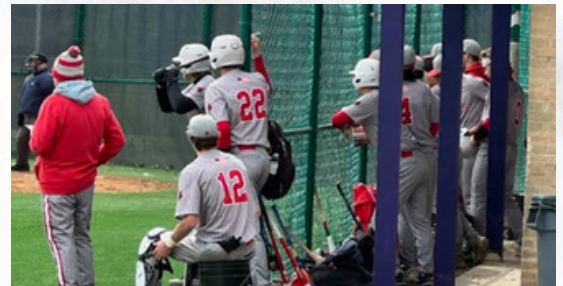


EAST ATHLIFE NEWSLETTER

Spring 2025

BASEBALL

THE PM EAST BASEBALL TEAM IS OFF TO A STRONG START THIS SPRING SEASON WITH A 4-1 DIVISION RECORD AND A 8-5 OVERALL RECORD. THE TEAM BOASTS MANY RETURNING PLAYERS WITH VARSITY EXPERIENCE, BUT THEY ARE ALSO REPLACING SEVERAL KEY PIECES FROM PREVIOUS YEARS, PARTICULARLY ON THE MOUND. SENIOR CAM SOPKO HAS BEEN INSTRUMENTAL BOTH ON THE MOUND AND AT BAT. EARLY VICTORIES AGAINST STROUDSBURG AND PV STAND OUT AS SIGNIFICANT WINS, AND THE TEAM WILL NEED TO NAVIGATE A CHALLENGING SECOND-HALF SCHEDULE TO SECURE A PLAYOFF BERTH. THE TEAM WILL RELY ON OTHER SENIORS TO CONTINUE THEIR ASCENT AND LEAD THE CHARGE IN THE SECOND HALF. ROCCO DELGIUDICE, BOBBY EHRLMANN, DEVON JACKSON, JUSTIN WILLIAMS AND CONNOR TRIANO ALL HAVE THE EXPERIENCE AND CAPABILITY TO GUIDE THE TEAM THROUGH THE REMAINDER OF THE SEASON.



THE BOYS' VOLLEYBALL TEAM TOOK FIRST PLACE AT THE WILKES BARRE WOLFPACK INVITATIONAL TOURNAMENT! THEY ARE CURRENTLY STANDING WITH A 5-8 OVERALL RECORD. THE TEAM IS LED BY A LARGE GROUP OF SENIORS, DANIEL JOSEPH, CHRISTOPHER CORONADO, JADEN DAVIS, NICK INGRASSIA, ZAYA YOKHANNA, RILEY ANGLEMYER, JAMEER RICHARDSON, JESUS TORRES AND KHADEN DALEY. THE TEAM IS LOOKING TO FINISH STRONG AND MAKE A RUN TO QUALIFY FOR EPC.S AND DISTRICTS.



BOYS VOLLEYBALL



BOYS TENNIS

THE BOYS TENNIS TEAMS RECORD IS 5-10 . SENIOR DANIEL TROTT LEAD THE SEASON BY QUALIFYING FOR THE EPC TOURNAMENT IN FIRST SINGLES AS WELL AS QUALIFYING FOR THE DISTRICT 11 3A SINGLES TOURNAMENT. A TEAM HIGHLIGHT WAS BEATING A STRONG STROUDSBURG TEAM 4-3.

TRACK AND FIELD

THE TRACK SEASON IS OFF TO A COLD START. THE BOY'S TEAM IS SITTING WITH A 2-3 RECORD TO START OFF THE SEASON. SENIORS, KHADEN DALEY, RAYLAND DECARIES, JOSIAH PERALTA, AND ALEX STEFANIAK. THE TEAM HAS PUT UP SOME IMPRESSIVE TIMES/DISTANCES EVEN IN THE COLD WEATHER. THE TEAM HAS A LOT OF YOUNG AND NEW TALENT THIS YEAR. AJ FORMICA IS BACK IN THE JAVELIN, AND NATE LEISER HAS BEEN BOUNCING AROUND TO DIFFERENT EVENTS. NEW COMER ADIEN PIERRE HAS BEEN A FORCE IN THE LONG JUMP AND OUR MID DISTANCE HAS SOME IMPRESSIVE RUNNERS STEPPING UP. THE GIRL'S TEAM IS 3-2 TO START THE SEASON. THE TEAM IS LED BY SENIORS, ALANA BURNETTE, DESTINY HILLIMAN, MAYA PLANKER, AND A GROUP OF RETURNERS IN THE FIELD. THE TEAM IS YOUNG BUT WE HAVE A GREAT DEAL OF YOUNG LADIES THAT ARE MAKING THEIR MARK AND WORKING HARD EACH WEEK.



SOFTBALL

THIS YEAR ONE OF OUR STRENGTHS IS A FULL RETURNING TEAM. WE ONLY HAD ONE KEY LOSS OF OUR FIRST BASEMAN AS A SENIOR LAST YEAR. WE ARE EXCITED AND KNOW WE HAVE A STRONG LINE UP. THESE GIRLS ARE DETERMINED TO WIN. OUR CURRENT RECORD IS 4-1 IN THE DIVISION AND 6-5 OVERALL, WITH A HUGE WIN OVER EASTON! WE ARE HOPEFUL TO FINISH OUT THIS SEASON STRONG! THE LADY CARDS ARE EAGER TO BRING HOME ANOTHER CHAMPIONSHIP THIS YEAR! WE DO OUR BEST TO WORK TOGETHER, BUILD A TEAM WITH LAUGHTER, MEMORIES, SUCCESS, DRIVE AND DEDICATION. WE EXPECT TO CONTINUE TO IMPROVE OUR LEVELS OF INDIVIDUAL AND TEAM PLAY, HAVE POSITIVE SPORTSMANSHIP AND INSPIRE EACH OTHER TO BE THE BEST PLAYER THEY CAN BE EVEN GIVEN MISTAKES, REFLECT AND MOVE ON FOR A POSITIVE OUTCOME. SENIORS: EMILY DUBISZ (PITCHER/THIRD BASE), FAITH RIVIELLO (OUTFIELD), MACENZIE STOVER (FIRSTBASE)

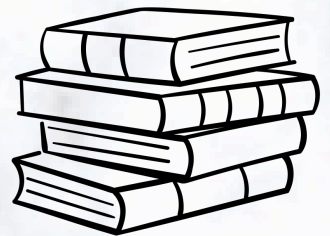




EAST ATHLETES HAD A GREAT DAY AT THE CONFERENCE. JONATHAN CASILLAS WAS THE GUEST SPEAKER AND TRULY MOTIVATED THE STUDENTS TO SHOW UP EVERYDAY IN EVERYTHING THEY DO, NOT JUST ON GAME DAY. THEN THEY HAD THE OPPORTUNITY TO BREAK OUT INTO SESSIONS AND HEAR FROM FORMER COLLEGIATE ATHLETES FROM VILLANOVA, TEMPLE AND U OF PENN. THEY WERE EXPOSED ON HOW TO APPLY THEIR SKILLS THEY DEVELOP IN THEIR SPORTS TO THEIR CAREERS, EDUCATION AND RESUMES. JEWEL CLARK TALKED TO THEM ABOUT HOW TO WIN IN 30 SECONDS FOR THEMSELVES BY DEVELOPING THEIR ELEVATOR PITCH. THEY ALSO HAD THE OPPORTUNITY TO NETWORK AND SOCIALIZE WITH OTHER ATHLETES, LOCAL AND STATE REPRESENTATIVES, AND EXECUTIVES FROM ST. LUKES, MORAVIAN UNIVERSITY AND ATHLIFE. SOME OF OUR ATHLETES WERE INTERVIEWED BY BRCTV. OVERALL, IT WAS A FUN DAY WITH GREAT EXPERIENCES AND EXCITING LEARNING OPPORTUNITIES FOR OUR ATHLETES.

READ ACROSS AMERICA DAY AT SWIFTWATER INTERMEDIATE SCHOOL

IN MARCH OUR ATHLETES TOOK PART IN THIS FUN DAY, ATHLETES ENJOUED READING TO THE CLASS- THANK YOU MRS. KUNSMAN FOR INVITING US TO PARTICIPATE!





Special Olympics
Unified Sports®

POCONO MOUNTAIN SCHOOL DISTRICT HOSTS ITS UNIFIED TRACK MEET AT THE PM EAST STADIUM ON MAY 1ST AT 3:30. COME OUT AND SUPPORT COACH PAIGE, COACH SCAVELLO AND THE AMAZING ATHLETES!!



GIRLS BASKETBALL

DON'T PLAY A SPRING SPORT? GET OUT TO A SPRING SPORT INTRAMURAL!



BOYS AND GIRLS WRESTLING

OFF SEASON WEIGHT TRAINING MEETS ON TUESDAY AND THURSDAY AFTER SCHOOL UNTIL 5. OPEN MAT PRACTICES ARE FRIDAYS UNTIL 5:30. ALL NEW AND RETURNING WRESTLERS ARE ENCOURAGED TO ATTEND. EMAIL SHARMON@PMSD.ORG ANY QUESTIONS.

BOYS SOCCER INTRAMURALS

INDOOR PRACTICE FROM 6-8 PM ON MONDAYS UNTIL THE WEATHER CHANGES, AND WE HAVE DAYLIGHT UNTIL 8 PM. IT IS FOR GRADES 7TH THROUGH 11TH. WE HAVE OUR SUMMER WORKOUT IN A GOOGLE CLASSROOM AND ON REMIND. JOIN THE REMIND GROUP FOR INFORMATION @PMESOC25 IS THE CLASS CODE. EMAIL ANY QUESTIONS TO GSWATT@PMSD.ORG.

CHEERLEADING INTRAMURALS

► PM EAST CHEER ◀

INTRAMURALS

STARTING IN MARCH	MONDAYS & WEDNESDAYS 3 PM - 5 PM	TRYOUTS END OF MAY
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FOR MORE INFORMATION, PLEASE CONTACT COACH CONNIE | CREEED@PMSD.ORG

2025 SPRING/SUMMER GIRLS BASKETBALL INTRAMURALS

Starting April 14th
MONDAY AND WEDNESDAYS
Grades: Incoming 7th - 12th

6-8PM
SWIFTWATER INTERMEDIATE SCHOOL
"MAY VARY FROM ONE TO ONE DEPENDING ON AVAILABILITY"

CONTACT ATHLETIC OFFICE OR COACH SYD WITH QUESTIONS
GSWATT@PMSD.ORG

CARDINAL BASKETBALL CAMP

GIRLS BASKETBALL @ PME HIGH SCHOOL
June 16-19th (M-T-H): 8 AM - 12:30 PM
late pickup available for \$10, contact Coach Syd for details

Grades: 5th-10th
Camp Director- Sydnie Gallagher, Ben Battle
Cost \$100, w/discount \$90

Register up to 1 week prior to the start of camp and receive a \$10 discount
\$10 discount per 2nd child for siblings
Walk-ups pay Full price

Camp Focus

- Individual Ball Handling Skills
- Passing Skills
- Strengthening for improved Ball Handling
- and Passing Power
- Shooting Form
- Decision Making Skills
- Position Skills (Point Guard, Guards, Small Forwards, Big Forwards)
- Team Play
- Continue at Home Skills / Drills
- Defensive Skills
- Attacking on Offense

HIGH FIVE FRIDAYS WITH SOFTBALL, BASEBALL AND BOYS VOLLEYBALL! THROUGHOUT THE SCHOOL YEAR EAST HIGH SCHOOL ATHLETES GREET SEC AND SIS STUDENTS COMING INTO SCHOOL ON FRIDAYS. THANK YOU TO THE ADMINISTRATION AT SIS AND SEC AS WELL AS MR. GILROY FOR MAKING THIS HAPPEN!

