

Seaford Athletic Department



KEVIN WITT

DIRECTOR OF HEALTH, PHYSICAL EDUCATION, AND ATHLETICS

NOVEMBER 18, 2020

Physical Education & Health Overview

- Lions Quest
- Remote Instruction
- Fitness Unit
- Intramural Tournaments
- Monthly Department Meetings
- Teacher Observations
- Extra Help





Nassau Zone Award Recipients

**BENJAMIN
TRINK &
JOLIE KISTINGER**

New Sports Medicine, Strength & Conditioning Class

- Sports Medicine, Strength & Conditioning class provides a greater understanding of common injuries that athletes endure with the hope of reducing the risk of these injuries to instill lifelong fitness.
- Exposure to healthcare fields such as orthopedic surgeons, strength and conditioning coaches, physical therapists, athletic trainers and more.
- Knowledge and history of sports medicine, concussion management, recognition, and treatment, while learning the connection between physical activity and brain function.
- Students will learn coping methods to deal with stress, improve mood, and deal with anxiety. Some of these mental health topics include internal imagery and journaling.

2019-2020 Middle School Athletic Teams

FALL

- 5 Teams
- 138 Participants

WINTER

- 7 Teams
- 165 Participants
- 3 New Teams!!

SPRING

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

2019-2020 High School Athletic Teams

FALL

- 13 Teams
- 277 Participants

WINTER

- 10 Teams
- 203 Participants

SPRING

- 10 Teams
- 236 Participants
- Projected

2019-2020 Scholar- Athlete Teams



Scholar-Athlete Team


SCHOOL OF EXCELLENCE AWARD

Congratulations to our student-athletes on achieving the School of Excellence award.

For the 2019-2020 school year, we had 13 of 15 varsity teams qualify as a Scholar-Athlete team.

LI Schools Honored By Public High School Athletic Association

Several Long Island schools were named either a School of Distinction or School of Excellence for 2019-2020. Check out the full lists.

By Priscila Korb, Patch Staff 
Jul 29, 2020 4:39 pm ET

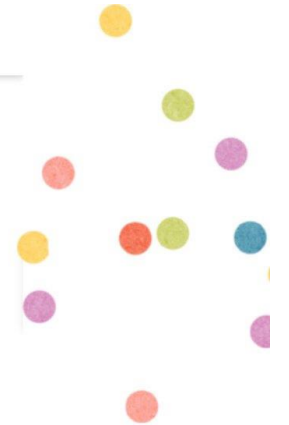
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The Long Island schools to be named Schools of Excellence:

- Seaford High School - Seaford
- Valley Stream North High School - Valley Stream
- W. Tresper Clarke High School - Westbury
- West Hempstead High School - West Hempstead

PIC•COLLAGE



NFHS Award of Excellence



Overall Record & Individual Award Recipients

Fall & Winter Teams with a combine record of....

145-45-1

88 student-athletes received individual accolades ranging from scholarship awards, sportsmanship awards, County & New York State honors

Seaford Team Accomplishments

- 7 Division/Conference Champions
- 6 Nassau County Champions
- 1 Long Island Champion



Boys Cross Country

Nassau County Champions

Division Champions



Football

- Nassau County Champions
- Conference Champions



Volleyball

- Long Island Champions
- Nassau County Champions
- NYS Sportsmanship Award
- Nassau County Officials Sportsmanship Award



Boys Bowling

- Nassau County Champions
- Conference Champions
- Undefeated Season



Girls Bowling

Nassau County Champions
Conference Champions
Undefeated season



Cheerleading

- Nassau County Champions
- Undefeated Season
- Division Champions
- 2nd place in NYS
- 4th in the Nation



Maggie Brolly, Seaford, Sr.



Credit: James Escher

She is one of the best back-spot positions to come out of Seaford. She can hit a super elite stunt and keep it in the air for as long as the team needs her to, which takes the Vikings to the next level in competition. She excels with backhand spring ups and released roundoffs. Brolly, a captain, is also an elite tumbler.

MENU Newsday AF

Year: Jordan Gilbert, Seaford, Sr.



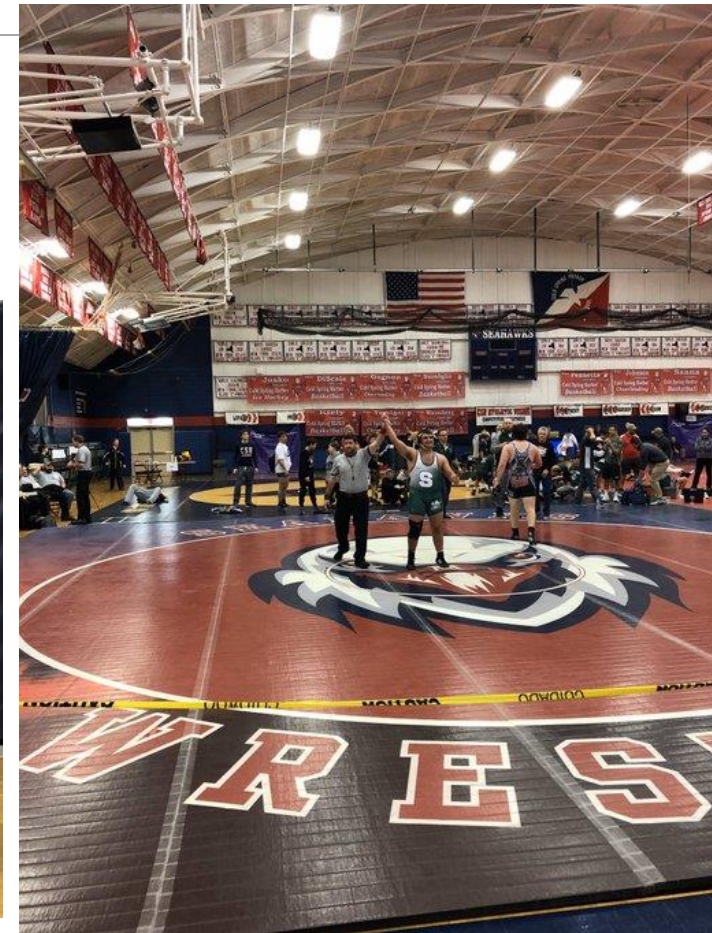
Credit: Patrick E. McCarthy

No one flies like [Jordan Gilbert](#). The six-year flyer has been a vital part of the Vikings' success since the seventh grade. The elite tumbler and super elite stunt machine is also a two-time All-LI cheerleader. This year, she led Seaford to its fourth consecutive Nassau Large Division II championship and within .3 points of a state crown.



Wrestling

2019-2020 Sets Seaford Record with
Nine County Finalists



Spring Athletes 2020 Recognition

62ND ANNUAL
Seaford High School
Athletic Awards Ceremony
June 2020

NOW AVAILABLE ON YOUTUBE!



PIC•COLLAGE

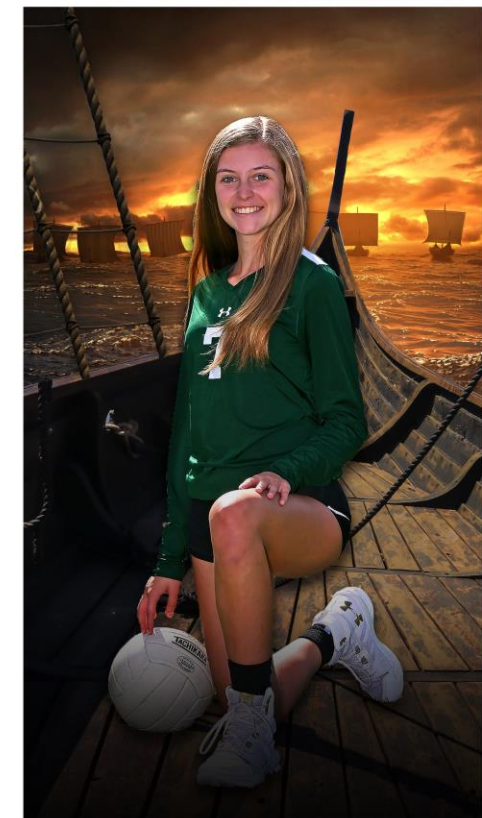


Senior Day Recognition



National Signing Day Recognition

23 student-athletes committed to playing in college.



ISABELLA
DIODATI



FAIRLEIGH
DICKINSON
UNIVERSITY

Parent Information Night



- Guest Speaker
- Expectations & Code of Conduct
- Breakout sessions

Captains Breakfast

Coaches and counselors interact with athletes



Athletic Leadership Team

NEIGHBORS |

STUDENT ATHLETES FROM

Seaford High School have started planning a leadership conference in May for underclassmen on the school's athletic teams.



Courtesy Lefflow Schools

Athletes organize leadership conference

Leadership is a sought-after commodity in sports, especially at the high school level. Seaford High School student athletes Craig Arkerman, Anna Butler, Sophia Boushkos, Anthony Ippoliti, Nick Luciano and Taylor Sylvester attended the 16th Annual Student Athletes as Leaders Conference on Jan. 31 at Hofstra University. Those six are now joining forces to organize a leadership conference of their own on May 20.

"Leadership is an asset you have to earn," Luciano said. "You have to show you deserve to be a leader."

The student-athletes gained approval

to move forward with planning the conference from school administrators, including Director of Physical Education, Health and Athletics Kevin Watt and multiple staff members.

Boushkos said that she is excited to share information she learned at the leadership conference with others at her school. She said that she learned one extremely valuable piece of information from the conference: Mental health is just as important as physical health.

"You want to be someone that the younger players look up to, on and off the field," Boushkos said.



Student-Athlete Applications

- **College Essay Contest**- Scholarship opportunity at Seaford for senior student-athletes that meet the academic and athletic criteria.
- **News 12 Scholar-Athlete Contest**
- **NCAA Eligibility Workshops**-Designed to give student-athletes and families pertinent information related to admission guidelines, criteria for college admissions, & eligibility requirements.

News 12 Scholar-Athlete

Jason Linzer (2019)/Sarah Keane (2020)



Nassau County Hall of Fame

Robert
Perpall



Athlete-of-the-Week Recipients

SCHOOL SPORTS

Student Of The Game

BY JOSEPH WOLKIN
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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 great 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 physician's assistant major. I want to

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
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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.

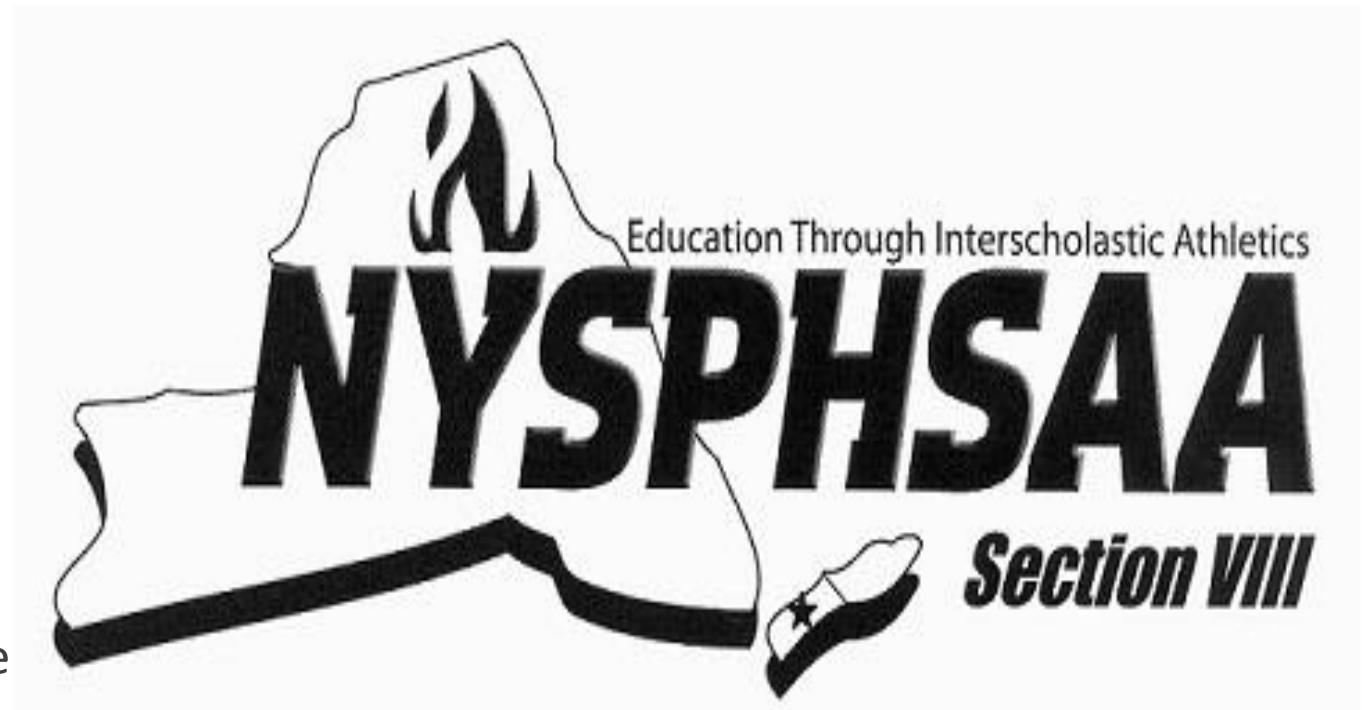


Homecoming & Pep Rally



Behind the Scenes

- Pre-Season Coaches Meeting
- Post-Season Coaches Meeting
- Weekly Memos
- Official Ratings & Score Reporting
- Coaching Certifications
- Impact Testing
- APP Testing
- Scholar Athlete Academic Study Time
- “Honored Athletes Board”



Managerial Responsibilities

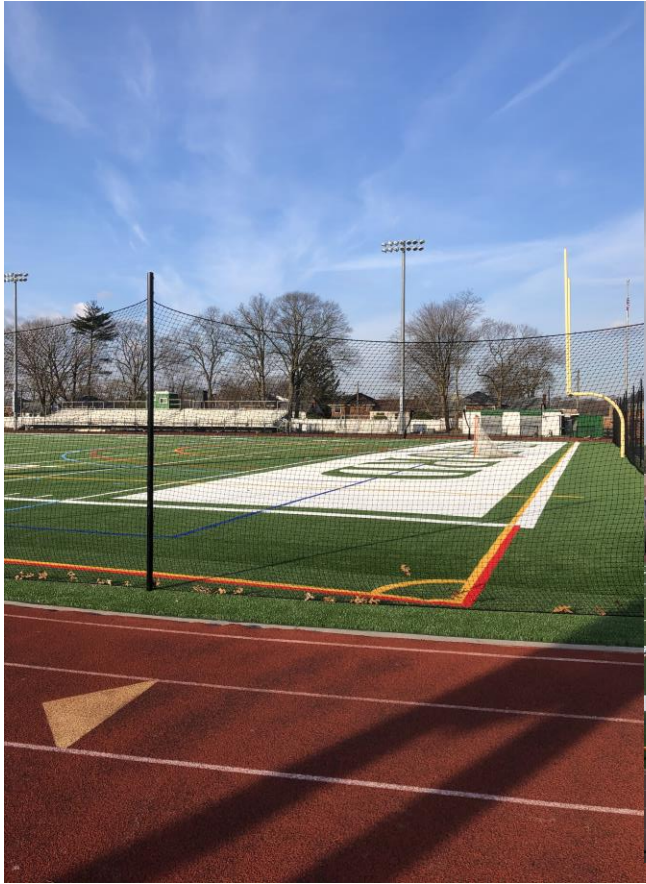
- Manage the budget for PE, health, & athletics.
- Coordinate field & gym space amongst all athletic teams as well as CDP
- Field preparation organization through communication with the grounds department
- Gymnasium preparation during game days
- Reorganization of all closets, accounting for inventory
- Assisted with markings of the field turf & track
- Coordinated transportation for all athletic teams
- Submitted payroll for specialists monthly

Booster Club

- Wind Screen
- Gift Bags
- Scoreboard
- Commitment Frames
- Scholarships
- Game Day Entertainment



New Turf Field & Track



Weight Room Remodel



Future Projects Considerations

