



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

POB

Volume I, Issue I

3/1/2014

Freshman Wrestler Makes History!



Freshman wrestler, **Peter Pappas**, was crowned the Nassau County Champion at the Section VIII County Wrestling Tournament earlier this month. This was Plainview-Old Bethpage's fourth county wrestling champion and it's first since 1998.

A county championship was not enough for him. As the county champ, Pete qualified for the NYSPHSAA State Wrestling Championship which was held in Albany this past weekend. At the state championship Pete became the 1st POB wrestler EVER to wrestle in a state championship final.

Throughout the tournament Pete (who was seeded 15th out of 16 wrestlers in his weight class) defeated opponent after opponent on route to becoming the NYSPHSAA State runner-up, an honor never before received by a POB wrestler.

Pete wrestled valiantly in the finals, but eventually fell to the #1 wrestler in the country, Yianni Diakomihalis. Diakomihalis is from Hilton High School which is located on Lake Ontario outside of Rochester.

As an 8th grader last year Pete earned All-County honors and took 3rd place at the Nassau County Championships. Entering the 2013-14 season Pete was determined to build on his success from a year ago. This year he would not be denied of his championship goal. He compiled a record of 37-0 during the regular season. His dominance of the division carried into his counties. His dominance of the division carried over to the County finals, where he defeated Joel Zambrano of Mepham by a technical fall after earning a 16-0 lead in only 3:49.

Plainview's last county champion was Ryan Pingitore. Pingitore is the current Head Wrestling Coach at Great Neck South High School.

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Girls Gymnastics Crowned County Champs!

This year the Plainview-Old Bethpage Varsity Gymnastics team led with the motto, "We may be small, but we are mighty." With only 10 members on the team, each gymnast played an important role in our team success. Led by captain Jamie Simon, the Hawks had to overcome injury, illness and unfamiliar situations throughout the season.

The girls never let anything get in their way of achieving their goals. They powered through the season, worked hard every day in the gym, and claimed the Nassau County title at Long Beach High School on February 12, 2014.

Three gymnasts qualified for States: 8th graders Jessica Lopez, Ashley Bellino and Miranda Lund. These girls traveled to Rochester to represent Section VIII. The state competition was held at SUNY Brockport on March 1st, and the Nassau team took 5th place.

Other fantastic honors throughout the season include:

All-State—Jessica Lopez, Ashley Bellino, and Miranda Lund **All Conference**- Lily Bedell **All County**-Lauren Bernstein, Renee Vulin and Jamie Simon.

None of this would have been possible without the support of team manager Ilana Foster and fellow teammates Julia Tsvakh and Cassidy Lewis.

Without any graduating seniors, the Plainview-Old Bethpage Varsity Gymnastics team looks forward to the next upcoming season with anticipation and excitement

Special points of interest:

- Wrestler earns County Championship and is state runner up.
- Gymnastic team is Nassau County Champs
- Boys Bowling wins conference championship.
- Winter Olympics came to Stratford Road



Max Friedman signing his Letter of Intent to play college football at Hartwick University.



David Glass rises up above the competition during a varsity basketball game.

Boys' Bowling Team Crowned Conference Champs!



The Varsity Bowling team finished the 2013-14 season as champions of Conference III. The team was led by **Captain Alex Mirsky (SR), Aron Lampert (JR), Matthew Wieselthier (JR), Michael Levine (SOPH), Eric Fischetti (SR) and Mike Arrow (SOPH)** played important roles during the Hawks run to a Conference title. The team averaged an astounding 814.3.

The Hawks had 4 All-County bowlers this year—Mirsky, Wieselthier, Lampert and Levine. Alex Mirsky finished 7th in the county with an average of 224.4. Matthew Wieselthier averaged 201.6, Aron Lampert 200.8 and Michael Levine 200.7. They finished 23rd, 24th and 26th respectively in the county.

The JV team finished in 2nd place in Conference III. The team was led by **Scott Doscher, Ross Cohen, Jesse Lindell and Daniel Katz.**

With very few lost to graduation, the team will look to defend their conference crown next year.

POB Athletics Earn Scholar Athlete Team Awards

Each season the New York State Public High School Athletic Association (NYSPHSAA) awards athletic teams with the honor of Scholar Athlete Team Award. This award is given to teams that meet various criteria and have a GPA of 90% or higher.

Earning this mark is a great achievement for any interscholastic athletic team. It demonstrates a true commitment to education from our student athletes, coaches, teachers and support staff.

This past season the following teams earned the **NYSPHSAA Scholar Athlete Team Award:**

**Boys' Basketball Boys' Bowling Boys' Winter Track and Field Boys' Swimming
Girls' Basketball Girls' Winter Track and Field Gymnastics Wrestling**

Congratulations to all of the athletes and coaches.

Hawks Moving onto College

It is with great pleasure that I announce that currently 5 Plainview-Old Bethpage student athletes have decided to pursue a college degree while participating in collegiate athletics.

Angela Bollettieri—Girls' Lacrosse Angela will be attending Molly College on an athletic scholarship.

Christopher Tracz - Baseball Chris will be attending Marist College next year on an athletic scholarship.

Max Friedman-Football - Max will be attending Hartwick College next year.

Joe Gallego - Basketball—Joe will be attending Allegheny College next year.

Andrew Weiser—Football—Andrew will be attending Endicott college next year.





New Athletics Awards will be Introduced this Year

This year the Athletics Department will introduce several new awards for our student athletes.

GOLDEN HAWK AWARD

The Golden Hawk Award is given to any student athlete who has lettered in 12 junior varsity or varsity seasons in grades 9 through 12. This is the highest award that the Athletics Department gives out. The POB Athletics Department and coaches recognize that any individual who receives this award has demonstrated a true commitment, sacrifice, dedication and loyalty towards POB Athletics.

PLATINUM HAWK AWARD

The Platinum Hawk Award is designed to recognize any student athlete who has received at least 8 varsity letters during their POB Athletic career. This award recognizes those student athletes that have achieved and sustained a level of excellence during their high school career.

These next few awards will be for senior student athletes only and will be voted on by the varsity coaches.

STUDENT ATHLETE OF THE YEAR

This award will be given to the top senior Male and Female Student Athlete of the Year.

SCHOLAR ATHLETE OF THE YEAR

This award will be given to the top Male and Female Scholar Athlete of the Year. There are academic requirements for this award as well as athletic.

UNSUNG HERO AWARD

This award is designed to recognize the student athlete who exemplified the meaning of being a Hawk Student Athlete. Hard work, dedication, social responsibility, community service, and commitment to the team and teammates.



Junior, Bradley Weiss, posting up vs. Hicksville. Weiss was named All-Conference this season.

Middle School Cheer—Seeking Perfection

This year the POB/Mattlin Cheerleading squad was made up of approximately 25 7th and 8th grade student athletes. During practices, the girls always enjoyed themselves, while working hard.

The POB/Mattlin cheerleaders are very talented and were able to learn and perfect over 40 cheers.

They are always progressing to a higher level by working hard and helping each other. The girls worked hard with the coaches to improve their tumbling, stunting and dancing skills.

Throughout the practices, the girls would run through their cheers and dances until they reached a level of perfection.

The girls had loads of fun and always got the job done. Even though some people don't understand how hard cheerleaders work, they are constantly complimented at the end of their games. The girls are as close as can be and call themselves one large family.

"Nothing great is ever accomplished without enthusiasm."

Ralph Waldo Emerson.

Anyone Can Save A Life Program



This past January the High School Physical Education and Athletics department became part of the Anyone Can Save a Life Program. The ACSL program is a first-of-its-kind emergency action program for after-school practices and events.

The goal is to save lives by immediately responding to life-threatening emergencies with simple protocols. The program will be part of every HS Physical Education class next year.

Prior to the start of the Spring season the Girls' Lacrosse team volunteered their time to go through the program and get first hand CPR/AED training.

The ACSL program is brought to us by Hofstra University School of Medicine and the Louie Acompora Foundation



The Girls Basketball team had its most successfully season in years.

Congratulations to all of the seniors!

2013 Pride Survey Results

“32.9% of 12th graders feel that their friends would disapprove of marijuana usage.”

2013 Pride Survey Result.

This past November the Health teachers administered the PRIDE Survey to their classes. The PRIDE Survey is an anonymous survey that help schools measure student alcohol, tobacco and other drug use.

The survey has been used by POB CSD since 1998 and has allowed the school district to monitor trends over time.

POB CSD's results vary greatly depending on how you look at it. At the Middle school grade levels use of alcohol, tobacco and drug use are far below national averages. For 10th grade results creep closer to the national average. In the past year 38.7% of 10th graders admitted to drinking alcohol. The national average is 43.1%

Our 12th graders are above the national average in every category except tobacco usage. 37.8% of 12th graders admitted to marijuana usage in the past year. While usage is above the national average for 12th graders, the overall trend within the district is that our kids are using less.

Another stat that popped off the pages was that only 32.9% of 12th grades feel that their friends would disapprove of marijuana usage, 54% of tobacco usage and 51.4% of alcohol usage.

For further information please go to the POB Health Department website.

Middle School Physical Education Update Winter Club Med at POBMS

After the extraordinary amount of snow this winter, the POBMS Physical Education Department is back in the pool. The students are ready to put the physical back into physical education.

The scope and sequence of the unit is set up to ensure that students of all levels are safe and successful. All of the strokes are taught and advanced classes might even do some diving.

The unit begins with a detailed introduction of pool safety. The rules and regulations for pool safety are taught. Students are informed about all of the floatation devices surrounding the pool area and there is a class discussion about devices they might see in public pool facilities.

Students are then instructed in the requirements for the deep water test. Each student is then tested for their ability to swim in deep water. Students can re-take this test as many times as needed to pass. All of these prerequisites make our swimming experience safe and fun.

Even though the emphasis is on fitness, students are having a great time during every class. Classes have their own daily culminating Olympics in the skills that were taught that day. We are all ready to take the PLUNGE AND HAVE FUN.

Elementary School Physical Education Update Winter Olympics at Stratford Road

On March 13th the Winter Olympics came to Stratford Road Elementary school. The 3rd graders from both Old Bethpage and Stratford Road Elementary Schools came together to compete in various Winter Olympic events. Medals were handed out and everyone received certificates of achievement.

Students competed in such staple Winter Olympics events as curling, two-man bobsled, skeleton, cross country skiing, short track speed skating and speed skating.

Students represented various countries (Russia, Greece, Norway, Germany and Switzerland) adding to the Olympic feel.

Thank you to all of the teachers involved and all of the students who participated.



POBMS students enjoying a swim in mid-January.



3rd graders on the starting line in the 2-man bobsled event at Stratford Road.





High School Health Update—Safe Date Program

The 12th grade health classes have been participating in the *Safe Dates* program provided by The Safe Center. The Safe Center was formally known as the Nassau County Coalition Against Domestic Violence.

Safe Dates is an adolescent dating abuse prevention curriculum provided to area schools. The primary purpose of this program is to inform students of what constitutes a healthy or an abusive dating relationship, raise student awareness to the causes and consequences of abuse, and equip students with the skills to develop healthy dating relationships. This includes building skills related to positive communication, anger management, and conflict resolution.

Safe Dates is the only evidence-based curriculum that prevents dating abuse: a factor often linked to alcohol and other drug use, eating disorders and depression & self-harm.

Students participate in engaging and interactive activities and scenarios, helping them to recognize the difference between caring, supportive relationships and controlling, manipulative dating relationships.

In 2006, Safe Dates was selected for the National Registry of Evidence-based Programs and Practices (NREPP), and received high ratings on all criteria. It is designated as a Model Program by the Substance Abuse and Mental Health Services Administration.



Safe Date Program is an interactive curriculum designed to inform students about healthy and abusive dating relationship.

The program is a partnership with The Safe Center.

Middle School Health Update—Bullying Prevention

The 6th grade classes at POBMS finish up their "Bullying Prevention" unit by making their own informational "Bullying Brochures". These brochures are created by the students and include important facts and information that are full of hand drawn pictures. The brochures include information such as:

Who do you talk to if you are being bullied?

What are the bystanders and upstanders responsibilities?

What are the consequences for bullies?

How to stand up for yourself or someone else.

How NOT to be a bully.

The students present their handmade brochures to the class which always leads to thought provoking and powerful conversations!!



DID YOU KNOW:

According to a study conducted by the Center for Disease Control (CDC) there is a positive correlation between physical activity, school-based physical education and academic performance.

High School Health Update— LICADD Discusses Drug Awareness

In our 10th grade Health classes students have recently completed a unit encompassing a further understanding and awareness of the use, misuse and abuse of drugs, including alcohol.

In addition to classroom discussions and activities, drug counselors from the Long Island Council on Alcoholism and Drug Dependence (LICADD) visited our classes to further educate students about drug use and dependence.

Our 10th graders were encouraged to think about how their actions affect both themselves and others. In doing so, students were asked to take a role as a parent and write a letter to their future teenage son or daughter. In the letter, students explained many of the dangers of drug and alcohol use; and as shared their feelings, as a parent, if something dangerous were to happen to their son or daughter as a result of drug and/or alcohol use.





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Interscholastic Spring Season Important Dates

March 3rd—Spring Season starts for all JV and Varsity sports except B/G Golf and Boys Tennis

March 10th—Boys Tennis Season begins

March 17th—Boys/Girls Season begins

March 31st— All Middle Sports begin

Night Games (7pm starts)

Girls' Lacrosse— March 29th, April 5th, May 8th

Boys' Lacrosse— May 28th, April 11th, May 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.

Post Season Winter Awards Recipients

All-State (4)

Peter Papas (Fr) - Wrestling, Jessica Lopez (8th) - Gymnastics, Miranda Lund (8th) - Gymnastics, Ashley Bellino (8th) - Gymnastics

All-County (8)

Jamie Simon (Jr) - Gymnastics, Renee Vulin (8th) - Gymnastics, Lauren Bernstein (Jr) - Gymnastics, Alex Mirsky (Sr) - Boys' Bowling, Michael Levine (Soph) - Boys' Bowling, Aron Lampert (JR) - Boys' Bowling, Matthew Wieselthier (Jr) - Boys' Bowling, Gabrielle Dworkin (Jr) - Girls' Bowling

All-Class (1)

Krystal Korason (Fr) - Girls' Basketball

All-League (1)

Alexis Kosakavich (Soph) - Girls' Bowling

All-Division (4)

Douglas Choi (Sr) —Boys' Swimming, Brett Pinsky (Sr) —Boys' Swimming, Justin Pinsky (Sr) —Boys' Swimming, Brent Israel (Soph) -Boys' Swimming

All-Conference (14)

Brandon Fitzpatrick (Soph)—Boys' Basketball, Bradley Weiss (Jr)— Boys' Basketball, Andrew Weiser (Sr) - Wrestling, Kyle Coleman (Jr) - Wrestling, Anthony Franco (Fr) - Wrestling, P.J. Fusco (Sr) - Wrestling, Kevin Pizarz (Soph) - Wrestling, Olena Trojanowski (Jr) - Girls' Winter Track, Lily Bedell (8th) - Gymnastics, Sari Arrow (8th) - Girls' Bowling, William Goldstein (Sr)—Boys' Swimming, Dionisios Katehis (Jr) -Boys' Swimming, Jung Min Lee (Jr) -Boys' Swimming

Academic All-County (1)

Emily Strack (Sr) - Girls' Basketball

