hitter Maddy Laucella. In addition, Sofie Nelson took home County Scholar-Athlete recognition. During the season, Jordyn Rubin surpassed 1,000 career assists, something that cements her in the Hawks' history books. Although the Hawks will miss the presence of their All-County setter next year, they look forward to an exciting season as they move into AAA classification.



POB Athletic Booster Club "I've Got Your Back Award"

The Athletic Department introduced a new award for our student athletes called the "I've Got Your Back Award". This award is sponsored by the POB Athletic Booster Club and recognizes JV and Varsity student athletes. The award is given to student athletes who best exemplify the traits of being a great teammate and willingness to help others succeed.

JV— *Ryan Jennings* (Football), *Kyra Dewan* (Girls' Soccer), *Ava Frangas* (Girls' Volleyball), *Derek Herzog* (Boys' Soccer), *Kayla Wener* (Girls' Tennis), *Max Tuomey* (Boys' Volleyball), *Warren Chang* (Boys' Badminton)

Varsity— *Evan Zhang* (Boys' Badminton), *Elaine Li* (Girls' Tennis), *Cameron Momany* (Boys' Soccer), *Abigail Nacht* (Girls' Cross Country), *Nicholas Bologna* (Boys' Cross Country), *Alexis Mauer* (Cheerleading), *Sarah Fisher* (Girls' Volleyball), *Melissa Dan* (Girls' Swimming and Diving), *Tyler Sperry* (Boys' Volleyball), *Steven Forgione* (Football), *Gabriela Weinstein* (Girls' Soccer), and *Kerry Cohen* (Kickline)

The mission of the POB Athletic Booster Club is to provide the Department of Athletics with the resources it needs to be a leader among Conference I programs. It is the goal of the Athletic Booster Club to enhance the relationships between our athletic program and its alumni, parents and friends, while giving our boosters an opportunity to play an active role in supporting our student athletes.

Vanessa Jackson—NYS Teacher of The Year Finalist



Congratulations to POB-JFK HS Health Education teacher Mrs. Vanessa Jackson on being named as a finalist for the prestigious New York State Teacher of the Year Award. Mrs. Jackson was honored in Albany earlier this school year for this outstanding accomplishment.

Mrs. Jackson began her teaching career in the POBCSD in 2010 and has played an integral part of the high school and district health education programs.

She runs and organizes numerous events throughout the school year that help to promote healthy living choices. The high school blood drive, safe dates, breast cancer awareness presentations and alumni days are just a few of these programs.

Nassau Zone Outstanding Physical Education Award



Congratulations to seniors Solenna Shirodkar and Alex Briganti on being named this year's recipients of the Nassau Zone Outstanding Physical Education Award. This award recognizes one young woman and one young man in the 2023 graduating class who exemplify outstanding physical performance, scholastic ability and leadership qualities.

When asked to explain how physical education has impacted their high school experience, *Alex commented,*

"Physical Education has inspired me to take control of my overall health and wellness", and Solenna replied, "Physical Education has provided me mental breaks during my day and it has taught me how to collaborate and work well with others." Solenna and Alex were honored on December 2nd at Crest Hollow Country Club in Woodbury, NY.



*"Do not judge me
by my
successes, judge
me by how many
times I fell
down and got
back up again."
Nelson Mandela*



*"Physical fitness is
not only one of the
most important
keys to a healthy
body, it is the
basis of dynamic
and creative
intellectual
activity."
John F. Kennedy*



2022 FALL TEAM MVPs

JUNIOR VARSITY TEAM MVPs

BOYS' BADMINTON—GARRETT GREENBERG

BOYS' SOCCER— RYAN MITTASCH

BOYS' VOLLEYBALL— RYAN KATZ

FOOTBALL — LOGAN TODISCO

GIRLS' SOCCER — AVA BOUNOUGIAS

GIRLS' TENNIS — LINDSAY GLEIBER

GIRLS' VOLLEYBALL — ISABELLA SALLIE

VARSITY TEAM MVPs

BOYS' BADMINTON — BRENDAN KAYE

BOYS' CROSS COUNTRY — GRAYSON KIES

BOYS' SOCCER — ASHER BLOCK

BOYS' VOLLEYBALL — SEAN FARRELL

CHEERLEADING — GIANNA SANTIAGO

FOOTBALL —HUNTER GALAN

GIRLS' CROSS COUNTRY — FAITH COHEN

GIRLS' SOCCER — MYLA TIZZARD

GIRLS' SWIMMING AND DIVING — JADEN YEE

GIRLS' TENNIS — DANI WEISSMAN

GIRLS' VOLLEYBALL — JORDYN RUBIN

KICKLINE — JORDAN ESPANET



FALL 2022 POST SEASON AWARD WINNERS

ALL-REGION

ASHER BLOCK (SR)

BOYS' SOCCER

ALL-COUNTY

FAITH COHEN (SOPH)
GIRLS' CROSS COUNTRY

SEAN FARRELL (SR)
BOYS' VOLLEYBALL

ZIYAD KAZI (SOPH)
BOYS' BADMINTON

WEBER NAKAGAWA-DUARTE (SOPH)
BOYS' SOCCER

JORDYN RUBIN (SR)
GIRLS' VOLLEYBALL

LAUREN DIPIERRI (JR)
GIRLS' SOCCER

AIDEN GASBARRO (JR)
BOYS' VOLLEYBALL

SEAN LEE (SR)
BOYS' SOCCER

ALEX ROSS (SOPH)
BOYS' BADMINTON

MYLA TIZZARD (SOPH)
GIRLS' SOCCER

HONORABLE MENTION ALL-COUNTY

SARAH FISHER (JR)
GIRLS' VOLLEYBALL

ELLA KATZ (JR)
GIRLS' VOLLEYBALL

KELLY HAMMAREN (JR)
GIRLS' SOCCER

AVA MATLIN (SR)
GIRLS' SOCCER

EMMA HEANEY (SOPH)
GIRLS' SOCCER

CHRISTOPHER SIMONIAN (SOPH)
BOYS' SOCCER

ALL-CONFERENCE

JACOB ADLER (SR)
BOYS' VOLLEYBALL

ZACHARY HAMMERMAN (JR)
BOYS' SOCCER

BEN KULE (SR)
BOYS' BADMINTON

BEN LEVINE (SR)
BOYS' CROSS COUNTRY

RYAN MISITI (SOPH)
BOYS' SOCCER

SATSANG SARDAR (SOPH)
BOYS' BADMINTON

JAYDEN WU (JR)
BOYS' BADMINTON

CONNOR FAELLO (FR)
BOYS' SOCCER

KEVIN IDICULA (JR)
BOYS' BADMINTON

MADISON LAUCELLA (JR)
GIRLS' VOLLEYBALL

RAYMOND LI (SOPH)
BOYS' BADMINTON

ANTHONY POWERS (JR)
BOYS' SOCCER

SHAYNA STRAUS (SR)
GIRLS' TENNIS

JADEN YEE (SR)
GIRLS' SWIM AND DIVE-1M DIVING

TYLER FEINBERG (SR)
BOYS' BADMINTON

GRAYSON KIES (FR)
BOYS' CROSS COUNTRY

SOOMIN LEE (SR)
BOYS' BADMINTON

EMMA LIPNER (JR)
GIRLS' SOCCER

GEOFFREY ROTHSCHILD (JR)
BOYS' VOLLEYBALL

JACLYN WHITMORE (SOPH)
GIRLS' SOCCER

DELILAH COLANTUONI (SOPH)
GIRLS' SWIM AND DIVE-100 FLY

200 FREE RELAY TEAM-MELISSA DAN (SR), ELLA BERKO (FR), ANNA KIM (JR), JADEN YEE (SR)

400 FREE RELAY TEAM-MELISSA DAN (SR), DELILAH COLANTUONI (SOPH), DANIELLE CHON (JR), JADEN YEE (SR)

ALL DIVISION

200 MEDLEY RELAY TEAM-MAGGIE LIN (SR), CHLOE NG (SOPH), EMMA LEBLOND (SOPH), ANNA KIM (JR)

200 FREE RELAY TEAM-MELISSA DAN (SR), ELLA BERKO (FR), DANIELLE CHON (JR), ANNA KIM (JR)

Additional Post Season Awards—Sport Specific



HOME OF THE HAWKS

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2022-2023 Interscholastic Season Start Dates

Spring Season

3/13/23—B and G Lax, Baseball, Softball, and B and G Outdoor Track
3/20/23—B and G Golf, G Flag Football, G Badminton, and B Tennis

Middle School Sports

Winter 2 Season—1/17/23-G Basketball, B Volleyball, Wrestling, and Bowling

Spring Season—3/27/23- Baseball, Softball, B and G Lax, B and G Outdoor Track, G Tennis



Support POB Athletics and Athletes by
joining the POB ATHLETIC BOOSTER CLUB!

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

To join please scan the QR Code