



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

POB

Volume 2, Issue 1

11/20/14

A Great Success—Coaches vs. Cancer



Throughout the week of October 6th the Varsity and Junior Varsity coaches and student athletes raised money and awareness for the American Cancer Society as part of our 1st annual Coaches vs. Cancer week. Coaches vs. Cancer is a Nationwide program that helps increase cancer awareness and promote healthy living among students, faculty and staff, fans and the community at large

through year round awareness efforts, fundraising activities, and advocacy programs. The fundraising efforts here included the student athletes selling t-shirts and collecting donations during 9th and 10th period at the high school. At each home game our student athletes proudly wore their Coaches vs. Cancer T-Shirts during their warm ups and during the games they wore pink socks, shoelaces and pink headbands as well.

As a result of their hard work and dedication to this cause the POB Athletic Department was able to donate over \$2,300 to American Cancer Society to help fight the battle against cancer. The success of this event is due to the outstanding efforts of our coaches and student athletes. Special thanks to the POB Booster Club and Coach Stacey Brennan.

Thank you student athlete and coaches for demonstrating your commitment and passion for this great humanitarian cause.

Hawks are County Champions!!!



Congratulations to the Varsity Boys' Volleyball team for an outstanding season. There were many accomplishments and milestones that occurred during the year. The Hawks came in 2nd in their Conference with a record of (14-2) and an overall record of 18-3. The program passed 400 win when the Hawks defeated Syosset early in the season. The team qualified for their 15th

appearance to the Nassau County Championships playoffs. The Hawks faced defending champions Massapequa in the county finals. Four exciting games later the Hawks were crowned County champions. It is the programs 8th Nassau County Championship overall.

The team then advanced to their first Long Island Championships since the volleyball season was moved into the Fall 5 years ago. Unfortunately, the Hawks fell short to Sachem North HS who eventually were the NY State Champions.

Congratulations to Dio Katehis for earning All Division honors. Brian Maloney, Dan Kwon, Nick Godino, Bryan Wang and Allen Durutovic all earned All-County honors.

At the Nassau County tournament the Hawks continued to garner more post season awards. Maloney, Wang, and Durutovic were each named to the All-County tournament team. Godino was honorable mention All- Tournament. Durutovic was named the tourney MVP.

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Special points of interest:

1. Coaches vs. Cancer Week raised over \$2,300
2. Boys' Soccer are Conference Champions
3. Boys' Volleyball are Nassau County Champions
4. 13 student athletes earn All-County honors, 1 earns All-State

Girls' Tennis



Senior, Jessica Sekler, was part of the 10-2 Hawks Girls' Varsity Tennis program

Congratulations to the Girls Varsity Tennis Team for their great season! Led by Coach Lasher and senior captains Erika Schreiber, Rachel Roberts, and Samantha Benenson, the girls had an overall season record of 10-2. They finished second in Conference IIB; with Hewlett in 1st and South Side in 2nd. They unfortunately lost in the first round of playoffs in a close game against South Side High School; losing by a score of 4-3.

Four players from Plainview made the All-County tournament held at Eisenhower Park. Seniors Jessica Sekler and Samantha Benenson with junior Alexandra Schaumberg and sophomore Rachel Bernstein. Congratulations to all of the girls on a fantastic season. We look forward to continued success next year with a solid group of returning players.

By Allison Kwon, 10th grade

Boys' Soccer— Conference Champions!



Congratulations to the Boys' Varsity Soccer Team on another great year. It was a year that was supposed to be a "rebuilding" year. But the boys changed that mindset right in preseason....they came in fit, working hard every time they stepped onto the field, and most important coming together as a team.

The end result was a conference championship for the Hawks and a great playoff run making it to the final 4. The Hawks finished with a 11-1-2 overall record and were undefeated in their

conference. The Hawks ended the season ranked 14th in New York State according to the New York Sports Writers Association.

The Hawks secured the conference champions with a 2-0 victory over Port Washington on the last game of the year.

This season saw many individual honors for the Hawks, Matthew Fernbach earned All-County honors. David Geyer and Tyler Altschul were All-County Honorable Mention. The Hawks had 4 All-Conference players Jesse Hollander, Zach Schain, Austin Geier and Matthew Dinhofer.

Girls' Swimming



Brain Cameron committed to Hofstra University. Brian will continue his lacrosse career as a member of the Pride lacrosse team.

High School swimming had always been an indoor sport at Plainview, until this year. On October 1st, our girls had their first ever outdoor swim meet at Greis Park in Lynbrook. This might not seem to be unusual but try to remember the last time you swam outdoors on Long Island in October. With stoic perseverance and the ability to ignore the cold weather, the POB varsity swim team rolled to a convincing 98 – 72 win over host team Lynbrook H.S.. Alyssa Blum, Brianna Mejia and Olivia Cohen led the way with each girl winning two individual events.

The rest of the season took place in the warmer environment of indoor pools. Melanie Messinger, Olivia Cohen, Alyssa Blum and Noelle Fuggini all earned All-Division honors on the 200 Medley Relay. All-Conference honors were won by Brianna Mejia, Mellanie Messinger, Olivia Cohen, Alyssa Blum, Junjin Lee and Torre Muhlbach. Team MVP Torre Muhlbach set the school diving record for eleven dives with 359.50 points at the County Championship meet. This was the only record set this year

The Hawks' were 6-2 overall and had a conference record of 5-1.





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 came through with 100% of the Varsity Interscholastic Athletic teams earning the distinction of NYSPHSAA

Scholar Athlete Team. This award is given to teams that meet various criteria and have finished with a GPA of 90% or higher. This is 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.

This fall season the following teams earned the **NYSPHSAA Scholar Athlete Team Award**: Boys’ and Girls’ Volleyball, Boys’ and Girls’ Cross Country, Boys’ and Girls’ Soccer Girls’ Swimming, Football, and Girls’ Tennis

Congratulations to all of the athletes and coaches.



Middle School Cheerleaders supporting our Coaches vs. Cancer Week by wearing Pink Bows and Pink Shoelaces. Great Job Girls!

Catching up with our Alumni



Alex Seltzer ('13)-NYIT-Lacrosse— As a freshman in 2014 Alex was named USILA Second Team All-American, earned ECC Goal-keeper and Rookie of the Year honors, and was named All-ECC first team. He went 12-4 in the cage with 169 saves and a 61.2 saves percentage. He made a season-high 18 saves vs. LIU Post (Apr. 19).

Ofir Solomon ('12) - Fairfield—Tennis - As a sophomore in 2014 Ofir was named to the All-MAAC First Team No. 2 Singles, ITA Scholar-Athlete and to the MAAC All-Academic Team. He led the Stags with a 21-4 overall in singles play and 14-10 in doubles play. He went 16-1 in dual play and had a perfect 7-0 mark in MAAC play.

Jonathan Farber ('11) - Hofstra—Golf - During Jonathan’s junior season he was named to the CAA Commissioner’s Academic Award recipient.

Vincent Geritano ('13) - SUNY Maritime—Football –As sophomore he appeared in 3 games for the Privateers

Erica Coppola ('14) - Molly College - Soccer—As a freshman Erica played in 6 games and had 3 shots on goal

Robert Ensmenger ('13) - Alfred College - Lacrosse - As a freshman Robert scored 1 goal and had 3 shots on net.

Daniel DeSimone ('13) - SUNY Farmingdale—Lacrosse—Named Second Team All-Conference...Appeared in 13-of-14 games...Led the team in man-up goals (5) and game-winning scores (3) and ranked fourth in both goals (13) and points (19)

Ryan Corbett ('12) SUNY Farmingdale—Lacrosse—Named Second Team All-Conference after appearing in every game and scoring once. Picked up 19 ground balls. .



Varsity Girls’ Soccer created a beautiful rainbow while supporting POB’s Coaches vs. Cancer Week. The Hawks went 10-5-1 and qualified for the playoffs.



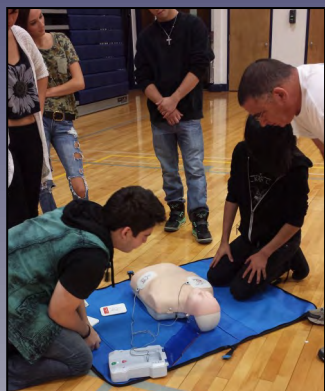
Michael O’Brien has committed to Concordia College to continue his baseball career. Concordia is a Division 2 baseball program

Red Ribbon Week—Middle School Health



The Health Education Department at POBMS held a Red Ribbon Spirit Week from 10/29-11/5 to raise awareness about the dangers of drug use and making bad decisions. During the week the health education department

handed out Red Ribbon pencils and stickers to all MAP groups and invited each MAP group to sign the Drug Free Pledge. The student body, faculty and staff also participated in a dress up theme each day of the week to remind them of making good choices and standing by their decisions when faced with drug related circumstances.



Coach Bernardo teaching High School Physical Education students how to perform CPR as part of our Anyone Can Save A Life Program

Anyone Can Save A Life Program

This past January the POB JFK High School Physical Education and Athletic Department was awarded a grant to become part of the Anyone Can Save a Life Program (ACSL). The ACSL program is a first-of-its-kind emergency action response program. The goal of the program is to teach students simple protocols that will help save lives by immediately responding to life-threatening emergencies. This September the ACSL program was be part of every High School Physical Education. Over the course of two classes the Physical Education teachers taught the student about the following protocols:

- Calling 911 to alert the Emergency Medical System (EMS)
- Early cardiopulmonary resuscitation (CPR)
- Early use of an automated external defibrillator (AED)
- Early transition to EMS

Students were given first hand CPR/AED training as part of the program. The program ended with students becoming part of the emergency response team for their class. The students were given various tasks; contact the office, call 911, collect the AED, start CPR, etc...

The ACSL program is brought to us by the Louie Acompora Foundation.



Bulletin Board in Mattlin about "Step Up and Speak Out" against Bullying.

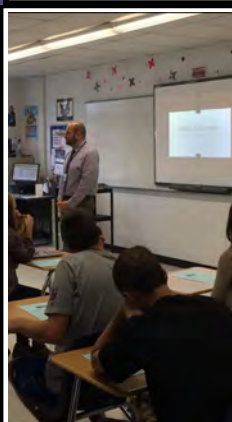
High School Health Education—10th grade



In our 10th grade Health classes students have recently completed a unit encompassing a further understanding and awareness of how one's lifestyle choices play a significant role in the potential development of various diseases. Students briefly explored different diseases and gained a better understanding as to how an individual can reduce the likelihood of developing such illnesses. With the use of our fictitious and fun friends, Moo-Moo and Dee-Dee, students had the opportunity to appreciate how the choices that Moo-Moo and Dee-Dee made played a significant role in their overall physical well-being. In addition to exploring these ideas in class, students took an individual and more in-depth look at diseases that may be caused by lifestyle choices with the completion of a research paper.



Health Education—Digital Citizenship



The 12th grade health classes have recently participated in *Digital Citizenship Week*. Digital Citizenship Week was a combined effort of faculty, students and administrators in an effort to raise awareness about how our online behaviors and actions may be reflected in “real life.” Many of the seniors had the opportunity to have high school assistant principal, Mr. Jim Bolen, join their health class as he presented the topic of *The Psychology of Your Online Self*. Students were asked to explore the idea of how we are a product of our interactions with the people in our lives. In addition, students discussed how our online lives may be quite different than our “real lives.” As our seniors will soon be approaching the world of college and looking for a college roommate, they have been challenged to try to look beyond what a potential college roommate has posted on the internet. After all, the internet may not hold a true depiction of one’s real self.

Mattlin Project Adventure Trip



On Friday, October 31st, our Mattlin 8th graders once again participated in the 15th annual project adventure field trip. The culminating activity to our project adventure unit took place at the Nassau BOCES Outdoor Educational facility located in Brookville, NY.

Students participated in a variety of group initiatives reinforcing curriculum objectives and goals through problem solving, teamwork, trust and developing a positive self esteem.

Attached is a link to the Nassau BOCES Outdoor Education programs as well as pictures from the fun filled day. Thank you for your continued support of this program. We look forward to another great trip next year.

<http://www.nassauboces.org/outdoors/curriculum>

Nassau Zone Outstanding Physical Education Award



Congratulations to seniors Madalyn Fernbach and Ryan Schenck on being named the recipients of the Nassau Zone Outstanding Physical Education Students.

Madalyn has been described by her teachers as “Leader, generous, and mature. Maddie’s compilation of work at this stage of her life surpasses many adults in the working world today.”

Ryan’s teacher describe him as, “Leader, strong, and dedicated. Ryan has been an outstanding example in class, on the field and in the community.”

Madalyn and Ryan will be honored on December 2nd at Crest Hollow Country Club in Woodbury, NY.

DID YOU KNOW:

The High School Physical Education Department has proposed two new courses for next year:

CrossFit - (10-12)
&
Beginner Weight Training
- (9-12)

Talk to your Physical Education teacher for more information

“A man can succeed at almost anything for which he has unlimited enthusiasm.”
Charles Schwab



2014 FALL TEAM MVPs

JUNIOR VARSITY TEAM MVPs

BOYS' SOCCER—COLE HUERTAS

BOYS' VOLLEYBALL—MAX SCHULMAN

CHEERLEADING—MICHAELA GROVEMAN

FOOTBALL—MICHAEL CONTI

GIRLS' SOCCER—RECCA KOLTUN

GIRLS' TENNIS—CAMERON SCHER

GIRLS' VOLLEYBALL—JAMIE YONKERS

VARSITY TEAM MVPs

BOYS' CROSS COUNTRY—JOSHUA WICKER

BOYS' SOCCER—MATTHEW FERNBACH

BOYS' VOLLEYBALL—ALLEN DURUTOVIC

CHEERLEADING—ERIKA TEICH

FOOTBALL —RYAN SCHENCK

GIRLS' CROSS COUNTRY—JENNIFER PANTELL

GIRLS' SOCCER—MADALYN FERNBACH

GIRLS' SWIMMING—TORRE MULBACH

GIRLS' TENNIS—HOPE PICKUS

GIRLS' VOLLEYBALL—ALISON BERGER



Fall 2014 Post Season Award Winners

All-State

Allen Durutovic (SR) Boys' Volleyball

All-County

Samantha Benenson (SR) Girls' Tennis
 Racheal Bernstein (SOPH) Girls' Tennis
 Maria Coniglio (JR) Girls' Volleyball
 Jenna Fishelberg (SR) Girls' Soccer
 Madlyn Fernbach (SR) Girls' Soccer
 Matthew Fernbach (SR) Boys' Soccer
 Nicholas Godino (SR) Boys' Volleyball
 Dan Kwon (SR) Boys' Volleyball
 Brian Maloney (JR) Boys' Volleyball
 Ryan Schenck (SR) Football
 Jessica Sekler (SR) Girls' Tennis
 Alexa Schaumburg (JR) Girls' Tennis
 Bryan Wang (SR) Boys' Volleyball

Honorable All-Mention All-County

David Geyer (JR) Boys' Soccer

Tyler Altschul (JR) Boys' Soccer

All-Class

Barbara Badeer (JR) Girls' Soccer

Alison Berger (SR) Girls' Volleyball

Amanda King (JR) Girls' Soccer

All-Conference

Emily Alexander (SR) G Volelyball

Keri Birkenhead (SOPH) G Soccer Darrin Bucking (SR) Football

Oliva Cohen (SR) G Swim (200IM, 100 Breast)

Matthew Dinhofer (SR) B Soccer Emily Feller (FR) G Tennis

Austin Geier (SR) B Soccer

Jennifer Golio (SOPH) G Soccer Jesse Hollander (SR) B Soccer

Melanie Messinger (JR) G Swim (100 Back)

Tory Muhlbach (SR) G Swim (Diving) Nico Mueller (JR) Football

Sae Otaka (SR) G Volleyball

Zachary Schain (SR) B Soccer Erika Silver (FR) G Tennis

Sam Willens (SR) B Soccer

Girls' Swimming—200 Medley Relay - Melanie Messinger, Oliva Cohen, Alyssa Blum, Noelle Fuggini

Girls' Swimming—400 Free Relay - Oliva Cohen, Alyssa Blum, Jungin Lee, Brianna Mejia

All-Division

Rachel Bernstein (SOPH) Girls' Tennis

Emily Bloom (JR) Girls' Tennis

Dio Katehis (SR) Boys' Volleyball

Alison Kwon (SOPH) Girls' Tennis

Tal Moriah (JR) Girls' Tennis

Rachel Roberts (SR) Girls' Tennis

Erika Schreiber (SR) Girls' Tennis

Girls' Swimming—200 Medley Relay - Melanie Messinger, Oliva Cohen, Alyssa Blum, Noelle Fuggini



POB

Physical Education, Health, Athletics and
Recreation Department
117 Central Park Road
Plainview, NY 11803
Your Address Line 3

Phone: 516-434-3100

Fax: 516-349-4792

E-mail: jbraico@pobschools.org



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

Boys' Volleyball

Nassau County Tournament MVP—Allen Durutovic

Nassau County All-Tournament Team—Allen Durutovic, Brian Maloney,
Bryan Wang

Nassau County Honorable Mention All-Tournament—Nick Godino

Newsday All-Long Island 1st Team—Allen Durutovic, Bryan Wang

Football

All County Scholar Athlete—Ryan Schenck

Senior Bowl MVP - Ryan Schenck

Girls' Soccer

Scholar Athlete Award—Lauren Shapiro

