



# SEAFORD ATHLETIC DEPARTMENT

*“All In...it’s not a slogan, it’s a lifestyle.”*  
Gian-Paul Gonzalez



Interscholastic Sports

Presented by: Mr. Michael Spreckels, Director of Athletics

2016-2017



# SEAFORD ATHLETIC DEPARTMENT

2016-2017

“All In... It’s not a slogan, it’s a lifestyle”

Gian-Paul Gonzalez

FALL	WINTER	SPRING
16 TOTAL HS TEAMS 282 PARTICIPANTS 4 MS TEAMS 152 PARTICIPANTS <b>434 Total Participants</b>	16 HS TEAMS 215 PARTICIPANTS 5 MS TEAMS 85 PARTICIPANTS <b>300 Total Participants</b>	12 HS TEAMS 245 PARTICIPANTS 6 MS TEAMS 193 PARTICIPANTS <b>438 Total Participants</b>
2 TEAM COUNTY CHAMPIONS <ul style="list-style-type: none"> <li>Football: UNDEFEATED</li> <li>Volleyball: UNDEFEATED</li> </ul> 1 Sportsmanship Award 7 NYS Scholar Athlete Teams 3 Scholar Athletes James Poole (FB) Christina Scialpi (Soccer) Ashley Soliwoda (VB) James Poole #1 in Nassau County	1 Nassau County “B” Sportsmanship Award (Boys Track) 2 Scholar Athletes Stephanie Routledge April Pensa <b>TOTAL MS: 430</b> <b>TOTAL HS: 742</b> <b>COMBINED: 1,172</b>	Baseball Conference Champions All American: Allison Palermo Player of the Year A5 Baseball: Andrew Cain <i>News 12 Scholar Athlete:</i> <i>Ashley Soliwoda</i> 4 NYS Scholar Athlete Teams



# SEAFORD ATHLETIC DEPARTMENT

**Anyone Can Save  
A Life  
AMBASSADOR  
PROGRAM  
(MARCH)**

**ATHLETIC  
LEADERSHIP  
PROGRAM**

**SCREENING  
VOLUNTEER  
COACHES  
REQUIREMENTS:  
CPR/AED, FA &  
BACKGROUND  
CHECK**

**JUAN PAUL  
GONZALEZ  
“ALL IN”**

**IMPACT  
TESTING  
CONCUSSION  
BASELINE**

**COACHES HALL OF  
FAME INDUCTEES  
(11 Coaches  
Inducted to HS Wall  
Of Fame)**

**FREE BRONCOS  
SUMMER CLINIC  
PROVIDED BY  
FOOTBALL STAFF**

**SEAFORD 2016-  
2017 STAY IN THE  
GAME RECIPIENT  
(MS, JV, & VARSITY)**

**APP TEST  
CONDUCTED  
EVERY SEASON**

**PARENT/INFO  
NIGHT SEPT. 5<sup>TH</sup>  
Coach Seth  
Tierney**

**BOOSTER CLUB  
NEW INITIATIVES  
(Ipod, Parent Night,  
Meetings etc.)**

**Kick 4 A Cure  
Play 4 A Cure  
October Breast  
Cancer  
Awareness**





# SEAFORD ATHLETIC DEPARTMENT

## College Committed Athletes



Allison Palermo-Northwestern  
Sophia Dandola-Hofstra  
Jessica Strong-Merrimack  
Kaitlyn Meyer-Molloy  
Andrew Cain-University of New Haven  
Patrick Kern-Molloy



Michael Tito-Clarkson  
Andrew Saulpaugh-Queens College



# Parent/Information Night







# Safety First Initiative

- Concussion Awareness
- Center for Disease Control & Prevention  
Bi-annual Training Mandate
- Concussion Policy
- Return To Play Guidelines
- Return To Learn Guidelines
- Emergency Action Planning



Meet our new Athletic Trainer  
Miss Sierra Wilde, ATC

# Anyone Can Save A Life





# Congratulations to Coach Cerasi Seaford's Bowling Team Conference Champions





▸ Congratulations to Warren Koegel 67'  
Nassau County Hall of Fame Induction







# SEAFORD ATHLETIC DEPARTMENT







# GYM RENOVATION







# SEAFORD ATHLETIC DEPARTMENT

Coaches  
Wall of  
Fame  
Inductees



Gym Renovation  
(Painted/New Bleachers/New  
Back Boards/Updated CD  
Player with Blue Tooth  
Capability)

*Special Thanks to Facilities,  
Maintenance, Grounds, and  
Administration*



# Seasonal Highlights 2016-2017 Updated

**FALL 2016**

**BOYS CROSS COUNTRY**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
JASON LINDELL, ALL COUNTY  
ANTHONY CUCHIL, ALL CONFERENCE  
JOHN KRZYWONSKI, ALL CONFERENCE

**GIRLS CROSS COUNTRY**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
AMY BROWN, ALL CONFERENCE  
SARAH KEANE, ALL CONFERENCE  
ELISE OTTON, ALL CONFERENCE  
LINDSEY VANDERKAM, ALL CONFERENCE

**FIELD HOCKEY**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
JESSICA KOPOD, ALL CONFERENCE  
CALLI MORPHY, ALL CONFERENCE  
NATALIE RICH, ALL CONFERENCE  
KATHLEEN WINTER, ALL CONFERENCE  
GRACE PIRKE, ALL LEAGUE  
HARLEY GOLDMAN, COUNTY HERO  
ALIYANNA BOWEN, CUPPOWASSA SENIOR  
ROCKY PIRKE, SCHOLAR ATHLETE  
BY TEAM, SEAFORD COUNTY SPORTSMANSHIP AWARD

**FUTBALL**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
EMERSON WALKER, COUNTY & CONFERENCE CHAMPIONS  
RANKED No. 1 NEWBORN L. SMALL SCHOOLS  
DANNY BOWLE, ALL NEW YORK STATE, ALL LONG ISLAND  
ALL COUNTY CONFERENCE IF PLAYER OF THE YEAR  
KEVIN MURPHY, ALL LONG ISLAND 2ND TEAM, ALL COUNTY  
JACK BRONDMAN, ALL COUNTY  
ANDREW CAIN, ALL COUNTY  
MICHAEL CALANDRA, ALL COUNTY  
ANDREW CHRYSLER, ALL COUNTY  
JAMES PIRKE, ALL COUNTY SCHOLAR ATHLETE  
TYLER WILSON, ALL CONFERENCE  
DANTE WITTE, COUNTY HERO

**BOYS SOCCER**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
LUKE KAWALEK, ALL COUNTY  
TYAN FRANK, HONORABLE MENTION ALL COUNTY  
ANDREW WRIGHT, ALL CONFERENCE  
LUKE PALMER, ALL CONFERENCE  
ANDREW WHEATMAN, ALL CONFERENCE

**GIRLS SOCCER**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
NATALIE RICH, COUNTY & CONFERENCE CHAMPIONS  
KATHLEEN WINTER, ALL CONFERENCE  
CHRISTINA WALKER, SCHOLAR ATHLETE

**Volleyball**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
EMERSON WALKER, COUNTY & CONFERENCE CHAMPIONS  
RANKED No. 1 NEWBORN L. SMALL SCHOOLS  
ALLISON PALERMO, ALL NEW YORK STATE, ALL LONG ISLAND  
ALL COUNTY CONFERENCE IF PLAYER OF THE YEAR  
WYNNE DANNOKA, ALL LONG ISLAND, ALL COUNTY  
ALL COUNTY CONFERENCE

**BASEBALL**  
CONFERENCE CHAMPIONS  
ANDREW CAIN, ALL COUNTY  
PLAYER OF THE YEAR LEAGUE & ALL LONG ISLAND 2ND TEAM  
ZACH GRUB, ALL COUNTY  
VINCENT PRIGORA, ALL COUNTY  
MIKE CALANDRA, ALL CONFERENCE

**BOYS BASKETBALL**  
ANDREW CAIN, ALL COUNTY  
RICHARD WATSON, ALL CONFERENCE

**GIRLS BASKETBALL**  
CONFERENCE CHAMPIONS  
JACLYN GRZELACZYK, ALL COUNTY  
ALL COUNTY 1<sup>st</sup> TROPHIMENT TEAM & COUNTY ALL STATE  
ALLISON PALERMO, ALL COUNTY, ALL DEFENSIVE TEAM  
JENNA SILVER, HONORABLE MENTION ALL COUNTY  
KASH SILVER, HONORABLE MENTION ALL COUNTY  
KATHLYN MEYER, ALL CONFERENCE  
MAHDI O'BRIEN, ALL CONFERENCE  
STEPHANIE BOUTLENGER, SEAFORD SCHOLAR ATHLETE

**BOYS BOWLING**  
MIKE MILE, ALL CONFERENCE  
CHRIS MOHR, ALL LEAGUE  
RICH LEBERRY, ALL LEAGUE

**GIRLS BOWLING**  
UNDEFEATED CONFERENCE CHAMPION  
PAIGE DODD, ALL COUNTY  
MARDIA MILE, ALL CONFERENCE

**CHEERLEADING**  
UNDEFEATED CONFERENCE CHAMPION  
TRACY CAMILLA, ALL COUNTY  
MOLLY COLE, ALL COUNTY  
KRISTINA BOURDIN, ALL DISTRICT  
SAMANTHA FURBETTO, DISTRICT ATHLETE AWARD  
APRIL PENA, SCHOLAR ATHLETE AWARD

**BOYS WINTER TRACK**  
CONFERENCE CHAMPION  
NANTUCKET COUNTY 9<sup>th</sup> SPORTSMANSHIP AWARD  
ANDREW KAPPAUGH, COUNTY CHAMPION, ALL COUNTY  
JASON LINDELL, CONFERENCE CHAMPION, ALL COUNTY  
NOCK MINERVA, ALL COUNTY  
ANTHONY CUCHIL, CONFERENCE CHAMPION  
DANIEL MARYLO, COUNTY HERO, MATT MIZIANI, &  
ANTHONY BOBMAN, CONFERENCE CHAMPIONS 4X 600 RELAY  
CYNTHIA KELLY, ALL CONFERENCE  
JOHN KRZYWONSKI, ALL CONFERENCE  
AL MONROE, ALL CONFERENCE

**GIRLS WINTER TRACK**  
NATALIE RABRIDGE, CONFERENCE CHAMPION, ALL COUNTY  
ASHLEY WATSON, ALL CONFERENCE  
ROSHA DANNOKA, ALL CONFERENCE  
TRACY MANORLEY, ALL CONFERENCE  
KATHLYN BOWLE, ALL CONFERENCE

**WRESTLING**  
DANTE WITTE, SEAFORD COUNTY SPORTSMANSHIP AWARD  
JAKE MORPHY, JAKE PALMER, ANDREW WHEATMAN,  
TYLER WILSON, COUNTY HERO



**HONORED ATHLETES 2016-2017**

**SPRING 2017**

**BASEBALL**  
CONFERENCE CHAMPIONS  
ANDREW CAIN, ALL COUNTY  
PLAYER OF THE YEAR LEAGUE & ALL LONG ISLAND 2ND TEAM  
ZACH GRUB, ALL COUNTY  
VINCENT PRIGORA, ALL COUNTY  
MIKE CALANDRA, ALL CONFERENCE

**BOYS LACROSSE**  
THOMAS URSANI, ALL COUNTY  
PATRICK KERN, ALL CONFERENCE  
KEVIN MURPHY, ALL CONFERENCE  
DANNY BOWLE, ALL CONFERENCE

**GIRLS LACROSSE**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
ALLISON PALERMO, ALL COUNTY  
ALL LONG ISLAND 2ND TEAM  
KATHLYN MEYER, ALL COUNTY  
MELANIE CAWCO, ALL CONFERENCE  
JACLYN GRZELACZYK, ALL CONFERENCE  
LILLIAN KAZDORNY, ALL CONFERENCE  
OLGA YOUNG, ALL CONFERENCE  
ALIYANNA BOWEN, COUNTY HERO

**SOFTBALL**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
MOPHE DANNOKA, ALL COUNTY  
ALL LONG ISLAND 2ND TEAM  
RELIANNE HILCKEN, ALL COUNTY  
ANNA BUTLER, ALL COUNTY HONORABLE MENTION

**BOYS SPRING TRACK**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
EMERSON WALKER, COUNTY & CONFERENCE CHAMPIONS  
JASON LINDELL, ALL COUNTY, ALL DISTRICT  
AL MONROE, ALL COUNTY, ALL DISTRICT  
ANDREW KAPPAUGH, ALL COUNTY  
SEAN ALLEN, ALL DISTRICT  
ANTHONY CUCHIL, ALL DISTRICT  
CYNTHIA KELLY, ALL DISTRICT  
JOHN KRZYWONSKI, ALL DISTRICT  
CHRIS MOHR, ALL DISTRICT  
TYAN FRANK, ALL DISTRICT

**GIRLS SPRING TRACK**  
NEW YORK STATE SCHOLAR ATHLETE TEAM  
TRACY MANORLEY, ALL COUNTY, 3RD DISTRICT CHAMPION  
ANDREW KAPPAUGH, ALL DISTRICT, 3RD DISTRICT CHAMPION  
NATALIE RABRIDGE, ALL DISTRICT

**NEW YORK STATE  
"Stay in the Game Award"**  
Presented to  
**ALL SEAFORD HIGH SCHOOL  
TEAMS FOR**

## Student-Athlete Hall of Fame



GO SEAFORD VIKINGS!!!!

