

Sarah Himmelfarb

Soccer, Softball

Class of 2002

When looking for role models on and off the athletic field, it's hard to find ones better than Sarah Himmelfarb. Himmelfarb was an excellent athletic performer from the beginning, earning starting roles in all nine of her varsity seasons across two sports. But Sarah also made her mark with her unwavering work ethic and persistent good attitude. Her mature leadership provided an example for her fellow players to follow, and her kindness built a foundation of trust with her teammates that helped them grow as individuals and as a team.

In soccer, Himmelfarb served as the starting goalkeeper on varsity for five seasons. Despite the team's struggles, Sarah maintained a good attitude and kept giving her all between the posts. She didn't quit when goals and losses mounted against them, and she had several impressive performances, including registering 17 saves in her first varsity game as an 8th grader.

On the diamond, Himmelfarb would establish herself as one of the greatest players in Nyack softball history. Under legendary Coach Tony Boffa (NHSAHOF '15), Sarah was Nyack's starting pitcher for four years. After his 25-year tenure, Coach Boffa described Himmelfarb as "one of the most dedicated and hardest working athletes I have ever coached." He lauded her year-round commitment to improving her game, from playing throughout the summer and fall to attending pitching and hitting clinics during the winter. Sarah's work ethic and consistent quality on the mound allowed her team to trust her to pitch game after game, and she delivered a number of remarkable performances.

As a freshman, Himmelfarb quickly became one of the top pitchers in the area. She threw multiple one-hitters and recorded 108 strikeouts with a 1.19 ERA. Sarah impressed with her poise despite her age, especially when she led Nyack to a late season win over Albertus with only nine players healthy enough to play.

Her sophomore year saw another 108 strikeouts along with a nasty 0.95 ERA. Himmelfarb threw a three-hitter in a playoff win, and helped Nyack nearly upset eventual champions and perennial power Pearl River. Her dominance continued to grow, throwing a no-hitter as a junior and recording an incredible 0.88 ERA as a senior. When it was all said and done, Sarah had earned All-League, All-County, and All-Section honors all four years, and she set school records with 52 career wins, 441 strikeouts, and a 1.07 career ERA.

Himmelfarb's value was certainly appreciated by her coach and her team. Sarah was named a team captain as a junior and senior, and was awarded the Team MVP award in all four of her seasons on varsity. Her maturity and class on and off the field was also recognized as she was awarded as a Journal News Scholar Athlete in 2002. After NHS, Himmelfarb would go on to serve as a pitching coach with the Rockland Thunder, continuing to make a difference for others with her outstanding leadership and exceptional character.