



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

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Boys' Soccer Back to Back Conference Champs



It was another magical year for the Plainview-Old Bethpage boys' soccer team. The Hawks won a 2nd consecutive conference championship and reached another Nassau County Class AA final four.

The Hawks on the season had a record of 10 wins, 3 ties, and 3 losses. The team was captained by Jonathan Messinger, David Geyer, Tyler Altschul and Cole Huertas. The highlight of the year was the penalty shootout win over Westbury in the quarterfinals of Nassau County Class AA playoffs. The Hawks battled Westbury all night long, but in the shootout Eric Levin came up with big save after big save, while Zack Berkowitz calmly slotted home the game winner. The Hawks ended the year being ranked 12th in the state.

There were some great individual performances on the season for the Hawks, Ethan Scher was 2nd in Nassau county with 13 goals. Eric Levin was 1st in the county with 11 shutouts. Chris Banegas had 5 goals and 4 assists, while Tyler Altschul had 4 goals and 4 assists.

The team garnered a huge haul of postseason awards including, **Ethan Scher**—All County, Conference Offensive Player of the Year, **David Geyer**—All County, Conference Defensive Player of the Year, 1st Team All-Long Island. **Tyler Altschul**—Honorable Mention All-County. **Alex Martinez, Eric Levin, Zach Stromberg, Cole Huertas and Chris Baegas**—All-Conference. The Hawks also won the Sportsmanship Award. Thank you to all of the seniors for your outstanding contributions to the program over the years.

Coaches vs. Cancer Week



Throughout the week of October 13th , the Varsity and Junior Varsity coaches and student athletes raised money and awareness for the American Cancer Society as part of our 2nd 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 \$3,670 to American Cancer Society to help fight the battle against cancer.

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 (especially Ashley Pajer, Melissa O'Reilly, and Victoria Tramontana) 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

Boys' Soccer are back to back conference champions.

Evan Lander won the News 12 Scholar Athlete Award

10 All-County Student Athletes

100% of teams earn Scholar Athlete team award.

Football was crowned NYSPHSAA Scholar Athlete Team Champions with a team GPA of 97.477



Nico Mueller rushed for 992 yds and 14 TDS this year. He was named to the Golden 11 Team, earned All-County and Academic All-County Honors.



Brian Maloney (SR) was named the Nassau County Player of the Year by Newsday. He was also named All-County and the Nassau County Tournament MVP.

Evan Landers—News 12 Scholar Athlete Award

SCHOLAR ATHLETE

NEWS 12
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Evan Landers was named the News 12 Scholar Athlete of the Week this season. The News 12 Scholar Athlete award is now in its 29th year. This weekly award program recognizes outstanding ability shown by high school seniors in athletics, scholarship, leadership and service to others. Evan was also awarded a \$1,000 scholarship for this honor.

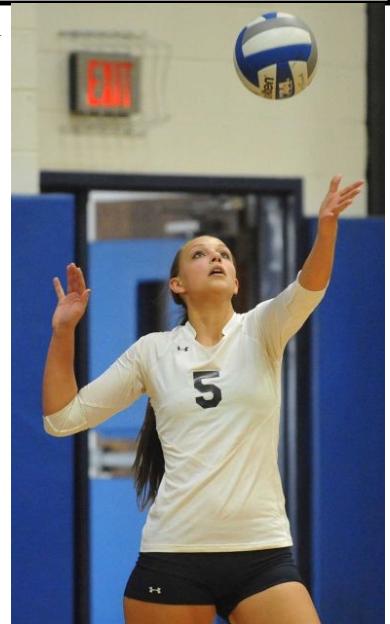
Evan serves as the team captain of the volleyball and tennis teams and earned All-County Honors in both sports. He did this while maintaining a weighted GPA of 101.559, being ranked 3rd in his class and posting a perfect score on the math SAT. This fall Evan helped lead the Hawks' Volleyball team to the County Finals and to a 15-4 record.

Girls' Volleyball

The Plainview-Old Bethpage Girls' Volleyball team did an amazing job this season, finishing with a record of 14-3 and reaching the program's first county final in 10 years. All of the girls did a remarkable job of coming together and growing as a team. Some of the driving forces throughout the season were Maria Coniglio with 259 kills, Joanna Savino with 54 aces and Jamie Yonker with 309 assists. Without the incredible team defense and support of all the other teammates this team would not have made it to where they did.

Senior Maria Coniglio and sophomore Jamie Yonkers earned All-County honors. Junior Joanna Savino earned All-Class.

At the Nassau County Girls' Volleyball tournament the Hawks made a valiant effort to beat perennial county champion, Massapequa, but they came up just short this year. The girls fought with everything they had and left it all on the court. The close games kept everyone on the edge of their seats holding their breaths. Even though the team did not win this year, you can be sure to watch out for them next year for redemption.



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.

Barbara Badeer-Binghamton University (D-1)

Nicholas Conti—CW Post—Lacrosse (D-2)

Amanda King-Cortland University (D-3)

Kevin Pastier-Molloy College (D-2)

Jake Saltzman-Molloy College-Baseball (D-2)

Jake Supran-Ursinus College (D-3)

Kyle Supran-Ursinus College (D-3)





NYSPHSAA Scholar Athlete Team Award—Football State Champions!



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 came through with 100% of the Varsity Interscholastic Athletic teams earning 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.

The Varsity Football team was crowned State Champions this fall with an amazing team GPA of 97.477. Congratulations to all of the athletes and coaches.

This fall season the following teams earned the **NYSPHSAA Scholar Athlete Team Award**: Boys' and Girls' Volleyball, Boys' and Girls' Cross Country, Boys' and Girls' Soccer, Girls' Swimming, Football, Competitive Cheer and Girls' Tennis.



Sophomore, Jake Meyers, was named All-Conference in Boys' Cross Country

Alumni Update



Ofir Solomon—(Class of 2012) - Fairfield University—Boys' Tennis—Competed in the Northeast USTA Regional Championship this fall as one of the top Division 1 tennis players in the region. He has a career record of 54-31 at singles and 46-39 in doubles. He has been 3x MAAC All-Academic Team, in 2013-14 he was named to the All-MAAC 1st Team #2 single, 2012-2013 2nd Team #5 singles.

“Natural talent only determines the limits of your athletic potential. It's dedication & disciplining in your life that makes you great.”

Billie Jean King

Brianna Bollettieri—(Class of 2012)- NYIT—Girls' Soccer—Played and started in 17 games in goal this year for the Bears. She had 97 saves and 3 shutouts. She finished her career second all-time in saves for NYIT with 238. She also compiled 10 wins and 7 shutouts for her career.

Vincent Geritano—(Class of 2013) - SUNY Maritime—Football— Played in four games this season for the Privateers and was named to the student-athlete advisory committee

Erica Coppola—(Class of 2014) - Molloy—Girls' Soccer—played in 12 games this season for the Lions with 3 shots on goal.

Madalyn Fernbach—(Class of 2015) - Stonehill College—Girls' Soccer—Was named the NE-10 player of the week (9/14) when she scored 2 goals vs. Molloy College. On the year she has started in 4 games and played in 17 games, scoring 2 goals and with 1 assist.

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 had 3 carries for 11 yards and 1 tackle on the season

Alison Berger—(Class of 2015) - SUNY Oswego—Girls' Volleyball—Played in 7 games and had 19 assists.



The Girls' Swim team had another outstanding season going 6-2. Blum, Lee, Brandenstien, and Mejia earned All-Conference Honors



Students in 10th Grade Survey class participating in a cooperative games unit.

High School Physical Education Update

As part of the physical education curriculum of the 10th Grade Survey class, students will participate in a cooperative games unit. Cooperative games emphasize participation, problem solving, play, and fun rather than competition.

Cooperative games are activities in which a group or groups are confronted with a specific problem to solve. The groups must learn to communicate, work as a team and problem solve in order to successfully complete the task.

The games can be used to demonstrate and teach leadership skills to people, and help to promote the growth of trust and problem-solving skills in groups. Overall, the members in class get to know one another which helps run a PE class smoothly. The 10th grade survey class is taught by Miss Villalta.

High School Health Update—Digital Citizenship



In health education, there is a focus on all aspects of wellness. Students are often encouraged to consider not only their physical well-being but also things which influence their social and emotional wellness. In today's society, social media has greatly changed the way young people interact and subsequently influences how these areas develop in a young adult. During Digital Citizenship week, 12th grade health classes participated in a special workshop designed to help students consider the way they interact with social media and the impact it has on their health and wellness.

Each class meet with doctoral candidate, Anna Gjika, who encouraged them to explore these areas. The lesson focused on presentations of self on social media, and gave students the opportunity to explore how they and others represent themselves to the world online. Students discussed the similarities and differences between their online and offline selves, and how their online personas affect their social and emotional health. Students also considered these areas in terms of both the benefits and risks of digital presentation for one's identity and well-being, with special attention given to the ubiquity of images, self-esteem, gendered representation, and peer feedback and approval. Later in the year, students interested in these topics will be given an additional opportunity to participate in continued discussions about how young people interact with social media.



Kindergarten students learning how to successfully balance during class.

Stratford Road School Mileage Club



Students at the Stratford Road School have been taking part in a program called the "Mileage Club" during recreation time. Students who choose to participate can either walk or jog laps around the perimeter of the playground. Every lap is equivalent to a quarter of a mile. When a student completes their 1st mile they will receive a plastic foot and necklace. They continue to earn plastic feet and necklaces for every additional 2 miles that they complete.

As a school, they have currently completed 625 miles to date. Students can track the school's progress by looking at the map of the United States of America on the bulletin board outside of the gymnasium. They track their progress by using the map of the United States of America.

Students have taken a genuine interest in the program and they are able to visibly see the benefit of getting regular daily exercise.

NFL Punt, Pass, and Kick—Sachs Crowned Champion



The POB Physical Education Department has organized an NFL Punt, Pass and Kick competition for the past 3 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 Jeremy Sachs was the regional winner of the NFL PPK competition, which allowed him to move on to the team championship held at the Quest Diagnostics Training Center before the Giants and Jets football game. Jeremy went up against all of the other regional winners for the chance to compete at the National finals.

When it was all done Jeremy was crowned the NFL Punt, Pass, and Kick Team Champion for the 12-13 age groups. He is the second student from Plainview-Old Bethpage to win this award, last year Danielle Pollard came in first place.



As a culminating event for their Project Adventure unit Mattlin 8th grade students took a field trip. Students had to put their communication and teamwork skills to use on the outdoor adventure obstacle course.

POBMS Health Update - Red Ribbon Week



The students and staff at POBMS had participated in Red Ribbon Week during October 26th-30th. This is an opportunity for the school to reinforce making good decisions and healthy choices relating to substance use/abuse and violent behavior. Every student received a pencil and sticker with the Red Ribbon logo in order to remind them that they are celebrating drug free lives and making good choices. In addition, a huge banner is hanging on the wall with the students signatures.

The Red Ribbon celebration also included an organized dress-up theme for each day of the week. On Monday was the kick-off and a reminder for everyone to wear the color red. Tuesday was "Team up against drugs"-by wearing their favorite sports team. Wednesday was "Stay Head Strong" by wearing your favorite hat-(the kids were quite creative!!). Thursday was "Be Comfortable with Your Decisions" day by wearing your most comfy pajamas. The last day was the day before Halloween so everyone was encouraged to wear something Halloween themed by "Not Being Scared of Making their own Choices".

The Health Department at POBMS plans on presenting this program annually because its a fun and educational way for the entire school to be a part of such an important event.

"The real secret of success is enthusiasm"

Charles Schwab



5th grade students at Mattlin MS developed a "Bully Proof Defense Shield". They learned the importance of feeling valuable, worthwhile, building and maintaining positive self-esteem

Nassau Zone Outstanding Physical Education Award



Congratulations to seniors Erin Curran and Brandon Park on being named the recipients of the Nassau Zone Outstanding Physical Education Students.



Erin has been described by her teachers as "mature, dedicated, and dependable. Erin has matured into a leader in all aspects of her physical endeavors."

Brandon's teacher described him as, "mature, energetic, and fast. Brandon has been leading the way in PE class through his high level of energetic participation, which is contagious to those around him."

Erin and Brandon will be honored on December 2nd at Crest Hollow Country Club in Woodbury, NY.



2014 FALL TEAM MVPS

JUNIOR VARSITY TEAM MVPS

BOYS' SOCCER—PAT STERNBERG

BOYS' VOLLEYBALL—JUSTIN ILOULIAN

CHEERLEADING— LILLIAN GARFINKEL

FOOTBALL—DYLAN COOK

GIRLS' SOCCER— ISABEL WALLACH

GIRLS' TENNIS— ANASTASIA KEHAYES

GIRLS' VOLLEYBALL—MELANA ALDORISIO

VARSITY TEAM MVPS

BOYS' CROSS COUNTRY—JAKE MEYERS

BOYS' SOCCER—ETHAN SCHER

BOYS' VOLLEYBALL— BRIAN MALONEY

CHEERLEADING—LOGAN KUSINITZ

FOOTBALL —NICO MUELLER

GIRLS' CROSS COUNTRY—JANE WERNOW

GIRLS' SOCCER—AMANDA KING

GIRLS' SWIMMING—LAUREN BRANDESTEIN

GIRLS' TENNIS—RACHEL BERNSTEIN

GIRLS' VOLLEYBALL— MARIA CONIGLIO



Fall 2015 Post Season Award Winners

All-County

Maria Coniglio (SR) Girls' Volleyball
David Geyer (SR) Boys' Soccer
Aaron Kim (SR) Boys' Volleyball
Danny Kim (JR) Boys' Volleyball
Amanda King (SR) Girls' Soccer
Evan Lander (SR) Boys' Volleyball
Brian Maloney (SR) Boys' Volleyball
Nico Mueller (SR) Football
Ethan Scher (SR) Boys' Soccer
Jamie Yonkers (Soph) Girls' Volleyball

Honorable All-Mention All-County

Tyler Altschul (SR) Boys' Soccer
Ethan Klein (JR) Boys' Volleyball
Max Schulman (JR) Boys' Volleyball

All-Class

| | |
|--------------------------------------|---------------------------------------|
| Keri Birkenhead (JR) Girls' Soccer | Erica Campbell (JR) Girls' Soccer |
| Jennifer Golio (JR) Girls' Soccer | Caitlin Tranco (SR) Girls' Volleyball |
| Joanna Savino (JR) Girls' Volleyball | |

All-Conference

| | | |
|---|---------------------------------|--------------------------------|
| Chris Banegas (SR) B Soccer | Jessica Bernstein (JR) G Soccer | Rachel Bernstein (JR) G Tennis |
| Cole Huertas (JR) B Soccer | Eric Levin (JR) B Soccer | Alex Martinez (JR) B Soccer |
| Brianna Mejia (Soph) G Swim | Jake Meyers (SOPH) B X Country | Kevin Pastier (SR) Football |
| Zach Stromberg (JR) B Soccer | Jane Wernow (FR) G X Country | |
| 200 & 400 Free Relay—Alyssa Blum (SR), Lauren Brandenstein (SOPH), Jungin Lee (SOPH), Brianna Mejia (SOPH) | | |

All-Division

| | | |
|---|-------------------------|--------------------------------|
| Emily Bloom (SR) Girls' Tennis | Alyssa Blum (SR) G Swim | Allison Kwon (JR) Girls Tennis |
| 200 & 400 Free Relay—Alyssa Blum (SR), Lauren Brandenstein (SOPH), Jungin Lee (SOPH), Brianna Mejia (SOPH) | | |



POB

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



2015-2016 Interscholastic Season Start Dates

High School Sports

Fall: JV/V Football—August 17th,
All other JV/V sports—August 24th

Winter: Wrestling—November 9th,
All Other JV/V Sports—November 16th

Spring: V/JV B/G Lacrosse, Outdoor Track, Baseball, Softball—March 7th
V/JV B/G Golf, B Tennis—March 14th

Middle School Sports

Fall: Tuesday, September 9, 2015

Winter I: Wednesday, November 4, 2015

Winter II: Tuesday, January 19, 2016

Spring: Tuesday, March 29, 2016

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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

Girls' Soccer

Conference Player of the Year—Amanda King
Senior Scholar Athlete—Puneet Arneja

Boys' Soccer

Newsday All-Long Island 1st Team—David Geyer
Conference Defensive Player of the Year—David Geyer
Conference Player of the Year—Ethan Scher
Team Sportsmanship Award

Football

Golden 11 Team—Nico Mueller
Academic All-County—Nico Mueller
Academic All-County—Kevin Pastier
Unsung Hero—Kevin Pastier
Team Sportsmanship Award

Boys' Volleyball

Newsday Nassau County Player of the Year—Brian Maloney
Newsday All-Long Island 1st Team - Brian Maloney
Newsday All-Long Island 2nd Team—Daniel Kim
Nassau County Tournament MVP—Brian Maloney
Unsung Hero (Nassau County Committee) - Drew Kaplan
Nassau County All-Playoff team—Ethan Klein, Danny Kim

Girls' Volleyball

Newsday All-Long Island 2nd team—Maria Coniglio

