



# The Hawks Nest

## POB Physical Education, Health, Athletics and Recreation

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### Galasso and Heaney Named Student Athletes of the Year



**Nick Galasso** was a member of the Boys' Volleyball and Basketball teams. During his career he earned 5 varsity letters. In Volleyball, he twice earned All-County honors and was named to the Newsday All-Long Island 1st team two times. Nick helped lead the Hawks' Volleyball team to two Conference and two County Championships. he was named the team MVP in Basketball and earned All-Conference honors twice. He finished his basketball career with 418 points. Next year he will continue his volleyball and academic career at Sacred Heart University.



**Sinead Heaney** was a three sport athlete, she earned 11 total varsity letters. She was awarded the Golden and Platinum Hawk Awards. In Cross Country she was a 3x Team MVPs and a 3x All-County selection. She holds three school records. She also represented all of Nassau County at the State Championships this year. During her Indoor Track career she earned 1 Team MVP and holds 6 school records. Again she represented Nassau County in the State Championships. In Outdoor Track she holds 3 school records. Next year she will continue her academic and track career at Marist University.

### Wernow and Kyriacou Named Scholar Athlete Legacy Award



**Jane Wernow** was a three sport athlete, earning 12 varsity letters. Jane was awarded the Golden and Platinum Hawk Awards. In her Cross Country career she earned All-County (x2) and All-Conference (x2). She holds 3 school records - Indoor Track and 1 Outdoor Track record. She won the Nassau County Outstanding Physical Education Award and the 4 year achievement award in Physical Education. She won Underclassmen Excellence Awards in Biology, English, AP World History, Career and Finance, and Public Speaking. She was ranked 18th in her class and graduated with a 99.43 GPA. Next year, she will be attending the University of Wisconsin-Madison.



**Harrison Kyriacou** was a three sport athlete, earning 11 varsity letters. He was awarded the Golden and Platinum Hawks Awards. He was a team captain in all 3 sports. He was named Honorable Mention All County in both football and lacrosse. He was a three time All-Conference performer in wrestling. He played in the exceptional All-Star Football Game. He placed 1st place at the New York State Science and Engineering Fair for Systems Software. He is a National Honor Society Executive Board Member. A silver medalist in the Long Island Math Fair. He took 12 AP courses and graduated with a Cum GPA of 96.59. Next year he will Continue his academic and football career at WPI.

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### Spring Season Recap

- Conference Champions  
Girls' Badminton (1st in program history)
- All-County Honors  
Saurav Bhasin—Boys' Golf  
Sachin Bhasin—Boys' Golf  
Sami Fried—Softball
- NYSPHSAA School of Distinction Award
- Josh Martin named - the New12 Scholar of the Year Award



Sami Fried has committed to Millersville University. Sami will continue her academic and athletic career as member of the Marauders' Softball team.



Doug Vaca has committed to Millersville University. Doug will continue his academic and athletic career as member of the Blue Hens' Diving 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 73% 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	98.93
Girls' Badminton	97.07
Girls' Outdoor Track	95.89
Boys' Golf	95.78
Girls' Golf	95.47
Softball	95.19
Boys' Outdoor Track	94.98
Baseball	94.13
Boys' Lacrosse	93.86
Girls' Lacrosse	92.98

### Hawks moving on to College

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

- Patrick Ensmenger—Lacrosse—Arcadia University
- Samantha Fried—Softball—Millersville University
- Nicholas Galasso—Volleyball—Sacred Heart University
- Sinead Heaney—Cross Country—Marist University
- Justin Ilouljian—Volleyball—Baruch College
- Harrison Kyriacou—Football—Worcester Polytechnic Institute
- Danielle Pollard - Soccer—Jacksonville University
- Wil Price—Soccer—SUNY-Geneso
- Michael Rothstein—Baseball—West Virginia Wesleyan
- Douglas Vaca—Diving—Delaware University





## Catching up with our Alumni

**Thomas Ensmenger—(Class of 2015) Drew University—Lacrosse—**Played in 16 games and scored 3 goal and had 9 assists. In his career he had 15 goals and 18 assists.

**Jessica Steinhilber—(Class of 2015) - Utica College—Lacrosse—**Played and started in all 17 games this season for the Pioneers. She was a Utica College President list honoree. In her career she had 2 goals and had 34 ground ball recoveries.

**David Glass—(Class of 2015) - John Hopkins College—Baseball—** named to the Centennial Conference Academic Honor Roll. Made 8 appearances, pitched 7 innings and striking out 5. In his career David pitched in 15 appearances, pitched 20 innings and striking out 16.



**Kevin Pastier—(Class of 2016) - Molloy College-Lacrosse-** Started all 15 contests. Led the team with 42 goals, including 11 man-up opportunities. Ranked seventh in the nation in man-up goals, 32nd in goals per game, and 112th in points per game. Added two assists for 44 points on the season. Netted his 100th career goal against Saint Thomas Aquinas (Apr. 13). Scored multiple goals in 11 contests.

**Jake Saltzman—(Class 2016) - Molloy College—Baseball—**Appeared in 42 games, making 41 starts. Batted .261 with 42 hits, five doubles, two triples, and two home runs. He drove in 28 runs and scored 22 runs and collected 12 multi-hit games. Named to the ECC Commissioners Honor Roll.

**CJ Mazzocchi—(Class of 2016)-Manhattan College—Lacrosse—**vital member of the defense. Collected 22 ground balls with six caused turnovers while adding an assist. Earned MAAC All-Academic Honors.

**Brian DeGennaro—(Class of 2016) - Misericordia College– Lacrosse-** Saw action in six games. Made 14 saves with a .667 save percentage

**Joe Galasso—(Class of 2016) - Mount Saint Mary College—Baseball—**Appeared in 1 game this year for the Knights.

**Kyle Supran—(Class of 2016) - Ursinus Collge—Baseball–** Played in 6 games. Batted .286 with 2 hits and 1 double. He drove in 1 run and scored 2 runs.

**Jake Supran—(Class of 2016) - Ursinus College—Baseball—**Played in 24 games. He had 2 hits and drove in 5 runs. He scored 2 runs on the year.

**Troy Benson—(Class of 2017) - CW Post University—Outdoor Track –**Finished 10th in the 400 meters (53.70) at the ECC Outdoor Championships, part of the second-place finishing 4x100 relay team (45.03) at the Wagner College Invitational, Finished 8th in the 200 meters (23.77) at the Monmouth Season Opener.

**Justin Kimmel—(Class of 2017) –Muhlenberg University-Baseball-**Appeared in 5 games, pitched 5.2 innings, striking out 1.

**Victoria Overbeck—(Class of 2017) —Swarthmore College-Softball—**Appeared in 34 games and started in 27. Had 15 hits, 1 double. She drove in 11 runs, while scoring 6.

**Matthew Butigian—(Class of 2017) —Saint Anselm-Baseball–** appeared in 31 games. Batted .221 with an OBP of .325, with 23 hits, 5 doubles, and 2 triples. He drove in 8 runs and scored 18.

**Yuval Solomon— (Class of 2017)- Wake Forest University—Tennis–** Finished the year 14-12 in singles competition and 3-4 in doubles play. Posted a 12-3 record in the spring season, splitting time at the No. 3-6 positions.



**Mark Faello—(Class of 2018) - Hofstra University-Baseball—**Pitched in 13 games with four starts. Went 1-2 with a 7.76 ERA in 31 1/3 innings. Had 23 strikeouts. Fall 2018 Colonial Athletic Association Commissioner's Academic Honor Roll selection.

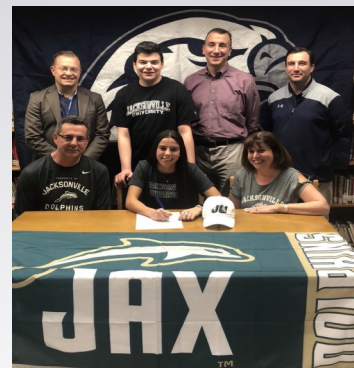
**Ryan Saltzman—(Class of 2018)-Mercy University– Baseball—**Appeared in and started in 41 games. Hit .276 with 37 hits, 12 RBI and 21 runs scored.

**Michael Cole- (Class of 2018) - Franklin and Marshall– Baseball—**appeared in 7 games. Batted .333, with 2 hits and drove in 2 runs.

**Jordan Berson—(Class of 2018) -SUNY Oneota-Lacrosse—**Saw action 5 games, made 8 saves with a .615 save percentage



Harrison Kyriacou has committed to Worcester Polytechnic Institute. Harrison will continue his academic and athletic career as member of the Engineers football team.



Danielle Pollard has committed to the University of Jacksonville. Danielle will continue her academic and athletic career as member of the Dolphins' Soccer team.

## 2019 Plainview-Old Bethpage Hall of Fame Inductees

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

**Sir Winston Churchill**



The following individuals were inducted into the Plainview-Old Bethpage Athletic Hall of Fame, Class of 2019. The induction ceremony held on July 1, 2019 at The Mansion in Woodbury, NY.

**Dr. Jim Adams - John F. Kennedy High School - Class of 1969**  
Football, Wrestling, and Lacrosse

**Mario Colleulori—Plainview-Old Bethpage**  
Board Member

**Ralph Dreyer— John F. Kennedy High School**  
Boys’ Soccer Coach (1967-1995)

**Richard Hirsch-- John F. Kennedy High School - Class of 1973**  
Boys’ Lacrosse

**Jeffery Kimmel - John F. Kennedy High School - Class of 1984**  
Boys’ Soccer, Football, Baseball, and Basketball

**Dan Kramer—POB-JFK High School—Class of 2002**  
Boys’ Soccer, Basketball

**Ila B. Lansky (Goldstein) - POB-KFK High School—Class of 1997**  
Gymnastics

**Chris Rogler—POB-JFK High School—Class of 1995**  
Football, Ice Hockey, Lacrosse

**Ozzie Stewart—John F. Kennedy High School**  
Boys’ Basketball Coach (1967-1995)



*“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**— **Jordan Slade** (Boys' Tennis), **Brandon Kaplan** (Baseball), **Josh Gelfand** (Boys' Lacrosse), **Jacob Brazel** (Boys' Golf), **Hannah Lieberman** (Girls' Badminton), **Amanda Milana** (Girls' Lacrosse)

**Varsity**— **Cooper Levine** (Boys' Tennis), **Ethan Schorr** (Baseball), **Nicholas Sallie** (Boys' Lacrosse), **Emily Howell** (Softball), **Kalee Tolentino** (Boys' Outdoor Track), **Amy Lederer** (Girls' Outdoor Track), **Brooke Reamer** (Girls' Lacrosse), **Ryan Pajer** (Boys' Golf), **Cleo Dallaris** (Girls' Badminton)

## Girls' Badminton Captures 1st Conference Title

In only the 2nd year of the girls' varsity badminton program here at POB, the 2019 team brought home the Conference 6 Championship in undefeated fashion (10-0). The team was led by co-captains Cleo Dallaris, Emma Lesser and Allison Scher.

As the champions of Conference 6, POB secured a spot in the team playoffs. In the first round of the playoffs, POB lost to Conference 1 team, Great Neck North. This defeat marked the end of a remarkable season, however the style of play that was executed throughout the entire season and particularly at that playoff match set the bar high for the expectations of this program.

Seven players were awarded All-Conference honors for their exceptional regular season play. Singles players Allison Scher and Joel Yu, as well as doubles players Cleo Dallaris & Michelle Zhu, Emma Lesser & Alexa Gutterson and Sophie Goodman & Mahika Gupta.

What is most remarkable about the 2019 season is the growth of each individual player. In the inaugural season of the girls' varsity badminton in POB, 2018, the teams' overall record was 2-12. Returning many of the same players in the 2019 season, the Hawks made a choice to deliberately practice skills that they recognized weaknesses in and, over time, these weaknesses became their strengths. Training in this matter is not easy; quite frankly, it is extremely frustrating. But the only way to improve is to work on the skills that push us past our comfort zone. Deliberate practice combined with the All-In mindset are the reasons why the 2019 girls' brought back a Conference Championship to Plainview-Old Bethpage JFK!

## Josh Martin—NEWS12 Scholar Athlete of the Year



Senior and co-Captain of the boys' varsity badminton team, Josh Martin, recently was named a Scholar Athlete by News12 and received a \$1,000 scholarship courtesy of Bethpage Federal Credit Union. According to News12, this award "honors the best and brightest high school seniors." In addition, News12 awarded Josh with the Bob Wolf Memorial Scholarship. Josh was chosen for these awards for his accolades both on and off the court. On the court, Josh competed as fist singles in the 2017 and 2018 seasons, earning All-Conference honors both years. Josh was chosen as the MVP in the 2018 season, leading the Hawks to a Conference Championship, with an undefeated conference record and 14-1 overall. Off the court, Josh has a passion for the arts and

takes part in many music groups. He has a 96 GPA and scored a 35 on the ACT. Josh will be attending Hamilton College in the fall.

### 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**

## 2019 Spring Team MVPs

### JUNIOR VARSITY TEAM MVPS

CHARELIE KNOLL – BASEBALL

CJ MERRIT – BOYS' GOLF

JAKE SARACENO – BOYS' LACROSSE

AIDAN SCOR, JUSTIN MINTZ – BOYS' TENNIS

VICTORIA LIANG – GIRLS' BADMINTON

ELISA PAPPAS – GIRLS LACROSSE

### VARSIITY TEAM MVPs

TYLER GALLETTI – BASEBALL

SAURAV BHASIN – BOYS' GOLF

JARED PHILLIPS – BOYS' TENNIS

HARRISON KYRIACOU – BOYS' LACROSSE

JACK YOU – BOYS' OUTDOOR TRACK

ALLISON SCHER – GIRLS' BADMINTON

JACLYN PRINTZ – GIRLS' GOLF

DANI POLLARD – GIRLS' LACROSSE

ISABELLE WALLACH – GIRLS' OUTDOOR TRACK

SAMANTHA FRIED – SOFTBALL



## 2019 Spring Post Season Award Winners

### All- County

Suarav Bhasin (SR) Boys' Golf  
 Sachin Bhasin (SOPH) Boy's Golf  
 Samantha Fried (SR) Softball

### Honorable Mention All-County

Alexa Hospodar (8th) Softball  
 Emily Howell (SOPH) Softball  
 Harrison Kyriacou (SR) Boys' Lacrosse  
 Jaclyn Printz (FR) Girls' Golf

### All—Conference

Michael Cassano (Soph) Boys' Lacrosse	Cleo Dallarlis (JR) Girls' Badminton
Sydney Erlbaum (8th) Softball	Tyler Galetti (SR) Baseball
Sophie Goodman (JR) Girls' Badminton	Mahika Gupta (JR) Girls' Badminton
Alexa Gutterson (JR) Girls' Badminton	Rachel Krogman (8th) Softball
Emma Lesser (JR) Girls' Badminton	Joey Pastier (SOPH) Boys' Lacrosse
Ryan Pajer (JR) Boys' Golf	Jared Phillips (JR) Boys' Tennis
Danielle Pollard (SR) Girls' Lacrosse	Brooke Reamer (SR) Girls' Lacrosse
Allison Scher (JR) Girls' Badminton	Aidan Shwom (SR) Boys' Lacrosse
Griffin Thruber (SOPH) Boys' Lacrosse	Alexandra Whitmore (FR) Girls' Lacrosse
Joel Yu (JR) Girls' Badminton	Michelle Zhu (JR) Girls' Badminton

### All- Division/All-League

Rohit Aggarwal (JR) Boys' Outdoor Track	Anthony Casale (JR) Boys' Tennis
Sean Cohen (JR) Boys' Tennis	Ben Demarinis (SOPH) Boys' Tennis
Madira Gowda (SR) Girls' Outdoor Track	Amy Lederer (JR) Girls' Outdoor Track
Jack You (SR) Boys' Outdoor Track	Michael Rothstein (SR) Baseball
Ethan Treihaft (SOPH) Boys' Tennis	Sam Weissman (SOPH) Boys' Tennis

## 2018-2019 End of the Year Awards

### STUDENT ATHLETE AWARD

**SINEAD HEANEY**

(CROSS COUNTRY, INDOOR TRACK, OUTDOOR TRACK)

**NICK GALASSO**

(VOLLEYBALL, BASKETBALL)

### SCHOLAR ATHLETE AWARD

**JANE WERNOW**

(CROSS COUNTRY, INDOOR TRACK, OUTDOOR TRACK)

**HARRISON KYRIACOU**

(FOOTBALL, WRESTLING, LACROSSE)





## 2018-2019 End of the Year Awards

### UNSUNG HERO AWARD

**DANIEL DOSSIE**  
BOYS' BADMINTON

**RYAN HOLLANDER**  
BOYS' VOLLEYBALL

**SAMANTHA OLIVA**  
GIRLS' OUTDOOR TRACK

**DANIELLE POLLARD**  
GIRLS' LACROSSE

**WILL PRICE**  
BOYS' SOCCER

**AMANDA ROGERS**  
COMPETITIVE CHEERLEADING

**NICK SALLIE**  
BOYS' LACROSSE

### HEART OF THE HAWK AWARD

**TAYLOR BARTON**  
COMPETITIVE CHEERLEADING

**CALEB BERSON**  
BOYS' LACROSSE

**PATRICK ENSMENGER**  
GIRLS' LACROSSE

**MICHELLE LICATA**  
GIRLS' LACROSSE

**ETHAN SCHORR**  
BASEBALL

**ISABELLE WALALCH**  
GIRLS' OUTDOOR TRACK

**DENNIS WANG**  
BOYS' BADMINTON

**LOGAN BOURANDAS**

**DEREK FUTTERMAN**

## 2018-2019 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

TYLER AUGI

ERIC GLASSMAN

TYLER GOLDSTEIN

SINEAD HEANEY

HARRISON KYRIACOU

AIDAN SHWOM

JANE WERNOW

DOUGLAS VACA



## 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.

CAMERON AUGI

TYLER AUGI

SCOTT BARSKY

ERIC GLASSMAN

TYLER GOLDSTEIN

EDEN GREENBERG

SINEAD HEANEY

DYLAN LABARBERA

HARRISON KYRIACOU

DANIELLE POLLARD

AIDAN SHWOM

JANE WERNOW

DOUGLAS VACA

ALEXIA VITTI

**2018-2019 Wall of Fame Inductees****ALL –STATE****SARI ARROW**

SENIOR

GIRLS' BOWLING

**MICHAEL BISCARDI**

SENIOR

BOYS' VOLLEYBALL

**SABRINA RATAS**

FRESHMAN

GYMNASTICS

**HEATHER SANBORN**

SOPHOMORE

GYMNASTICS

**ALEXA VEGODA**

JUNIOR

GIRLS' SOCCER

**2018-2019 Wall of Fame Inductees****ALL COUNTY**

**LILY ADINOLFI (FR)**  
GYMNASTICS

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

**TYLER CIULLA (FR)**  
BOYS' BOWLING

**DANIEL DOSSIE (SR)**  
BOYS' BADMINTON

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

**SINEAD HEANEY (SR)**  
GIRLS' INDOOR TRACK

**MATHEW KIM (SR)**  
BOYS' VOLLEYBALL

**AMANDA ORTSMAN (JR)**  
GIRLS' BASKETBALL

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

**ALYSSA SANBORN (8TH)**  
GYMNASTICS

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

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

**MAX YAHRE (JR)**  
WRESTLING

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

**SACHIN BHASIN (SOPH)**  
BOYS' TENNIS

**MATTHEW COLEMAN (SR)**  
BOYS' BADMINTON

**SAMANTHA FRIED (SR)**  
SOFTBALL

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

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

**KAYLA KING (SR)**  
GIRLS' VOLLEYBALL

**DANIELLE POLLARD (SR)**  
GIRLS' SOCCER

**PAYTON SACKS (FR)**  
GYMNASTICS

**MOCA TANKA (SR)**  
GIRLS' SWIMMING

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

**JANE WERNOW (SR)**  
GIRLS' CROSS COUNTRY

**Girls' Outdoor Tack Records**

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



## 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
400 IH	A Lederer	71.38	5/18
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
2000M Steeple	S Heaney	7:46.43	5/18
4x100	S Ahlante	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
Pole Vault	A. Kim	9'0"	5/18

**Boys' Outdoor Tack Records**

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
<b>4x 1600</b>	Jake Meyers	20:12.9	3/17/2017
	Christian Schiavone		
	Bryan Horn		
	Tyler Goldstein		
<b>SMR</b>	Troy Benson	1:45.0	3/25/2017
	Matt Eliasi		
	Ethan Lerman		
	Ross Gillman		
<b>DMR</b>	L Flanagan	12:24.1	5/06
	K Crean		
	S LaRosa		
	D Turner		
<b>MMR</b>	A Ercolano	3:58.0	4/11/13
	M Mellina		
	M Scalia		
	M Trojanowski		
<b>Shot Put</b>	J Siragusa	38'5.5"	4/06
<b>Discus</b>	<b>J. You</b>	<b>123'11"</b>	<b>5/19****</b>
<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>	<b>David Kim</b>	<b>46.43</b>	<b>5/19***</b>
	<b>Mark Seinenheuner</b>		
	<b>Jae Song</b>		
	<b>Nico Venturini</b>		
<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		



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**E-mail: [jbraico@pobschools.org](mailto:jbraico@pobschools.org)**



**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

