

**Kevin Witt**  
Director of Physical  
Education, Health &  
Athletics  
January 28th, 2026



# Physical Education, Health & Athletics

Outstanding student-athlete participation rate

Academics & Safety

Team accomplishments & Individual accomplishments

Creating a modern and competitive campus to enhance opportunities and growth for all Seaford students.



# Physical Education Classes

- K-5: We teach cooperative games, locomotor movements, manipulative skills, team building, and introduction to team sports.
- 6-12: We focus on lifelong fitness and learning, teaching units such as golf, weight training, badminton, pickleball, and archery. In addition, traditional team sports focused on teamwork and sportsmanship, such as basketball and volleyball.
- PE Demonstration Shows for the Harbor and Manor
- Intramural Tournaments include floor hockey and badminton.





# Professional Development - Micro Courses



## HUDL

## Project Adventure



- District-Wide Professional Development - New Elementary Math Program, Inquiry-Based Learning for Secondary, Mental Health, and Integrated Co-Teaching
- Superintendents Conference Day - August & November
- Return to Play - Concussion Management
- CPR/AED & First Aid Training

Nassau Zone  
Award  
Recipients  
Alyssa  
Trentacosta  
and Jimmy Wu



# Health Education

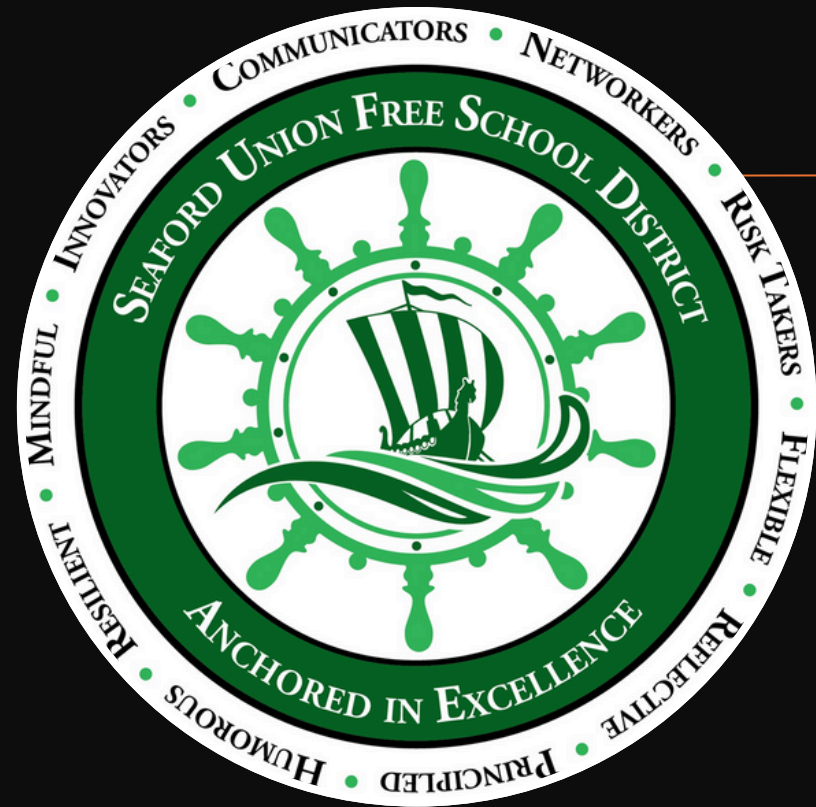
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- The health education course at Seaford High School and Middle School is developed based on the New York State Health Education Standards and New York State Health Education Guidance Document.
- Some of the significant areas of study include nutrition, physical activity, goal setting, stress management, bullying prevention, decision making, substance abuse prevention, and unintentional injury prevention. Students will analyze these topics and understand how to access reliable information in the present and future.



# Maturity Night

Harbor and Manor 4<sup>th</sup> and 5<sup>th</sup> grade students learn about adolescent development



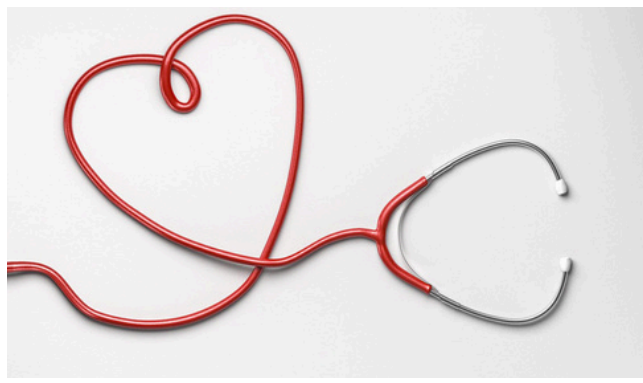
# Sports Medicine Class

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## Health & Safety skills are developed, enabling students to:

- learn how the body works, how injuries happen, and how to prevent them
- understand first aid, CPR, AED use, taping, and basic injury care
- build confidence to respond in emergencies—on the field *and* in everyday life
- be exposed students to possible careers
- be introduced to careers like athletic training, physical therapy, nursing, sports psychology, exercise science, and medicine
- decide early if a health-related career is a good fit



# Heart Screening Event

## Early Detection of Hidden Conditions

Screens for undiagnosed heart issues such as hypertrophic cardiomyopathy, arrhythmias, or congenital abnormalities that may not show symptoms.

## Prevention of Sudden Cardiac Arrest (SCA)

Identifies risk factors linked to sudden cardiac events, helping prevent rare but tragic outcomes in young people.

## Peace of Mind for Families

Provides parents and guardians with another screening about their child's heart health and overall safety.

## Informed Medical Follow-Up



**Youth Heart Screening**  
**Saturday, February 7, 2026**  
**Seaford Middle School**  
**3940 Sunset Avenue, Seaford, NY, 11783**  
**9:00 a.m. - 3:00 p.m.**

*The best way to detect a heart condition is through a heart screening using an ECG (electrical test) and an Echocardiogram (ultrasound of the heart). This simple test takes about 25 minutes.*

*Please avoid physical exertion for one hour before your screening.*

**TO REGISTER**

**REGISTER NOW**

Contact:

Mr. Kevin Witt, Director of Physical Education, Health & Athletics

 [kwitt@seaford.k12.ny.us](mailto:kwitt@seaford.k12.ny.us)

or

Ms. Susan Barberio, Administrative Assistant

 [sbarberio@seaford.k12.ny.us](mailto:sbarberio@seaford.k12.ny.us)

Registration is on a first-come, first-served basis. Space is limited.



### SCREENING PACKETS

*You can pick up Screening Packets at the Seaford High School Athletic Office.*

### COMPLETE PACKETS

*Fill out the "Heart Survey" with your parent/guardian, including an adult permission signature if under 18.*

*This screening is open to all young people ages 12-24, regardless of where they attend*



Heart Screen New York is an affiliate of  
**The Louis J Acompora Memorial Foundation**  
**Dominic A Murray 21 Memorial Foundation**





# 2024-2025 Middle School Athletic Teams



5 Teams  
135 Participants  
41% Participation Rate



8 Teams  
164 Participants  
49% Participation Rate



7 Teams  
178 Participants  
51% Participation Rate



# 2024-2025 High School Athletic Teams



**FALL**

14 Teams  
313 Participants  
42% Participation Rate



**WINTER**

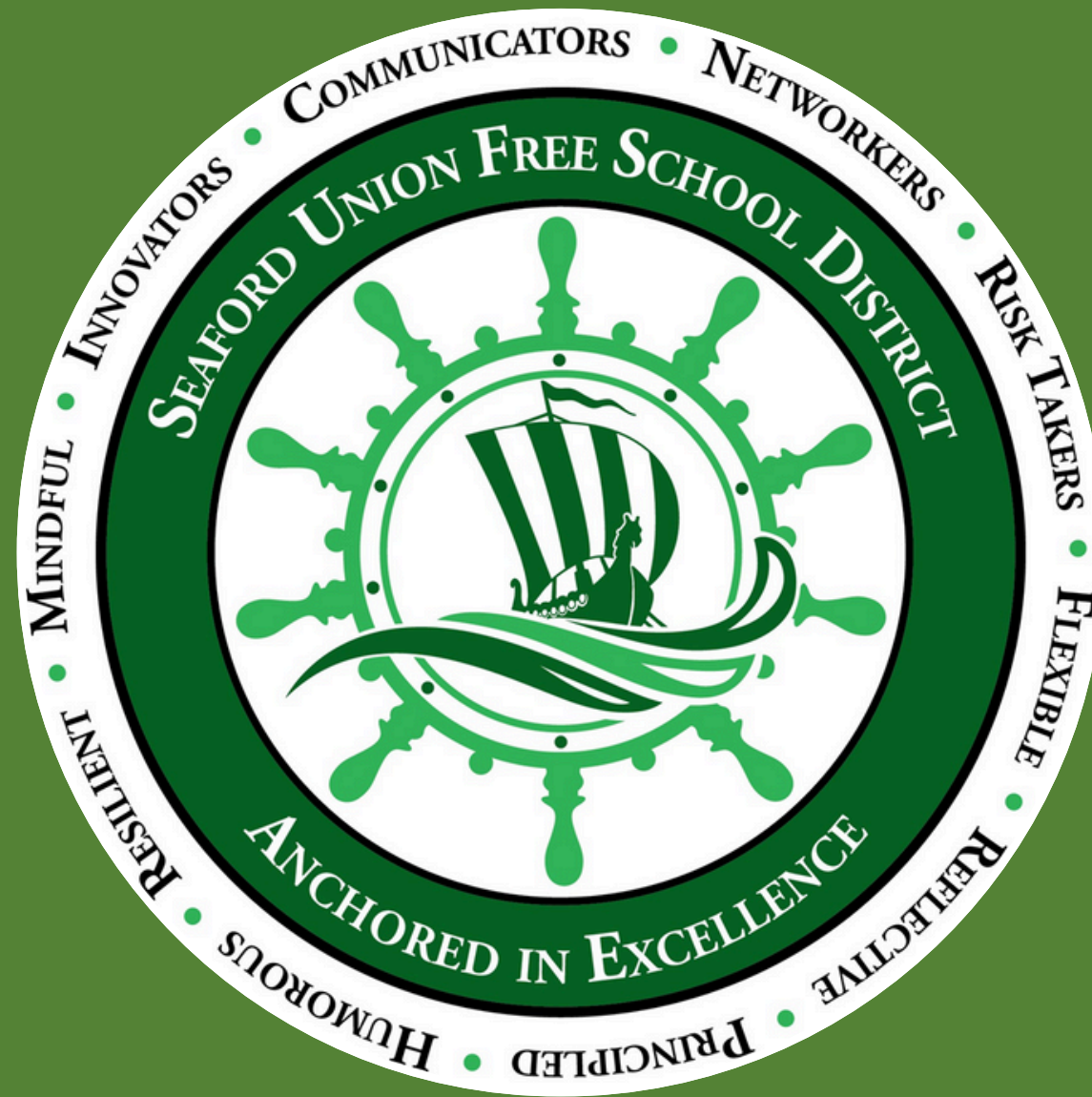
10 Teams  
276 Participants  
35% Participation Rate



**SPRING**

10 Teams  
250 Participants Projected  
36% Participation Rate

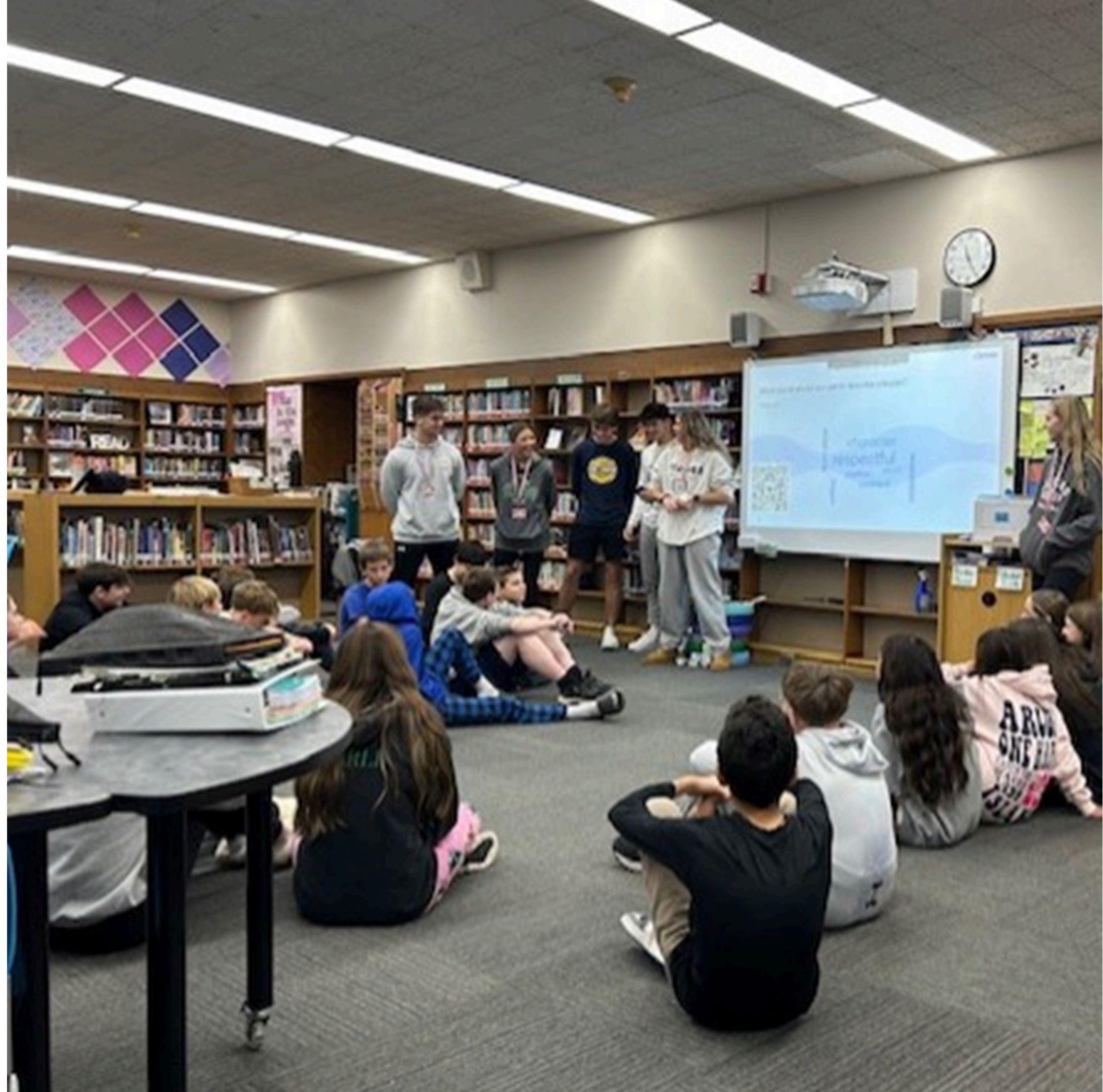
# Challenger Athletics

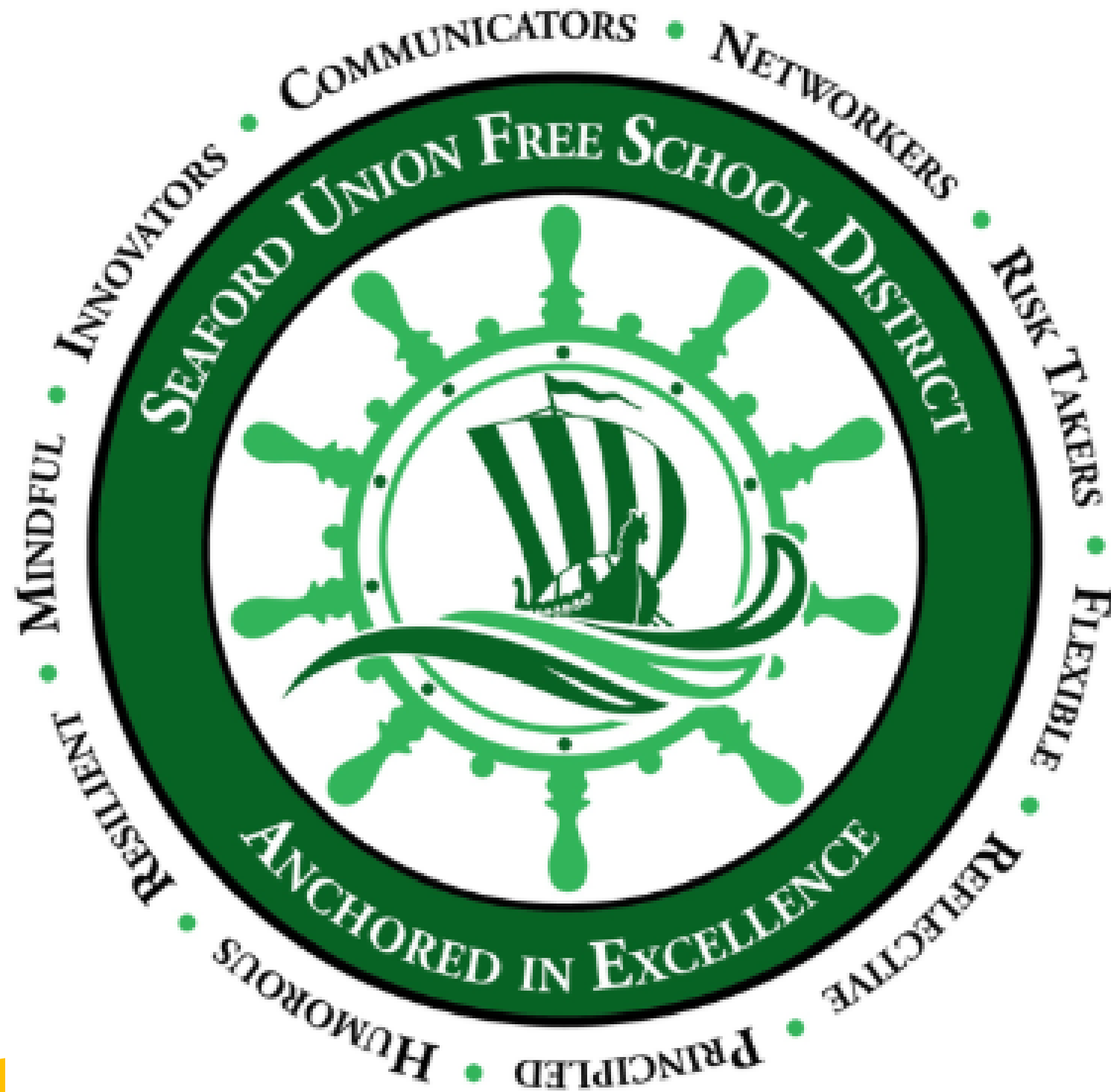


# Athletic Leadership Club

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- **Our mission: The Athletic Leadership Club's mission is to transform athletes into role models, strengthen the overall culture of the school, and align athletic programs with the school's mission of developing well-rounded, responsible young adults.**





# Safety is our top priority!

Coaches Certifications

AED's for all teams. AED's maintained

Emergency Action Plans

Impact testing

Pre-season coaches meeting

Parent Information Night

Post-season coaches meeting

Medical Substitute Coverage

Supervision at away games

Heart Screening

Desha's Law

Hands Only CPR

# Community and School Impact



Alumni Games

Youth Feeder Programs

Homecoming

Pep Rally

Toy Drives

Charity Games

Honorary Games

# Booster Club

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- Provides Critical Financial Support
- Enhances Student Experience
- Builds Strong School–Community Relationships
- Allows Educators to Focus on Teaching and Coaching
- Promotes Equity and Access



# New Team Uniforms





SEAFORD  
6

SEAFORD  
11

SEAFORD  
3

SEAFORD  
7

SEAFORD  
1

SEAFORD  
5

SEAFORD  
10

SEAFORD  
24

SEAFORD  
14

SEAFORD  
4

SEAFORD  
22

SEAFORD  
1

SEAFORD  
10

SEAFORD  
2

SEAFORD  
8

SEAFORD  
11

SEAFORD  
FIELD HOCKEY





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**Automatic upload of games to Hudl**

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**Hudl film is shared with other school districts**

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**Livestream access**

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**Great for college recruiting**

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**Practices can be recorded as well**

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**Statistical breakdown of games**



# RECENT ATHLETIC HIGHLIGHTS

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- 14 out of 15 varsity teams were recognized as New York State Scholar-Athlete teams.
- Won the National Championship this year, marking the first time a school in Nassau County's history.
- We were also Game Day Cheer New York State Champions.
- Four teams were Nassau County Champions: Game Day Cheer, Boys' Bowling, Girls' Bowling, & Traditional Cheer.
- 21 student-athletes signed National Letters of Intent for scholarships.
- 19 athletes earned the "Athletic Director's 12-Season Iron Viking Award."
- Boys' Varsity Baseball coach, Mr. Mike Milano, earned his 300th career win.
- Umera Shahid was named a News12 Scholar Athlete for her athleticism and academic performance.
- 17 out of 18 varsity teams qualified for the playoffs.





# 2024-2025 Scholar-Athlete Teams

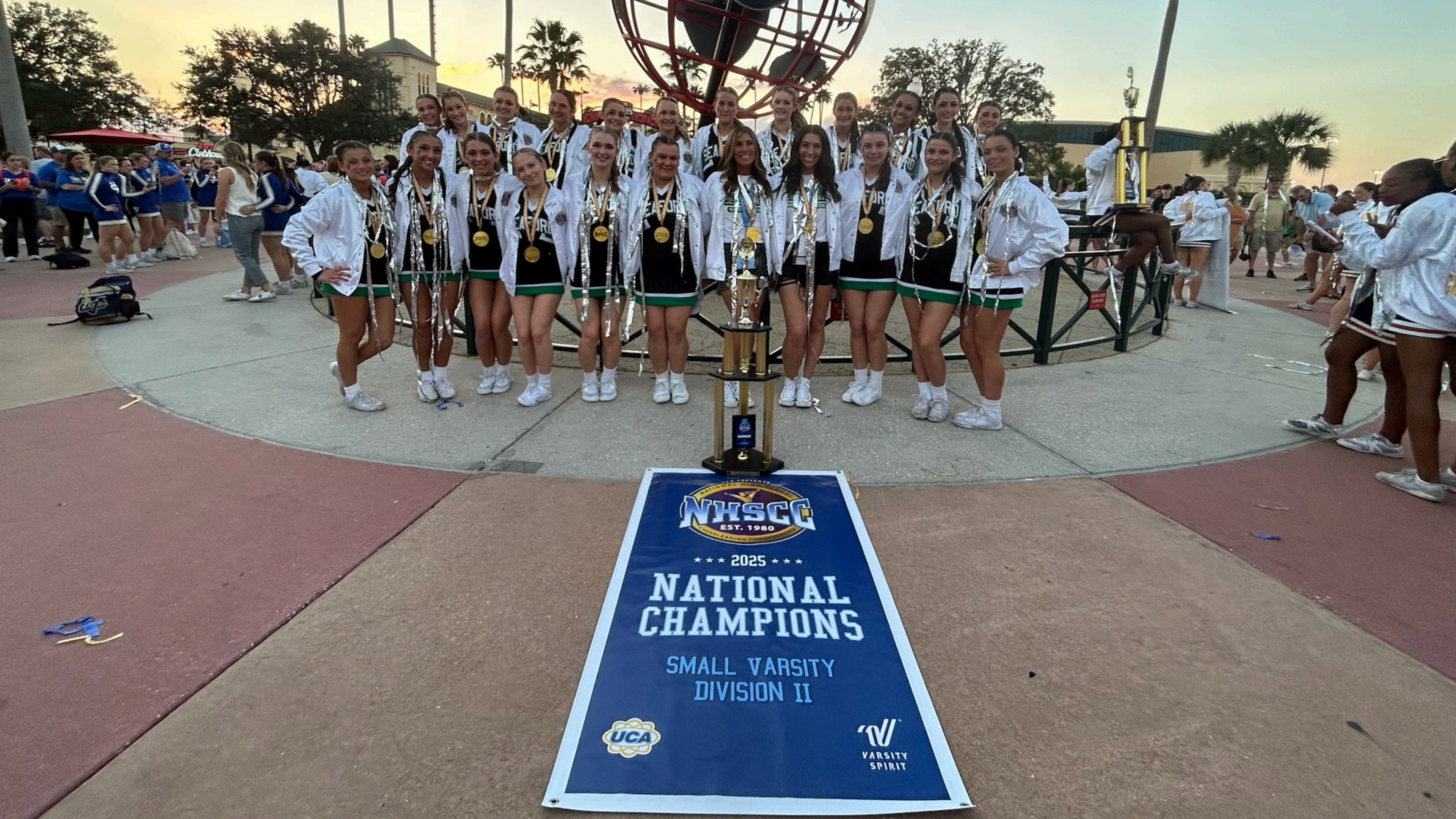
## Scholar-Athlete Team School of Excellence

- Congratulations to our student-athletes on achieving the School of Excellence award.
- For the 2024-2025 school year, we had 14 of 15 varsity teams qualified as Scholar-Athlete teams.
- This year, every team in the Fall Season has been recognized as a Scholar-Athlete Team, School of Excellence!





# New York State Game Day Champions



\*\*\* 2025 \*\*\*

**NATIONAL CHAMPIONS**

SMALL VARSITY DIVISION II





**Boys Bowling Wins Nassau County Title**



# Girl's Bowling Takes Home County Title



SECTION VIII ATHLETICS  
**VIII**  
WISCONSIN COUNTY  
GIRLS SOCCER  
CHAMPIONS

**VIII**

# Owned Nassau County Football Champions



# Umera Shahid Named News 12 Scholar Athlete

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**College Signing Day- 21 Student-Athletes commit to playing at the collegiate level.**

# Thank you, Board of Education!



Kevin Witt Director of Physical Education, Health, and Athletics