



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

POB

Volume 1, Issue 2

6/15/14

Strack and Palumbo - Student Athletes of the Year



This newsletter marks the end of another great year of Hawks Interscholastic Athletics. The 2013-14 year saw the Hawks reach great heights both on and off the field. Five student athletes were named to All-State teams. Our Gymnastic team won the Nassau County Championship. The Boys Bowling and Softball teams won Conference Championships. Peter Papas became the first POB wrestler in the last 20 years to be crowned Nassau County Wrestling Champion and the first POB wrestler ever to finish State runner-up. Off the field 96% of our teams earned NYSPHSAA Scholar Athlete Team Awards. Improvements were made to the infrastructure as well; the turf field was installed, Mattlin and the POB JFK HS had their gym floors redone.

The year culminated with an awards dinner sponsored by the POB Booster Club. Multiple awards and scholarships were granted during the ceremony. **Emily Strack** (Volleyball, Basketball, Spring Track) and **Domenic Palumbo** (Basketball, Baseball) were named as the 2013-2014 Student Athletes of the year.

Domenic was a 4 year varsity baseball player and a 2 year varsity basketball player. This year he earned All-State and All-County honors in baseball, while being named the Conference AA-2 player of the year. Next year Dom will be attending Farmingdale State University and continuing to play baseball.

Emily, a 3 sport athlete during her career at POB, earned 9 Varsity Letters during her career (4 varsity spring track, 3 varsity basketball and 2 Varsity Volleyball). She earned Academic All-County honors in basketball as a senior; she was All-Conference in volleyball, and a two time All-Division honoree in Track. She owns school records in shot put and the 4x400. She is also an outstanding student with a GPA over 95. Next year Emily will attend the University of Connecticut.

Softball Crowned Conference Champions



The JV and Varsity softball teams started their 2014 season with a 3 night clinic for the Plainview Little League in January and February. The Varsity and Junior Varsity softball players led a group of 2nd-6th graders in team warm-up followed by throwing, catching and batting drills. The little leaguers loved being with the older girls, who acted as teachers and mentors to the impressive young student athletes.

The season started with practice forced to be indoors due to unseasonably cold spring weather, but this didn't discourage the girls as the season went extremely well. The varsity girls compiled a record of 13-3 and were crowned Conference III Champions on the final game of the season with a 5-2 win over Port Washington. Both teams entered the game with identical conference records.

With the victory over Port, the girls moved onto the Nassau County Class AA playoffs against Syosset High School. Their winning streak ended along with their season, as they lost to Syosset 5-0. Freshman Victoria Overbeck was named All-County, Emily Bartoletta and Alex Randisi earned Honorable Mention All-County, Melissa O'Reilly was All-Conference. The JV team also had an impressive year finishing with a record of 11-2.

Since the end of the season, the girls have kept busy helping out at the Little League with a pitching clinic in mid-May. The Varsity team ran a clinic for both Middle School softball teams in late May. The high school coaches encouraged the upcoming prospects to sharpen their skills by playing year round. Many of the middle school girls who continue to play will be the stars of the future JV and Varsity teams.

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Special points of interest:

- Strack and Palumbo named Student Athletes of the Year
- Softball crowned Conference Champions
- 9 Hawks moving onto college Athletics
- 96% of the 2013-14 Interscholastic teams earned NYSPHSAA Scholar Athlete award.
- POBMS takes part in project adventure



Freshman, Victoria Overbeck, earned All-County honors this year with 10 wins and 3 homeruns.



Junior, Brian Cameron, earned Honorable Mention All-County this year for the Hawks. On the season he had 31 goals and 11 assists.

Tennis Freshman Sensation

Most varsity athletes would be very content having three years of being a starter at this level. Less players would be able to say that they were victorious in 80% of their games. Rarely does one get to say this after their freshmen year of high school. Yuval Solomon is one of those players. He has compiled a competitive record of 28-7 since becoming a member of the Boys Varsity Tennis team as a 7th grader. He was undefeated, with a 12-0 as an 8th grader, and a record of 21-2 as a singles player over the past two seasons. Remarkably still, all this was done in Nassau County's toughest conference, Conference 1. That means that he has been matching up with tennis players of the county's elite tennis teams, and often against seniors who had already accepted D1 scholarships to renowned collegiate programs.

On May 29th, Yuval made his second appearance at the NYSPHSAA Boys Tennis State Tournament representing Nassau County. At States last year, Yuval finished 6th while playing doubles with Josh Young. This year he returned as a singles player after finishing 2nd at the Nassau County Tournament earlier in the month.

At the NYSPHSAA Boys Tennis tournament Yuval's first draw was against the Number 1 player from the PSAL schools. The match was a 3 hour and 20 minutes slugfest. Yuval lost in 3 sets, 4-6, 6-2, 5-7. That player finished as the 3rd place winner of the NYS finals. Yuval was pushed to the lower bracket where he battled in the Consolation Championship. This places him in the top 10 singles players in New York State. With three years left as a varsity tennis player, Yuval Solomon's future is bright.

POB Athletics Excels On and Off the Field

This year the student athletes made a commitment not only to excel on the field, but off of it as well. Their dedication truly paid off with 95% of all Varsity Interscholastic Athletic teams earning the distinction of NYSPHSAA Scholar Athlete Team Award. This award is given to teams that meet various criteria and have a GPA of 90% or higher.

Earning this mark is a great achievement for any interscholastic athletic team. It demonstrates a true commitment to education from our student athletes, coaches, teachers and support staff.

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

Baseball, Boys' Spring Track, Girls' Spring Track, Boys' Golf, Girls Golf, Boys' Tennis, Boys' Lacrosse, Girls' Lacrosse

Boys' lacrosse finished 3rd in the state, baseball finished 4th in the state, and boys' golf 11th in the state. Congratulations to all of the athletes and coaches.

Hawks Moving onto College—Updated

It is with great pleasure that I announce that currently 10 Plainview-Old Bethpage student athletes have decided to pursue a college degree while participating in collegiate athletics.

- Angela Bollettieri**—Girls' Lacrosse—Molloy College
- Alex Barsky**—Boys' Lacrosse—Alfred University
- Christopher Tracz** - Baseball— Marist College
- Max Friedman**—Football—Hartwick College
- Joe Gallego** - Basketball—Allegheny College
- Andrew Weiser**—Football—Endicott College
- Charles Basedow**—Baseball— Molloy College
- Domenic Palumbo**—Baseball— Farmingdale State
- Macenzie Venezia**—Cheerleading—Towson State
- Marisa Corbett**—Cheerleading—Molloy College





What a Ride—Baseball



The 2014 Plainview-Old Bethpage Hawks baseball team returned to prominence this year, and capped off an amazing season by riding a hot streak all the way to the Nassau County Semi-Finals. The Hawks were led by ten seniors, who did an excellent job not only setting a great example for the underclassmen in the program, but also leading the team at the plate, in the field and on the mound. The senior class was the heart and soul of the team and used their experience to show the way through the Conference AA playoffs.

The Hawks baseball team also gained a lot of exposure and notoriety from some very prestigious regional rankings. Thanks in part to the Hawks 12-0 start, they were ranked as high as 7th in the Tri-State poll, 4th in New York State and 1st on Long Island at various points throughout the season.

After getting edged out by perennial powerhouse MacArthur for the League title, the Hawks went on a tremendous post season run by knocking off Baldwin in dramatic fashion, 2-1, on the opening day of the playoffs. Then the Hawks swept Calhoun in the Quarterfinal round in two thrilling games (2-1 and 5-3). Unfortunately the Hawks lost two close games (3-1 and 2-1) to Oceanside in the Nassau County Class AA semi-finals, which ended their season but it did not overshadow the great accomplishments they had in 2014.

Many of the players received recognition in the form of post-season awards. In total, six Hawks received honors; sophomore Jake Saltzman and senior Chris Tracz were voted All-League, junior Michael O'Brien was voted All-Conference, and seniors Charlie Basedow, Spencer Pokorny, and Dom Palumbo were voted All-County players. Dom Palumbo was an unanimous selection for the league's Player of the Year, and was named to the NYSWAA All-State Baseball team.



All Conference Girls' Lacrosse player Angela Bollettieri signing her letter of intent to play collegiately at Molloy College

Girls' Lacrosse Alumni Game was a Huge Success



On June 7th the Varsity Girls' Lacrosse team hosted the 3rd Girls' Lacrosse Alumni Game on the new Turf Field. The Girls' Lacrosse program was started in 1993 by current Physical Education teacher, Kathy Salerno. Current head coach, Jeff Salzberg, is determined to build a successful program here at POB. This July Coach Salzberg, in conjunction

with PAL, has coordinated a summer lacrosse camp for girls in grades k-6. The hope is to get word out and build interest in one of the fastest growing sports in America. Girls' lacrosse is synonymous with high academics and a nurturing camaraderie among its players.

Coach Salzberg acted as the official during the Alumni game. The game ended with the Alumni extending their winning streak to 3 games. The Alumni team consisted of 18 former Hawk Lacrosse players, some that continued to play at the collegiate level at such schools as Farmingdale State College, SUNY Oneonta, Adelphi, and CW Post. The high point for the event was the interactions among the current Varsity players and the Alumni. As the game progressed the Alumni encouraged and coached the current players, it was a great display of education in athletics. The Alumni shared the values of being a member of a team: Working together and applying your strengths allows for the highest level of success. Success does not happen by chance - it is planned for and is constantly evening with the dynamic world we live in. And to always be open to new ideas to give yourself the opportunity to become the best you can be.

Thank you to all the Alumni that came back and to all that competed in a great athletic event in the POB school district.

"Nothing great is ever accomplished without enthusiasm."

Ralph Waldo Emerson.



Chris Tracz and Spencer Pokorny celebrate Pokorny's game winning hit vs. MacArthur

High School Physical Education Update Fit for Life—Stress Management

Students enrolled in the Fit For Life class were taught multiple lessons on stress management. These lessons were designed to provide information on what stress is, various stressors, managing stress with exercise, time management, and systematic relaxation training exercises.

Students were taken to the library classroom where they practiced three systematic relaxation training exercises: diaphragmatic breathing, progressive muscular relaxation, and imagery.

The major emphasis of each lesson was on overall wellness, how students could incorporate stress management principles and relaxation training exercises into their lifestyle.

Written handouts and guidelines were presented to all students for personal use. The lessons were well received by the students. In follow up lessons the students have shared how they have incorporated the information and techniques into their lifestyle.

“32.9% of 12th graders feel that their friends would disapprove of marijuana usage.”

2013 Pride Survey Result.

Middle School Physical Education Update—Project Adventure



Project Adventure, My Experience and More

By Saira Philip, POBMS 8th Grader

"WOOHOO!!!" Was what everyone was screaming as we spent a wonderful day at BOCES environmental center. As soon as the bus entered into the parking lot everyone was excited to start his or her day full of adventure. We were all put into small groups in which we participated in different initiatives. These initiatives and activities really helped everyone come together with teamwork, communication, and most importantly, people got to meet other people they've never talked to so that was an added bonus. All the activities were designed to allow students to feel comfortable and if you didn't want to do something you didn't have to. The activity that everyone was looking forward to was the Flying Squirrel. On the Flying Squirrel, students were pulled up in the air and swung around. Reactions were varied, but everyone had fun. The view from the top was magnificent. It was like you were on top of the world. At around 12:00 we all went back to the picnic area to enjoy our lunches. The Center also has an active recycling program so practically all our garbage was either recycled or made into compost. So how's that for helping out the environment? Each initiative we encountered had a different solution, but the answers to the problem weren't straightforward. The solutions to the initiatives required thinking outside of the box to accomplish the tasks given. The problems can vary from balancing on a "seesaw" to swinging across a rope. Going on Project Adventure definitely taught people a lot about teamwork and communication. Some people might have learned where their comfort zone was and others might have learned whether they were risk takers or not. Either way, Project Adventure was a valuable experience.

High School Physical Education—CrossFit Has Arrived



This year the advance weight training class has incorporated one of the fastest growing fitness routines into its curriculum—CrossFit. The philosophy behind the new workout is to expose the students Plainview to a fitness routine that helps build muscular strength and endurance at the same time. The workout blend two different styles of lifting. The first part of the workout will target a major strength movement for example the squat or power clean and the second part of the workout will be a CrossFit high intensity quick tempo workout. This philosophy brings all the necessary components of athletics and brings them into the weight room, where students will now prepare themselves for the season ahead.

The weight room is open Monday - Thursday 5pm - 7pm all summer long. There will also be a female only session from 10am-12pm Monday-Thursday.



Elementary School Physical Education Update Stratford Road's 8th Annual Circus Show

It was eight years ago that the Stratford Road PTA and P.E staff brought in a wonderful program called The National Circus Project. The NCP program provides every students with a weeklong introduction to circus skills (juggling, plate spinning, balancing, devil sticks and Diabolo manipulation) . The fourth grader will receive training in some advance skills, such as stilt walking, and clowning and will practice between 2 and 3 periods perfecting/learning their routine. At the end of the week the 4th grade students hold a Circus. It has been a smash hit every year, so Ringling Brothers eat your heart out.

This year our theme was "Night at the Movies". All of the acts performed to soundtracks from various movies. The show has nine acts that performed for about 10 minutes. This year's acts were: Stilt walkers, Spinning Plates, Diabolo, Balancers, Hula hoop, Clowns, Jugglers, Devil Stick and the amazing Wire Walkers. Yes, there were five young ladies this year that walked across a tight wire.

The students start the week with little to no background in the various skills and for four days they practice, practice, and practice to put on a show that no one will never forget. This year the students out did themselves and were truly amazing.

Middle School Health Update



Sixth grade health students at Mattlin Middle School learn about the dangers of tobacco. After several lessons on the harmful effects of tobacco, students worked in small groups to create anti-smoking cigarette packs. Each group came up with a unique name that reflected the harmful effects of smoking. Several facts about smoking were included in the design of the box. Some short term effects included bad breath, coughing and increased heart rate. Students identified long term effects such as heart disease, emphysema and bronchitis. Each group presented

their project to the class. The boxes were then put on display in the showcase for all the school to see.

High School Health Update—Alumni Day



Every year, 12th grade health students spend time discussing and planning for life after high school. Classroom activities are designed to help students best prepare for the changes they will experience in the upcoming months. In recent years, partnerships between the health department and others have helped to enrich classroom experiences. As part of the Guidance Departments *College 101* program, 12th grade health students participated in this year's final workshop, Alumni Day. Recent graduates returned to the health classes to discuss their post

high school transition with graduating seniors. Students were able to ask questions about life after high school and hear firsthand how their peers have adjusted. Panel presentations were facilitated by guidance counselors and 12th grade health teachers.

DID YOU KNOW:

According to a study conducted by the Center for Disease Control (CDC) there is a positive correlation between physical activity, school-based physical education and academic performance.



2013-2014 PLAINVIEW-OLD BETHPAGE ATHLETIC AWARD WINNER

STUDENT ATHLETES OF THE YEAR

EMILY STRACK

DOMENIC PALUMBO

SCHOLAR ATHLETES OF THE YEAR

ISABELL REN

ERIC AZOULAY

UNsung HERO AWARD

JOE MARVEL- BASEBALL
JENNA RUIZ - GIRLS' VOLLEYBALL
ERIC AZOULAY - BOYS' VOLLEYBALL
JORDAN BLOOM - BOYS' LACROSSE
ANGELA BOLLETTIERI - GIRLS' LACROSSE
BRETT PINSKY - BOYS' SWIMMING
AMBER VACCARO-GIRLS' SWIMMING
ALMA WANG - GIRLS' CROSS COUNTRY
JAMES WOODBURN-BOYS WINTER TRACK
ANTHONY O'SHEA-FOOTBALL
ANTHONY O'SHEA -WRESTLING

PLATINUM HAWK

ALEX BARSKY
SAM BRIETER
AMANDA HEDGECOCK
EMILY STRACK

GOLDEN HAWK

ALEX BARSKY
SAM BRIETER
AMANDA HEDGECOCK
JAMIE REICH
VINNY RUGGERIO
EMILY STRACK



2013-14 Post Season Award Winners

All State (5)

Ashley Bellino (8th) Gymnastics	Jessica Lopez (8th) Gymnastics
Miranda Lund (8th) Gymnastics	Peter Papas (FR) Wrestling
Domenic Palumbo (12th) Baseball	

All- County (20)

Charles Basedow(SR) Baseball	Lauren Bernstein (JR) Gymnastics
Gabrielle Dworkin (JR) Girls' Bowling	Allen Durutovic (JR) Boys' Volleyball
Maddie Fernbach (JR) Girls' Soccer	Jenna Fishelberg (JR) Girls' Soccer
Nick Godino (JR) Boys' Volleyball	Alix Katz (SR) Girls' Tennis
Aron Lampert (JR) Boys' Bowling	Michael Levine (SOPH) Boys' Bowling
Alex Mirsky (SR) Boys' Bowling	Victoria Overbeck (FR) Softball
Spencer Porkorny (SR) Baseball	Jessica Sekler (JR) Girls' Tennis
Yuval Solomon(9th) Boys' Tennis	Jamie Simon (JR) Gymnastics
Renee Vulin (8th) Gymnastics	Bryan Wang (JR) Boys' Volleyball
Matthew Wieselthier (JR) Boys' Bowling	Zachary Zeises (SR) Boys' Soccer

Honorable All-Mention All-County (5)

Emily Bartoletta (FR) Softball	Brian Cameron (JR) Boys' Lacrosse
Matthew Fernbach (JR) Boys' Soccer	Max Friedman (SR) Football
Alex Randisi (FR) Softball	

All-Class (5)

Barbara Badeer (SOPH) Girls' Soccer	Sara Bernstein (SR) Girls' Soccer	Maria Coniglio (SOPH) Girls' Volleyball
Krystal Korson (FR) Girls' Basketball	Sae Otaka (JR) Girls' Volleyball	

All-Division (15)

Sarah Boecker (JR) Girls' Spring Track	Alyssa Blum (SOPH) Girls' Swimming	Douglas Choi (JR) Boys' Swimming
Olivia Cohen (JR) Girls' Swimming	Brent Israel (SOPH) Boys' Swimming	Evan Lander (SOPH) Boys' Tennis
Melannie Messinger (JR) Girls' Swimming	Torre Mulbach (JR) Girls Swimming	Jennifer Pantell (JR) Girls' Spring Track
Brett Pinsky (SR) Boys' Swimming	Justin Pinsky (SR) Boys' Swimming	Isabel Ren (SR) Girls' Swimming
Emily Strack (SR) Girls' Spring Track	Olena Trojanowski (JR) Girls' Spring Track	Kristen Wallach (SR) Girls' Cross Country

All- Conference (37)

Sari Arrow (7th) Girls Bowling	Eric Azoulay (SR) Boys' Volleyball	Lily Bedell (8th) Gymnastics
Jessica Bernstein (FR) Girls' Soccer	Jordan Bloom (SR) Boys' Volleyball	Alyssa Blum (SOPH) Girls' Swimming
Angela Bolletieri (SR) Girls' Lacrosse	Olivia Cohen (JR) Girls' Swimming	Kyle Coleman (JR) Wrestling
Brendan Fitzpatrick (SOPH) Wrestling	PJ Fusco (SR) Wrestling	William Goldstein (SR) Boys' Swimming
Adam Gross (SR) Boys' Soccer	Lauren Healy (FR) Girls' Lacrosse	Jesse Hollander (JR) Boys' Soccer
Brent Israel (SOPH) Boys' Swimming	Dionisis Katehis (JR) Boys' Volleyball	Dionisis Katehis (JR) Boys' Swimming
Amanda King (SOPH) Girls' Soccer	Daniel Lee (FR) Boys' Golf	Junmin Lee (JR) Boys' Swimming
Katherine Lee (FR) Girls' Swimming	Brett Mendelsohn (SR) Boys' Soccer	Melannie Messinger (JR) Girls' Swimming
Torre Mulbach (JR) Girls Swimming	Michael O'Brien (JR) Baseball	Melissa O'Reilly (SOPH) Softball
Brett Pinsky (SR) Boys' Swimming	Justin Pinsky (SR) Boys' Swimming	Kevin Pizarz (SOPH) Wrestling
Vinny Ruggiero (SR) Football	Ryan Schenck (JR) Boys' Lacrosse	Emily Strack (SR) Girls' Volleyball
Olena Trojanowski (JR) Girls' Spring Track	Sam Willens (JR) Boys' Soccer	Andrew Weiser (SR) Wrestling
Bradley Weiss (JR) Boys' Basketball		

All-League (3)

Alex Kosakavich (JR) Girls' Bowling	Chris Tracz (SR) Baseball	Jake Saltzman (SOPH) Baseball
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POB

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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

Post Season Spring Awards Recipients

All-County

Yuval Solomon (FR) Boys' Tennis, Chales Basedow (SR) Baseball, Spencer Pokorny (SR) Baseball,
Dominic Palumbo (SR) Baseball, Victoria Overbeck (FR) Softball

Honorable County All-Mention

Brian Cameron (JR) Boys' Lacrosse, Emily Bartoletta (FR) Softball, Alex Randisi (FR) Softball

All-Conference

Angela Bollettieri (SR) Girls' Lacrosse, Lauren Healy (FR) Girls' Lacrosse, Melissa O'Reilly (Soph)
Softball, Ryan Schneck (JR) Boys' Lacrosse, Daniel Lee (FR) Boys' Golf

All-League

Michael O'Brien (JR) Baseball

All Division

Evan Lander (Soph) Boys' Tennis, Emily Strack (SR) Girls' Spring Track, Jennifer Pantell (JR) Girls'
Spring Track, Olena Trojanowski (JR) Girls' SpringTrack, Sarah Boecker (JR) Girls' Spring Track

All- League

Christopher Tracz (SR) Baseball, Jake Saltzman (JR) Baseball,

Academic All Conference

Brain Cameron (JR) Boys' Lacrosse, Ryan Schneck (JR) Boys' Lacrosse

