



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

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Korason, Solomon and Pappas named Athletes of the Year

This newsletter marks the end of another successful year of Hawks Interscholastic Athletics. The 2016-17 year saw the Hawks reach great heights both on and off the field. Four student athletes were named to All American teams. The Baseball, Boys' Soccer and Bowling teams each won Conference Championships. While the Boys' Volleyball team won Conference and County championships. As a program we received the School of Excellence award for outstanding academic achievement by NYSPHSAA.

At the Senior Awards and Wall of Fame dinner, sponsored by POB Athletic Booster Club, multiple awards and scholarships were handed out. Krystal Korason (Girls' Basketball) was named the Senior Female Student Athlete of the Year. While Yuval Solomon (Boys' Tennis) and Peter Pappas (Wrestling) were named the co-Senior Male Student Athletes of the Year. Maxwell Schulman (Volleyball), Rebecca Koltun (Basketball, Soccer) and Joanna Cheng (Cross Country) were named Scholar Athletes of the year.

Krystal Korason was a 4 year varsity basketball player. This past year she broke the school record for points in a career with 930 points. Krystal also led the Hawks to their first playoff appearance in 10 years. She will attend the University of Buffalo next year.

Peter Pappas was a 5 year varsity wrestler. During his wrestling career he had a record of 180-10. He was crowned state champion in 2017 and Nassau County Champion in 2017 and 2014. He was also state runner-up in 2014 and 2015. This past year Peter was named to the All-American team. Next year Peter will be attending Edinboro University where he will continue his wrestling career.

Yuval Solomon was a 6 year varsity tennis player. During his career he compiled a record of 93-8. He is a three time Nassau County singles champion, a two time New York State singles champion, a two time All-American and he was Newsday Boys' Tennis Player of the year three times. Next year Yuval will be attending Wake Forest where he will continue his tennis career.

Boys' Tennis—Yuval goes Back to Back !



Competing in Nassau County's "elite eight" conference, Conference 1, the Hawks go up against the very best of the very best. This season followed the amazing run of 2016 in which the Hawks won 5 of 6 regular season matches to end their campaign, followed by two playoff wins and a berth in the team-playoff semi-finals. Only a loss to the undefeated Syosset squad stopped us from the championship match. Not

to be outdone by the past, the 2017 Hawks fought their way into 4th place in the regular season with a credible 7-7 win-loss record, two more playoff wins against Locust Valley and Cold Spring Harbor and back to the semi-finals. Here, again, we bowed to the County Champs. This all from a particularly young team comprised of 3 starting freshmen (one of which was Anthony Casale, All-Conference) and 2 sophomores of our starting 11 contenders.

The individual highlight of our season, playoffs, Counties and States, was the accomplishments of the greatest tennis player to ever come out of Plainview-Old Bethpage, senior, Yuval Solomon, who posted a near-perfect record of 16-1 for the season and the playoffs. He then followed that up at the Counties with a near-flawless performance winning, 10-0, 10-0, (6-2, 6-0), (6-0, 6-0) against 4 of the County's best singles players. This made Yuval a 3-time County Singles Champion, gave him the title of an All-State player, and put him back into the States, where he returned to defend his State Championship Singles title from 2016. As the State's Number 1 Seed, Solomon tore through the best in the state for each round of the tournament, culminating with a 6-1, 6-2 victory of the 2nd Seed. He then went on to face and beat the best of the New York City Schools Federation Champion 6-1, 6-1, once again proving the he was the best Boys Singles Tennis player in New York State.

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Spring Season Recap

Yuval Solomon - Boys' Tennis

- Nassau County Champ
- NYSPHSAA Champ
- Federation Champ
- All-American

Baseball Conference Champions

1—All American

4—All County

Baseball—Conference Champs



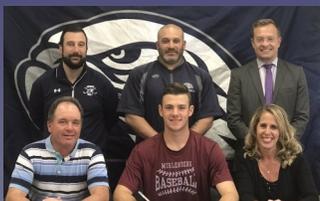
The 2017 Hawks varsity baseball team enjoyed an amazing and fun filled season. It all started with our trip to Cooperstown along with Jericho HS. This spring, the team finished 21-5 overall, including the playoffs. In league play, the Hawks went 16-2 and won the first regular season conference championship since 2004. The team won all 6 series they played and swept four of those six, two coming against top opponents Calhoun HS

and East Meadow HS. This helped the Hawks earn the number 1 seed in the AA playoffs, home field advantage throughout, and a first round bye.

The playoffs started against the Hicksville Comets, in which the Hawks took down 2 games to none and outscored the Comets by a combined score of 26-5 in the two games. The next opponent was AA2 rival Calhoun HS in the county semis. What a crazy and exciting series this was. Even though the Hawks swept Calhoun, both games could have gone either way. The Hawks resiliency was on display in this series. The first game took 11 innings to complete, but the Hawks ended up on top 3-2 after trailing in the 7th and tying it up on a two out base hit. The Hawks finally broke through and won the a great HS baseball game. Game two of the series was even crazier as the Hawks scored 5 runs with two outs in the top of the 7th inning to take a 6-2 lead and hold on to win Game 2 of the series, 6-2, to move onto the county finals. It was POB's first appearance in the finals since 2004.

The finals started off with a big 5-4 win against Massapequa in the first game of the best of three county finals. Needing one more win to claim the county championship, the Hawks unfortunately dropped the next two games to eventual County champs in a hard fought series. It was a disappointing end to an amazing season and playoff run. One that will forever be remembered by all the players and coaches involved.

Best of luck to all the seniors and for those coming back there is some unfinished business to take care of.



Justin Kimmel has committed to Muhlenberg University. Justin will continue his academic and athletic career as member of the Mule Baseball team.



Seniors Lauren Healy and Jyllian Solomon lead the G Lax program to it best 3 year span in its history, with a 28-16 record. Healy leaves as the all-time leader in points (194)and goals (162).

Hawks moving on to College

It is with great pleasure that I announce that 15 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 and Basketball—Southern Wesleyan (D2)
- Troy Benson —Outdoor Track—CW Post University (D2)
- Jack Stafford—Basketball—Scranton University (D2)
- Reanna Hoefling—Soccer—Kueka College (D3)
- Justin Kimmel —Baseball—Muhlenberg University (D3)
- Victoria Overbeck—Softball—Swarthmore College (D3)
- Matthew Butigan—Baseball—Saint Anselm (D3)
- Daniel Kim—Hunter College—Volleyball (D3)
- Katherine Lee—Hunter College—Swimming (D3)
- Erica Campbell —Soccer—Bentley University (D2)
- Christos Kalamidas—Football— Caldwell College





Softball-Making History!



The Girls' Varsity Softball team had a successful year against some of the best softball teams in Nassau County. They finished the regular season in the middle of the pack, but went into the playoffs on a high note after beating both Farmingdale and Port Washington in the final week of the regular season. These two impressive wins allowed the Hawks to be seeded against Farmingdale in the opening round of the playoffs. As they did in the regular season, the game went into extra

innings. With the score tied 4-4, the Hawks scored 3 runs in the top of the 8th, starting with a solo homerun by Emily Chen. The defense, led by our starting pitcher Victoria Overbeck, was up to the task holding Farmingdale down in the eighth inning to secure the Hawks their 1st playoff win in over 20 years. Another highlight from our season was the play day workout with the girls from the Plainview Little League softball team. On a Saturday in April, the young athletes from Mr. Riegler's softball team came to the high school and worked out with us on our field. The experience was great for the young players as well as the members of the varsity team who were mentors for the Little Leaguers. Good luck to all of the seniors, you will be missed next year.



Victoria Overbeck has committed to Swarthmore College. Victoria will continue her academic and athletic career as member of the Garnet Softball team.

Catching up with our Alumni



Alex Seltzer—(Class of 2013)-NYIT- Lacrosse—Finished career with program-record 645 saves. Record-setter came in 13-11 win against 12th-ranked Tampa on April 8. Finished with career 7.86 GAA, second in program history, trailing only Kevin Fleming (4.67 in 1970s). Third-team All-ECC. Had career-high 8.58 GAA as senior, which nonetheless ranked 16th in Division II. Named to ECC honor roll on April 3. Named ECC Defensive Player of the Week on April 10

Daniel Desimone—(Class of 2013)-- Farmingdale State—Lacrosse—Played in 14 games. Scored 4 and had 9 assists.

Robert Ensmenger—(Class of 2013) Alfred University—Lacrosse—Played in 12

games...finished the season with 5 assists and 1 goal for 6 points...five of his 11 shots were on goal.

Domenic Palumbo—(Class of 2014) - Farmingdale State—Baseball—Played in 31 games and batted .286 with 16RBI and 3 doubles.

Joseph Marvel—(Class of 2014) NYIT—Baseball—Played in 1 game and recorded his first hit of his career

Chris Tracz—(Class of 2014) Marist College—Baseball— Played in 23 games and batted .259 with 2 HR and 13 RBI

Angela Bollettieri (Class of 2014) Molly College—Lacrosse—Played in 6 games, scoring 4 goals

Thomas Ensmenger—(Class of 2015) Drew University—Lacrosse—Played in 13 games and scored 1 goal.

Jessica Steinhilber-(Class of 2015) - Utica College—Lacrosse—Played in 10 games with 6 ground ball recoveries

David Glass—(Class of 2015) - John Hopkins College—Baseball— pitched in 4 games for a total of 8 innings with 7 strikeouts.

Jake Saltzman—(Class 2016) - Molloy College—Baseball—batted .295 with 2 HR and 19 RBIs. Was named ECC Rookie of the Week



Kevin Pastier—(Class of 2016) - Molloy College-Lacrosse—Started 14 games, lead the team with 29 goals and 36 points. Kevin was twice named ECC rookie of the week this year.

CJ Mazzocchi—(Class of 2016)-Manhattan College—Lacrosse—Played in 12 games and secured 5 ground balls

Brian DeGennaro-(Class of 2016) - Misericordia College— Lacrosse—Played in 6 games and had 4 saves

Joe Galasso—(Class of 2016) - Mount Saint Mary College—Baseball—Played in 14 games and started 5. Batted .233 with 1 RBI

Kyle Supran—(Class of 2016) - Ursinus College—Baseball— Played in 1 game and got 1 hit

Jake Supran—(Class of 2016) - Ursinus College—Baseball— Played in 3 games



POB Alumni Chris Tracz played in the Division 1 College Baseball World Series this year. His Marist team faced Florida and Bethune Cookman

High School Physical



Students in Mrs. Gasbarro's YOGA and CORE FITNESS classes volunteered to teach this spring. Students had to create their own lessons and pair it with music. "I love stepping back and watching my students control the room" said Ms. Gasbarro. This spring students taught lessons in Zumba, hip-hop, lyrical choreographed classes, yoga, core conditioning, bar mitzvah dances, cheer jumps, stretch, Israeli dances and Indian Bali-wood dances. To add to the fun and excitement, Mr. Bernardo's modified P.E. class joined us for some of the dance classes. Mr. Bernardo pointed out that "Just seeing his students move freely and really enjoy themselves put a smile on my face for days". Great job everyone!!!!

"Continuous effort—not strength or intelligence—is the key to unlocking our potential."

Sir Winston Churchill

Boys Golf



The 2017 version of the Boys Golf team was another successful one. For the second year in a row the Hawks competed on the final day of the Nassau County Championship Tournament along with the five other best teams in the county. Although the boys did not come home with the title, their performance was still impressive. The Hawks were once again led by senior captain Dan Lee who registered the team's low score for the County Tournament. Unfortunately, Dan narrowly missed the cut to represent Nassau County at the NY State Tournament, but the 5-year starter and 3-time All-County winner has done his fair share to help the Hawks over the years. This year Dan shared All County honorable mention honors with sophomore Saurav Bhasin. Also garnering post season awards for the Hawks were All Conference recipients Minchul Kim, Russell Kim, eighth-grader Sachin Bhasin, and the other senior captain- Michael Gustafson, who did an excellent job in his own right leading the Hawks in 2017.

9th Grade Physical Education

For the Spring semester we were fortunate enough to host a SUNY Cortland Student Teacher, Mr. Tyler Keogh. Mr. Keogh helped to expand the experience in class as we participated in our badminton unit. As the unit progressed we held tournament play among the students. Part of the motivation for the unit is in anticipation of the new V boys and girls badminton teams we will be fielding in the Fall.

The last 9th grade PE Lab of the year was focused on Bio-Mechanics. Students were introduced to videos that combined sports, physics and analysis of athletic movement. A question and discussion session was led by Mr. Keogh to guide and inform students of the uses of Bio-Mechanics - safety and injury prevention in sport, as well as improvement of athletic skills and new skill development.

Our last workout of the year focused on Proprioceptive Neuromuscular Facilitation (PNF) stretching. Although flexibility is the least developed component of fitness it is also the easiest to improve. Students were taught the technique to stretch and contract muscle groups to improve strength and flexibility to help prevent injury while participating in athletic and fitness activities. Students worked in groups to manipulate various joints in the body to stretch through a range of motion and then contract the muscles that facilitate that specific range of motion. The team work that was involved in this activity also helped give students the opportunity to communicate effectively for success.

"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— **Jason Birns** (Boys' Tennis), **Joseph Sica** (Baseball), **Doug Vaca** (Boys' Lacrosse), **Ryan Pajer** (Boys' Golf)

Varsity— **Alex Fried** (Boys' Tennis), **Jason Brenner** (Baseball), **Jack Thurber** (Boys' Lacrosse), **Samantha Frucht and Sabrina Munoz** (Softball), **Rohit Aggarwal** (Boys' Outdoor Track), **Leah Chavez** (Girls' Outdoor Track), **Brooke Reamer** (Girls' Lacrosse), **Michael Gustafson** (Boys' Golf), **Hanna Traub** (Girls' Golf)

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

2017-2018 Interscholastic Sports Schedule

Next year the POB CSD will begin school on September 5th. The 2017-2018 Nassau County Interscholastic Sports schedule for your review. These dates have been approved and are final. Please remember that JV and Varsity do practice during school vacations and students are required to attend.

Fall Sports

JV/V Football— August 16th

All remaining JV/Varsity Fall Sports (except boys' badminton) - August 23nd

JV/Varsity Boys' Badminton— September 5th

All Middle School Sports - September 6th

Winter Sports

Varsity and JV Wrestling and Cheerleading—November 6th

All other JV and Varsity Sports—November 13th

All Winter 1 Middle School Sports—November 6th

All Winter 2 Middle School Sports—January 16th

Spring Sports

B/G Lax, Baseball, Softball, B/G Track—March 5th

B/G Golf, G Badminton, B Tennis—March 12th

All Middle School Spring Sports—April 9th

For more information please go to Athletic Website



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

teams that meet various criteria and have finished with a 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.

This Spring season the following teams earned the **NYSPHSAA Scholar Athlete Team**

Award: Boys' and Girls' Lacrosse, Boys' and Girls' Outdoor Track, Boys' and Girls' Golf, Boys' Tennis, Baseball and Softball.

"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

2016-2017 End of the Year Awards

STUDENT ATHLETE AWARD

KRYSTAL KORASON
(BASKETBALL)

PETER PAPPAS
(WRESTLING)

YUVAL SOLOMON
(TENNIS)

SCHOLAR ATHLETE AWARD

JOANNA CHENG
(CROSS COUNTRY, INDOOR TRACK, OUTDOOR
TRACK)

REBECCA KOLTUN
(SOCCER, BASKETBALL)

MAXWELL SCHULMAN
(VOLLEYBALL)



2016-2017 End of the Year Awards

UNsung HERO AWARD

EMILY BARTOLETTA

(SOFTBALL)

JASON BRENNER

(BASEBALL)

CHRISTIAN COLEMAN

(WRESTLING)

MICHAEL GUSTAFSON

(BOYS' GOLF)

JYLLIAN SOLOMON

(GIRLS' LACROSSE)

JAKE BRANDWEIN

(BOYS' VOLLEYBALL)

DANIELLE BURSKY

(GIRLS' BASKETBALL)

JENNIFER GOLIO

(GIRLS' SOCCER)

KATHERINE LEE

(GIRLS' SWIMMING)

HEART OF THE HAWK AWARD

JENNIFER GOLIO

(GIRLS' BASKETBALL)

BRANDON IMHOF

(WRESTLING)

ABBY SANG

(GIRLS' SWIMMING)

LAUREN HEALY

(GIRLS' LACROSSE)

VICTORIA OVERBECK

(SOFTBALL)

ZACHARY STROMBERG

(BOYS' SOCCER)

2016-2017 Spring Team MVPs

JUNIOR VARSITY TEAM MVPS

BRANDON BERNSTEIN-BOYS' TENNIS

JASON LEON-BASEBALL

NICHOLAS SALLIE-BOYS' LACROSSE

MAX LORIA-BOYS' GOLF

VARSITY TEAM MVPs

YUVAL SOLOMON-BOYS' TENNIS

MARK FAELLO-BASEBALL

JORDON BERSON-BOYS' LACROSSE

VICTORIA OVERBECK-SOFTBALL

CHRISTIAN SCHIAVONE-BOYS' OUTDOOR TRACK

JOANNA CHENG-GIRLS' OUTDOOR TRACK

LAUREN HEALY-GIRLS' LACROSSE

DAN LEE-BOYS' GOLF

JIWON KWON-GIRLS' GOLF



2016-2017 Spring Post Season Award Winners

All-American

Yuval Solomon (SR) Boys' Tennis

Mark Faello (JR) Baseball

All-County

Justin Kimmel (SR) Baseball

Victoria Overbeck (SR) Softball

Ryan Saltzman (JR) Baseball

Honorable Mention All-County

Daniel Lee (SR) Boys' Golf

Emily Bartoletta (SR) Softball

Alex Randisi (SR) Softball

Jordan Berson (JR) Boys' Lacrosse

Suarav Bhasin (SOPH) Boys' Golf

All-Conference

Sachin Bhasin (8th) Boys' Golf

Allison Cassano (SOPH) Girls' Lacrosse

Dylan Cook (JR) Boys' Lacrosse

Greg Gentile (JR) Boys' Lacrosse

Lauren Healy (SR) Girls Lacrosse

Russel Kim (JR) Boys' Golf

Jack Thurber (JR) Boys' Lacrosse

Anthony Casale (FR) Boys' Tennis

Michael Conti (JR) Boys' Lacrosse

Samantha Fried (SOPH) Softball

Michael Gustafson (SR) Boys' Golf

Minchul Kim (JR) Boys Golf

Zach Stromberg (SR) Baseball

All-Division

Matt Butigan (SR) Baseball

Alex Fried (SR) Boys' Tennis

Angelina Kim (JR) Girls' Outdoor Track

Jared Phillips (FR) Boys' Tennis

Nick Dechiaro (JR) Boys' Tennis

Sam Howell (SR) Baseball

Giselle Munoz (JR) Girls' Outdoor Track

Ethan Treihaft (SOPH) Boys' Tennis

2016-2017 Wall of Fame Inductees**ALL-AMERICAN****MIRANDA LUND**

GYMNASTICS

JUNIOR

PETER PAPPAS

WRESTLING

SENIOR

YUVAL SOLOMON

TENNIS

SENIOR

RENEE VULIN

GYMNASTICS

JUNIOR

ALL -STATE**ETHAN KLEIN**

BOYS' VOLLEYBALL

SENIOR

MARK FAELLO

BASEBALL

JUNIOR



2016-2017 Wall of Fame Inductees

ALL COUNTY

MELENA ALDORISIO (SOPH)

GIRLS' VOLLEYBALL

ANDREW CARDELLO (SR)

BOYS' BASKETBALL

NICK GALASSO (SOPH)

BOYS' VOLLEYBALL

BRYAN HIRSCH (JR)

BOYS' BOWLING

DANIEL KATZ (SR)

BOYS' BOWLING

JUSTIN KIMMEL (SR)

BASEBALL

DANIEL LEE (JR)

BOYS' GOLF

VICTORIA OVERBECK (SR)

SOFTBALL

PAYTON SACKS (7TH)

GYMNASTICS

HEATHER SANBORN (8TH)

GYMNASTICS

JACK STAFFORD (SR)

BOYS' BASKETBALL

ALEXA VEGODA (9TH)

GIRLS' SOCCER

SARI ARROW (SOPH)

GIRLS' BOWLING

SINEAD HEANEY (SOPH)

GIRLS' CROSS COUNTRY

COLE HUERTAS (SR)

ALL-COUNTY

DANNY KIM (SR)

BOYS' VOLLEYBALL

KRYSTAL KORASON (SR)

GIRLS' BASKETBALL

JESSE LINDELL (SR)

BOYS' BOWLING

JUNEHYUK ROH (JR)

BOYS' SWIMMING

RYAN SALTZMAN (JR)

BASEBALL

MAXWELL SCHULMAN (SR)

BOYS' VOLLEYBALL

CORRINE TESTA (SR)

GIRLS' BOWLING

JANE WERNOW (SOPH)

GIRLS' CROSS COUNTRY

Honorable All-Mention All-County

Suarav Bhasin (SOPH)

Boys' Golf

Nick Gonsalves (JR)

Boys' Soccer

Dan Lee (SR)

Boys' Golf

Emily Bartoletta (SR)

Softball

Zach Herman (JR)

Boys' Volleyball

Alexandra Randisi (SR)

Softball

Jordan Berson (JR)

Boys' Lacrosse

Justin Houlian (SOPH)

Boys' Volleyball

Sam Rozenbaum (JR)

Boys' Soccer

**Girls' Outdoor Tack Records**

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
4x400	S. Otaka	4:46.0	5/12
	S Sethi		
	J Pantell		
	E Schreiber		
4x800	D Segal	10:49.9	5/07
	E Yi		
	J Gentil		
	M Levy		
SMR	S Ahlante	2:08.5	5/07
	E Yi		
	J Gentile		
	M Levy		
SMR F/S	C Krinstler	2:09.5	4/08
	J Passes		
	A Picciurro		
	M Rizzo		
DMR	J Gentile	14:12.7	4/08
	M Rizzo		
	L Solomon		
	L Whittlin		
DMR F/S	K Wallach	14:19.5	5/10
	E Otaka		
	A Hedgecock		
	A Gungor		
Long Jump	A Gungor	16' 1.25"	5/11
Triple Jump	A Gungor	33' 1.75"	5/11
High Jump	A Picciurro	5'0"	4/09
	A Gungor		4/10



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	H Karcz	74.9	4/13
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 Getile	5:36.2	5/08
3000 M	B Rabinovici	11:17	5/94
Steeple	E Tropiano	8:07	5/05
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	E Strack	29'11"	3/14
Discus	T Logan	81'3"	5/06
Pole Vault	R Feinman	8'6"	4/12
	J Pantell		5/15
	A. Kim***		5/17***

**Boys' Outdoor Tack Records**

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
4x 1600****	Jake Meyers Christian Schiavone Bryan Horn Tyler Goldstein	20:12.9	3/17/2017
SMR****	Troy Benson Matt Eliasi Ethan Lerman Ross Gillman	1:45.0	3/25/2017
DMR	L Flanagan K Crean S LaRosa D Turner	12:24.1	5/06
MMR	A Ercolano M Mellina M Scalia M Trojanowski	3:58.0	4/11/13
Shot Put	J Siragusa	38'5.5"	4/06
Discus	K Crean	122'	5/07
Long Jump	B Park	19'9"	4/12/16
Triple Jump	D Kim	39'11"	2011
High Jump	M Benjamin	6'2"	4/2/11
Pole Vault	J Siragusa	9'0"	5/06



Boys' Outdoor Track Records

<u>Event</u>	<u>Name</u>	<u>Time/Dis</u>	<u>Year</u>
100 M	W Zuckerberg	11.2	4/12/16
110 HH	D Landau	16.3	5/06
200 M	M Newman	23.2	4/07
400 M	I Clar	52.2	3/04
400 IH	C Whalen	61.1	4/07
800 M	M Ferone	2:06.7	4/20/10
1600 M	M Ferone	4:39.2	4/20/10
3200 M	M Ferone	9:51.4	5/17/10
Steeple	M Ferone	9:53.1	6/2/10
4x100	M Gullota C Dender M Mellina A Ercolano	46.6	5/22/13
4x200	C Casamassina J Siragusa S Kaminker T Messina	1:46	4/05
4x400	A Ercolano J Gruttaduria K Castillo J Mass	3:46.9	5/1/12
4x800****	Jake Meyers Christian Schiavone Jae Song Nico Venturini	8:53.87	3/17/2017



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2017-2018 Interscholastic Season Start Dates

Fall Sports

JV/V Football— August 16th
All remaining JV/Varsity Fall Sports (except boys' badminton) -
August 23rd
JV/Varsity Boys' Badminton— September 5th
All Middle School Sports - September 6th

Winter Sports

Varsity and JV Wrestling and Cheerleading—November 6th
All other JV and Varsity Sports—November 13th
All Winter 1 Middle School Sports—November 6th
All Winter 2 Middle School Sports—January 16th

Spring Sports

B/G Lax, Baseball, Softball, B/G Track—March 5th
B/G Golf, G Badminton, B Tennis—March 12th
All Middle School Spring Sports—April 9th

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

Additional Post Season Awards—Sport Specific

Boys' Tennis

Yuval Solomon—Newsday Player of the Year, 1st Team All-Long Island

Baseball

Mark Faello—Diamond Award Winner, Conference AA2 player of the year, 1st Team All-Long Island

Softball

Victoria Overbeck—Scholar Athlete

Boys' Outdoor Track

Nassau Officials Association Sportsmanship Award

Girls' Lacrosse

Jyllian Solomon—Scholar Athlete

Corrine Badeer—Unsung Hero

