



SEAFORD ATHLETIC DEPARTMENT

Kevin Witt
Director of Health, PE, and
Athletics
November 20, 2019

Physical Education & Health Overview

August 2019-November 2019

- Lions Quest
- "Anybody Can Save a Life"
- Heart Health
- Fitness Unit
- Wellness Week
- Monthly Department Meetings
- Teacher Observations
- Extra Help
- Scholar Athlete Academic Study Time



2018-2019 Middle School Athletic Teams

FALL

- 5 Teams
- 145 Participants
- 2019- 141 Participants

WINTER

- 5 Teams
- 108 Participants
- 3 New Teams!!
- 2019- 153 Projected

SPRING

- 6 Teams
- 174 Participants
- 1 New Team!!
- 2019- 190 Projected

2018-2019 High School Athletic Teams

FALL

- 14 Teams
- 268
Participants

WINTER

- 12 Teams
- 233
Participants

SPRING

- 10 Teams
- 236
Participants

2018-2019 High School Athletic Team Highlights

14 New York State Scholar Teams

Cross Country B/G

Field Hockey

Volleyball

Basketball- G

Bowling B/G

Cheer

Winter Track B/G

Softball

Lacrosse- G

Spring Track- B/G

4 Teams won the Nassau County Sportsmanship Awards

Cross Country – B/G

Field Hockey

Volleyball

2018-2019 High School Athletic Team Highlights



Football Conference IV Champions

2018-2019 High School Athletic Team Highlights



Boys/Girls Bowling Nassau County Champions.
5th place in NYS

2018-2019 High School Athletic Team Highlights



**Cheer Nassau County Champions,
3rd place in NYS**

2018-2019 High School Athletic Team Highlights



Winter Track Conference Champions

2018-2019 High School Athletic Team Highlights



**Wrestling Conference Champions,
II Dual Meet Nassau County Champions**

Athletics Overview

August 2019-November 2019

- Coaches Meeting
 - End of the Season Coaches Meeting
 - Coaching Certifications
 - Volunteer Coaches
 - Impact Testing
 - APP Testing
 - Monthly Booster Club
- New Initiative:
- Family ID

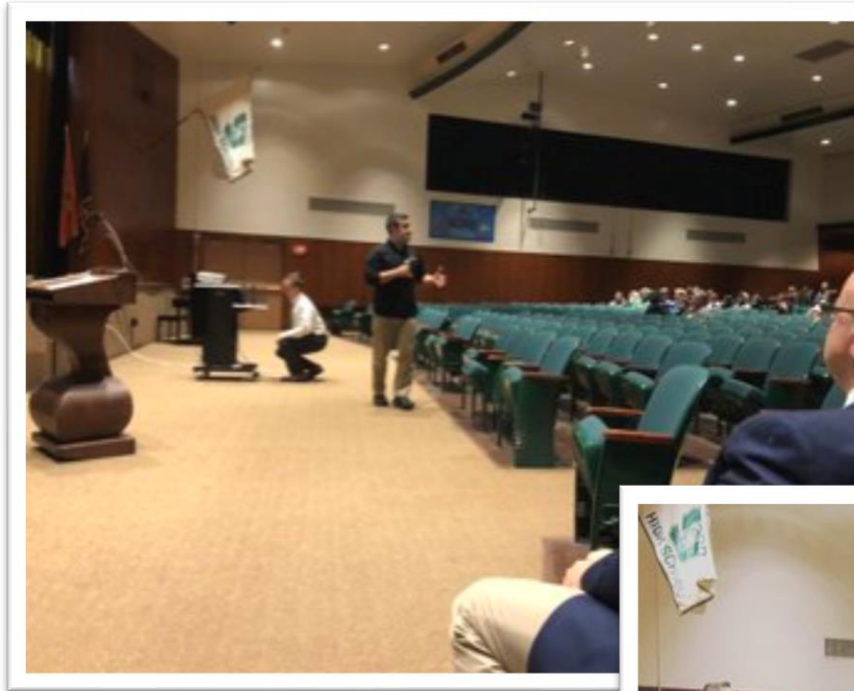


Highlights from Fall 2019...



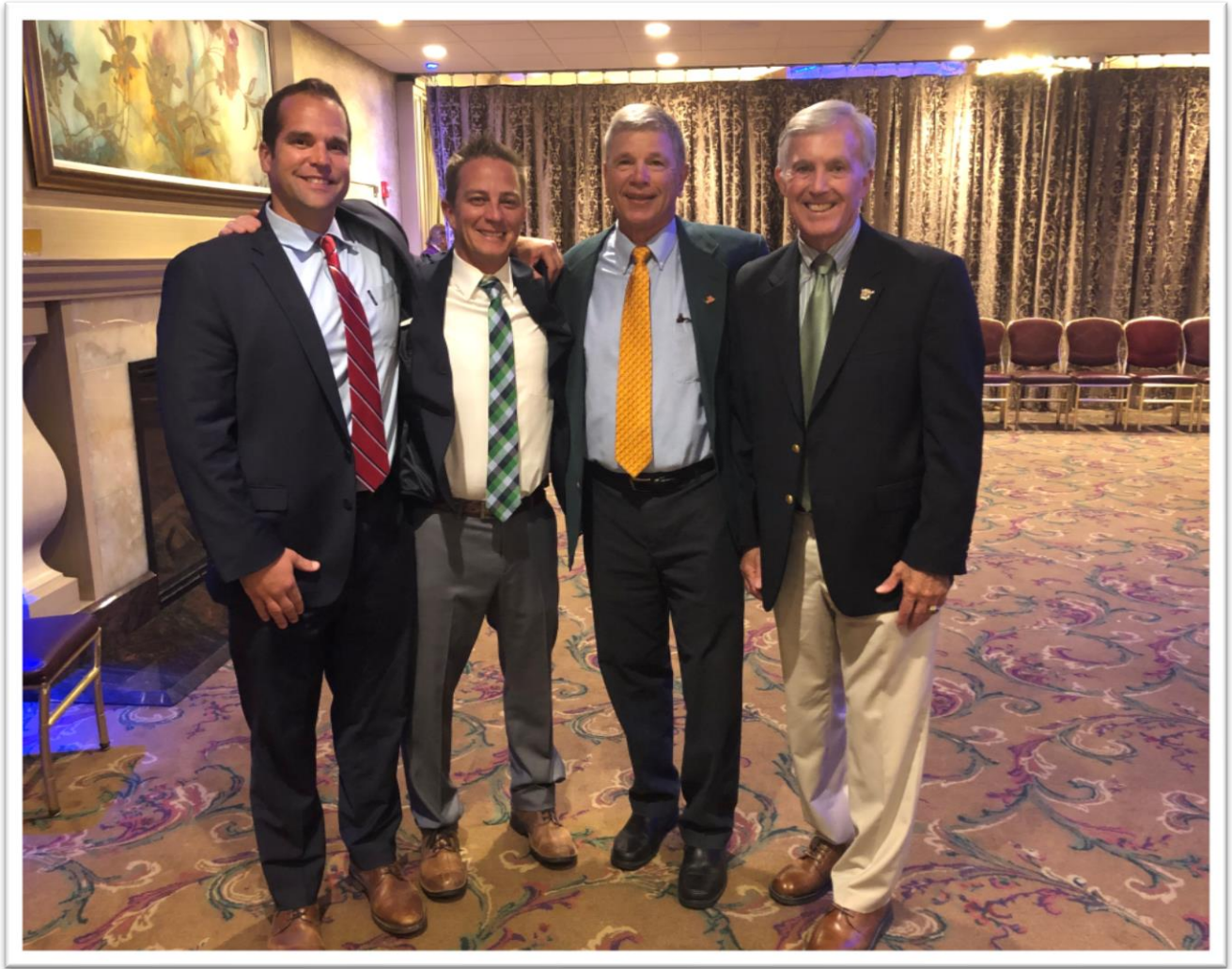
Parent Information Night

- Melissa Reilly from the East Coast Conference- Discussed the process of becoming a college athlete.
- Breakout sessions



Nassau County Hall of Fame

- Robert Perpall was inducted into the Nassau County High School Hall of Fame.



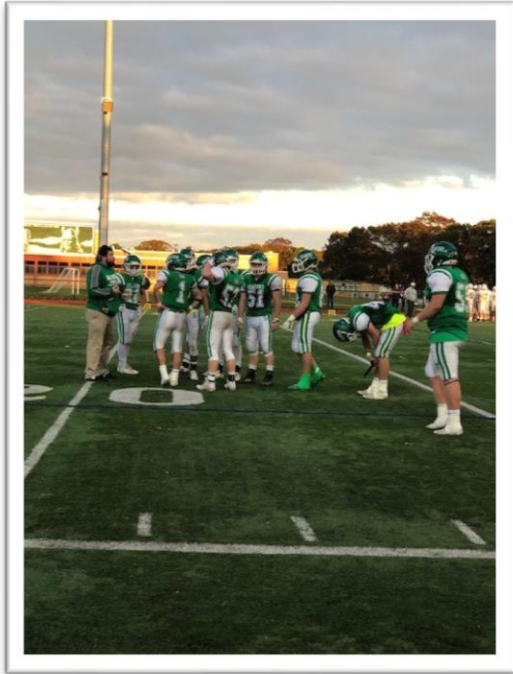
Captains' Breakfast

- School staff had a pleasure engaging our athletic leaders in various discussions about the role of a captain.



Homecoming & Pep Rally

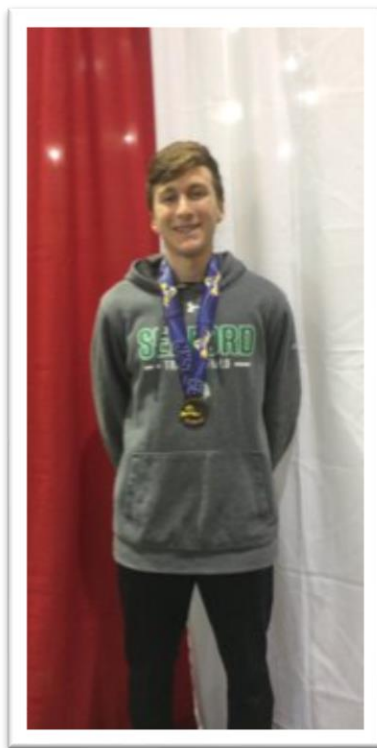
- Students enjoyed a fun day of activities with their peers.



National Signing Day Recognition

- 8- Student Athletes were recognized for their academic and athletic accomplishments.





NEWS 12 SCHOLAR ATHLETE

Jason Linzer

SCHOOL SPORTS

Student Of The Game

BY JOSEPH WOLKIN
jwalkin@antonmedagroup.com

A week ago, Kathleen Tuohy was named as an All-Conference athlete. The Seaford High School junior is a force to be reckoned with in a sport few are familiar with.

Tuohy is a star for the varsity girls field hockey squad, a group of high schoolers who have a true competitive edge on the field. Head coach Elizabeth May calls Tuohy "a hard worker," and for good reason.

She is currently a member of seven clubs at Seaford, and she's serving as the student government's treasurer.

"She hustles up the field to put herself into scoring position," May said. "Not only does Kathleen have real skills on the field, but she carries herself with a positive attitude that is contagious to her teammates. Seaford is definitely proud to have Kathleen Tuohy as a member of our varsity field hockey team."

The *Levittown Tribune* spoke with Tuohy, discussing her success on the field, as well as her future.

Q What's it like to play field hockey?

A It's a very different sport than any other that I've played. In middle school, I gave up all of the other sports I played to start playing field hockey. You can only use one side of the field hockey stick, which is different from both sides [of the stick] in regular hockey. It's one of the most difficult things. You're not allowed to touch the goal with your feet, and if that happens, you get called. It's very hard to score a goal in field hockey because the goal is relatively small compared to the size of the goalie.

Q Why did you want to focus on field hockey?

A Both of my cousins who are older than me actually played field hockey. I found out Seaford had a field hockey team, so I wanted to take on something new and have a challenge.

Q What challenges have you faced since joining this team?

A One of the biggest challenges was changing positions because in middle school I was a midfielder

When I came to high school, I made varsity as a freshman. They needed me to play virtually every position, and I was thrown in wherever my coach needed me to play. It was hard to transition from playing forward to midfield to defense. What I'm good at now is playing forward. You have to almost hug the post or pop out for the midfielder.

Q What's it like to split your time between all of these clubs?

A It's very hard. It takes a lot of time management skills, which I've been lucky to sort everything out pretty well. Sometimes, I have three different clubs in the same day. It takes a lot of prioritizing, day-by-day.

Q What are your goals with field hockey?

A I don't know if I want to play in college because I'm looking to be a education's secretary major I want to

ATHLETE OF THE WEEK



KATHLEEN TUOHY
Kathleen Tuohy is a natural leader for Seaford High School's field hockey team.
(Photo courtesy of the Seaford School District)

work with kids. For my senior year, I'm hoping to step up as a leader to help my team. Hopefully, we can make the playoffs.

SPORTS

A Dominant Defender

BY JOSEPH WOLKIN
jwalkin@antonmedagroup.com

Matt Meyer has been playing sports since he was a toddler. Now a Seaford High School varsity star, he plays on not only the soccer team, but the basketball and lacrosse squads as well.

The senior is the lead defender for the Vikings boys soccer team, helping the team attempt to get a winning this year.

"I'm always working hard and I'm always pushing to get the ball down," he said. "Some of my main skills are to jab and retreat. Don't dive in or step in."

Head coach Ralph Pascarella relies heavily on Meyer's skill set for each match.

"Matt is our best defender and he's the hardest-working player," Pascarella said. "His best quality is his ability to compete and battle. He's really smart and

savvy and his teammates feed off of his intensity."

Fortunately, the three seasons don't overlap much. However, the grind of being a three-sport student-athlete is not an easy one.

Meyer focuses on his school work constantly, knowing just how important his education is. While there might be a lot of pressure on his shoulders, he has learned how to deal with it over the years.

"It's not easy, and it always comes with a balance with school work," he said. "It's school first, but I have to run to athletic activities, run home and then finish my homework before I go to bed."

As Meyer prepares for the basketball season to kick off as well, the point guard/shooting guard is ready to play what he considers to be his best sport in

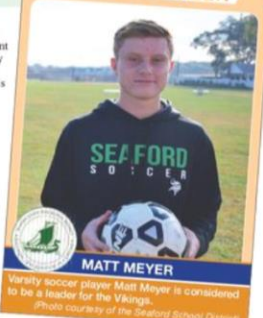
terms of raw ability.

"My ball handling in basketball is one of my most important skills," Meyer said. "I'm a pretty good shooter. The main similarity between all three sports is defending."

In lacrosse, Meyer is a midfielder, and occasionally plays long stick midfield as well. "Mostly in lacrosse and soccer, I force a lot of turnovers," he said. "In basketball, I'm a scorer and I distribute the ball a lot, with plenty of assists."

Moving forward, Meyer would like to play lacrosse in college. While he is undecided on what institution he will attend come next fall, he knows he wants to utilize his talents. To top it off, he wants to study engineering, showing he's a student-athlete who can go above and beyond, both on and off the field.

ATHLETE OF THE WEEK



MATT MEYER
Varsity soccer player Matt Meyer is considered to be a leader for the Vikings.
(Photo courtesy of the Seaford School District)

LEVITTOWN TRIBUNE "ATHLETE OF THE WEEK"

Matthew Meyer Kathleen Tuohy

GIRLS VARSITY VOLLEYBALL LONG ISLAND CHAMPIONS



Soon to come in 2020....

- New turf field
- New track
- New scoreboard