



Knighly News

Glen Cove High School 's Student Newspaper

Winter Issue 2026

Glen Cove High School's Select Chorale at St. Patrick's Cathedral

by Nicole Lee

This past holiday season, Glen Cove High School's finest Select Chorale directed by Edward Norris III, had the honor of performing at St. Patrick's Cathedral in New York City for the forty-sixth annual A City Singing at Christmas concert. Each year,



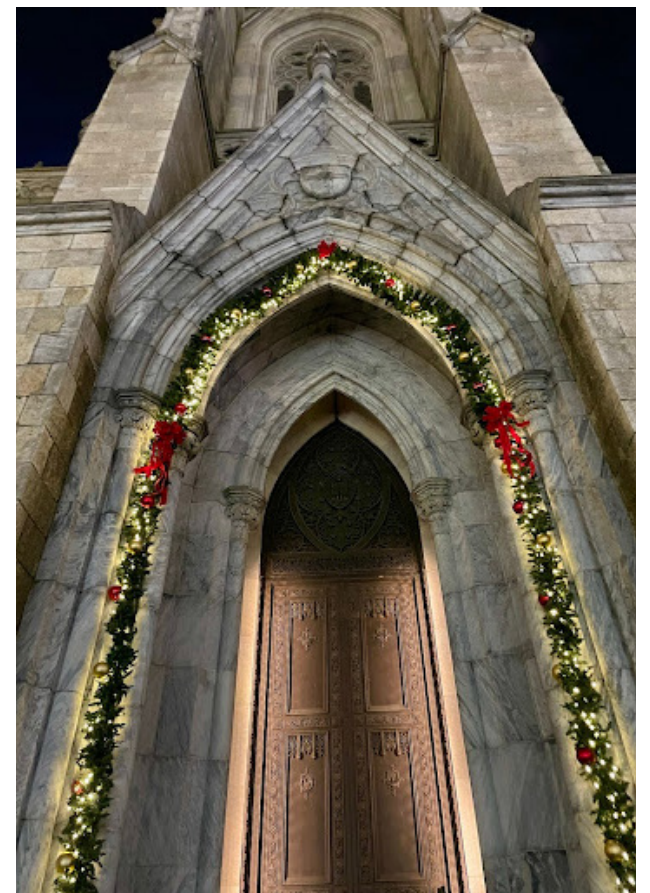
the cathedral welcomes renowned choirs from the New York City area for its heartwarming Christmas tradition performing for guests visiting from all over the world. It was the chorale's second time performing at the cathedral-the first in 2019.

The Christmas concert began with the audience singing along to hymns including "O Come, All Ye Faithful" and "The First Nowell," spurring the rest of the evening with excitement in the gothic cathedral decorated with poinsettias, wreaths and lit trees. Followed by the hymns, the Select Chorale was the first ensemble to perform for the evening, singing five pieces beginning with "The Stars Stand Up in the Air." Their last selection, "Deep Peace," inspired by a traditional Gaelic blessing, was joined by our orchestra's exceptional string quartet, the first time a quartet played in the Christmas concert. The evening continued with traditional carols and festive music performed by St. Charles Borromeo Choir, Young People's Chorus of New York, New York Symphonic Brass, and St. Patrick's Cathedral Choir and Organists along with a performance by Stephen Costello, tenor

of The Metropolitan Opera. Remarks were made by Reverend Enrique Salvo wishing the audience a wonderful holiday season and at the conclusion of his words, all were invited to light candles for the singing of "Silent Night." The cathedral warmly glowed with lit candles as each choir proceeded through the aisles as the audience joined in singing the beloved Christmas carol, the special moment everyone waited for. "The night was a unique cultural experience with the cathedral's stunning gothic architecture decorated for Christmas. Hearing the amazing choirs perform definitely put me in the holiday spirit. It was the most memorable experience of my musical journey" says cellist Nicole Lee. Alto singer Natalie Macnow recounts, "My favorite part of the trip was walking into the cathedral for the first time and singing with everyone else. The acoustics were absolutely amazing, and feeling the energy of the choir in front of everyone was really something incredible!"

In addition to performing at St. Patrick's, the Select Chorale has also travelled to the United Kingdom in 2025 as Choir-In-Residence for a festival hosted by Vox Anima London. They have performed at the ACDA National Conference in Ohio as featured performers in an opening night performance in 2023. In 2016, the group toured Italy, and performed for Pope Francis at St. Peter's Basilica. They have been invited to the White House to perform for President and Mrs. Obama in 2013. Glen Cove High School's choirs have received Gold Medals and Gold Medals with Distinction at the

NYSSMA Major Ensemble Festivals under Mr. Norris' direction. Mr. Norris has been named the 2025 Educator of Note by the Long Island Music and Entertainment Hall of Fame, which recognizes exceptional music teachers on Long Island. A City Singing at Christmas concert was another unforgettable experience of a lifetime for the talented chorale.



GCHS Theatre Department Goes Way Down to Hadestown

by Natalie Macnow

“It’s a sad song. But we’re gonna sing it anyway.”

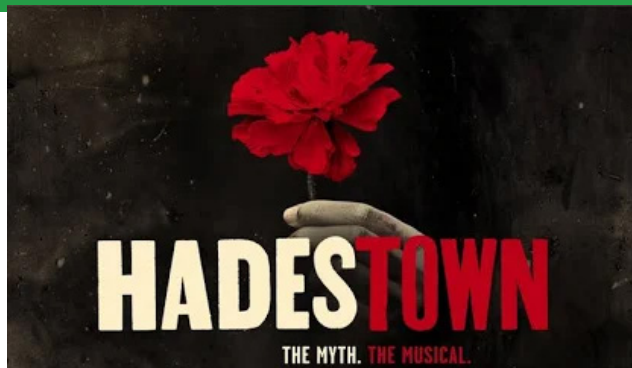
Hadestown is a musical retelling of the ancient Greek myth regarding Orpheus and Eurydice, but set in a world inspired by the Great Depression era. With an iconic soundtrack, including the ever-popular Wait For Me, and Wait For Me (Reprise) alongside other fantastic songs, the Broadway production was emotionally moving, even if you didn’t know the myth previously.

The show contains themes of fate, belief, as well as love and heartbreak as the world shifts around the mortals and gods alike. Narrated by Hermes, the audience is immediately told that this story is a tragedy, and yet it will be sung anyways. Again and again, not just as a reminder of the musical’s fate (or Fates, if you’re talking about the characters), but that there is a reason that the characters work to persevere despite their hardships.

Persephone and Hades show a complicated and strained relationship when they are apart. Persephone keeps the spring and warmth on earth, while Hades longs to keep her with him in the Underworld, despite its consequences for society. The reflection of the Underworld is prominent in today’s society, in a way that hits close to home for many listeners. Orpheus’s character had been born the son of a muse, blessed with a divine gift of music.

“He had a gift to give. He could make you see how the world could be, in spite of the way that it is.”

Despite seeing the hardships of the world, his character is a reflection of hope; that if he creates the perfect song, then spring will come again, and Persephone with it. The goal of the song is to create something that pushes people forward, bringing warmth and joy with it against the harsh and



bitter chill of winter. The absence of the goddess is felt by everyone, with a special focus on the eventual lover of Orpheus, otherwise known as Eurydice.

Eurydice is a woman that has been left behind by the world of wealth, struggling with only a candle and few supplies to keep her warm, to keep her alive. Having lost her trust towards others in the past, Orpheus is able to pull that feeling of care and give it to her again, and as her walls fall down and the promises pile up, the loving relationship between Orpheus and Eurydice blooms.

There is something about the despair throughout both acts. The doubt that seeps through the characters and into the floorboards of the stage, that is all too real for many people down on their luck. In wondering if Orpheus and Eurydice will succeed in their trials, the sense of impending doom only builds. The wonder if the bonds between the gods, the three Fates, and the ensemble will be broken apart by the ragged world they live in. The jazzy tunes transport the audience to the depths of the Underworld, following along the railroad and through the lives of these characters. They are told to accept the “truth” of the world, but it doesn’t always line up with how the world is. It doesn’t have to.

“Who are they to say what the truth is anyway?”

Alongside the gorgeous vocals and

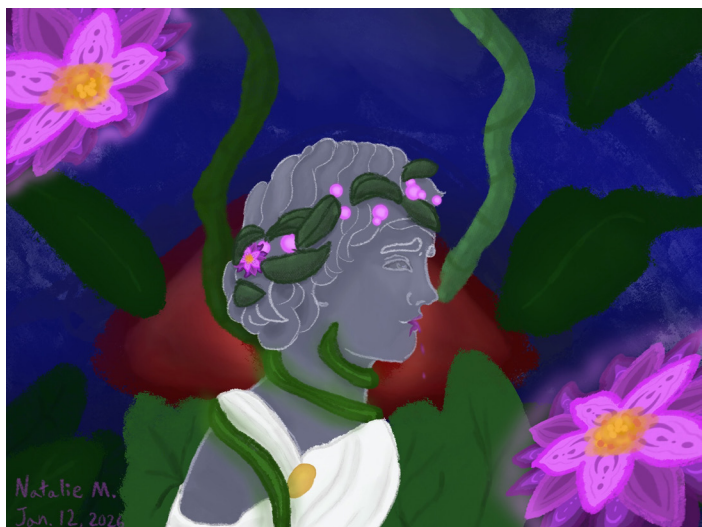
written plot, there are so many other components that made this show something that I want to see again. The moving turntable built into the set, the on-stage band, and harmony between the lighting and the emotions all played a huge part in how our theatre department walked away from the show.

Regardless of the struggle, there is an overarching theme of hope within the darkness, despite what is drilled into our heads, despite what we grow to believe. There is reason to fight, and the story of Hadestown—of Orpheus, Eurydice, Hermes, Hades, Persephone, the Fates, and the workers—supports it to the end.

After the show, the theater department was lucky enough to have had a talk-back panel with some of the actors (Jack Wolfe, Morgan Dudley, Jeffrey Cornelius, Kay Trinidad, and Allison Russel), and ask them questions about their work as actors and their work in Hadestown. All of the actors were incredibly down to earth. It was an honor to talk with them about their experiences and get a bit of an inside look into the lives of Broadway actors, as well as some advice.

Even when we know how the story ends, we still must tell the tale. We raise our voices to the world, and we raise our cups.

“To the world we dream about, and the one we live in now.”



Artwork by Natalie Macnow



Poem by Mariah Lindsey Cueva

Glen Cove Students Dine & Socialize in New Cafeterias

by Kaitlyn Kielczewski

Some big changes are coming towards Glen Cove High School for the second half of the 2025-26 year! This includes renovated classrooms being offered to students and changes in physical settings, like the use of the newly rebuilt science rooms and the back gym. Another major change that is a total standout to students and staff is the new look of the dining area and kitchen. The cafeteria had gone through a complete makeover with a bigger space and new places to sit and socialize with friends, as well as a revamped kitchen area. This highly anticipated transformation has students excited for what is to come out of this completely new and redone environment.

Construction started over the summer and continued through the first half of the school year. Breakfast and lunch were served in the school's gallery, making it tough for some students to get to art and



theatre classes. While the cafeteria was still accessible for students to eat in, the middle part was draped in a clear tarp, which is why the serving area was moved to the gallery. The tarp was taken down towards the end of the first semester. The new kitchen is still in the middle of both cafeterias, as it used to be. However, the wall between the kitchen and cafeteria has been taken down, meaning the two sides are conjoined. This makes it possible for students to hang out in both dining areas without having to go through the hallways.



The cafeteria now has new seating areas with the inclusion of comfortable couches and some heightened tables to accommodate the needs of students. The walls were redone with tiles with some of Glen Cove's signature colors. The kitchen and serving area are also no longer closed off by a wall, so students can receive breakfast and lunch without lots

of traffic and congestion. There is also a walkway next to the kitchen between both cafeterias, combining them into one and



making both accessible to students who are free and want to sit in a different area. New vending machines were installed in each cafeteria with a wide variety of snacks and drinks, payable with either cash or a card.

When asked, Mr. Hudson perfectly summarized the new edition of the cafeteria in terms of what it offers the students and the Glen Cove community at large. "I would like to sincerely thank the Glen Cove community and our Board of Education for their support and commitment to our students. Our new cafeteria is more than just a renovated space. It is a reflection of the pride, unity, and bright future of our GC Knights. When our students walk in, I want them to feel valued, inspired, and truly at home," said the school's principal.

The changes made to the area have had plenty of positive feedback from students and staff. We look forward to seeing how it will get students to see the cafeteria as more than a dining area, but rather a fun social area to hang out at during free periods.

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based on Of Mice and Men

HOPE IS THE SOLE LIGHT

BY SARAH LEE

I close my eyes, and see Hope,
Bright Blue skies,
And Green Meadows,
Having finally seen a home
To no longer need to roam,
To have someone by my side,
To no longer need to grind,
Day, after week, after month.
I open my eyes, and see reality,
Being surrounded by rascality,
Having no home in this cold world,
Having whirled a storm in my heart,
I slowly pick up my feet, to start
Yet another gruesome day once more.
Yet hope lies in my very core,
Hope lies in every fiber of my being,
In order to protect my heart,
Once more, I start
To recite the same lines once more,
Having recited it countless times,
That I started to believe in that Hope.
Hope is a world of only you and me,
Where we'll run away from them all,
A world so close, yet so far,
I felt as if it was within my reach,
As though I could almost touch it.
I hope without ceasing,
This world is far less kind,
Than what was in my mind,
But even when I can't see a thing
Even when I can't move my feet,
Even when the night seems dark
Hope is the sole light
Once again, taking flight,
Where it became one with the sky.



Teaching Physics for Nineteen Years at GCHS: Mr. Kolczynski

by Nicole Lee

What inspired you to become a teacher?

“Both of my two older sisters are teachers, one a physical education teacher and the other a special education teacher, so becoming a teacher developed organically. At first, I was originally interested in studying psychology but it changed by the time I was near graduating college. I did enjoy physics but I had not planned to major in it until a physics professor became my mentor and offered a possible graduate assistantship. After completing a course successfully over the summer, he offered me a teaching position and I also worked on getting teaching credentials.

Why is physics your favorite subject?

“Physics is my favorite subject because I like learning about how the world works. Fortunately, my natural curiosity was always supported by the physics community. On a personal level, I felt very at home there as well.

What do you like most about teaching and what is the best part of your job?

“I especially enjoy teaching students who have a genuine interest in what they are learning and getting to know these exceptional students. People have this idea of teaching coming from only one direction, but it is a two way street between teachers and students. What’s best about my job is that since I’m the only physics teacher, I can be creative in approaching the subject and curriculum. I’ve been teaching at Glen Cove for nineteen years and I like the community, especially the science department.”

How do you think STEM careers will be changing in the future? (With AI etc.)

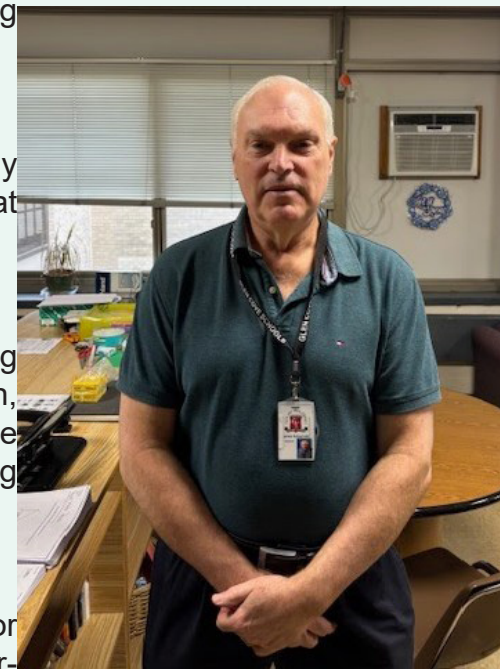
“I notice AI is like any other form of technology with its pluses and minuses. It’s more of a plus for teachers than students because students use it only for answers. People who predated it can understand how it can be used to their best advantage. We can use AI to organize ideas and springboard off into new avenues for thinking. The future of education will be more individualized and tailored that way. I believe this should provide more opportunities for mentoring and less reliance on the classical class structure.”

What are some hobbies you have?

“I’ve loved playing chess my whole life because it’s not just a game but a way to meet people. Years ago, I met members of the Russian Bolshoi Ballet after just setting up a board in the lobby of a hotel once in Reston Virginia near Washington DC. I also love to cycle because the balance and attention required I feel keeps me aware and helps my brain. Throughout my life I also played the drums. I love reading science too; I’m currently reading Max Tegmark’s book, Life 3.0: Being Human in the Age of Artificial Intelligence.”

Are there any mottos and/or philosophies you live by?

“It is super important that human beings embrace rationality and logic. Without it, people can delve into unreal things they believe are real. People are not as realitybased as they should be. When making connections with people it’s important to speak from the heart honestly and as your full self rather than a fraction. Martin Buber adopted this as his philosophy and I’m very impressed by and aspire to it. I also like the quote ‘the eyes are the windows to the soul’.”



Advice Column: How To Study Properly

by Nicholas Cueva

It’s halfway through the year and it’s time to start preparing for the AP exams, regents, or any tests. Studying can take a heavy toll on a lot of people. It comes down to whether an individual has enough time on their hands or enough motivation to try to get a good grade. Looking at your notes it is important to remember that not everything is going to be on the test, and to only study the material that is important. To start studying you need a quiet environment. Try to separate yourself from all distractions like your phone, family, friends, or anything else that will grab your attention. Go into a room in your house with little to no distractions or try to go to a public library. Get yourself a glass of water or a beverage of your choice and start to study.

A great way to study is to re-read your notes and try to memorize all the key information. Then try to write down everything you can remember. Regarding the things you can’t remember; try to focus on it until you can write everything you need to remember for the test. This type of studying called “Active Recall” helps strengthen the neural connection to memories, making it easier to remember to find the information for the test. Another way to study is “Spaced Repetition”. It’s not ideal to cram all the information for the test in one night. Instead, try to study in intervals to build confidence in the subject material. This is one hundred times better than cramming because it builds into your long-term memory and is a perfect way to pass your exams.

Overall, studying shouldn’t stress you out. Instead, it should let you feel more confident and ready to take a test. Studying is a skill that will help throughout your whole life and is important to know how to study properly for optimum results.



Lunar New Year: The Year of the Horse

by Sarah Lee

January or February are very special months to me, because that's when Lunar New Year, one of my favorite holidays, falls in between. We celebrate our traditions and cultures in various ways by watching lion dances, hanging red lanterns, eating delicious foods with our loved ones, and more. For those that don't celebrate, Lunar New Year is also known as Chinese New Year and the Spring Festival. But why does it fall on a different day each year? The date is based on the lunisolar calendar, falling on the new moon on the midpoint between Winter and Spring Solstice. It lasts for two weeks and is celebrated with fireworks, decorations, and delicious foods. Families and friends celebrate together with dumplings (symbolizing wealth due to its gold-like shape), noodles (symbolizing longevity), spring rolls (symbolizing prosperity), and zongzi (symbolizing happiness and good luck), and more. It's also a tradition for young and unmarried relatives to receive red envelopes with money as a blessing of good luck, prosperity, and happiness. You'll find that red seems to be everywhere on decorations, clothing, and anything related to the celebration. But why red? Red symbolizes good luck, prosperity, happiness and wards off evil spirits, making it the perfect color to reel in the new year. Lunar New Year is celebrated in many countries around the world, such as China, Korea, Vietnam, Singapore, Malaysia, and more.

Each year is associated with a different animal of the twelve Chinese zodiac, the rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. But how did the zodiac come to be? The story of the Chinese zodiac says that the Emperor held a race to the Heavenly Gate to decide what the twelve zodiac animals would be. The order of the zodiac is the order of which animals reached the Heavenly Gate first. Each animal comes around every twelve years, it's said that people have the personality traits of the corresponding zodiac year they were born in. 2026 is the Year of the Horse, specifically the Year of the Fire Horse, the last time it came around being 1966! The horse is confident, agreeable, sociable, independent, and hard working. The Year of The Horse is a time of rapid change for the better, to continue pushing even when things aren't working out, to seize opportunities, and to grow into a better us.



Stranger Things Review: Lights Out In Hawkins

by Ibaad Naqvi

The fifth and final season of *Stranger Things* has come out in three parts, which were released on Thanksgiving, Christmas and New Year's Eve, respectively, in 2025. In celebration of this wonderful series conclusion, the *Knightsly News* has chosen to write a review about the show without major spoilers.



Stranger Things is a Netflix series set in a fictional town in a medium-sized town in Indiana, during the 1980s, about a group of kids whose world turns upside-down after the disappearance of their friend Will Byers. After Will vanishes, his friends Mike Wheeler, Lucas Sinclair, and Dustin Henderson set out to find and save Will. In their pursuit of Will, they encounter a strange twelve-year-old girl named Eleven with a shaved head and psychokinetic abilities. This series blends together the elements of horror, sci-fi, and 80s nostalgia to produce a thrilling, coming-of-age drama. It has a 90% on Rotten Tomatoes and is acclaimed to be one of the best television series of all time.

One of the show's biggest strengths is the characters, which *Stranger Things* invests in heavily. The relationships and interactions between characters feel raw and genuine, adding romance and friendship to the show. This makes sure the show stays refreshing and human, even with the unnatural events happening. The pacing of the show is wonderful because not too much is revealed at once, but the viewer is kept hooked, waiting to see what happens next. Slowly over the course of the episodes, mysteries unfold and answers are revealed. This sets tension and suspense for the audience as they continue watching the mysteries of Hawkins and the Upside Down unfold. The episodes usually last about an hour, with typically eight to nine episodes per season. This allows for *Stranger Things* to be an engaging show that doesn't get stale and long, but still provides a lot of great, enjoyable content.

Stranger Things really takes from 1980s pop culture with its synth-heavy soundtrack and storytelling. The show's plot and setting give a great hint of nostalgia, where we see malls opening up for the first time, telephones being used, bicycles being ridden often and arcades being a common hangout spot for teenagers.

Despite the high praise from both viewers and critics, the fifth season of *Stranger Things* has sparked intense controversy. On one hand, many believe that the final season added several important new characters, tied up long-running rela-

tionships and story arcs effectively, and adopted a more mature and focused tone. On the other hand, the majority of people believe that the fifth season had too many plot holes and writing issues.

In my opinion, I believe that the final season was good at the start, but the finale itself was poorly written and rushed overall. The creators of the show, the Duffer Brothers, had several years to come up with a great final season and an even better finale for a wonderful show. Some viewers have speculated—based on a Netflix documentary about the show's production—that AI tools such as ChatGPT may have been used during the writing process, though this has not been officially confirmed. The way the characters speak and interact with each other also supports the idea that AI was used. Many also believe that the acting of several characters, such as Will Byers (played by Noah Schnapp) and Eleven (played by Millie Bobby Brown), has deteriorated as the seasons have gone by, which is clear in several of their scenes.

Overall, despite the poor execution of the finale, *Stranger Things* survives as one of the most defining television series of its generation and is worthwhile to watch. It delivers several lovable, complex characters with deep backstories, an interesting atmosphere and vibe, which serves as a great love letter for 80s nostalgia.



Return to Pandora

by Peyton Angalet

In a spectacular return to the captivating world of Pandora, the third installment of the hit blockbuster series Avatar ropes viewers right back to where they left off. Despite the films being released three years apart, *Avatar: Fire and Ash* (2025) takes place only a few weeks after the events of the second movie. The initial film was released in 2009, and the saga has come a long way in terms of visual effects, performance capture, and story-writing. Possible spoilers ahead.

After the devastating loss of the Sully family's firstborn son, the narration of the film is shifted to Jake and Neytiri's second son, Lo'ak. We watch him grapple with the grief of losing his brother and the expectations that now weigh on his shoulders. His journey takes us further into the rich culture of the Na'vi people. He encounters different foes in new biomes and tribes, with the Mangkwan tribe being the latest addition to our understanding of their society. At the same time, the film continues to explore Jake Sully's struggle against the RDA's invasion of the planet, and the burden of feeling alienated from the Na'vi due to his humanity. In the wake of such terrible loss, each Sully is faced with individual challenges that they must overcome to protect their home, and their family. The epic final battle is stunning, with visuals as consistently beautiful as the banshee flight scenes or underwater dives.



Director James Cameron, known for several other hit movies like *The Abyss* (1989) and *Titanic* (1997), showcases themes of grief, identity, human connection with nature, and colonialism throughout *Fire and Ash*. Some critics argue that the saga has become repetitive within itself, but I say that it is these “repetitive” elements that keep bringing viewers back to the theaters. What would an *Avatar* movie be without its montages of the glorious floating mountains, or the final moment where Eywa comes to the rescue? In my opinion, it is those moments that make the 3-hour duration of the movie worth it.

Though the Na'vi may have blue skin and stand at almost double our height, there is something profoundly human about their struggles, allowing the audience to resonate with every moment. We are reminded that their stories are made by humans, based on human experiences and formatted in a sci-fi world. The line that stuck with me the most was, “This world goes much deeper than you imagine.” It is not only true for distant, made-up planets, but ours as well.

WINTER

Album Review: Still Pulling Strings: “Master of Puppets” turns 40

by Sean Azimzadeh

This year marks the 40th anniversary of the heavy metal album “*Master of Puppets*” by the band Metallica. Released by Elektra Records on March 3, 1986, the album peaked at number 29 on the Billboard 200 and received praise by critics and is widely regarded as one of the greatest and most influential metal albums of all time. Also in 2015, the album was the first metal recording to be added to the National Recording Registry by the Library of Congress.



As a long-time fan of both Metallica's music and 80's heavy metal, I really like this album. Most 80's hard

rock/heavy metal albums are really good. Examples are like AC/DC's “*Back in Black*” (1980), Bon Jovi's “*Slippery When Wet*” (1986), and Guns and Rose's “*Appetite for Destruction*” (1987), but *Master's* was the first the transition from hard rock to heavy metal. The opening track “*Battery*” sounds like a mix between classic rock like AC/DC and 50's rock like Chuck Berry. The instrumental “*Orion*” is a lot like “*November Rain*” by Guns and Roses. This album has a lot of variety on it, which is something I like about it.

It is where this album really shines is with the title track itself. The title track, “*Master of Puppets*” is one of Metallica's most famous songs. It is often ranked as one of the greatest heavy metal songs of all time. “*Master of Puppets*” also had a massive resurgence in popularity due to it appearing in the Netflix series *Stranger Things*, where Eddie Munson plays it on his guitar in the

Upside. The song certainly has over 1 billion streams on Spotify and is their second most streamed song after “*Enter Sandman*” which came out in 1991.

Overall, this album is one of the best albums of the 80's. While I do prefer AC/DC's “*Back of Black*” over “*Master of Puppets*,” the album is still great and has great songs on it. I would give this album a 9.5/10 and I would recommend you listen to it to celebrate its 40th anniversary.



Northern Region Swimming on the Rise

by Mariah Lindsay Cueva

The Northern Region Swim team has made headlines this season with a string of consistent successes at their meets, even though many people remain unaware of this program. The team is connected to Glen Cove, Locust Valley, Carle Place, and Oyster Bay. This year, the boys swim team was placed in a conference with teams that had similar times, enabling the swimmers to be on equal footing with the other athletes.

Although swimming is largely an individual sport, Coach Senglaub and Coach McShane work diligently to create a formidable team. They incorporate many different types of practices which includes using new equipment like fins and pull buoys to keep the swimmers from doing repetitive work. The coaches also introduce themed relays with prizes, making practice fun and giving swimmers something to look forward to each day.

As the newly established team, countless hours of hard work go into every practice. The team trains and competes at LIU Post, which means not many people get to see how much effort the team puts in, compared to sports located in a school gymnasium. In spite of this, the team has frequently accomplished many victories. Each athlete continually stepped up to swim events that were outside of their comfort zone. Relays and individual swimmers reset team record times and the season ended with a winning record, the first in program history. Another milestone occurred in early February when the team competed in the finals for the first time. Coach Senglaub commended this enormous achievement, saying, "The season as a whole was such a success that I felt proud in almost every moment along the way."

Moving forward, the team hopes to qualify more swimmers for individual events at the county meet and see relay teams swim fast enough to return for finals. As a Conference Four team, increasing the number of athletes and improving times could allow the Northern Region Swim Team to move into a better conference in the future.



Reeves Hits the 1,000-point Milestone!!

Mr. Falen

Senior Mark Reeves played his last game for Glen Cove High School on February 11. Needing only 14 points for 1,000 for his storied career, the journey was finalized with an offensive rebound and put back a minute into the third quarter. The game was temporarily stopped and the large crowd on hand for his achievement rose together and chanted his name. Mark, as humble as ever, went directly to Mom for a big hug. Mark's feat of a 1,000-point scorer was last achieved by GC alumni Todd Johnson during the 2000 season. Mark stated to Coach Rolla and myself 'That it felt like a weight off my chest' Mark finished with 1,013 for his Glen Cove career. He hopes to attend Cortland in the fall to pursue a physical education career and become a future coach. Mark, you have been an amazing role model for the youth in the basketball program, and your hard work and dedication will no doubt make you successful in all your future endeavors.



WANTED

Greetings from the staff of The Knightly News! We are looking for energetic, dedicated writers and journalists to join our newspaper team! Writing in other languages is a bonus as we are looking to make the newspaper bilingual! Please stop by Room 143 on Tuesday afternoons after school if you are interested! We look forward to seeing you then!

Modern-Day Wild West: NCAA Transfer Portal

by Furkan Efe Ozdemir

College sports have changed dramatically over the past several years, mainly because of the NCAA transfer portal and new Name, Image, and Likeness (NIL) rules. These changes have given student-athletes more freedom, but have also created new challenges for teams, fans and schools. To fully understand its role, it is important to examine what the transfer portal is, how it has grown, its positive and negative effects, and what solutions are being considered.



The NCAA transfer portal is an online system that allows college athletes to officially enter their name when they want to transfer to another school. Once an athlete enters the portal, coaches from other schools are allowed to contact them about joining their team. Before the portal existed, athletes often needed permission from their current school to speak with other programs. This made transferring more difficult and limited athlete choice.

The transfer portal was created in 2018 to make the transfer process more organized and fair. A major change came in 2021 when the NCAA allowed most athletes to transfer once without losing a year of eligibility. This new rule encouraged more athletes to explore new opportunities. Now, many players transfer for better playing time, improved academic programs, or stronger athletic competition.



Since its creation, the transfer portal has grown quickly. Thousands of athletes now enter the portal every year, especially in sports like football and basketball. The COVID-19 pandemic also increased transfer numbers because athletes were given extra

eligibility years, and many teams faced roster challenges.

The rise of NIL deals has also contributed to this growth. NIL allows athletes to make money through sponsorships, social media, and endorsements. Because of this, athletes may transfer to schools that provide better financial opportunities or stronger exposure. This has created a new environment where athletes think not only about sports, but also about business opportunities.

A major benefit is athlete freedom. Players now have more control over their careers and can choose schools that better fit their personal and athletic goals. This can improve mental health and overall satisfaction with their situation.



Some fans believe that the transfer portal has not changed their enjoyment of college sports. High school sophomore Athanasios Averopoulos shared his perspective, saying, "It depends on the person... I'd make it the same as before, but it also depends on the player and why they take that transfer or NIL deal." While the system has changed, some viewers still enjoy college sports the same way. Teams can also improve quickly by recruiting experienced players instead of relying on high school recruits, helping programs rebuild faster after losing players or struggling during previous seasons.

Despite these benefits, the transfer portal has created several problems, such as roster instability. Losing players each year makes it harder to build team chemistry and long-term success. Constant player movement can make college teams feel less connected compared to the past.

Another concern is fairness between schools. Larger universities with more money and stronger NIL programs often attract top players from smaller schools. The transfer portal has reshaped college football into something far less predictable, transforming it into a modern-day Wild West, where wealthy programs ride in like outlaws, claiming the most talented players they want with little resistance, while smaller programs are left trying to rebuild after their rosters are

raided.

Some people also feel that the transfer portal has created too much movement in college sports. Averopoulos mentioned this concern when discussing coaches and players leaving programs early. He said, "The season has gotten a little out of control since Kiffin left Ole Miss before they ended the season." These sudden changes can affect teams and fan loyalty. There is also a risk for athletes themselves. Some athletes may lose scholarships or playing opportunities if they transfer without a clear path.

The NCAA and other organizations are working on solutions. Transfer windows that limit when athletes can enter the portal can help schools prepare for roster changes and maintain structure. There are also discussions about regulating NIL deals to make the system fairer between schools, as well as limits on payments or clearer rules about contracts.

The NCAA transfer portal has changed college sports by giving athletes more power and flexibility in their careers. It has created new opportunities for players while helping teams rebuild faster. However, it has also caused challenges such as roster instability, competitive imbalance, and uncertainty for athletes.

As college sports continue to evolve, the NCAA will likely continue adjusting its rules to balance athlete freedom with fairness and stability. The transfer portal is still relatively new, and its long-term impact will depend on how these rules develop in the future. Regardless of the challenges, it is clear that the transfer portal will remain an important part of college athletics for years to come.

