



The Hawks Nest

POB Physical Education, Health, Athletics and Recreation

POB

Volume 3, Issue 2

4/1/2016

Gymnastics—Miranda Lund is a State CHAMPION!



At the start of the season there was a real chance that Plainview-Old Bethpage would not be able to host a gymnastic team. There were only 8 girls on the roster and only 6 able to compete. This small but mighty team pulled together, working hard and helped each other at every turn. The result was an undefeated season record and winning their second straight conference championship.

Their hard work and team spirit showed at the Coach's Invitational. Seventh grader Mayah Siegal took 2nd place in the all-around at the invitational. Tenth graders, Giselle Munoz and Melanie Golubow, also had impressive performances, showing the rest of Nassau the strength of the POB team.

Senior captain, Jamie Simon, had another great season. She won a place on the All-State team on beam. She also won the prestigious News 12

SCHOLAR ATHLETE AWARD.

Sophomore Renee Vulin earned All-State honors by finishing 3rd in Nassau County in the all around. This is Renee's second time earning All-State honors in her career.

Sophomore captain, Miranda Lund made history this season. After missing last season, Miranda made the most of the year by being crowned Nassau County Champion. She didn't stop there though. At the state meet in Rochester, Miranda won the NYSPHSA 2016 Gymnastic All Around and Beam titles! She is the 1st girl in POB history to be crowned State Champion and only the 4th girl from Nassau County to ever win a state title in gymnastics. Miranda was also recently named the Newsday Player of the Year in gymnastics!

Coach Deb Rut and Coach Ali Glassman could not be more proud of this small but MIGHTY TEAM !

Boys Basketball—Fitzpatrick Makes History



It was another memorable year for the Hawk Basketball program. Building off last season's success of reaching the Nassau County quarterfinals the Hawks entered the season with the goal to make even more history. This season had it all; memorable moments, big wins and some tough losses. This team has plenty of which to be proud.

The Hawks, this year, were built on a foundation of hard work and teamwork. This work ethic helped the Hawks to another outstanding season and a 12 -8 record. The Hawks entered the playoffs as the #4 seed and hosted another playoff game.

The Quarterfinal playoff game versus Hempstead was played in front of a packed HAWKS NEST. While the outcome had the was not result the Hawks wanted, it sure to be a game remembered.

During the year senior Brendan Fitzpatrick made history becoming the first player in school history to surpass the 1000 point mark. Fitz broke the mark during a game versus Port Washington. During the season Brendan earned All-County honors and averaged 20.6pts/g.

Senior Tom Flynn and junior Justin Lambert also earned All-Conference honors. Head coach, Mike Harris, and JV head coach, Tom Hayes, took home the Varsity and JV Coaches of the year awards.

Thank you to all of the seniors for their leadership and dedication, Bryan Safer, Kevin Pastier, Frank Michels, Ethan Glazer, Adam Elias, and Sonny Singh. Good luck to these young men in the future and GO HAWKS!!!

Inside this issue:

| | |
|--|---|
| <i>Jamie Simon—News12 Scholar Athlete</i> | 2 |
| <i>Challenger Basketball</i> | 3 |
| <i>Catching up with our Alumni</i> | 3 |
| <i>High School Health Update</i> | 4 |
| <i>2016-2017 Interscholastic Sports Schedule</i> | 5 |
| <i>Team MVPs</i> | 6 |
| <i>Post Season Awards</i> | 7 |

Winter Season Recap

Miranda Lund—Gymnastics

State Champion

Newsday Gymnast of the Year

Brendan Fitzpatrick

1000 points

Gymnastics

Conference Champions

3 All-State Student Athletes

8 All-County Student Athletes

Jamie Simon—News 12 Scholar Athlete Award



Renee Vulin and Miranda Lund made Newsday's All-Long Island 1st Team. Lund was named gymnast of the year.

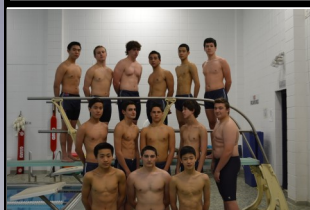


Jamie Simon was named the News 12 Scholar Athlete of the Week this season. The News 12 Scholar Athlete award is now in its 29th year. This weekly award program recognizes outstanding ability shown by high school seniors in athletics, scholarship, leadership and service to others. Jamie was also awarded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

Jamie served as the team captain of the gymnastic team and earned All-State Honors this year. Jamie also helped the Hawks to an undefeated season (10-0) and another conference championship. Since she has been a member of the gymnastic team the Hawks have won 2 county and 2 conference championships.

She did all of this while maintaining a weighted GPA of 96.425.

Boys' Swimming and Diving Season Recap



The 2015-16 Boys' Varsity Swimming and Diving team has had another very good season. The pre-season rankings had the Hawks seeded 8th out of eight in Conference One, a gloomy prognostication. Conference One is the strongest conference in Boys swimming in Nassau County. Well, the Hawks beat Cold Spring Harbor, Jericho, Farmingdale, and Sewanhaka District and tied Wantagh to finish with 4 wins, 4 losses and one tie.

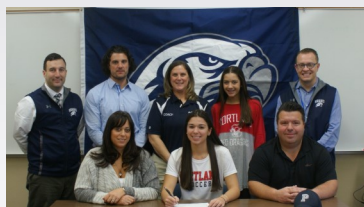
The team had many individual achievements. Diver, Jake Trembley, came in second at the County Championships to earn All-County recognition. The 200 Free relay team of Brent Israel, Justin Baek, Jack You and Junehyuk Roh earned All-Division and All-Conference honors. Junehyuk Roh earned both All-Division and All-Conference in the 50 freestyle in addition to being chosen as the team's MVP. Senior Captain Brent Israel concluded his high school career having earned All-Division and All-Conference six times each. During his career Brent helped the Hawks to an outstanding mark of 31 wins and he also displayed his versatility this year by scoring points in ten of the twelve events. Brent was always willing and able to swim, dive and score points in any event that was needed to help the team win. The team also received outstanding performances from captains Josh Graham and Brett Wolf, two graduating seniors who earned All-Conference on the 200 Medley relay this season.



Hawks moving on to College

It is with great pleasure that I announce that 10 Plainview-Old Bethpage student athletes have decided to pursue a college degree while participating in collegiate athletics.

- Barbara Badeer—Soccer—Binghamton (D 1)
- Nicholas Conti—Lacrosse—CW Post (D 2)
- Amanda King—Soccer—SUNY Cortland (D 3)
- Michael Levine—Baseball—RPI (D 3)
- CJ Mazzocchi—Lacrosse—Manhattan College (D 1)
- Kevin Pastier—Lacrosse—Molloy College (D 2)
- John Rotchford—Soccer—Molloy College (D 2)
- Jake Saltzman—Baseball—Molloy College (D 2)
- Jake Supran—Baseball—Ursinus College (D 3)
- Kyle Supran—Baseball—Ursinus College (D 30)



Amanda King has committed to Cortland University. Amanda will continue her athletic career as a member of the Red Dragon Soccer team.



Challenger Basketball



Plainview-Old Bethpage School District is very proud to be a part of a program that is supporting children with special needs. The program is called Challenger Basketball. The Hawks Challenger Basketball is starting its second season. The team began last year with a team of 4 students and has grown to 10 players this year

Coached by Cheri Wojnicki, Ed Broad, and Karen Baker, the team includes 3 students from POBJFK High School, Eric Birkenhead, Jake Trueman, and Dylan Adinolfi. There are 7 students from Mattlin Middle School, Ray Lombardo, Julianna Urban,

Amanda Schwartzberg, Alexa Bravin, Ethan Krogman, and James Gigante. Mrs. Andrea Spector is our attending nurse.

The Hawks will play games against local rival schools such as Seaford, Massapequa, South Huntington, Bethpage and Mineola. They play their home games at the Old Bethpage Elementary School. The team will be playing away games at these schools as well. Here the children get the experience of riding the bus as a team, along with meeting children from other schools that are also in the Challenger Basketball Program.

The Challenger Basketball Team has been practicing their basic basketball skills of warm-ups, passing, dribbling and shooting, but most importantly, the interaction between players. For many of these children, this is their first experience being a team member of an organized activity.

Children on the Challenger Basketball Team get a chance to experience the feel of being a real basketball player. Plainview is very proud to be a part of this program.



Nick Conti has committed to CW Post. Nick will continue his academic and athletic career as a member of the Pioneers Lacrosse team.

Catching up with our Alumni



Brain Coniglio ('12) - Baruch College—Volleyball—Fourth year on the team.. Tallied 30 assists in home win vs Brooklyn (2/6)...Recorded 24 assists in the Inaugural SpikeFest and Home Opener vs No. 8 NYU (2/4)...Member of team that defeated York to win the 2014 CUNYAC Championship and earn a berth to the NCAA (4/11/14)...Member of team that won the 2013 CUNYAC Championship and played in the NCAA Tournament that reached the Final Four

Takhyung Seon ('13) CCNY—Indoor Track and Field—Personal records on the high jump 1.80 meters and long jump 9.84m....Earned the silver medal at the CUNYAC Championship in the high jump (1.76m)...CUNYAC All-Star...2014-15 CUNYAC Indoor Champions... Named to the Athletic Academic Honor Roll

Robert Ensmenger ('13)-Alfred University—Lacrosse- Earned Empire 8 President's List (01.22.16)...inducted into Chi Alpha Sigma, a national honor society for collegiate athletics (02.06.16).

Nick Godino ('15) - Baruch College—Volleyball—First year on the team...Tallied career-high nine kills vs #6 Stevens (2/27). Has played in 5 matches this year, starting in 2.

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

Oliva Cohen ('15) - Lafayette College—Swimming—had the 3rd fastest 100 IM time on the team this year of 1.05.85



Jake and Kyle Supran have committed to Ursinus College. Jake and Kyle will continue their academic and athletic career as members of the Bears baseball team.



Barbara Badeer has committed to Binghamton University. Barbara will continue her athletic career as a member of the Bearcats Soccer team.

Middle School Physical Education

The students of POBMS are once again enjoying the benefits of having a pool. This year every physical education class has participated in a 4.5 week long swimming unit. During the unit students are taught pool safety as well as basic swim strokes. The unit is designed to meet the needs of the developing swimmer. There are many benefits to a swimming unit including:

SAFETY
FITNESS

Learning the Rules of Pool Safety
Increased Aerobic Capacity
Increased Muscular Endurance, Flexibility

SWIM STROKES
SOCIAL

Freestyle, Breaststroke, Backstroke, Elementary Backstroke
Interacting with classmates in a positive manner while enjoying learning with their classmates

The goal of this unit is to make students life long learners who will enjoy swimming in a safe environment for their entire lives.

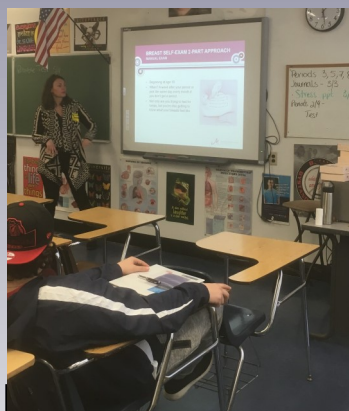
“Continuous effort—not strength or intelligence—is the key to unlocking our potential.”

Sir Winston Churchill

High School Health Update

One of the goals of the health education department is to allow students the opportunity to learn about local agencies and how to obtain resources that are available to them. In the 12th grade health course, we spend time discussing how to access aid for a variety of health related topics. Some organizations that have, and will be visiting during the 3rd quarter are the Long Island Crisis Center, The Safe Center and the Maurer Foundation. In March, students learned the value of breast health self-exams and how to identify risk factors for illness. Each student was given the opportunity to practice self-exam techniques, guided by the classroom teacher and a community outreach educator from the Maurer Foundation. Students were encouraged to share what they learned with their friends and family.

Additionally, the Long Island Crisis Center will be visiting in the upcoming weeks to discuss various emotional/social health resources available for students. These visits will reinforce classroom discussions related to stress management and coping mechanisms that help young people best react to the daily stressors of life. When personal techniques are not enough, adolescents have the option of working with local agencies. It is important that our students understand these resources and how they may be used when needed. For some students, inviting these programs into our classrooms have helped to open lines of communication that may be utilized later. For others, increased awareness helps foster understanding and sensitivity towards what their peers may be going through. These organizations, as well as many of the others that partner with the district throughout the Health 12 course, provide information that will be valuable not only in the present but as students leave POB and transition into the next phase of their life; wherever that may be!



The Maurer Foundation visited the Health 12 classes this quarter. Students were taught how to

Varsity Leaders Club



The Plainview-Old Bethpage JFK High School Varsity Leaders Club participated in the 13th Annual *Student Athlete As School Leaders* conference at Hofstra University on Feb 2nd. Student-athletes who were chosen for this conference represented Volleyball, Basketball, and Track.

Sophomores and Juniors; Angelina Kim, Max Schulman, Ethan Klein, Danny Kim, Krystal Korason, and Sarah Shafik participated in the leadership activities facilitated by the Positive Coaching Alliance group.

Max Schulman addressed the audience of over 400 students representing 56 High Schools on his experience of the days activities.

Students also had the chance to hear a presentation from guest speaker Greg Dale, Ph.D, who is a professor of Sports Psychology and Sport Ethics at Duke University.

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

Thomas A. Edison



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 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—Isabella Tramontana (G Basketball), Amanda Rogers (Cheerleaders), Mike Schatt (B Basketball), Tyler Marinaccio (B Basketball), Tim Rea (Wrestling)

Varsity—Michael Arrow (Bowling), Brandon Park (B Indoor Track), Kyle Sansaricq (B Indoor Track), Erin Curran (G Indoor Track), Joanna Cheng (G Indoor Track), Corinne Testa (G Bowling), Kevin Pastier (B Basketball), R Vulin (Gymnastics), Victoria Tramontana (Cheerleading), Jen Golio (G Basketball), Brent Israel (B Swimming)

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

2016-2017 Interscholastic Sports Schedule

Next year the POB CSD will begin school on September 7th. I have copied the 2016-2017 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 15th

All other JV and Varsity Sports—August 22nd

All Middle School Sports—September 7th

Winter Sports

Varsity and JV Wrestling and Cheerleading—November 7th

All other JV and Varsity Sports—November 14th

All Winter 1 Middle School Sports—November 2nd

All Winter 2 Middle School Sports—January 17th

Spring Sports

B/G Lax, Baseball, Softball, B/G Track—March 6th

B/G Golf, B Tennis—March 13th

All Middle School Spring Sports—March 28th

For more information please go to Athletic Website



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 their team earned the distinction of NYSPPHSAA 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 winter season the following teams earned the NYSPPHSAA Scholar Athlete Team Award: Boys' and Girls' basketball, Boys' and Girls' Indoor Track, Boys' Swimming, Gymnastics, Competitive Cheer, Boys' Bowling, and Wrestling

"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

CHEERLEADING— JORDAN SHECHTER

BOYS' BASKETBALL— BRANDON MINTZ

GIRLS' BASKETBALL— RACHEL WEISS

WRESTLING— MATT COLEMAN

VARSITY TEAM MVPS

CHEERLEADING— NICOLE OTAZO

BOYS' BASKETBALL— BRENDAN FITZPATRICK

BOYS' BOWLING— BRYAN HIRSCH

BOYS' SWIMMING AND DIVING— JUNEHYUK ROH

BOYS' WINTER TRACK AND FIELD— JOSHUA WICKER

GIRLS' BASKETBALL— KRYSTAL KORASON

GIRLS' BOWLING— SARI ARROW

GIRLS' WINTER TRACK AND FIELD— SINEAD HEANEY

GYMNASTICS— MIRANDA LUND

WRESTLING— PETER PAPPAS



2015-2016 Winter Post Season Award Winners

All-State

Miranda Lund (SOPH) Gymnastics
 Jamie Simon (SR) Gymnastics
 Renee Vulin (SOPH) Gymnastics

All-County

Michael Arrow (SR) Boys' Bowling
 Sari Arrow (FR) Girls' Bowling
 Brendan Fitzpatrick (SR) Boys' Basketball
 Bryan Hirsch (SOPH) Boys' Bowling
 Phil Jankowitz (SOPH) Boys' Bowling
 Jesse Lindell (JR) Boys' Bowling
 Peter Pappas (JR) Wrestling
 Jake Trembley (SOPH) Boys' Swimming

All-Class

Krystal Korason—(JR) Girls' basketball

All-Conference

| | |
|---|--------------------------------------|
| Justin Baek (SOPH) Boys' Swimming | Tom Flynn (SR) Boys' Basketball |
| Nic Franco (JR) Wrestling | Josh Graham (SR) Boys' Swimming |
| Anthony Greco (SR) Wrestling | William Grieshaber (SOPH) B Swimming |
| Angelina Kim (SOPH) Girls' Indoor Track | Harrison Kryiacu (FR) Wrestling |
| Alexa Kosakavich (SR) Girls' Bowling | Colby Kusnitz (FR) Wrestling |
| Brent Israel (SR) Boys' Swimming | Justin Lambert (JR) Boys' Basketball |
| Dan Morales (Soph) Wrestling | Kevin Pizarz (SR) Wrestling |
| Junehyuk Roh (Soph) Boys' Swimming | Aidan Schwom (FR) Wrestling |
| Myah Siegal (7th) Gymnastics | Anthony Trentacosta (JR) Wrestling |
| Brett Wolff (SR) Boys' Swimming | Max Yahre (8th) Wrestling |
| Jack You (FR) Boys' Swimming | |

All-Division

| | |
|-----------------------------------|--|
| Justin Baek (SOPH) Boys' Swimming | William Grieshaber (SOPH) Boys' Swimming |
| Brent Israel (SR) Boys' Swimming | Junehyuk Roh (SOPH) Boys Swimming |
| Jack You (FR) Boys' Swimming | |

All League

Corinne Testa (JR) Girls' Bowling



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 | <i>T. Benson</i> | <i>39.31</i> | <i>12/12/15****</i> |
| 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

| | | |
|----------------------------|--------------------------------|-------------------------------|
| <u>4 X 200</u> 1:39 | <u>4 X 800</u> 9:02 | <u>4 x 1600</u> 20:35 |
| J. Symons 2/96 | V. Raju 2/92 | B. Nordell 1/98 |
| B. Bae | M. Lewek | M. Kuhne |
| J. Rosenkrantz | B. Levenson | R. Klein |
| E. Cheng | A. Labrocca | J. Bank |
| <u>4 X 400</u> 3:24 | <u>Mile Medley</u> 4:07 | <u>55HH Relay</u> 27.9 |
| J. Klaff 2/92 | E. Bernstein 12/95 | A. Mei 1/97 |
| J. Rosenkrantz | J. Symons | E. Levine |
| R. Kasendorf | A. Mei | J. Lee |
| E. Chen | M. Kuhne | |

**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 | Peysen |
| 500 Free | 1996 | 5:21.53 | Peysen |
| 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 | Flanaghan |
| 50 Free | 2008 | 22.13 | Flanaghan |
| IM Dive | 2006 | 263.26 | J. Siragusa |
| 100 Fly | 2011 | 53.27 | J. Gabalski |
| 100 Free | 2008 | 48.10 | Flanaghan |
| 500 Free | 2001 | 5:06.18 | Descovich |
| 200 Relay | 2006 | 1:32.30 | Flanaghan, J. Sirgusa, Sudran, Khanna |
| 100 Back | 2006 | 55.64 | Flanaghan |
| 100 BR | 2011 | 1:03.30 | A. Gabalski |
| 400 Rel | 2011 | 3:54.66 | Casciola, D. Siragusa, Alexander, J. Gabalski |



POB

Physical Education, Health, Athletics and
Recreation Department
117 Central Park Road
Plainview, NY 11803
Your Address Line 3

Phone: 516-434-3100

Fax: 516-349-4792

E-mail: jbraico@pobschools.org



2016-2017 Interscholastic Season Start Dates

Fall Sports

JV and Varsity Football – August 15th
All other JV and Varsity Sports—August 22nd
All Middle School Sports—September 7th

Winter Sports

Varsity and JV Wrestling and Cheerleading—November 7th
All other JV and Varsity Sports—November 14th
All Winter 1 Middle School Sports—November 2nd
All Winter 2 Middle School Sports—January 17th

Spring Sports

B/G Lax, Baseball, Softball, B/G Track—March 6th
B/G Golf, B Tennis—March 13th
All Middle School Spring Sports—March 28th

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

Empty box for listing additional post season awards.

