



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

POB

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Wrestling—Peter Pappas Claims State Title!



The Hawks Wrestling Team capped off another great season. The team finished 22nd at the Nassau County Wrestling Championships. Numerous Hawks achieved post season honors. Our All-Conference wrestlers included: Anthony Franco, Nic Franco, Matthew Coleman, Christian Coleman, Dan Morales, Harrison Kyriacou, Anthony Trentacosta, Anthony Olivia, and 8th grader Brad Sender.

Another memorable moment this season came by the hands of Brandon Imhoff. His overtime victory led the Hawks to edge crosstown rival Hicksville by a single point.

Senior, Peter Pappas, made school history this year. He captured his second Nassau County wrestling title, becoming the first Hawk to achieve this feat.

He wasn't done rewriting the record books though. At the end of February, Pappas was crowned the New York State Wrestling Champion in the 152lb weight class. This is Hawks first ever New York State wrestling title. Pappas dominated the entire state tournament with 4 decisive victories. Peter also finished his career as a Hawk all-time leader in wins with an amazing record of 181-10. The coaching staff wishes Peter Pappas the best of luck as he continues his wrestling career at Division I powerhouse Edinboro University. The staff would also like to wish the best of luck to our graduating seniors: Peter Pappas, Nic and Anthony Franco, Anthony Trentacosta, and Christian Coleman. Thank you for all that you have done.

Girls' Basketball—A Year to Remember



This year the Hawks were led by Senior co-captain and 4 year starter Krystal Korason. Krystal was named All-County and led the team in every offensive and defensive category. One of her greatest accomplishments is graduating as the all-time leading scorer in Plainview Girls basketball history with 922 career points. Most importantly she helped lead a team of dedicated girls back to the playoffs for the first time in over 10 years.

The Hawks finished the regular season with a 10-9 record and faced Farmingdale in the first round of the Nassau County Playoffs. The game was a close affair. The Hawks led the entire first half, but in the end fell to the Dalers. This was a heartbreaking loss for a team that has worked so hard throughout the year.

Head Coach Nick Tomasulo stated "I couldn't be more proud of these girls for stepping up to a challenge this year and giving their all for this team and this program."

Special thanks to this year's seniors, Krystal Korason - captain (All-County), Jen Golio - captain (All-Conference), Amanda Newman, Rebecca Koltun, Danielle Bursky, and Jessica Ortsman for their hard work, dedication and leadership displayed throughout the entire year.

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Winter Season Recap

1– All-American

1– All-State

12– All-County

Boys' Bowling Conference Champions

Peter Pappas

NYSPPHSAA 152lb State Champion in Wrestling

1st Team All-Long Island

Miranda Lund

1st Team All-Long Island

Kyrstal Korason

All-Time Leading scorer in G Basketball History



Jack Stafford has committed to Scranton University. Jack will continue his academic and athletic career as member of the Royals basketball team



Three members of the Girls' Soccer team will be moving on to college, Carolyn Sualle, Jen Golio, and Reanna Hoefling

Coming Soon—POB Athletic Hall of Fame

Over the past several months a group of dedicated coaches and teachers have met with the goal to create a Plainview-Old Bethpage Athletic Hall of Fame. I am proud to announce that we have accomplished our goal. The Hall of Fame will be organized as a means to recognize, preserve and promote the heritage of interscholastic sports in the Plainview-Old Bethpage Community.

There will be three nomination categories for the Hall of Fame:

Student Athletes

Coaches

Contributors

We will be accepting nominations starting in the beginning of May 2017 and hope to announce the 1st Hall of Fame class in December of 2017.

In conjunction with the Plainview Athletic Booster club we are planning a golf outing and dinner in June of 2018 to honor the inductees.

Boys Bowling Wins the Conference Title

The Varsity boys' bowling team won its third title in the last four years. JV had it easy as they clinched before the season's final day. For Varsity, however, it did not come easy.

Varsity versed Farmingdale on the last day to compete for the conference title. Although they only had to win one out of three games, nothing comes easy against Farmingdale. Plainview trailed by almost sixty pins in the tenth frame. It looked like Farmingdale was going to take momentum and win the first game. However, after three out of four Farmingdale players opened in the last frame, Jesse Lindell struck out to shoot 258, and Daniel Katz struck on the first ball in the tenth which put the Hawks ahead for good. Plainview won the game by just six pins.

JV took first place in an easier fashion thanks to the leadership of county junior bowler Max Heller and a huge year from freshman Sal Testa. There were also various times that the JV bowlers showed potential to be star varsity players as early as next year. This includes, but isn't limited to, Stanley Kim, Atul Gera, Sal Testa and Max Heller.

Hawks moving on to College

It is with great pleasure to announce that nine 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)

Jack Stafford—Basketball—Scranton University (D2)

Justin Kimmel—Baseball—Muhlenberg University (D3)

Victoria Overbeck—Softball—Swarthmore College (D3)

Troy Benson—Outdoor Track—CW Post University (D2)





Boys' Swimming—Roh set Records

This past season was a very good one for the Plainview Boys' Varsity swim team.

The team finished the regular season with a record of 6 wins and 3 losses. Included in the win total were victories against rivals Farmingdale and Massapequa. This allowed the team to finish in third place in Conference One. Since the conferences in swimming are power ranked, this means that Plainview was the third best dual meet team in Nassau County. In addition, the team finished in second place at the Division Championship meet.

One school record was set this past season and one was tied, both at the Division Championship meet. Junehyuk Roh tied Jeremy Galbowski's 50 free record of 22.02 while finishing first in the Division meet and qualifying for the State Championship meet. The 200 free relay team of Vincenzo Ianni, Justin Baek, Jack You and Junehyuk Roh also finished first in the Division meet while setting a school record of 1:31.85. All-Division honors accompanied these accomplishments.

Others winning All-Division honors included the 200 medley relay of William Grieshaber, Marvin Dan, Jack You and Vincenzo Ianni; Jack You in 50 free; Junehyuk Roh in the 100 free; and the 400 free relay of Vincenzo Ianni, Mel Oganessian, William Grieshaber and Junehyuk Roh.

All conference honors were won in 1 meter diving by Douglas Vaca; 100 freestyle by Junehyuk Roh; and the 200 freestyle relay by Vincent Ianni, Justin Baek, Jack You, Junehyuk Roh.

By qualifying for the New York State championship meet, All County honors were won in the 50 free by Junehyuk Roh. Since this year's team did not have any seniors, the entire team can be back next year which bodes well for the future.



Another great season by our Challenger basketball program this year. The final game was played in front of a packed house at POB-JFK HS



The Hawk Nest provided great support throughout the winter season. Proving once again that we have the best fans in Nassau County

Catching up with our Alumni



Takhyung Seon ('13) CCNY—Indoor Track and Field— Competed in the 60m, High jump, Long jump, and Shot put

Nick Godino ('15) - Baruch College—Volleyball— Played in 22 games. Led the team in points (129) and kills (116). Voted 2016 Team Rookie of the Year

Alec Durutovic ('15) - SUNY Oswego—Basketball— Played in 8 games and grabbed 9 rebounds and scored 6pts.

Bradley Weiss ('15) St. Joseph's—Basketball— Played in 22 games, grabbed 51 rebounds and scored 26 points.

Brendan Fitzpatrick ('16) SUNY Cortland-Basketball— Played in 12 games and averaged 10.6 Min/G. He scored 17 points and grabbed 14 rebounds.

Aaron Kim ('16) Baruch College—Volleyball— Played in 13 games this year.



2017-2018 Interscholastic Sports Schedule

Next year the POB CSD will begin school on September 5th. I have copied 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 and Varsity Football – August 16th

All other JV and Varsity Sports—August 23rd

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, B Tennis—March 12th

All Middle School Spring Sports—April 9th

For more information please go to Athletic Website

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

Sir Winston Churchill



“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

Thomas A. Edison

H.B Mattlin Shoe Drive: *Changing Lives, One Step at a Time*



Not only are the students of Mattlin lacing up their sneakers to get active in Physical Education...they are also donating their lightly used footwear to help those less fortunate do the same! During the month of February, grades five through eight have been competing for the title of most charitable by bringing in shoes that they or their family no longer use to be passed along to Shoes For All, a non-profit organization on Long Island dedicated to providing for the less fortunate. When a Physical Education teacher accepts a donation, the grade the student represents gains a point for each pair given. In addition, the student signs a paper sneaker to be hung on the gymnasium "Sneaker Wall." Split into colored sections by grade, the "Sneaker Wall" emphasizes Mattlin's generosity and further advocates for this noble cause.

Some of our most charitable students have been nominated to represent their grade as "Sneaker Sponsors." Halfway through the month, one of our student "Sneaker Sponsors" made a morning announcement with an update of the current grade and school donation totals. Mattlin parents, administrators, teachers, guidance counselors, and other staff have all aided in the empowerment of our students, who have taken great initiative in working towards this selfless goal. As of February 28th, our worthy "Sneaker Sponsors" will be donating well over 200 shoes to those less fortunate - with more still coming in! From sneakers to dress shoes, from sandals to snow boots...the students of Mattlin are preparing those all across Long Island to be more active. After all, "there is no exercise better for the heart, than reaching down and lifting people up."



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 will be 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—Samantha Fried (G Basketball),

Varsity—Matt Wolson (B Indoor Track), Jane Wernow (G Indoor Track), Corinne Testa (G Bowling), Alec Ash (B Basketball), Melanie Golubow (Gymnastics), Olivia Riegler (Cheerleading), Jen Golio (G Basketball), Douglas Vaca (B Swimming), Nick Demasi (Wrestling), Alexa O'Connor (Kickline)

Middle School Health Education Update



The 8th grade Health students at Matlin Middle School learned about the harmful effects of eating disorders. People with a negative self-concept are more likely to suffer from feelings of depression, isolation, low self-esteem, and obsessions with weight loss. The focus of instruction during this unit was on Anorexia, Bulimia and Binge Eating. Using information provided in class and conducting research, students created a poster to teach others about the consequences of eating

disorders and provided information on how to create a healthy body image. Each group presented their poster that highlighted at least 20 facts which identified specific behaviors, social problems and health consequences relating to a specific disorder.

High School Health Education Update

In our 10th grade Health classes students are in the midst of classroom lessons, discussion and activities encompassing a further understanding and awareness of the use, misuse and abuse of drugs, including alcohol. Students are learning factual information about the physiological implications of drug use. Additionally, they are exploring the reasons why we have been seeing an exponential explosion of heroin use on Long Island as well as across our nation. 10th grade health teachers Mrs. Calandra and Mrs. Meyer are encouraging students to use their knowledge about drugs to help them make smart, informed and healthy decisions.

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.

This winter season the following teams earned the NYSPHSAA Scholar Athlete Team Award: Boys' and Girls' Basketball, Boys' and Girls' Indoor Track, Boys' Swimming, Gymnastics, Competitive Cheer, Boys' Bowling, and Girls' Bowling

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



2015-2016 Winter Team MVPs

JUNIOR VARSITY TEAM MVPS

BOYS' BASKETBALL—NICK GLASSO

GIRLS' BASKETBALL—SAMANTHA GORDON

VARSITY TEAM MVPs

CHEERLEADING— DELANEY GEIB

BOYS' BASKETBALL—JACK STAFFORD

BOYS' BOWLING— JESSE LINDELL

BOYS' SWIMMING AND DIVING— JUNEHYUK ROH

BOYS' WINTER TRACK AND FIELD— CHRISTIAN SCHIAVONE

GIRLS' BASKETBALL— KRYSTAL KORASON

GIRLS' BOWLING— NATALIE COOPER

GIRLS' WINTER TRACK AND FIELD— AMY LEDERER

GYMNASTICS— MIRANDA LUND

KICKLINE—JENNA MANZO

WRESTLING—PETER PAPPAS



2016-2017 Winter Post Season Award Winners

All-American

Peter Pappas (SR) Wrestling

All-State

Renee Vulin (JR) Gymnastics

All-County

Sari Arrow (FR) Girls' Bowling
 Andrew Cardello (SR) Boys' Basketball
 Bryan Hirsch (JR) Boys' Bowling
 Daniel Katz (SR) Boys' Bowling
 Jesse Lindell (SR) Boys' Bowling
 Miranda Lund (JR) Gymnastics
 Krystal Korason—(SR) Girls' Basketball
 Jack Stafford (SR) Boys' Basketball
 Corrine Testa (SR) Girls' Bowling
 Payton Sacks (7th) Gymnastics
 Heather Sanborn (8th) Gymnastics
 Junehyuk Roh (JR) Boys' Swimming

All-Conference

Brandon Becker (SR) Boys' Basketball	Christian Coleman (SOPH) Wrestling	Matt Coleman (SR) Wrestling
Anthony Franco (SR) Wrestling	Nic Franco (SR) Wrestling	Jen Golio (SR) Boys' Basketball
Harrison Kyriacou (SOPH) Wrestling	Justin Lambert (SR) Boys' Basketball	Dan Morales (JR) Wrestling
Anthony Oliva (SOPH) Wrestling	Brad Sender (8th) Wrestling	Anthony Trentacosta (SR) Wrestling
Vinny Ianni (SOPH) Boys' Swimming	Justin Baek (JR) Boys' Swimming	Junehyuk Roh (JR) Boys' Swimming
Jack You (Soph) Boys' Swimming	Douglas Vaca (SOPH) Boys' Swimming	

All League/ALL-Division

Justin Baek (JR) Boys' Swimming	Natalie Cooper (SR) Girls' Bowling	Marvin Dan (FR) Boys' Swimming
Nick DeChiaro (JR) Boys' Bowling	William Grieshaber (JR) Boys' Swimming	Vinny Ianni (SOPH) Boys' Swimming
Mel Ogenesian (JR) Boys' Swimming	Junehyuk Roh (JR) Boys' Swimming	Jack You (SOPH) Boys' Swimming



Plainview-Old Bethpage Girls' Winter Track School Records

<u>EVENT</u>	<u>NAME</u>	<u>TIME / DIS.</u>	<u>DATE</u>
55 m	E.Otaka	7.5	2010
55 Hurdles	L.Solomon	9.8	2007
300 m	B.D'Angelis	44.9	2009
600 m	J.Wallach (8 th Grade)	1:46.7	2012
800 m	B.Rabinovici	2:39	1993
1000m	J.Wallach (8 th Grade)	3:21.1	2012
1500m	E.Tropiano	5:16	2004
1600 m	E.Tropiano	5:38	2005
3000 m	E.Tropiano	11:18	2005
1500 Walk	V. Smith	8:04	2007
Shot Put	E. Park	28' 1 ¼	2013
Triple Jump	A.Gungor	33' 5 ½	2012
Long Jump	A.Gungor	16' 1 ¾	2012
High Jump	L.Solomon	4' 10"	2009
	A.Gungor		2010
Pole Vault	J. Pantell	8'6	2015

Relays

4 X 200	<u>1:57.3</u>	4 X 800	<u>11:01.32***</u>	DMR	<u>15:46</u>
E.Otaka	2009	S Heaney	2016	A.Wang	2013
A.Austria		D Pollard		L.Schaumburg	
J. Passes		M Rustemi		M. Kerman	
B.D'Angelis		J Wernow		K. Wallach	
4 X 400	<u>4:35.8</u>	Mile Medley	<u>5:05</u>		
J.Wallach	2012	A. Joe	2001		
B.Nickel		T.Pritchard			
M.Fiume		C.Krammerer			
A.Gungor		M.Jarchin			



Plainview-Old Bethpage Boys' Winter Track School Records

<u>EVENT</u>	<u>NAME</u>	<u>TIME / DIS.</u>	<u>DATE</u>
55 m	E. Cheng	6.5	1/96
55 Hurdles	D. Landau	8.3	12/05
200 m	E. Cheng	23.3	3/96
300 m	T. Benson	39.31	12/12/15
400m	D. Fishbein	59.1	1/07
600 m	R. Beckerman	1:27.5	2/99
800 m	Mario Ferone	2:11.1	1/5/10
1000m	J. Rosenkrantz	2:47	1/95
1600 m	J. Rosenkrantz	4:37	2/92
3200 m	M. Cashman	9:38	2/92
Shot Put	Abe Jun	42' 10.25"	2/12/10
Triple Jump	Vasilios Stotis	38' 3"	1/23/10
Long Jump	D. Kim	19'11	1/08
High Jump	Matthew Benjamin	5'11"	2/24/10

Relays

4 X 200 **1:39**
 J. Symons 2/96
 B. Bae
 J. Rosenkrantz
 E. Cheng

4 X 800 **9:02**
 V. Raju 2/92
 M. Lewek
 B. Levenson
 A. Labrocca

4 x 1600 **20:35**
 B. Nordell 1/98
 M. Kuhne
 R. Klein
 J. Bank

4 X 400 **3:24**
 J. Klaff 2/92
 J. Rosenkrantz
 R. Kasendorf
 E. Chen

Mile Medley 4:07
 E. Bernstein 12/95
 J. Symons
 A. Mei
 M. Kuhne

55HH Relay 27.9
 A. Mei 1/97
 E. Levine
 J. Lee

Plainview-Old Bethpage Girls' Swimming and Diving School Records

<u>Event</u>	<u>Year</u>	<u>Time</u>	<u>Record Holder</u>
200 Medley	2013	1:55.67	Messinger, Ren, Cohen, Blum
200 Free	2013	2:01.32	Ren
200 IM	2013	2:17.37	Cohen
50 Free	2007	26.01	Krekel
IM Dive	2014	359.50	Muhlbach
100 Fly	2013	1:01.38	Cohen
100 Free	1996	56:15	Peyser
500 Free	1996	5:21.53	Peyser
200 Relay	2006	1:50.01	Marinoff, Karp, Israel, Krekel
100 Back	2012	59.66	Ren
100 BR	2014	1:13.00	Cohen
400 Rel	2012	3:54.66	Fitzpatrick, Cohen, Ren, Blum



Plainview-Old Bethpage Boys' Swimming and Diving School Records

<u>Event</u>	<u>Year</u>	<u>Time</u>	<u>Record Holder</u>
200 Medley	2011	1:42.92	Bouzourne, Casciola, D. Sirgusa, J. Gabalski
200 Free	2003	1:48.12	Descovich
200 IM	2008	2:07.90	Flanagan
50 Free	2008 <i>2017</i>	22.13 <i>22.13</i>	Flanagan <i>Roh</i>
IM Dive	2006	263.26	J. Siragusa
100 Fly	2011	53.27	J. Gabalski
100 Free	2008	48.10	Flanagan
500 Free	2001	5:06.18	Descovich
<i>200 Relay</i>	<i>2017</i>	<i>1:31.85</i>	<i>Ianni, Baek , You and Roh</i>
100 Back	2006	55.64	Flanagan
100 BR	2011	1:03.30	A. Gabalski
400 Rel	2011	3:54.66	Casciola, D. Siragusa, Alexander, J. Gabalski



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2017-2018 Interscholastic Season Start Dates

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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

Miranda Lund—1st Team—Newsday All-Long Island Team

Peter Pappas—1st Team—Newsday All-Long Island Team

