



# The Hawks Nest

## POB Physical Education, Health, Athletics and Recreation

POB

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### Boys' Volleyball—County Champions Again!



The tradition continues as the Boys' Volleyball team won their 10th Nassau County Championship and 17th Conference Championship this season.

The Hawks rolled through the regular season going undefeated and never being pushed to a 5th game.

The Boys' Volleyball team entered the Class A tournament as the #1 seed. Just like the regular season, the Hawks rolled through the Nassau County tournament. They beat East Meadow, Long Beach and then Massapequa in the finals to be crowned 2018 Nassau County Champions.

In the Long Island Championship game, the Hawks lost a close affair to Sachem North. Michael Biscardi 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, Nick Galasso was named to Newsday's 1st Team All Long Island team, while Michael Biscardi made 2nd team. Justin Ilouljian, Matt Kim, Nick Galasso were all named to the All-County team. Pat Ensmenger and Ryan Hollander earned All-Conference honors. Ethan Brandwein was All-Division.

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 2019!

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### Homecoming— A Community Event



This year's homecoming day grew in size and scope from last year, although the goal remained the same—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.

The day started off with our annual homecoming parade. This year the parade grew in scope and started at the Plainview Park pool. The parade was led by the HS marching band, under the direction of Brian Carter. This year's parade even had a float, courtesy of Old Bethpage Elementary School.

Following the parade, community members were treated to activities such as pumpkin and face painting, an inflatable soccer target game, karaoke and other activities 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 22-0 over Long Beach. The Hawks were led by Joseph Pizzuto (127yards rushing) and Conner Healy (92 yards rushing and 2 TDs).

#### Fall Season Recap

County Champs  
Boys' Volleyball

Conference Champs  
Boys' Badminton  
Girls' Soccer  
Boys' Volleyball

NYSPHSAA Scholar Athlete Team Award  
100% of varsity teams achieved this awards

2— All-State  
13—All-County

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



Girls' Volleyball were Nassau County Finalist in 2018. The Hawks finished with a 12-4 record.



## NYSPPHSAA 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 NYSPPHSAA 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, 78% 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	98.99
Girls’ Cross Country	97.90
Girls’ Volleyball	97.28
Girls’ Swimming and Diving	96.89
Boys’ Badminton	96.64
Girls’ Soccer	96.33
Boys’ Soccer	96.22
Boys’ Cross Country	96.20
Boys’ Volleyball	96.04
Kickline	95.88
Football	93.01
Competitive Cheerleading	92.21

## 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.

- Patrick Ensmenger—Lacrosse—DeSales University (D3)
- Samantha Fried - Softball—Millersville University (D2)
- Danielle Pollard—Soccer—Jacksonville University (D1)
- Michael Rothenstein—Baseball—West Virginia Wesleyan (D 2)
- Douglas Vaca—Diving—Delaware (D1)



***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***





### Alumni Update

**Madalyn Fernbach—(Class of 2015) - Stonehill College—Soccer—**Played in 15 and had 1 assist. In her career she played in 55 games with 5 goals and 7 assists.

**Ryan Schenck—(Class of 2015) - Western New England College—Football—** was awarded the Hal Chalmers Senior Scholar-Athlete award. He was a 3 time Academic All-CCC. In 2018 Ryan rushed for 271 yards and 3TDs.

**Alison Berger—(Class of 2015) - SUNY Oswego—Volleyball—**Saw action in a team-high 116 sets. Led the Lakers with 492 assists and 60 aces. Her 60 aces was tenth best in Oswego program history. She finished her career with 749 assists, 461 digs and 166 aces.

**Barbara Badeer—(Class of 2016) - Binghamton University—Soccer—** Started 15 games for the Bearcats and had 1 assist.



**Maria Coniglio—(Class of 2016) - Johnson and Wales University—Volleyball—** Was named to the AVCA All-America 1st team. She was voted GNAC tournament MVP. Named 1st Team All-GNAC. Named CoSIDA Academic All-District. Named GNAC Player of the Week on September 17. She averaged 2.96 kills, 2.64 digs and 3.4 points per set. That rate increased to 3.62 kills and 4.06 points against regionally ranked team. She notched 11 matches with 10 or more kills, including a season-high 20 against #1 Claremont-Mudd-Scripps

**Spencer Goldberg (Class of 2016) - University of Massachusetts—Football—**Redshirted as a Freshman

**Reanna Hoefling-(Class of 2017) - Keuka College—Soccer—**Played in 18 games and started 13 games.

**Keri Birkenhead-(Class of 2017)- University of Illinois-Chicago—Soccer—**Played in 19 games and started in 5 games. She scored 2 goals and had 1 assist.

**Carolyn Saule-(Class of 2017)-West Virginia Wesleyan—Soccer—** Played in 17 games and started in 5. She scored 3 goals on 12 shots.

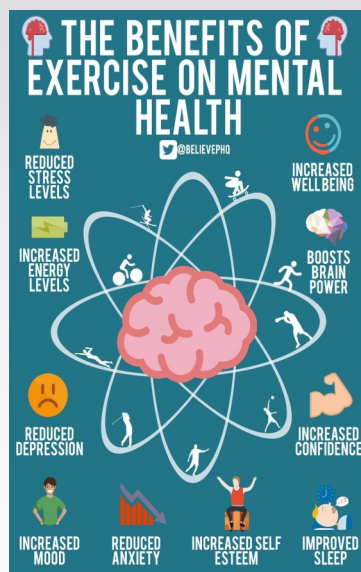
**Jen Golio-(Class of 2017)- Southern Wesleyan—Soccer—** Played and started in 14 games. She had a GAA of 2.96 and saved 106 shots.

**Jamie Yonkers—(Class of 2018) - NYIT—Volleyball—**Named the ECC Libero of Year, ECC Rookie of Year, 2nd team All-ECC and D2CCA 2nd team All-East Region. She set the program single-season record for digs with 666. Named ECC Defensive Player of the Week on Sept. 4 and Sept. 10, ECC Rookie of Week on Sept. 24 and Nov. 5, and to league's weekly honor roll on Aug. 27 ... Selected ECAC Rookie of Month for September.

**Daniel Lee—(Class of 2018) - Bard College—Soccer—**played in 7 games



Congratulations to our Homecoming Queen-Madison Barber and Homecoming King –Peter Crawbuck



“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 Physical Education



Within the first few months of the 2018-2019 school year, we have had the privilege of recognizing Physical Education students who have displayed exceptional character and an enthusiasm for every opportunity to improve themselves, as well as for helping others to do the same. Each of them has earned the title of “Physical Education Student of the Month.” These students serve as role models for all of us. They are active, accepting, and ambitious. They are humble, hard-working, responsible, and resilient. Asking for nothing in return, they arrive each day for class, ready to give their best for all of those around them. Well-deserving of entry into this class of esteemed Physical Education students, it is our pleasure to present the P.O.B.M.S. Physical Education Students of the Month for September, October, and November 2018!

### Josh Martin—News 12 Scholar Athlete Award



Josh Martin was named the News 12 Scholar Athlete of the Week this season. The News 12 Scholar Athlete award is now in its 32nd year. This weekly award program recognizes outstanding ability shown by a high school seniors in athletics, scholarship, leadership and service to others. Josh was also awarded a \$1,000 scholarship for this honor.

Josh served as the team captain of the Boys’ Badminton team and earned All-Conference Honors. Josh helped the Hawks to a 15-2 overall record and a conference championship. Josh was also instrumental in the creation of the Boys Badminton program two years ago. He did all of this while maintaining a culminate GPA of 95.51.

### Girls’ Soccer—Conference Champions



The Girls’ Soccer team had their best season since 1993. The Hawks were crowned conference champions while posting an incredible 13-2-2 record.

The season provided some close and exciting games, none more so than the Oceanside and Massapequa games. The Hawks faced Oceanside in the regular season finale. The winner would make the playoffs and be crowned conference champions. The Hawks lead 2-1 with 5 minutes left, when Lexi

Vegoda scored to seal the win, securing the Hawks first conference championship since 1993. Next up was the 7 time state champions Massapequa. The Hawks defense excelled in this game frustrating the Chiefs. The score was tied at halftime 0-0. In the second half Lexi Vegoda scored back to back goals to give the Hawks a 2-0 lead. The game was tense right till the end, but the Hawks would eventually win 2-1.

This season was possible because of the dedication and hard work of every single player on this team. Lexi Vegoda was named the Conference Player of the Year, 2nd All-Long Island by Newsday and she also earned All-State honors. Dani Pollard was name Conference Goalie of the Year and All-County. Isabel Wallach was also named to the All-County team. Madison Intrater and Brianna Valenza were named All-Class. Amy Lederer, and Heather Inglese were All-Conference. Brooke Reamer earned Senior Scholar Athlete. Every game we played, the girls played for each other, which was the key to our success. We wish all the best to our graduating seniors Dani Pollard, Allie Sack, Brittany Fenton, Brooke Reamer, Isabel Wallach, Julia Martins and Sarah Clancy





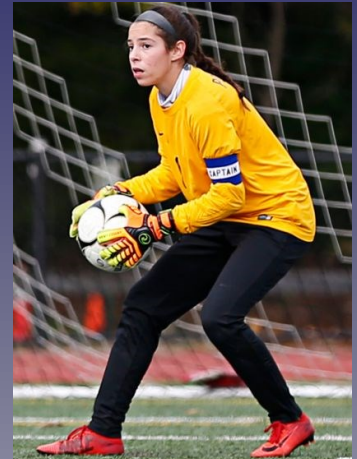
### POB Athletic Booster Club “I’ve Got Your Back Award”

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.

JV— Jake Saraceno( Football), Jenna Cohen (Girls’ Soccer), Emily Howell (Girls’ Volleyball), Joseph Starr (Boys’ Soccer), Carly Friedman (Girls’ Tennis), Matt Vulin (Boys’ Volleyball)

Varsity—Daniel Dossie (Boys’ Badminton, Morgan Rattiner (Girls’ Tennis), Alex Lessman (Boys’ Soccer), Jane Wernow (Girls’ Cross Country), Tyler Goldstein (Boys’ Cross Country), Elizabeth Weissmeier (Cheerleading), Kayla King (Girls’ Volleyball), Samantha Oliva (Girls’ Swimming), Ryan Pajer (Boys’ Volleyball), Peter Crawbuck (Football), Allie Sack (Girls’ Soccer)

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.



### Boys Badminton—Conference Champs in Year 2

In only the 2nd year of the boys' varsity badminton program, the Hawks were able to bring home a Conference Championship. The Hawks went undefeated in conference play (10-0) and an overall record of 15-2. The team was led by senior captains Josh Martin, Daniel Dossie and Dennis Wang.

The Hawks entered the Nassau County playoffs as the #3 seed. In the quarterfinal match, the boys defeat Bellmore JFK, 6-1. In the semi-final match at Great Neck South, the boys lost a tough match, 2-5.

All eleven line-up players were awarded All-Conference honors for their exceptional regular season play. Josh Martin (12-1), Dennis Wang (9-4), Ben DeMarinis (14-1), Daniel Dossie & Michael Rovinsky (10-2), Atul Gera & Matthew Coleman (10-3), Noah Lederer & Daniel Jun (12-2) and Zackary Schear & Gavin Kessler (8-1). In addition, seniors and doubles partners Daniel Dossie & Matthew Coleman earned All-County honors for their phenomenal play in the Individual Nassau County Tournament.



### Nassau Zone Outstanding Physical Education Award



Congratulations to seniors Jane Wernow and Dennis Wang 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, Dennis commented, “With load of work from AP classes, PE provides students with a fun, stress reducing environment and it provides the opportunity to meet new friends.” Jane replied, “PE has not only given me the opportunity to relax & have fun in a stressful school environment, but it has also given me the skills to lead an active lifestyle”. Jane and Dennis were honored on December 3rd at Crest Hollow Country Club.

*“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*



## 2018 FALL TEAM MVPs

### JUNIOR VARSITY TEAM MVPs

BOYS' SOCCER— JUSTIN SIEGEL

BOYS' VOLLEYBALL— IDO MORIAH

FOOTBALL— PERRY AZOUGI

GIRLS' SOCCER— ALEXANDRA WHITMORE

GIRLS' TENNIS— KASHA BHATIA

GIRLS' VOLLEYBALL— JESSICA CLAYTON

### VARSITY TEAM MVPs

BOYS' BADMINTON— JOSH MARTIN

BOYS' CROSS COUNTRY— KYLE MEYERS

BOYS' SOCCER— WIL PRICE

BOYS' VOLLEYBALL— JUSTIN ILOULIAN

COMPETITIVE CHEERLEADING— AMANDA ROGERS

FOOTBALL — HARRISON KYRIACOU

GIRLS' CROSS COUNTRY— SINEAD HEANEY

GIRLS' SOCCER— ALEXA VEGODA

GIRLS' SWIMMING— MOCA TANAKA

GIRLS' TENNIS— CHRISTINE LEE

GIRLS' VOLLEYBALL— MELENA ALDORISO



## FALL 2018 POST SEASON AWARD WINNERS

### All-State

Michael Biscardi (SR) Boys' Volleyball

Alexa Vegoda (JR) Girls' Soccer

### All-County

Melana Aldorizio (SR) Girls' Volleyball

Matthew Coleman (SR) Boys' Badminton

Daniel Dossie (SR) Boys' Badminton

Nick Galasso (SR) Boys' Volleyball

Sinead Heaney (SR) - Girls' Cross Country

Justin Ilouljian (SR) Boys' Volleyball

Matt Kim (SR) Boys' Volleyball

Kayla King (SR) Girls' Volleyball

Danielle Pollard (SR) Girls' Soccer

Will Price (SR) Boys' Soccer

Moca Tanaka (SR) Girls' Swimming

Isabell Wallach (SR) Girls' Soccer

Jane Wernow (SR) Girls' Cross Country

### Honorable Mention All-County

Matt Bernstein (JR) Boys' Volleyball

Alex Lessman (JR) Boys' Soccer

### All Class

Madison Intrader (SOPH) Girls' Soccer

Julia Masler (JR) Girls' Volleyball

Ashley Steiner (SR) Girls' Volleyball

Brianna Valenza (JR) Girls' Soccer

### All-Conference

Reed Altschul (SR) Boys' Soccer

Max Berkowitz (SR) Boys' Soccer

Benjamin DeMarinis (Soph) Boys' Badminton

Pat Ensmenger (SR) Boys' Volleyball

Atul Gera (JR) Boys' Badminton

Ryan Hollander (SR) Boys' Volleyball

Heather Ingelse (JR) Girls' Soccer

Daniel Jun (SR) Boys' Badminton

Gavin Kessler (Soph) Boys' Badminton

Harrison Kyriacou (SR) Football

Amy Lederer (JR) Girls' Soccer

Noah Lederer (JR) Boys' Badminton

Christine Lee (SR) Girls' Tennis

Kyle Meyers (FR) Boys' Cross Country

Emily Munayingi (FR) Girls' Swimming

Josh Martin (SR) Boys' Badminton

Jack Pinnata (SOPH) Boys' Soccer

Dennis Wang (SR) Boys' Badminton

Micahel Rovinsky (Soph) Boys' Badminton

Zackary Schear (SR) Boys' Badminton

Katherine Synott (JR) Girls' Cross Country

Sam Tavel (JR) Boys' Soccer

Moca Tanaka (SR) Girls' Swimming

Girls' Swimming 200 Free Relay—Moca Tanaka (SR), Minjee Kim (JR), Lauren Eterno (Soph), Emily Munayirji (FR)

### All Division

Arushi Bhatia (Soph) Girls' Tennis

Ethan Brandewein (JR) Boys' Volleyball

Lauren Kaplan (Soph) Girls' Tennis

Abigail Lev (FR) Girls' Tennis

Moca Tanaka (SR) Girls' Swimming

## **Additional Post Season Awards—Sport Specific**

### **Girls' Soccer**

Senior Scholar Athlete—Brooke Reamer  
Conference Player of the Year—Alexa Vegoda  
Conference Goalkeeper of the Year—Dani Pollard

### **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

Physical Education, Health, Athletics and  
Recreation Department  
117 Central Park Road  
Plainview, NY 11803

**Phone: 516-434-3100**

**Fax: 516-349-4792**

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

### **2018-2019 Interscholastic Season Start Dates**

#### **High School Sports**

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

**Spring:** V/JV Baseball, Softball, B/G Lacrosse—March 4th  
V/JV B/G Outdoor Track, B/G Golf—March 11th  
V/JV G Badminton, B Tennis—March 18th

#### **Middle School Sports**

**Winter II:** Tuesday, January 22, 2019

**Spring:** Monday April 1, 2019

### **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.

