

Suffolk Zone
of the
**New York State Association for
Health, Physical Education, Recreation,
and Dance**

5th Annual

FIT CLUB



Coordinator: *Beth Bolger*

May 11th, 2022

Lincoln Ave. Elementary, Sayville, NY 11782



2021-2022 Suffolk Zone Board

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Coaches - William Mallon · Williammallon7@gmail.com · Trinity Lutheran School

Council of Administrators Dr. Ryan Cox · rcox@pmschools.org · Patchogue Medford SD

Dance - Beth Bolger · ebolger@sayvilleschools.org · Sayville SD

Elementary PE - Kerry Hogan · kerryhogan7@gmail.com · South Country SD

Equity, Diversity, and Inclusiveness (EDI) - Kathleen Peterson · Kpeterson@bayshore.k12.ny.us · Bay Shore UFSD

Exercise Science/Sports Medicine -

Future Professionals - Anthony Scibelli · anthony.scibelli@cortland.edu · SUNY Cortland

and Jared Rago · jared.rago@cortland.edu · SUNY Cortland

Health Education - Patricia Broderick · pattybrod@gmail.com · Sachem SD (retired)

Higher Education/Professional Preparation Dr. Lois Kahl kahl@sunysuffolk.edu · SUNY Suffolk

Middle School/High School PE - Leslie Sewell · leslieasewell@hotmail.com · Connetquot SD

Recreation/Adventure Education - Amanda Stallone · astallone@sachem.edu · Sachem SD

Retirees - Maryann Hamilton · TWIN0930@AOL.COM · Lindenhurst SD (retired), Adelphi University

Technology - Amanda Stallone · astallone@sachem.edu · Sachem SD

Committees

Fit Club - Beth Bolger · ebolger@sayvilleschools.org · Sayville SD

Conference - Kerry Hogan · kerryhogan7@gmail.com · South Country SD

Conference Vendors/Banners - Joanne Hamilton · KITTYCAT1024@AOL.COM · Adelphi/SUNY Brockport

Mini Grants - Maryann Hamilton · TWIN0930@AOL.COM · Lindenhurst SD (retired), Adelphi University

Professional Awards - Joanne Hamilton · KITTYCAT1024@AOL.COM · Adelphi/SUNY Brockport

Professional Awards Dinner - Leslie Sewell · leslieasewell@hotmail.com · Connetquot SD

and Lori Hewlett · hewlettlori@hotmail.com · Sachem SD (retired)

Elem/MS Student L'shp Awards - Kerry Hogan

Secondary Student L'shp Awards - Dr. Ryan Cox rcox@pmschools.org · Patchogue-Medford SD

and Kerry Hogan · kerryhogan7@gmail.com · South Country SD

SUFFOLK ZONE FIT CLUB

MISSION: Our mission is to empower our students with the skills, tools, training, and confidence to live a healthier lifestyle while challenging them through difficult physical and mental challenges. Our goal is for the students to learn something about themselves and feel invigorated as well as seeing how much they can truly accomplish when driven.

We will develop the students strength physically, mentally, and emotionally while helping them reach their fullest potential. The students will feel part of a team by offering support, encouragement and inspiration to their teammates while helping them achieve their highest level of fitness.

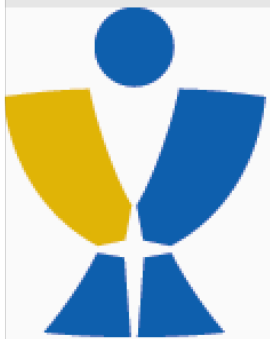
Congratulations to all participating athletes!
You are the best of the best.
Now, go out there and HAVE FUN!!!



The New York State Association for Health, Physical Education, Recreation & Dance is a professional organization that supports, encourages, facilitates, advocates and promotes physically active and healthy lifestyles through school and community programs in health education, physical education, recreation and dance.

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Hospital**



**Catholic Health
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Sal's Pizza

**183 Montauk Hwy,
Sayville, NY 11782
631-567-1269**



**5th Annual
NEW YORK STATE ASSOCIATION FOR HEALTH,
PHYSICAL EDUCATION, RECREATION, and DANCE
Suffolk Zone
FIT CLUB**

COMPETITION SCHEDULE:

10:00-10:10am Coaches will warm-up their teams

10:10-10:20am Coaches Meeting-Explain Event #1: Ninja Speed

10:20 am National Anthem

EVENT #1: Ninja Speed: Starts Sharply at 10:25 am

4th grade boys compete from 10:25-10:40.

4th grade girls compete from 10:40-10:55.

5th grade boys compete from 10:55-11:10

5th grade girls compete from 11:10- 11:25.

11:25 – 11:50am Break/LUNCH

11:50 - 12:00 Coaches Meeting-Explain Event #2: Overcoming Obstacles

EVENT #2: Overcoming Obstacles: Starts Sharply at 12:00pm

4th grade boys compete from 12:00-12:15

4th grade girls compete from 12:15-12:30

5th grade boys compete at 12:30-12:45

5th grade girls compete at 12:45-1:00

1:00-1:25 Break (needed for the refs to finish scoring)

1:25-1:45 Awards/ Pictures

Dismissal: We will dismiss the schools in order of the arrival of the buses. I will have a helper label the buses with the school names as they arrive so dismissal will be quick.

Districts, Teams & Colors

BAYPORT BLUE POINT SCHOOL DISTRICT

1.SYLVAN AVE (Team orange)
Doug Meehan & Jess Richford.

2.ACADEMY STREET (Team neon yellow) Nancy Cipp, Greg Zaleski

3.BLUE POINT (Team Teal)
Miranda Paulis, Rich Campisi

CENTRAL ISLIP SCHOOL DISTRICT

1.FRANCIS J. O'NEIL (Team tan)
Bill Acker, Jason Cifuentes

2. ANDREW T. MORROW (light purple) Stephen McGuire, Kevin Gaussaint

3.MARGUERITE L. MULVEY (Team pink) Jodi Cameron, Karianne Terino

4.CORDELLO AVENUE (Tie-dyed black & orange) Liz Mondello,

COMSEWOGUE SCHOOL DISTRICT

1.TERRYVILLE (Team gold)

George Chesterton, Chris Rowett

COPIAGUE SCHOOL DISTRICT

1.GREAT NECK ROAD (Dark Grey)
Patti Stein, Rachel Cone

2.SUSAN E. WILEY (Blue camo) Pam Atlas, Anthony Cipriano

3.DEAUVILLE GARDENS WEST (light yellow) Wendy Hrzich, Rachel Cone

4.DEAUVILLE GARDENS EAST (Blue/white tie-dye) John Sack, Rachel

HUNTINGTON SCHOOL DISTRICT

1.WOODHULL INTERMEDIATE (Dark Blue) Carrie Postel

2.JACK ABRAMS STEM MAGNET (light blue) John J Walsh, Natalie

KINGS PARK SCHOOL DISTRICT

1.RJO INTERMEDIATE (tie-Die Maroon & white) Jennifer Szatkowski, Kelly Demeri

NORTHPORT-EAST NORTHPORT SCHOOL DISTRICT

1.Ocean Ave, 5th Ave, and Northport Middle School (tie-dye rainbow)
Kathleen Catatania

PATCHOGUE-MEDFORD SCHOOL DISTRICT

2.PULASKI-NORWOOD-EAST NORTHPORT MIDDLE (Blue and Gold Camo) Stacie Norman
1.Patchogue-Medford-South (Team RED) Ryan Cox, Danielle Steinberg

PORT JEFFERSON SCHOOL DISTRICT
(5TH GRADE ONLY!!)

2.Patchogue-Medford-North (red, black camo) Ryan Cox, Danielle
1.EDNA LOUSE SPEAR (Purple/White tie-die or camo) Adam Sherrard

SAYVILLE SCHOOL DISTRICT

1. LINCOLN AVE (Red, White, Blue Tie-Dye) Beth Bolger, Matt Slinkosky
2. CHERRY AVE (Dark Purple) Jen Fee, Gary Jensen
3. SUNRISE DRIVE (Team black) Amv Chaimowitz, Garv

SACHEM CENTRAL SCHOOL DISTRICT

1.CAYUGA ELEMENTARY (Black/Gold camo or Tie-dye) Amanda Stallone, Joe Scholz

SOUTHAMPTON SCHOOL DISTRICT

1.SOUTHAMPTON ELEMENTARY & Intermediate School (light orange) Chrissie Fagereng, Tony Dottin

SOUTH COUNTRY CENTRAL SCHOOL DISTRICT

1.FRANK P. LONG INTERMEDIATE (Blue/Red camo) Rob Cuffie

SOUTH HUNTINGTON SCHOOL DISTRICT

1.MAPLEWOOD INTERMEDIATE (White) Tatiana Rosamilia, Joe Slovak

THREE VILLAGE SCHOOL DISTRICT

2.BIRCHWOOD INTERMEDIATE (Maroon) Russell Rufrano, Kim
1.NASSAKEAG ELEMENTARY (Dark green) Kate Anderson, Stephanie Shay, Jeanne LaLima

WILLIAM FLOYD SCHOOL DISTRICT

1.NATHANIEL WOODHULL (Light grey) Max Campbell
2.TANGIER SMITH (Camo green) Tony Mecca. Will Slinkoskv

Thank you to our student referee's:



3RD grade

Luke Esposito
Julianna Beauvais-Zuber
Tristan Beauvais-Zuber
Ronin Kashdan
Isabella McQuillen
Avery Martello
Madalyn Dinkel
Ryan Maganiello
Avery Gilbert
Matthew Albano

4th grade

Bryan Amaya
Holly Cunningham
Christopher Larkin
Divya Navi
Logan Picken
Sunday Shaw
Avianna Badolato
Audrey Leo
Zachary Marandino
Rosalie Parisi
Emma Reilly
Daniella Trentadue
Brayden Flynn
Ava Menechino
Alana Bambace

5th grade

Ava Brown
Nico Cappiello
Lana Scomello
Lauren Sesso
Faith Weynard
Maya Albano
Autumn Brown
Maddalena DiMango
Rosa (Gabby) Pena-Euceda
Alexa Piazza
Marissa Rivera
Nate Tanzi
Elektra Walters
Dominic Bruno
Bayleigh Carrick
Grace Jones
Silver Shaw
Melody Williams
Chase Graf
Joe Remington
Emmerson Portanova



Special thanks to Suffolk Zone & Lincoln Ave. Elementary!

Lincoln Ave. Elementary Principal: Mrs. Carlson

Sayville Athletic Director: Dennis Maloney

Fit Club Coordinator: Beth Bolger

Craig Martin (Custodian) and the Sayville Grounds Crew

Lincoln Ave. 3rd, 4th & 5th grade scorekeepers & refs!!

Kid Coaches: Joe Remington & Emmerson Portanova

Sayville High School Peer Leaders



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