



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

POB

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Boys' Volleyball—Conference and County Champs!



The tradition continues as the Boys' Volleyball team won their 9th Nassau County Championship and 16th Conference Championship this season.

The Hawks rolled through the regular season posting a 16-1 record and entered the Class A playoffs as the #1 seed. The Hawks were crowned the 2016 Nassau County Champions by defeating Massapequa in 3 straight sets. Danny

Kim and Max Schulman were named to the All-tournament and setter Ethan Klein was voted as the Nassau County Section VIII Tournament MVP.

In the Long Island Championship game, the Hawks lost a close affair to Smithtown West. Ethan Klein was chosen to the All Star NY State team. We are extremely proud of the entire team's performance and congratulate them for going the distance to this championship game.

The honors didn't stop there, Danny Kim was named Newsday's Nassau County Player of the Year and Coach Villalta was named Nassau County Coach of the Year.

The boys' volleyball program wants to thank the community of POBJFKHS for being such amazing, awesome fans and supporting them all season. We hope to see you in the stands next year as they continue to show off their amazing talent. Go Hawks 2017!!

Coaches vs. Cancer Week



Throughout the week of October 17th, the Varsity and Junior Varsity coaches and student athletes raised money and awareness for the American Cancer Society as part of our 3rd annual Coaches vs. Cancer week.

Coaches vs. Cancer is a nationwide program that helps increase cancer awareness and promotes 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 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 \$4,000 to American Cancer Society to help fight the battle against cancer.



This year's Coaches vs. Cancer football game was dedicated to Josh Golbert. Josh was POB's Director of Music who recently lost his battle with cancer. With Josh's family in attendance and the marching band playing in the background we were able to raise over \$800 in just 5 minutes for his memorial scholarship fund.

The success of this event is due to the outstanding efforts of our coaches and student athletes. Special thanks to the POB Athletic Booster Club, DECA club and Coach Michael Ambury. Thank you student athletes and coaches for demonstrating your commitment and passion for this great humanitarian cause.

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Fall Season Recap

1— All State

8—All-County

Boys' Volleyball

Nassau County Champions
Conference Champions

Ethan Klein—All-State

Daniel Kim—Newsday
Nassau County Player of the Year

Russi Villalta-Newsday
Nassau County Coach of the Year

Boys' Soccer

Conference Champions

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’s academic success, 71% of our Varsity student athletes received the individual scholar athlete award. Given to any varsity student athlete with a 90 GPA or higher.



Congratulations to Peter Pappas on signing his National Letter of Intent to continue his academic and wrestling career at Edinboro University

Boys’ Soccer—Conference Champions Again!



The 2016 year started out as a rebuilding year. This year’s goals were simple, be competitive every game and make the play-offs. But with the Hawks sitting in first place in our conference, midway through the season the goal changed, along with the attitude and the mentality of the team. The players finally bought into the team philosophy of always being a worker, and expecting nothing but their best every time they step on the field. As a result of this new attitude the Hawks

secured their 3rd straight conference championship with a 6-5-2 record. The Hawks had another great play-off run making it into the quarter finals of the Nassau County Class AA tournament. This season also saw a lot of young players on the team getting playing time and experience, we hope that the tradition continues.

Thank you to all our players, especially to our senior class. We thank you for your hard work, and your commitment to becoming a better player and continuing the tradition of making POB a team to be reckoned with.

Student Commitments

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

- Yuval Solomon—Tennis—Wake Forest University (D1)
- Peter Pappas—Wrestling—Edinboro University (D1)
- Keri Birkenhead—Soccer—University of Illinois—Chicago (D1)
- Carolyn Saulle—Soccer—West Virginia Wesleyan (D2)
- Jennifer Golio—Soccer—Southern Wesleyan (D2)
- Reanna Hoefling—Soccer—Kueka College (D3)



Failure is a big part of your success. It is not your enemy. It is your partner in growth. It doesn't define you. It refines you.

Jon Gordon



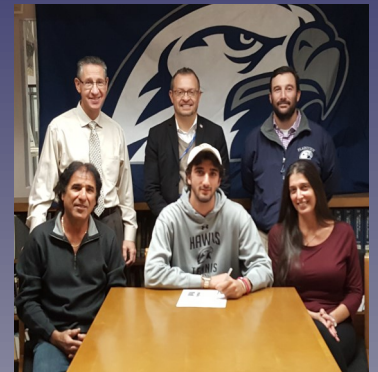
NFL Punt, Pass, and Kick—Pollard Crowned Champion Again



The POB Physical Education Department has organized an NFL Punt, Pass and Kick competition for the past 4 years. The goal of the NFL PPK program is to improve skill, but to also develop self-confidence, encourage kids to be active for at least 60 minutes every day and have fun playing the game of football.

This year Dani Pollard was crowned the regional and NFL team winner of the 2016 NFL PPK competition. This wasn't the first time that she won the award though, in 2014 she also won the NFL Team title.

This now makes three NFL PPK Champions in three years. Last year Jeremy Sach was crowned the team champion in the 12-13 year old age group.



Congratulations to Yuval Solomon on signing his National Letter of Intent to continue his academic and tennis career at Wake Forest University.

Alumni Update



Madalyn Fernbach—(Class of 2015) - Stonehill College—Girls' Soccer—Helped to lead the Hawks to their first Conference Championship since 1995. Played in 16 games as a Sophomore, and on the season she had 2 goals and 2 assists.

Ryan Schenck—(Class of 2015) - Western New England College—Football—is a member of the Golden Bears football team that reached the NCAA D-III playoffs and went undefeated during the regular season. Ryan played in 1 game this season for the Golden Bears.

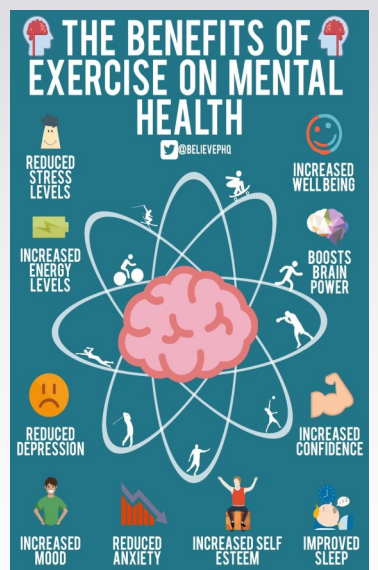
Alison Berger—(Class of 2015) - SUNY Oswego—Girls' Volleyball—Played in 22 matches for the Lakers. She finished the season with 23 services aces (4th on the team)

Barbara Badeer—(Class of 2016) - Binghamton University—Girls' Soccer—Played in 18 games and started 13 as a true freshman.

Amanda King-(Class of 2016) - Cortland University—Girls' Soccer—Played in 2 games for the Red Dragons this year.

Jon Rotchford-(Class of 2016)- Molly College—Boys' Soccer—Played in one game for the Lions as a true freshman.

Maria Coniglio—(Class of 2016) - Johnson and Wales University—Girls' Volleyball—Played in 32 matches for the Tigers. Helped the Tigers go undefeated during the season and capture the GNAC championship. She leads the teams in kills (334) and she is 2nd on the team in service aces (48). She was named GNAC Player and Rookie for the week of September 27th.



Aquatic Training—Diving into Fitness

**“You can’t cross the sea merely by standing and staring at the water.”
Rabindranath Tagore**



At Plainview-Old Bethpage J.F.K. High School, we may not have an ocean, but students are using our beautiful pool facility to take this inspirational quote quite literally. Students in grades 11 and 12 who enrolled in the Aquatics Training Physical Education course are learning new skills and concepts, developing and refining their swim-related abilities, and challenging themselves in the water!

Starting with Water Orientation & Fundamentals, students are introduced to rules and safety, water entry, floats, glides, and treading. Depending on individual’s

skill level upon class entry, students either learn or further develop their Swim Strokes and Mechanics. Provided helpful cues, and breaking each stroke down into parts, swimmer’s practice freestyle, backstroke, breaststroke, elementary backstroke, sidestroke, and butterfly. One student, who quickly moved from novice swimmer to competent swimmer, wrote “I have improved a lot on my freestyle swimming, specifically my breathing.”

When ready, the students will begin to fine-tune their take-offs, starts, and turns. Using platforms such as MySwimPro cellular application and Google Classroom, students are also learning to apply technology to improve their aquatic fitness.

Early in September, students reflected on a personal goal to focus on throughout their time in the course. Guided by unique feedback and ideas, students use “Individual Challenges” time at the end of certain classes to engage in goal-related tasks. Presently, student-swimmer’s are utilizing techniques to compete in our “Water Polo: Pro’s of the Pool Tournament!”

Before the winter break, students will cultivate their diving abilities, applying various diving positions, progressions, and executions; depending on comfort and desired level of challenge. Students learn about Personal Flotation Devices and Survival Techniques. They will even be given the opportunity to attempt a simulation American Red Cross Lifeguard Certification physical practice test. If interested, they may pursue that avenue later with confidence!

Aquatic Training incorporates skill-related and health-related fitness components, encouraging a better understanding of cardiovascular endurance, muscular strength, muscular endurance, coordination, speed, power, and flexibility. Students apply behavioral concepts, such as goal-setting, communication, advocacy, self-management, relationship-management, and decision-making in order to equip them for the challenges they will strive to conquer in the near and far future.

We swim for greater physical fitness, increased intellectual aptitude, improved mental/emotional well-being, and enhanced social outcomes. We are creating individuals who can use the water to reap all of the benefits of physical activity for a lifetime! We are not staring at the edge of the sea; we are crossing it!





9th Grade Physical Education—Lab Work!



Starting this school year the PE department at POB-JFK High School will be incorporating a Lab into the 9th grade survey course. The common response has been, “A lab in PE class! Why?”

At it’s core PE is a science! In the past, students would attend PE class in high school for 4 years and receive credit to graduate. With the expansion, development and growth in education, students now need to graduate and be “Physically Educated”.

Students in 9th grade survey classes will have 6 labs this year. These labs take place in a computer lab and have been scheduled at the conclusion of units to further enhance the concepts introduced in PE class. The first lab introduced the 5 components of fitness and had students recording resting heart rates, calculating maximum heart rates and target heart hearts. Also introduced was the concept of Rate of Perceived Exertion (RPE) and how these scales can be used for target heart training.

For our second lab we brought in a guest speaker, Wade Wicks - owner of LI Live in Commack, to discuss Motivation. The discussion focused on what is your inner motivation and how to be confident in believing and achieving your dreams. Do you focus on the positive or let the negative be your lead. Having a bias for action and believing that the world wants and needs you to succeed concluded the class discussion.

A Google classroom learning environment was also used to further enhance how PE is not just something to go to in the gym. All students have access to this classroom and notes and examples from the labs are available to our students.

- Upcoming Lab topics:
- Relaxation & Stress Management
 - Biomechanics / Anatomical Basis of Movements
 - Exercise and Academic Performance

Enthusiasm is excitement with inspiration, motivation, and a pinch of creativity.

Bo Bennett



Core Fitness—Strong Mind, Strong Body



Core Fitness is a new physical education course offered at POB -JFK H.S. This course is a fitness based class that will focus on increasing and developing core strength, cardiovascular and muscular endurance. Students will be taught the basic principles of fitness, while being taught proper exercise techniques in a supportive environment. The emphasis of the class will be on body weight, body bars and hand weight exercises.

One unit introduced this year was Balancing. During the unit the students balance on a bosu while performing different exercises with a weighted ball. Another unit that students loved this year and had a blast participating in a was choreographed drum lesson called, "Pound". Some other classes include: step aerobics, kick-boxing, weight-training, cross-training and more !!! All these classes require a strong core and a desire to be fit and healthy.

Nothing great was ever accomplished without enthusiasm!

Ralph Waldo Emerson

12th Health Education—Alumni Day

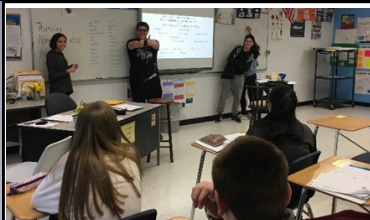


Students in Stratford Road got to experience a new unit this fall called floorball.



Our 12th grade health classes, led by teachers Mrs. Calandra and Mrs. Jackson, recently participated in *JFK's Bi-Annual Alumni Day*. Directed by and in conjunction with the high school's talented guidance department, our 12th grade students had the opportunity to meet with several of last year's POB-JFK HS graduates. The graduates gave our current students a peek into what college life is like so far. Topics included; the application process and the wait for college acceptance, tips for how to ultimately choose the college you will attend, stepping out of your comfort zone, getting involved and choosing and/or switching majors. In addition, dorms and roommate life, money management, study skills, professors, the academic workload as well as time management were discussed. The students had the opportunity to ask questions, voice concerns and leave *Alumni Day* with some 'words of wisdom' as they continue on their path of the college decision making journey.

10th Grade Health Education—Emotional-Well Being



In our 10th grade health classes students have recently begun exploring a more in depth look at characteristics of emotional and mental well-being. Class discussions have centered around how good mental health can help lead to positive self-image as well as satisfying relationships. Additionally, students are discovering why healthfully coping with negative emotions is essential to one's wellbeing. Furthermore, working with teachers Mrs. Calandra and Mrs. Meyer, they are learning strategies in order to do so. Finally, students are always encouraged to think about their own self within our class activities and discussions, ultimately encouraging positive behavior change.

Mattlin Physical Education—What type of learner are you?



What type of learner are you? Visual? Kinesthetic? Auditory? Reading-writing? Maybe you are a combination of several. The Physical Education students of Mattlin Middle School are experiencing sport and fitness through various processes. Our amazing fifth, sixth, seventh, and eighth graders are linking concepts with movement methods, and continuing to build upon their exercise and game repertoire!

Combining fitness with sport, Mattlin students' are exploring various health and skill components. They are learning, applying, and reflecting upon cardiovascular endurance, muscular endurance, muscular strength, agility, speed, power, coordination, flexibility, balance, and more! Applying interdisciplinary strategies and an individualized teaching mentality, we are increasing student engagement by catering to a wide range of learners. Using grade-level outcomes provided by the Society of Health and Physical Educators, we are able to produce material which is age-appropriate. Referring to the "P.E. Word Wall" throughout class, students' can observe an instant activity, fitness warm-up directions, essential questions, and movement skills/cues. Each lesson, students discuss the definition, purpose, and execution of relevant skills, enabling them to become more active with each class. Students reflect upon how skills can translate into various activities, and how recreational exercise and sport helps in other areas of life. Students are learning to balance movement with intellect, connect concepts with content, and exhibit desirable behavioral characteristics inside and outside of Physical Education.

At Mattlin Middle School, we are preparing our students for success in all facets of life. In Physical Education, we move to improve. Through physical activity, we work towards enhanced physical, social, emotional, and academic outcomes.



Students at POBMS performing the push up challenge



POB Athletic Booster Club “I’ve Got Your Back Award”

Last year the Athletic Department introduced a new award for our student athletes called the “I’ve Got Your Back Award”. It has been sponsored by the POB Athletic Booster Club and recognizes 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 Nicholas Sallie (JV B Soccer), Madison Barber (JV Girls’ Soccer) Bryan Balog and Reed Althschul (JV B Soccer), Ashley Steiner (JV G Volleyball), Riley Gillman (JV B Volleyball), Selin Bayton (JV G Tennis), Ashley Greenberg (Varsity Cheerleading), Christos Kalamidas (V Football), Joanna Cheng (G X– Country), Matt Wolson (B X– Country), Danielle Pollard (V G Soccer), Nick Gonsalves (V B Soccer), Abby Song (V Girls’ Swimming), Anastasia Kehayes (V G Tennis), Jamie Yonkers (V G Volleyball)

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.

DID YOU KNOW:

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

Competitive Sports Skills and Strategies (grades 10-12)

Talk to your Physical Education teacher for more information

Fit for Life—Exercise and the Brain

During a recent Fit for Life class our students read a recent Harvard Health report, written by Heidi Godman, researchers at the University of Harvard found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning.

The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.

Other studies have also shown that regular physical activity can provide the following:

1. People who exercise feel better about themselves and have increased self-confidence and self esteem.
2. Students who exercise get better grades, have better concentration, and sleep better.
3. Increased blood flow and oxygen to the brain increases cognitive performance.
4. Exercise stimulates the brain plasticity by stimulating growth of new connections between



Nassau Zone Outstanding Physical Education Award



Congratulations to seniors Jennifer Golio and Eric Kovel on being named this year’s recipients of the Nassau Zone Outstanding Physical Education Students. This award recognizes one young woman and one young man in the 2017 graduating class who exemplifies outstanding physical performance, scholastic ability and leadership qualities.



When asked to explain how physical education has impacted their high school experience, Jennifer commented, “Physical education has been very important to my high school experience because it takes a strong, healthy body to have a vigorous, inventive mind.” Eric replied, “Physical Education has shown me the path to my future as an educator as well as the motivation to encourage others in becoming active and healthier.” Jennifer and Eric were honored on December 12th at Crest Hollow Country Club in Woodbury, NY.

“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



2016 FALL TEAM MVPs

JUNIOR VARSITY TEAM MVPs

BOYS' SOCCER— MAX BERKOWITZ

BOYS' VOLLEYBALL— MICHAEL BISCARDI

FOOTBALL— MATT COLEMAN

GIRLS' SOCCER— JULIA MARTINS

GIRLS' TENNIS— ALANA BECKER

GIRLS' VOLLEYBALL— DANIELLE WEINER

VARSITY TEAM MVPs

BOYS' CROSS COUNTRY—JAKE MEYERS, CHRISTIAN SCHIAVONE

BOYS' SOCCER—COLE HUERTAS

BOYS' VOLLEYBALL— DANIEL KIM

CHEERLEADING— AMANDA ROGERS

FOOTBALL —DYLAN COOK

GIRLS' CROSS COUNTRY—SINEAD HEANEY

GIRLS' SOCCER—ERICA CAMPBELL

GIRLS' SWIMMING—JUNJIN LEE

GIRLS' TENNIS—RACHEL BERNSTEIN

GIRLS' VOLLEYBALL— MELENA ALDORISO



FALL 2016 POST SEASON AWARD WINNERS

All-State

Ethan Klein (SR) Boys' Volleyball

All-County

Melena Aldoriso (SOPH) Girls' Volleyball

Nick Glasso (SOPH) Boys' Volleyball

Sinead Heaney (SOPH) Girls' Cross Country

Cole Huertas (SR) Boys' Soccer

Danny Kim (SR) Boys' Volleyball

Max Schulman (SR) Boys' Volleyball

Alexa Vegoda (FR) Girls' Soccer

Jane Wernow (SOPH) Girls' Cross Country

Honorable Mention All-County

Nick Gonsalves (JR) Boys' Soccer Zach Herman (JR) Boys' Volleyball Justin Ilouljian (SOPH) Boys' Volleyball
Sam Rozenbaum (JR) Boys' Soccer

All Class

Keri Birkenhead (SR) Girls' Soccer Erica Campbell (SR) Girls' Soccer Jill Lambert (JR) Girls' Volleyball
Jamie Yonker (JR) Girls' Volleyball

All-Conference

Jessica Bernstein (SR) Girls' Soccer Rachel Bernstein (SR) Girls' Tennis Dylan Cook (JR) Football
Justin Kimmel (SR) Boys' Volleyball Jake Meyers (JR) Boys' Cross Country Alex Martinez (SR) Boys' Soccer
Michael Muhlbach (SOPH) Boys' Soccer Matthew Safer (SR) Boys' Soccer Carolyn Saulle (SR) Girls' Soccer
Christian Schiavone (JR) Boys' Soccer Patrick Sternberg (JR) Boys' Soccer Zach Stromberg (SR) Boys' Soccer
Ashley Bellino (JR) Girls Swimming and Diving - Diving
Junjin Lee (JR) Girls' Swimming and Diving—100 and 200 Freestyle
200 and 400 Freestyle Relay team—Lauren Bernstein (JR), Junjin Lee (JR) Katherine Lee (SR) Brianna Mejia (JR)

All Division

Christine Lee (SOPH) G Tennis Erica Silver (JR) G Tennis Brianna Fell (SOPH) G Tennis
Emily Feller (JR) G Tennis Audrey Shine (SOPH) G Tennis Sophia Park (JR) G Tennis
Allison Kwon (SR) G Tennis Rachel Brenner (SR) G Tennis
Ashley Bellino (JR) Girls Swimming and Diving - Diving
200 and 400 Freestyle Relay team—Lauren Bernstein (JR), Junjin Lee (JR) Katherine Lee (SR) Brianna Mejia (JR)

Additional Post Season Awards—Sport Specific

Girls' Soccer

Senior Scholar Athlete—Rebecca Koltun

Girls' Volleyball

Nassau County All- Tournament Team—Joanna Savino

Girls' Swimming and Diving

Rookie Diver of the Year—Ashley Bellino

Boys' Volleyball

Newsday All-Long Island -1st Team - Daniel Kim, Ethan Klein

Newsday Nassau County Player of the Year—Daniel Kim

Newsday Nassau County Coach of the Year—Russi Villalta

Nassau County Class A Tournament MVP—Ethan Klein

Nassau County All-Tournament Team—Max Schulman, Daniel Kim

Nassau County Tournament MVP—Ethan Klein



HOME OF THE HAWKS

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2016-2017 Interscholastic Season Start Dates

High School Sports

Winter: Wrestling, Cheerleading—November 7th
All Other JV/V Sports—November 14th

Spring: V/JV B/G Lacrosse, Outdoor Track, Baseball, Softball—March 6th
V/JV B/G Golf, B Tennis—March 13th

Middle School Sports

Winter II: Tuesday, January 17, 2017

Spring: Tuesday, March 28, 2017

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.

