



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

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Jake Meyers—County Champion



This has been one of the most successful seasons for the Boys' Cross Country team in Hawks history. Thirty-five student athletes accepted the challenge. While official practice began late in August, the returning athletes knew how important summer training was. Varsity runners were running 60 mile weeks prior to preseason.

Once official practice began, student athletes were pushed to their physical limits in threshold and interval runs. These taxing workouts were led by captains Matt Wolson, Christian Schiavone, and Jake Meyers. In the end, all the hard work paid off, with a season record of 8-5, and an 8th place showing in the 5 kilometer County Championship at Bethpage State Park. This was good enough to earn Plainview-Old Bethpage a spot in the State Qualifier meet. State meet

qualifiers included Jake Meyers, Christian Schiavone, Tyler Goldstein, Matt Ferrara, Greg Keis, Evan Hitsky, and Matt Wolson. Bryan Horn would have also qualified had he not been injured.

The County Championship was the highlight of the season both as a team, and for our individuals. Two of our athletes were awarded All County status: Jake Meyers and Christian Schiavone. Christian placed 10th and Jake Placed 1st, winning the 2017 Boys Class I Individual Champion. This was the first time in Plainview-Old Bethpage Boys' Cross Country history that a student athlete has won the County Championship.

Jake Meyers went on to represent Nassau County in the State meet up in Rochester at Wayne Central HS. The night prior to the meet it snowed, and race-time temperatures were below freezing. Practicing and competing in brutal, difficult conditions Jake's season came to an end with 77th place finish in the State. Jake felt like his time in at the state meet was a "wonderful experience being around so many competitive athletes. It was amazing to see how much competition is out there!"

This season was both exciting and challenging – It was a Cross Country season these athletes won't soon forget.

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Homecoming— A Community Event



This year's homecoming day was different than in past years. The goal was to create an event that involved the entire Plainview-Old Bethpage community, while highlighting the outstanding achievements of the athletic teams, groups, clubs and organizations in the high school.

From all reports the goal was achieved. Students and community of all ages enjoyed the days activities.

The day started off with our annual homecoming parade. Members of the fall JV athletic teams, various clubs, schools and the HS marching band, under the direction of Brian Carter, all took part in the parade.

Following the parade, community members were treated to activities such as pumpkin and face painting, miniature golf, karaoke and games in the Homecoming Village. The village was run by high school students and club coordinators.

This was followed by the Varsity football game, where the Hawks won 12-8 over Westbury. Jordan Futerman rushed for 132 and 1TD in the game.

The day concluded with a Varsity Boys' Soccer game vs.



Fall Season Recap

14—All-County

Boys' Cross Country

Jake Meyers—Senior
Nassau County Champion
1st County Championship in school history

NYSPHSAA Scholar Athlete Team Award

100% of varsity teams achieved this awards

75% of the Varsity Student Athletes had a GPA of 90 or higher during the 1st quarter

“Talent sets the floor.

Character sets the ceiling.”

Bill Belichick



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

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 cumulative 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, 75% of our varsity student athletes received the individual scholar athlete award. Given to any varsity student athlete with a 90 GPA or higher.

<u>Team</u>	<u>Team GPA</u>
Girls’ Tennis	98.28
Girls’ Cross Country	97.11
Girls’ Swimming and Diving	96.5
Boys’ Badminton	96.26
Girls’ Volleyball	96.21
Boys’ Cross Country	95.98
Girls’ Soccer	95.38
Boys’ Volleyball	94.96
Boys’ Soccer	94.81
Competitive Cheerleading	93.07
Football	90.63

Student Commitments

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

- Corrine Badeer—Soccer— Dickinson University (D3)
- Michael Cole—Baseball—Franklin and Marshall (D3)
- Michael Conti—Boys’ Lacrosse—Wheaton (D3)
- Mark Faello—Baseball—Hofstra University (D1)
- Tyler Marinaccio—Baseball—University of Maine (D1)
- Ryan Saltzman—Baseball—Mercy College (D2)





Boys' Volleyball Recap



This year the Boys Varsity Volleyball team ended their season with an overall record of 12-6. The Hawks were semi-finalists, playing against Long Beach HS which ended their season in 3 games. The boys were given some outstanding honors this year; Nick Galasso, Justin Iloulian, and Michael Biscardi were given All County Honors. Zach Herman was given the All County Honorable mention award. Nick DeChiaro was given All Conference and William Altman the Unsung Hero award. During the playoffs, Nick Galasso and Michael Biscardi were voted to the All tournament team by the Nassau coaches association. Max Braccia was our Athletic Booster club "I got your back" player who lived the programs philosophy of teamwork. And finally this years team MVP was given to Michael Biscardi.



On November 9th 4 members of the Varsity Baseball team signed their letters of intent to continue their academic and baseball careers in college.

Congratulations to (L-R) Michael Cole, Mark Faello, Ryan Saltzman, Tyler Marinaccio

Alumni Update

Erica Coppola-(Class of 2014)- Molloy College- Has played in 8 games and started 1. In her career she played in 26 games

Madalyn Fernbach—(Class of 2015) - Stonehill College—Girls' Soccer—Played in 7 games and had 1 goal and 1 assist on the year on 2 shots.

Ryan Schenck—(Class of 2015) - Western New England College—Football—Named Academic All-NEFC in 2016. On the year has played in 2 games and had 7 rushes for 16 yards.

Alison Berger—(Class of 2015) - SUNY Oswego—Girls' Volleyball—Played in 77 sets with 2.62 assist per set and 1.86 digs per set. She had a season high of 29 assists vs. Potsdam.

Barbara Badeer—(Class of 2016) - Binghamton University—Girls' Soccer—Played in 18 games and started 13 on defense for the Bears this season.

Jon Rotchford-(Class of 2016)- Molly College—Boys' Soccer—Played in 1 game for the Lions.

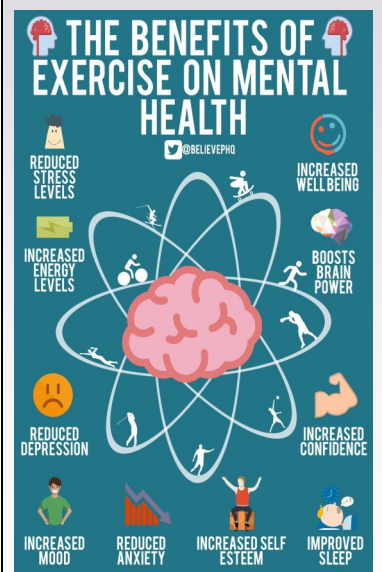
Maria Coniglio—(Class of 2016) - Johnson and Wales University—Girls' Volleyball—In 2017 played in 101 set, with 3.07 kills per set (lead team), 3.00 digs per set, and 3.6pts/set. Made 1st team All-New England for the 2nd year in a row. She was twice named the GNAC player of the week

Reanna Hoefling-(Class of 2017) - Keuka College—Played in 14 games and started 8 games. She has scored 1 goal on three shots this season.

Keri Birkenhead-(Class of 2017)- University of Illinois-Chicago—Played in all but one match and earned 10 starts ... Scored 1 goal and had 2 assists on 30 shots.

Carolyn Saulle-(Class of 2017)-West Virginia Wesleyan— Played in 18 games, starting 1. She has 4 goals and 3 assists on 14 shots this season.

Jen Golio-(Class of 2017)- Southern Wesleyan-Played in 3 games and started all 3. Had 11 saves and a 1.6 goals-against avg.



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

Angela Lee Duckworth



Nothing great was ever accomplished without enthusiasm!

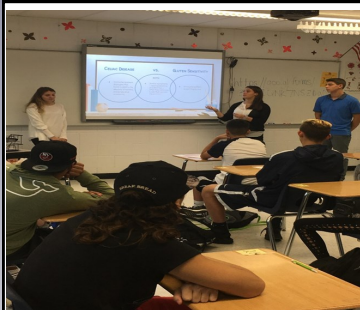
Ralph Waldo Emerson

POBMS 6th Grade Health

The 6th grade health students at POBMS have had the opportunity to teach their own classes through the use of technology. Each class was broken up into groups and were instructed to create a slide show using Google Slides. Each group was given a different health related topic that they were required to research and create a Public Service Announcement that would be presented on the classrooms Smart board. The students were graded on areas such as organization, the use of reliable sources, creativity, and required to collect at least ten facts about their given topic.

The students were extremely excited about being the "Teacher" and the assignment required everyone in the class to write down at least five facts that they had learned from each presentation. Topics were chosen by Ms. Saffran and Mrs. Recce. The 6th grade health curriculum covers a wide variety of subject areas, so the student selected topics enabled the students to learn about health related subjects such as Diabetes, Sleep, Dental Health, Allergies, Asthma, Dyslexia, Autism, and Deafness in more depth.

Health 10—Celiac Awareness



Our 10th grade Health classes were fortunate to have been part of a Celiac Awareness workshop. Twelfth grade DECA students worked with Health classes in teaching them all about celiac disease. Discussions included factual information of what the disease is and the association of gluten and celiac disease. Additionally, signs and symptoms, treatment and how to avoid foods with gluten were all explored. To wrap up the workshop, students enjoyed playing a fun game of Kahoot.

Health 12—Greatest Influence on Health? YOU!



In 12th grade health, students began the semester discussing all the various factors that can influence a person's health and well being. The dimensions of health which include physical, mental and social health were all explored. While key concepts were reviewed, students were also asked to reflect on health behaviors with an emphasis being placed on personal responsibility. Students learned that despite the numerous influences that exist, the greatest detriment on health is a person's individual actions and choices. Those discussions segued into conversations about the available interventions for individuals who might face a health crisis. One way students explored these public health efforts in class was to select a health concern of their choice, which may be problematic for young adults. They then worked in groups to create their own public health campaign to combat the issue. The campaigns focused on the three main components in public health; education, prevention and intervention. The students spent time in class using chromebooks to research their topic and then planned an interactive lesson and campaign to present to their peers. These presentations provided background information about a specific issue, described options for prevention and offered an intervention idea specifically targeting young adults. Some of the topics students chose to work on included Combating the Obesity Epidemic, Stress Management, Reducing the Abuse of Drugs, Reducing Discrimination and Preventing Sexual Assault.



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

The Athletic Department introduced a new award for our student athletes called the “I’ve Got Your Back Award”. 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 Sam Tavel (JV B Soccer), Madison Barber (JV Girls’ Soccer) Alexis Lazo (JV Football), Nikki Mastorides (JV G Volleyball), (JV B Volleyball), Samantha Kenny and Elizabeth Liebman (JV G Tennis), Delaney Geib (Varsity Cheerleading), Constantine Kalamidas (V Football), Jane Wernow (G X– Country), Christian Schiavone (B X– Country), (V G Soccer), Danny Petrosoric (V B Soccer), Minjee Kim (V Girls’ Swimming), Brianna Fell (V G Tennis), Max Braccia (V Boys’ Volleyball) Jamie Yonkers (V G Volleyball), Matthew Lamantia (Boys’ Badminton)

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:

**Yoga Fusion
(grades 9-12)**

**Health 9 (Elective)
Grade 9**

Talk to your Health And Physical Education teacher for more information

HS Physical Education—Sharing and Gaining Knowledge



This November, the NYS Association for Health, Physical Education, Recreation and Dance held its 80th Annual Conference. Plainview-Old Bethpage J.F.K. High School’s Physical Education Department was humbled when asked to present at the Turning Stone Convention Center in Verona, NY. The presentation focused on the new curriculum set in place for all 9th grade Physical Education students at the High School. This curriculum involves the integration of labs into the class setting. Students learn about topics such as Target Heart Rate, Biomechanics, PNF stretching, Stress Management, Motivation, and Orienteering. Once the students are introduced to each topic, they then get a chance to apply that knowledge to their everyday lives.

With districts from across the state in attendance, the department had the opportunity to both provide information, as well as receive important feedback and ideas from other professionals. This was a rewarding experience, and one that the department hopes to be able to have again in the future.



Nassau Zone Outstanding Physical Education Award



Congratulations to seniors Angelina Kim and Nick DeChairo 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 2018 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, Nick commented, “Physical Education has allowed me to stay in shape, interact with my peers, and allow me to have fun and relax” Angelina replied, “Physical Education has taught me to be inspired, but also inspire others to explore their unique strengths and capabilities” Angelina and Nick 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

2017 FALL TEAM MVPs

JUNIOR VARSITY TEAM MVPs

BOYS' SOCCER— EVAN VILLAVICENCIO

BOYS' VOLLEYBALL— SEAN VIEIRA

FOOTBALL— AARON BATER

GIRLS' SOCCER— AMY LEDERER

GIRLS' TENNIS— RACHEL ZWEIG

GIRLS' VOLLEYBALL— JULIA MASLER

VARSITY TEAM MVPs

BOYS' BADMINTON—LUKE PETRSORIC

BOYS' CROSS COUNTRY— JAKE MEYERS

BOYS' SOCCER— WILL PRICE

BOYS' VOLLEYBALL— MICHAEL BISCARDI

COMPETITIVE CHEERLEADING— ASHLEY GREENBERG

FOOTBALL — DYLAN BUCKING

GIRLS' CROSS COUNTRY— SINEAD HEANEY

GIRLS' SOCCER— ALEXA VEGODA

GIRLS' SWIMMING—BRIANNA MEJIA

GIRLS' TENNIS—CHRISTINE LEE

GIRLS' VOLLEYBALL— MELENA ALDORISIO



FALL 2017 POST SEASON AWARD WINNERS

All- County

<p>Melena Aldoriso (JR) Girls' Volleyball</p> <p>Micahel Biscardi (SR) Boys' Volleyball</p> <p>Joseph Galasso (JR) Boys' Volleyball</p> <p>Justin Ilouljian (JR) Boys' Volleyball</p> <p>Jake Meyers (SR) Boys' Cross Country</p> <p>Christian Schiavone (SR) Boys' Cross Country</p> <p>Dennis Wang (JR) Boys' Badminton</p>	<p>Ashley Bellino (SR) Girls' Swimming—<i>Diving</i></p> <p>Brian DeMarinis (FR) Boys' Badminton</p> <p>Sinead Heaney (JR) Girls' Cross Country</p> <p>Matt Lamantia (SR) Boys' Badminton</p> <p>Will Price (JR) Boys' Soccer</p> <p>Alexa Vegoda (SOPH) Girls' Soccer</p> <p>Isabell Wallach (JR) Girls' Soccer</p>
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Honorable Mention All-County

Dylan Bucking (SR) Football	Zach Herman (SR) Boys' Volleyball	Alex Lessman (SOPH) Boys' Soccer
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All Class

Alyssa Inglese (SR) Girls' Soccer	Madison Intrader (FR) Girls' Soccer	Jamie Yonker (SR) Girls' Volleyball
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All-Conference

Stephen Betz (SOPH) Boys' Soccer	Emily Chen (JR) Girls' Volleyball	Nick Dechiaro (SR) Boys' Volleyball
Benjamin DeMarinis (FR) Boys' Badminton	Daniel Dossie (JR) Boys' Badminton	Brooke Erkus (SR) Girls' Soccer
Jordan Futerman (SR) Football	Kayla King (JR) Girls' Volleyball	Michael LaMantia (SR) Boys' Badminton
Christine Lee (JR) Girls' Tennis	Josh Martin (JR) Boys' Badminton	Michael Muhlberg (JR) Boys' Soccer
Jack Pinnata (FR) Boys' Soccer	Michael Rovinsky (FR) Boys' Badminton	Lindsey Stern (SR) Girls' Soccer
Patrick Sternberg (SR) Boys' Soccer	Katherine Synnott (SOPH) Girls' Cross Country	Dennis Wang (JR) Boys' Badminton
Jane Wernow (JR) Girls' Cross Country		

200 Freestyle and 200 Medley Relay —Junjin Lee (SR), Lauren Brandenstein (SR), Moca Tanaka (JR), Brianna Mejia (SR)

Lauren Brandenstein (SR) - Girls' Swimming—50 Free, 100 Backstroke

Moca Tanaka (JR) - Girls' Swimming—100 Backstroke, 100 Breaststroke

Brianna Mejia (SR) - Girls' Swimming—200 Individual Medley, 100 Fly

All Division

Erica Silver (SR) Girls' Tennis	Anastasia Kehayes (SR) Girls' Tennis	Audrey Shine (JR) Girls' Tennis
Alana Becker (JR) Girls' Tennis	Arushi Bhatia (FR) Girls' Tennis	

20 Medley and 400 Freestyle Relay—Junjin Lee (SR), Lauren Brandenstein (SR), Moca Tanaka (JR), Brianna Mejia (SR)

200 Freestyle Relay—Jenny Yang (SR), Lauren Eterno (FR), Minjee Kim (SOPH), Emily Murjayirji (8th)

Ashley Bellino (SR) Girls' Swimming—Diving

Moca Tanaka (JR) - Girls' Swimming—100 Backstroke, 50 Free

Brianna Mejia (SR) - Girls' Swimming—200 Individual Medley, 100 Fly

Additional Post Season Awards—Sport Specific

Girls' Soccer

Senior Scholar Athlete—Corrine Badeer

Girls' Tennis

Sportsmanship Award—Brooke Zindman

Girls' Volleyball

Girls' Swimming and Diving

Boys' Volleyball

1st Team Newsday All-Long Island—Nick Galasso

2nd Team Newsday All-Long Island—Michael Biscardi

Unsung Hero Award—Will Altman

All Tournament Team—Michael Biscardi, Nick Galasso



HOME OF THE HAWKS

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2017-2018 Interscholastic Season Start Dates

High School Sports

Winter: Wrestling, Cheerleading—November 6th
All Other JV/V Sports—November 13th

Spring: V/JV B/G Lacrosse, Outdoor Track, Baseball, Softball—March 5th
V/JV B/G Golf, G Badminton, B Tennis—March 12th

Middle School Sports

Winter II: Tuesday, January 16, 2018

Spring: Tuesday, March 30, 2018

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.

