

Suffolk Zone High School Leadership Awards



Suffolk Zone

2024

Program Agenda

Welcome	Patricia Gremillion Burdge President-Elect
Greetings from the President of Suffolk Zone	Lori Hewlett
National Anthem.....	Hailey Kulesa Hauppauge UFSD
Dinner Invocation	Kerry Hogan Past President
Dinner Hour	
Introduction of Award Winners	Dr. Ryan Cox/Drew Walker VP Council of Administrators/ Special Advisor
Award Presenters	Suffolk County Directors of Health and Physical Education

Benson Guillaume

Amityville UFSD



Wrestling and Track & Field

- ★ WAC PAC
- ★ High Honor Roll
- ★ National Honor Society

Long Island University Studying: Radiology

“Athletics has taught me how to work hard and to never give up on my dreams. Health has taught me about various medical conditions and how to do CPR.”

Kazima Muwakkil

Amityville UFSD



- ★ Girls Lacrosse
- ★ WAC PAC
- ★ Newspaper
- ★ Rho Kappa
- ★ AP Scholar
- ★ National Honor Society
- ★ World Language Honor Society
- ★ Chorus

College Undecided: Studying: Secondary Education- Social Studies

Health, Physical Education and Athletics have taught me the importance of maintaining a healthy and active lifestyle. These classes and activities have helped me find a true love for moving my body and fitness in general. Sports taught me how to communicate, be quick on my feet, and be a better team player. I also gained useful knowledge and skills from my health classes, like how to perform CPR or the Heimlich maneuver.

Emilio Cardillo-Schrader

Babylon UFSD



- ★ *Soccer, Tennis*
- ★ *Spanish Honor Society*
- ★ *Boy Scouts*
- ★ *Environmental Club*

College: Undecided Computer Science

“Health & Physical Education has taught me the importance of being active and living a healthy lifestyle

Alexandra Di Lauro

Babylon UFSD



- ★ *Soccer, Winter Track, Track*
- ★ *National Honor Society*
- ★ *Class Cabinet*
- ★ *Student Council*
- ★ *Mock Trial*
- ★ *Babylon Buddies*
- ★ *Environmental Club*

BINGHAMTON
UNIVERSITY
STATE UNIVERSITY OF NEW YORK

College: Binghamton University Public & Environmental Welfare

“Health & Physical education has given me an opportunity to be a leader in class and have fun with my friends.”

Maclin Keyser



Bayport-Blue Point UFSD

- ★ Football & Lacrosse
- ★ Superintendent Student Council
- ★ Leadership Committee
- ★ Athletic Leadership Rep.
- ★ 2X LI Champion - Football
- ★ Football-All Division/County/State
- ★ Lacrosse - All Division/County
- ★ Team Captain - Football/ Lacrosse
- ★ Coaches Award



ST. JOHN'S
UNIVERSITY

St John's: Men's Lacrosse

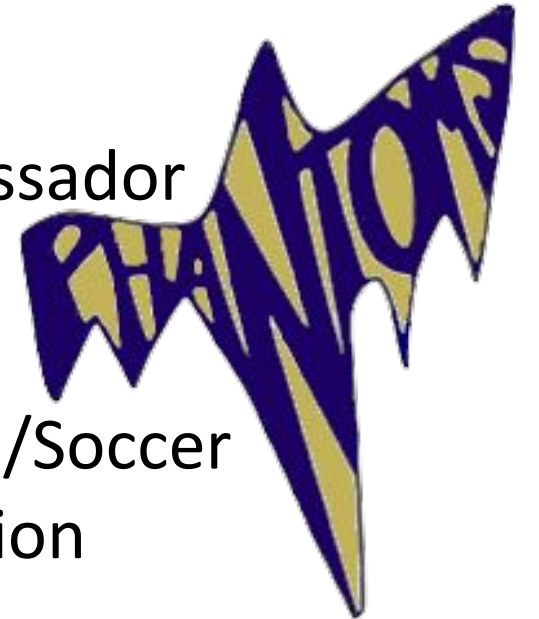
Physical education has taught me how to interact, include and lead others in an athletic environment.

Kate Lemery



Bayport-Blue Point UFSD

- ★ Soccer, Basketball & Lacrosse
- ★ Wellness Club Treasurer
- ★ National Honor Society
- ★ Morgan's Message Ambassador
- ★ 2X Scholar Athlete
- ★ Soccer Coaches Award
- ★ Team Captain - Basketball/Soccer
- ★ NY Lacrosse State Champion



Hofstra - Women's Lacrosse



Health & Physical education has taught me how to lead and teach others along with providing the opportunity to become closer to my peers in an athletic environment.

Payton Imhof



Springfield College:
Physicians Assistant
Program

Bay Shore UFSD

- ★ Basketball, Lacrosse, Volleyball
- ★ National Honors Society
- ★ AP Scholar with Distinction
- ★ Athletes Helping Athletes
- ★ PAL Lacrosse Program
- ★ Best Buddies Program
- ★ 1400 SAT Club
- ★ Principal's List Grades 6-12
- ★ Team Captain – Basketball/Volleyball
- ★ All Division - Lacrosse
- ★ Unsung Hero - Lacrosse
- ★ Honorable Mention - Volleyball
- ★ 4x NY State Scholar Athlete

“Health & Physical Education have taught me how to be a true leader among a variety of peers. I have learned the importance of communication and how being positive and motivating your classmates leads to a great experience for all.”

Andrew Schaaf



Bay Shore UFSD

- ★ Baseball, Soccer
- ★ National Honors Society
- ★ AP Scholar with Distinction
- ★ Athletes Helping Athletes
- ★ Challenger Athletics
- ★ Bay Shore Robotics Team
- ★ NYS Scholar Athlete
- ★ 2x Varsity Captain - Baseball
- ★ Varsity Captain – Soccer
- ★ All League Academic - Baseball

Health & Physical Education has taught me how to effectively communicate and work with a variety of peers, while allowing me to form various bonds with many people and helping me develop lifelong skills that I use daily.

Carlos Garcia



Brentwood UFSD

- ★ Football, Wrestling
- ★ High school Valedictorian
- ★ All-Division Football
- ★ Team Captain
- ★ Thomas Cutinella Leadership Award Finalist
- ★ Member of the Student Council
- ★ Senior Class Representative
- ★ Athletes Helping Athletes
- ★ Peer tutor
- ★ Member of the National Honor Society, Math Honor Society, Science Honor Society and Social Studies Honor Society
- ★ Participant Nubians United

As a student in health & physical education, I learned the importance of maintaining a healthy lifestyle through regular exercise and proper nutrition.

Ashley Peralta



Brentwood UFSD

- ★ Volleyball, basketball
- ★ Two-year captain of the basketball team
- ★ Leader in Athletes Helping Athletes program
- ★ Brentwood Scholar Athlete Award
- ★ Captain of the Volleyball team
- ★ Volunteer for Brentwood Development league

Health & Physical Education have improved my general well being by encouraging an active lifestyle and establishing healthy behaviors for myself.

Alexis Davis



Bridgehampton UFSD

- ★ Basketball
- ★ President of Environment Club
- ★ President of Student Council
- ★ Marimba Ensemble
- ★ Peer Tutor
- ★ ARF Volunteer
- ★ DAR Citizen Award

College: Undecided

Considering: LSU, UCONN, Colorado

Major: Psychology

Health & Physical Education has taught me to be disciplined while working with peers and taking on responsibilities, in order to accomplish goals. It also taught me how to enjoy exercise.

Mikhail Feaster



Bridgehampton UFSD

- ★ Football, Basketball, & Track
- ★ Student Council Representative
- ★ Horticulture Club
- ★ Marimba Ensemble
- ★ Varsity Captain
- ★ Student Government
- ★ ARF Volunteer
- ★ D.R.E.A.M. Team

College: Undecided Considering: SUNY Cortland, SUNY New Paltz Major: Psychology

Health & Physical Education has taught me how to work with and lead those who aren't typically involved in athletics. It has taught me how to adapt to different environments.

Spencer Buff



Rensselaer



Center Moriches UFSD

- ★ Cross Country & Track & Field
- ★ Rensselaer Medalist Recipient 2024
- ★ 2024 News 12 Scholar Athlete
- ★ Team 4458 Infernobotix FIRST Robotics President
- ★ Suffolk County Coaches Association All-Sectional 2nd Team - 20th overall
- ★ NYSPHSAA Scholar Athlete
- ★ 3 time NYSPHSAA Cross Country Championships runner - Nov 2023 23rd place

Studying: Mechanical Engineering

Health & Physical Education has taught me to appreciate the connection between mental and physical activities, striking a balance between playing hard and thinking smart.

Izzy Rayburn



Center Moriches UFSD

- ★ Varsity Volleyball
- ★ NYSPHSAA Final Four Finalist/All Conference- Volleyball
- ★ Senior Class President
- ★ NYSPHSAA Leadership Conference
- ★ National Athletic Director Conference Presenter
- ★ Youth Mental Health Presenter- CBS News
- ★ Center Moriches Student Leadership President

Studying: Business

Health & Physical education has taught me the importance of maintaining a healthy, balanced lifestyle both physically and mentally.

Nicole Bransfield



Commack UFSD

- ★ Field Hockey, Winter/Spring Track & Field
- ★ 2x All-County Winter Track and Field
- ★ County Champion in 100mh
- ★ 6x All-League in 55mh, 100mh, triple jump, and 400IH
- ★ All-County 400IH
- ★ All-Division in Field Hockey (12)
- ★ President of National Honor Society (12)
- ★ Vice President of Scholar Athletes Leadership Club (12)
- ★ Upperclassmen Mentor for Athletes Helping Athletes (11,12)
- ★ EMT in training, attendant at Commack Volunteer Ambulance Corps

During my Physical Education classes, I have had the opportunity to experience a multitude of activities which have helped me connect with my peers, and teachers. Specifically, I have enjoyed our units on Badminton, Volleyball, and Meditation.

Samuel Lustig



Commack UFSD

- ★ Football & Basketball
- ★ All League Division I Football
- ★ Varsity Football & Basketball
- ★ Scholar Athlete Leadership Club
- ★ Athletes Helping Athletes
- ★ Business Honor Society
- ★ Peer Leadership Club
- ★ National Honor Society

Physical Education has given me some of the best memories at Commack High School. Playing Basketball, Kickball, and Wiffleball with my friends is something I will never forget. The intensity of a school kickball game is something that you can't find anywhere else.

Brandon Bermingham



Comsewogue UFSD

- ★ Football & Wrestling
- ★ Athletes Helping Athletes
- ★ 2024 Class President
- ★ TASK President
- ★ Student Representation for B of E
- ★ Captain Wrestling Team
- ★ Football All Division
- ★ Wrestling 2 Time All League
- ★ DECA

Next Step: Pre-Law

Albany State University or **Binghamton University**

My most memorable Physical Education experience was our annual volleyball tournament. Playing together with classmates as we competed against other students with the goal of playing in front of the entire school made it both special and fun.

Emma Norton



Comsewogue UFSD

- ★ Soccer
- ★ National Honor Society
- ★ Italian Honor Society
- ★ Triple C
- ★ Captain Soccer team
- ★ All Division Soccer
- ★ Athletes Helping Athletes

Next Step: Criminal Justice

Rutgers University or Boston University

My favorite Physical Education moment has been the volleyball tournament. In order to succeed, you need to be supporting of one another and encouraging your teammates. But most importantly to do it in a way that ensures everyone has fun.

Lara Booth Alam



Connetquot CSD

- ★ Swim & Track
- ★ 5 Year Varsity Diver
- ★ Section XI 6 Dive Record Holder
- ★ 3 Time State Diving Finalist
- ★ 5 Year Varsity Track
- ★ Pole Vault 2023 County Champion & State Qualifier
- ★ Swim Club Volunteer Instructor
- ★ Camp Counselor
- ★ Lifeguard
- ★ Math Honor Society
- ★ Science Honor Society
- ★ RHO Kappa
- ★ National Honor Society
- ★ AP Scholar

Physical Education has instilled in me a love for movement both for fun and wellness. I developed confidence in many sports related skills, enjoyed fun competition, and lots of collaboration. I plan to always find meaningful and fun ways to be physically well, fit and active.

Alexander Lillie



Connetquot CSD

- ★ Volleyball
- ★ All Division Honorable Mention
- ★ 2X All-County
- ★ 2X All County Elite
- ★ 2X All County Tournament
- ★ Team MVP
- ★ Team Captain
- ★ RHO Kappa
- ★ Athletic Council
- ★ All County Academic

Physical Education has taught me how to work together with new people as a team.

Rosangel Peralta Plasencia

Copiague UFSD



- ★ Softball
- ★ Conciencia Latina
- ★ Member of Key Club
- ★ Research Club
- ★ National Honor Society

Health and Physical Education has taught me that you might not reach your desired goals right away. However, with dedication, a positive attitude, and a good support system you can make progress and achieve even better results than you originally expected. So be kinder to yourself when you start something new.

Joshua Osofsky



Copiague UFSD

- ★ Wrestling
- ★ Italian Club
- ★ Culture Club
- ★ Guitar Club
- ★ Taekwondo
- ★ Kummuyeh-Sword Art

Next Steps: U.S. Naval Academy

Health & Physical Education has taught me to lead a healthy lifestyle and to be confident in my athletic ability.

Tyler Romero

Deer Park UFSD



- ★ Swimming and Diving
- ★ Spanish Honor Society
- ★ All League-2x
- ★ All-County-2x
- ★ Chess Club
- ★ Owns 6 Deer Park Diving Records

Health & Physical Education has taught me leadership and teamwork and to be open minded about everything. I learned that winning is more fun when you can share it with your teammates.

Kaliyah Hull



Deer Park UFSD

- ★ Cross Country, Winter/Spring Track
- ★ Math and Science Honor Society
- ★ National Honor Society
- ★ AP Scholar
- ★ Scholar Athlete
- ★ Girls Cross Country-All League
- ★ Academic All County



Physical Education has taught me to the importance of trying my best regardless of the activity and to have fun playing with students I might not normally interact with in my other classes.

Nico Horan-Puglia



East Hampton UFSD

- ★ Golf, Baseball
- ★ National Honor Society
- ★ Science Honor Society
- ★ AP Capstone Diploma
- ★ NY State Scholar Athlete
- ★ 2 time NYS Qualifier for Golf
- ★ 3 time All-County for Golf
- ★ Gold & Silver PE Award

Boston College - Business

Health & Physical Education has given me the chance to collaborate with my peers and better my health.

Melina Sarlo



East Hampton UFSD

- ★ Field Hockey, Winter Track, Lacrosse
- ★ National Honor Society
- ★ Science & World Language Honor Society
- ★ Athletes Helping Athletes
- ★ Student Association Officer
- ★ NYS Scholar Athlete
- ★ 2 Time All County Field Hockey
- ★ 2 Time All County HM Lacrosse
- ★ Team Captain - Field Hockey, Winter Track & Lacrosse
- ★ All League Winter Track

Next Steps: Playing Lacrosse Studying Business

Health & Physical education has taught me about aspects on being inclusive, having good sportsmanship, no matter the scenario, and to always be a team player

Matthew McIntee

East Islip UFSD



- ★ Football, Winter Track, Lacrosse
- ★ World language Honor Society
- ★ Honors:
- ★ All State Football-Captain
- ★ All County-Winter track
- ★ Millrose Games 4x400 Relay
- ★ All County Lacrosse-Captain

Next Steps: Syracuse University Lacrosse

Physical Education has taught a wide variety of athleticism and it consists of patience and cooperation with peers.

Isabella Procaccini

East Islip UFSD



- ★ **Gymnastics**
- ★ **EI Buddies**
- ★ **National Art Society**
- ★ **World Language Honor Society**
- ★ **Leaders Club**
- ★ **EIABC White Letter Award**
- ★ **All County-Gymnastics**
- ★ **Scholar Athlete**

Next Steps: College-Undecided

Physical Education has taught me how to work well with my peers in an athletic environment.

Jonathan DiMarco



Eastport-South Manor CSD



- ★ Golf, Bowling, Tennis
- ★ 4 year Varsity Golfer
- ★ 6 year Varsity Bowler
- ★ 4 year Varsity Tennis
- ★ Team Captain, Bowling
- ★ League Champion 21-22 and 23-24, Bowling
- ★ Small School County Champion 23-24, Bowling
- ★ World Language Honor Society
- ★ Natural Helpers
- ★ AP Scholar
- ★ Principal's Honor Roll
- ★ Eagle Scout
- ★ Drum Major

Health, Physical Education and Adventure Education have given me the knowledge and skills that have allowed me to apply a multitude of leadership aspects that cannot be found in everyday learning. It kindled a fire within me to succeed through challenge and competition. This awakened my fighting spirit and has sprouted a whole different lifestyle for me.

Danni Sparacio

Eastport-South Manor CSD



- ★ *Field Hockey, Lacrosse*
- ★ *Unsung Hero, Field Hockey*
- ★ *All Classification, Field Hockey*
- ★ *All County Honorable Mention, Field Hockey*
- ★ *Captain, Field Hockey*
- ★ *Suffolk County Champion, Field Hockey '23*
- ★ *Social Studies Honor Society*
- ★ *Varsity Leaders Club*
- ★ *AP Scholar*
- ★ *Principal Honor Roll*
- ★ *Student Scholar Athlete*

Next Steps: Kean University: Playing Field Hockey and majoring in Psychology

“Health & Physical Education have taught me how to stay active by teaching me knowledge and skills about sports and physical activity. Health and physical education have also taught me how to work together with my classmates that I am not so familiar with. I will continue to stay motivated and make healthy choices. Overall, I have learned other impactful and active ways to stay healthy in and out of school.”

Caroline Mullman

Elwood UFSD



Elwood-John Glenn

- ★ Soccer, Basketball
- ★ National Honor Society
- ★ World Language Honor Society
- ★ All-School Secretary
- ★ 4-Year Varsity Player - Basketball
- ★ AP Scholar w/ Distinction
- ★ Coaches Award - Basketball
- ★ 2-Year Varsity Captain - Basketball
- ★ SCWBCA Unsung Hero Award

Next Steps: Studying Chemistry /Pharmaceutical Sciences

Health and Physical Education have allowed me to connect with my peers while also teaching me essential physical and mental skills to help me achieve my athletic goals.

Matthew Pepper



Elwood-John Glenn

Elwood UFSD

- ★ Soccer, Winter Track, Spring Track
- ★ National Honor Society
- ★ World Language Honor Society
- ★ Summa Cum Laude: 4.0
- ★ Captains Club Member
- ★ 2 Sport Varsity Captain
- ★ NY State Scholar Athlete
- ★ Academic All County (Varsity Soccer)

Physical education has given me the opportunity to forge relationships with my fellow classmates and take part in physical activities and new sports everyday.

Jose Merino



Greenport UFSO

- ★ Soccer
- ★ National Honor Society
- ★ High Honor Roll
- ★ School Museum Club
- ★ NYSPHSAA Scholar Athlete
- ★ 5-Year Varsity Player - Soccer

Studying: Physical Therapy Ithaca College

Health & Physical education have helped develop my leadership qualities. I learned to become supportive of my classmates throughout the variety of competitive activities I had the opportunity to engage in throughout my high school career.

Cameron Stanton



Greenport UFSO

- ★ Soccer, Indoor/Outdoor Track
- ★ National Honor Society
- ★ High Honor Roll
- ★ AP Capstone Diploma
- ★ AP Scholar with Honors
- ★ NYSPHSAA Scholar Athlete
- ★ Suffolk Times Athlete of the Year 2023
- ★ Soccer Team: Captain & All-County
- ★ Outdoor Track: All-State

College Undecided: Studying: Nutritional Sciences

Physical education and Health have taught me the importance of maintaining a healthy and active lifestyle. These lessons have inspired me to pursue a career in nutritional sciences and food systems.

Ari Gluck



Half Hollow Hills East

- ★ Baseball
- ★ National Honor Society
- ★ High Honor Roll
- ★ Volunteer at Special Needs Sports Program
- ★ Varsity Baseball
- ★ All League and County (Suffolk) Baseball

Physical Education has taught me to work as a team. Four years of high school physical education class brought me many new friendships, taught me many new skills and has helped me develop a team building mindset that I will be able to carry into my future.

Brielle Marcus



Half Hollow Hills East



- ★ Tennis & Track
- ★ AP Scholar
- ★ 5-time Scholar Athlete
- ★ National Art Honor Society
- ★ French Honor Society
- ★ Environmental Club, Yearbook Club, Architecture Club, Heckscher Museum Artist, Varsity Letter
- ★ Captain Varsity Tennis
- ★ JV/Varsity Winter/Spring Track

Next steps: Studying Visual Communications

Health & Physical Education has taught me how to improve my leadership skills, and the importance of a supportive environment.

Ava Blasi



Half Hollow Hills West



- ★ Basketball, Softball, Volleyball
- ★ National Honor Society
- ★ English National Honor Society
- ★ Italian Honor Society
- ★ Varsity Club, Interact Club
- ★ Athletes Helping Athletes
- ★ Scholar Athlete
- ★ 3-Sport Captain
- ★ All County Award - Softball

Next Steps - College Undecided

Health & Physical Education has taught me how to work together with my friends in a fun atmosphere and how to find the joy in playing sports in such a creative and low-pressure atmosphere.

Matteo Valente



Half Hollow Hills West

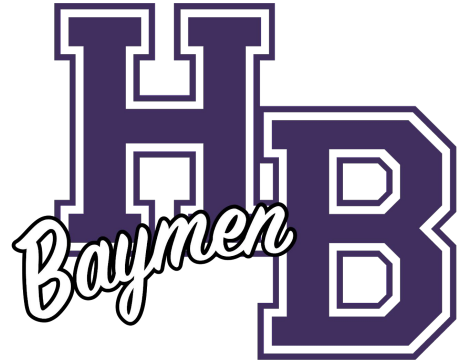


- ★ Soccer & Wrestling
- ★ Marching Band
- ★ Varsity Soccer - Captain
- ★ Varsity Wrestling

Next steps: Undecided

Health & Physical Education has taught me that effort is everything; that pushing yourself as well as others is what creates strong bonds, teams and communities. It has taught me to play hard and be confident in all I do, through and through.

Justin Guanga



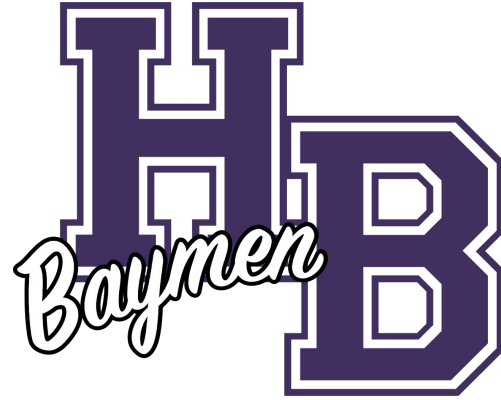
Hampton Bays UFSO

- ★ Soccer
- ★ Interact Club, FBLA Club, & Student Council
- ★ Executive Board Member of Student Council, AP Student, & All League Soccer

Studying: Business and Finance, college undecided

Health & Physical Education has taught me how to how to always keep my head up, stay positive no matter the outcome and always be positive and optimistic in any situation that life hands you.

Nellie Nicolova



Hampton Bays UFSD

- ★ Volleyball, Basketball, & Track and Field
- ★ Student Council, Interact Club, Key Club, Jazz Band, Select Choir, & Varsity Club,
- ★ National Honor Society, Tri-M(president), Team Captain, Drama Club, AP Capstone, & All League (2 years VB)
- ★ Studying: Arts/Music, college tbd

Health & Physical Education has taught me perseverance and the skill of collaboration with others.

Haralambos (Bobby) Constantatos

Harborfields CSD



- ★ Wrestling
- ★ Clubs & Activities:
- ★ DECA,
- ★ Business Honor Society,
- ★ National Honor Society
- ★ Honors: National Honor roll

Next Steps: Hofstra University



Health and Physical Education has taught me responsibility and determination. If you never give up you will never lose.

Jill Newman



Harborfields CSD

- ★ **Girls Basketball**
- ★ **Clubs & Activities: Student Government, DECA, Business Honors Society, National Honors Society, HACO**
- ★ **Honors: National Honor Roll**

Next Steps: Fairfield University

Health & Physical Education has taught me leadership and communication skills that I'll use for the rest of my life.

Hailey Kulesa



Hauppauge UFSD

- ★ Soccer, Basketball, Lacrosse
 - ★ 2 time All-County in Lacrosse
 - ★ All-League in Soccer & Basketball
 - ★ Soccer, Basketball & Lacrosse Captain
 - ★ NYS Scholar Athlete
 - ★ Morgan's Message Ambassador
 - ★ Varsity Club President
 - ★ National Honor Society
 - ★ Chamber Choir
 - ★ Tri-M Honor Society
 - ★ Will Attend UNC-Charlotte on a Lacrosse Scholarship
- Civil Engineering Major

Health & Physical Education has reinforced the importance of hard work and provides an arena to further enhance my leadership skills.

Eddie Bullard



Hauppauge UFSD

- ★ Soccer, Basketball
- ★ Varsity Soccer- Captain
- ★ Varsity Basketball- Captain
- ★ National Honor Society
- ★ Math Honor Society
- ★ French Honor Society
- ★ Hauppauge Youth Sports Volunteer

Health & Physical Education has helped enhance my leadership skills. It has given me the opportunity to help those who may not feel as comfortable in the Physical Education environment to push themselves outside of their comfort zone.

Thomas Girimonti



Wesleyan University Economics & Lacrosse

Huntington UFSD

- ★ Golf, Basketball & Lacrosse
- ★ National Honor Society
- ★ Junior Lacrosse Coach
- ★ 2 Sport Varsity Captain
- ★ Most Improved...Lacrosse
- ★ AP Scholar
- ★ 4x NY State Scholar Athlete

Health & Physical Education has given me the opportunity to bond with my peers while competing in athletics which is what I love to do.

Olivia Polinsky



Huntington UFSD



- ★ Field Hockey, Winter Track & Unified Basketball
- ★ Habitat for Humanity - President
- ★ National Honor Society
- ★ Ambassador at Huntington Breast Cancer Action Coalition
- ★ NYS Scholar Athlete
- ★ AP Scholar with Honor
- ★ Team Captain - All Division



Studying: Public and Environmental Welfare

Health & Physical education has taught me that having good mental, physical, and social health is crucial to creating balance, and achieving my goals.

Tyler Simonetti



Islip UFSD

- ★ Golf, Basketball & Tennis
- ★ National Honor Society
- ★ World Language Honor Society
- ★ 3 Sport Varsity Captain
- ★ NY State Scholar Athlete

Next Steps: Studying Finance Playing Golf

Health & Physical Education has given me the opportunity to participate in activities that I enjoy with my friends while developing new relationships with others in the class.

Hailey Zambrana



ISLIP



- ★ Lacrosse
- ★ Volunteer
Shootout-For-Soldiers
- ★ NY State Scholar Athlete



Nest Steps: Studying Nursing Playing Lacrosse

Health & Physical Education has given me the opportunity to play other sports, be more active and be with my friends.

Anthony Altobelli



*Kings Park Central
School District*



Excellence In Education

Kings Park CSD

- ★ **Baseball & Basketball**
- ★ **Baseball Rookie of the Year**
- ★ **Baseball All-League Baseball**
- ★ **4 Year Varsity Baseball**
- ★ **National Junior Honor Society**
- ★ **National Honor Society**
- ★ **Youth Sports Camp Counselor**
- ★ **NYSPHSAA Scholar-Athlete**

*College: Mercy University
Major: Pre-Physical Therapy*

Physical Education has played a very important role in teaching me how to become a better learner, teammate and athlete. I thank all of my Physical Education teachers who have helped me not only become a better athlete, but also a better person.

Mikayla Olsen



*Kings Park Central
School District*



Excellence In Education

*College: Undecided Considering:
UC Santa Barbara; Notre Dame
Major: Psychology Minor: Biology*

Kings Park CSD

- ★ Volleyball & Lacrosse
- ★ Volleyball All-League
- ★ Academic All-County
- ★ Volleyball Coaches Award
- ★ Lacrosse Most Improved Player
- ★ 2 Year Varsity Volleyball/Lacrosse
- ★ High Honor Roll
- ★ AP Scholar with Distinction
- ★ National Honor Society
- ★ Vice-President History Honor Society
- ★ Spanish Honor Society
- ★ NYSPHSAA Scholar-Athlete

I have always appreciated Physical Education's ability to foster an environment of collaboration and connectivity between my peers and I. Physical Education always provided an environment of pure fun and excitement.

Vincent Graff



Early Childhood Education: Cortland

Lindenhurst UFSD

- ★ Soccer, Tack & Baseball
- ★ Varsity Club
- ★ Peer Leader
- ★ Class Council
- ★ NYS Scholar Athlete
- ★ All League, All Conference, All County
- ★ Goalkeeper of the Year

Physical Education has taught me how to work well with my peers in an athletic environment.

Savanna Morse



Lindenhurst UFSD

- ★ Cheerleading & Lacrosse
- ★ Varsity Club
- ★ National Honor Society
- ★ Class Council
- ★ NYS Scholar Athlete
- ★ Cheerleading Team Captain
- ★ A.C.E. Cheerleading Award recipient

Physical Education
Cortland, LIU or Adelphi

Physical Education has taught a wide variety of athleticism and it consists of patience and cooperation with my peers.

Ainsley Hololob



Longwood CSD

- ★ Volleyball, Basketball & Softball
- ★ All Division, All League, All County, All League Pitcher
- ★ National Honor Society
- ★ National Foreign Language Honor Society
- ★ Student Government
- ★ Best Buddies
- ★ Safety Committee

Next Steps: United States Coast Guard

Physical and Health Education has positively impacted my life by instilling a lifelong commitment to physical activity and health. I've learned the importance of staying active, setting fitness goals and maintaining a balance lifestyle. PE has taught me the important life skills of teamwork, perseverance and resilience.

Jacob Milano



Longwood CSD



- ★ Lacrosse
- ★ 4 year varsity lacrosse player
- ★ 2x Captain
- ★ 2x All Division
- ★ Signed a NLI at Pace University
- ★ 8 year Boy Scout (working on Eagle Scout)
- ★ ECHS

Next Steps: Accounting - Pace University

Physical and Health Education has helped me develop team building skills with peers I would usually not have been able to meet. PE has given me time to discover activities I would not have a chance to participate in. PE also gives me peace to relieve stress.

Logan Norman

Middle Country CSD



- ★ Basketball & Baseball
- ★ Italian Honor Society
- ★ 4 yr Varsity Baseball
- ★ 2x All- League
- ★ 3 yr Varsity Basketball



Francis Marion University- Baseball

Health & Physical Education has taught me the importance of staying fit and leading a healthy lifestyle and has helped me develop valuable leadership skills.

Ava Robles



Middle Country CSD

- ★ Volleyball
- ★ World Language Honor Society
- ★ 4 year Varsity Volleyball
- ★ 1 year Varsity Gymnastics

EARLY CHILDHOOD EDUCATION-SPECIAL EDUCATION
Montclair State University, Mount Saint Mary College, or
College of Mount Saint Vincent

Health & Physical Education has taught me that what's often good for the body is also good for the mind. It also combines skills such as coordination, determination and strength that helps build one's character.

Tarkan Kurtoglu



NEWFIELD HS

Middle Country CSD



NYU



Studying: Applied Mathematics/Computer Science

Middle Country CSD

- ★ Soccer
- ★ National Honor Society
- ★ Academic All County
- ★ Spanish National Honor Society
- ★ Senior Class President
- ★ Brookhaven National Lab SPARK Program
- ★ Judges' Award Developing and Analyzing 72 years of Climate Change

Physical Education has taught me how to maintain a healthy lifestyle and nutrition. I learned teamwork, communication, and sportsmanship.

Sarah Murphy



NEWFIELD HS
Middle Country CSD



Middle Country CSD

- ★ Volleyball, Basketball & Softball
- ★ GO Historian
- ★ LOTE & National Honor Societies
- ★ Minds In Motion Scholar Athlete
- ★ Volunteer Coach
- ★ Positively Pink Volunteer
- ★ Varsity Leaders' Club Historian



Studying: Child Studies

Physical Education has taught me how to maintain an active lifestyle while having fun. I have learned the importance of being a leader and having good sportsmanship.

Nicolette Capocci



Miller Place UFSD

- ★ *Field Hockey & Lacrosse*
- ★ *National Honor Society; Vice President*
- ★ *Foreign Language Honor Society; President*
- ★ *SADD Club, President*
- ★ *MPS Service Club*
- ★ *NYS Scholar Athlete*
- ★ *Varsity Field Hockey - Captain; 2x All-County*
- ★ *Varsity Lacrosse*
- ★ *LIBTA Award Winner (Marketing)*
- ★ *Academic Excellence in College Forensics & Sports Medicine*
- ★ *Competitive Dance - Captain*
- ★ *Travel Volleyball*

NEXT STEP: Health Science/Pre-Med

Physical Education has taught me how to go beyond my typical comfort levels and challenge myself to try new things. It's expanded my understanding of a "healthy lifestyle," while building skills of collaboration & leadership with peers.

Liam Martin



Miller Place UFSD

- ★ *Soccer, Basketball & Lacrosse*
- ★ *National Honor Society*
- ★ *Athletes Helping Athletes*
- ★ *Drama Club (Panther Players)*
- ★ *NYS Scholar Athlete*



NEXT STEP: Education (Social Studies)

Physical Education has taught me how to value teamwork, and how to become a better leader both within and outside of class on my sports teams.

Enzo Barranca



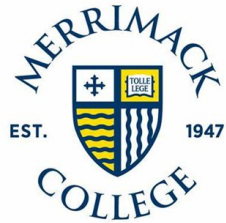
UNDECIDED

Mount Sinai UFSD

- ★ Lacrosse
- ★ FBLA
- ★ Best Buddies
- ★ Support Our Troops
- ★ Scholar Athlete
- ★ AP Scholar
- ★ National Honor Society

Health & Physical Education has taught me the importance of maintaining a lifestyle where you are able to grow not only physically, but mentally as well.

Taylor Pedra



Mount Sinai UFSD

- ★ Soccer, Winter Track, Spring Track
- ★ Spanish Honor Society
- ★ National Honor Society
- ★ AP Scholar
- ★ Scholar Athlete
- ★ Varsity Soccer Captain
- ★ Athletes Helping Athletes

Health & Physical Education has taught me to lead and instruct others in any circumstance given. Being able to help peers both on the field and in the classroom has made me an overall versatile student and person.

Angela Taddeo



North Babylon UFSD

- ★ Soccer & Lacrosse
- ★ AP Scholar
- ★ National Honor Society
- ★ National Music Honor Society
- ★ Varsity Soccer Captain
- ★ Varsity Lacrosse Captain
- ★ All Division Soccer
- ★ Youth Soccer and Lacrosse Camps

Next Steps: Stony Brook University

Health & Physical Education has taught me how to be a role model for the underclassmen within the school. Getting to class on time and working hard in the activities planned sets an example for the younger students to follow. Health and Physical Education has also taught me how to work with others in order to accomplish a collective goal. During the activities in class, I have gotten to meet and work with students I do not see in my other classes in order to complete the activities at hand.

Joel Lomax



North Babylon UFSD

- ★ Football, Wrestling & Spring Track
 - ★ AP Scholar
 - ★ National Honor Society
 - ★ Academic Team
 - ★ Varsity Track Captain
 - ★ Varsity Football Captain
 - ★ Varsity Wrestling Captain
 - ★ Section XI Leadership Conference
 - ★ Football & Wrestling County Champion
- College: Undecided

Health and Physical Education has taught me the importance of my mind and body. From elementary school all the way up to my senior year, Physical Education has always been an outlet for me to maintain a strong and vigorous body and mind. It has shown me that taking care of your mind and body is a lifelong endeavor. We are each only given one body and mind and it is up to us to bring out the best in it.

Zachary Ansell

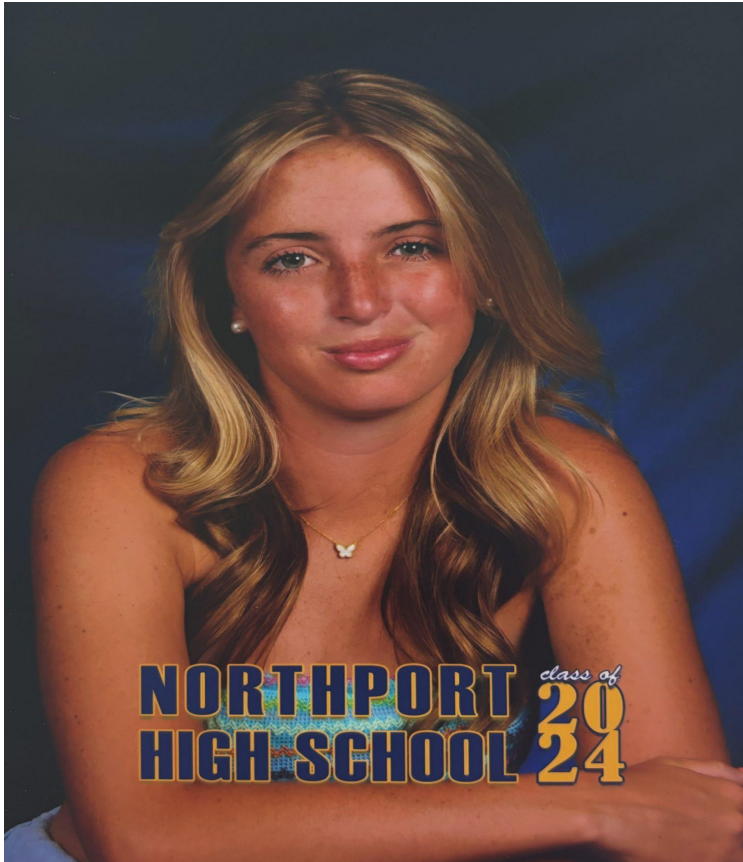
Northport-East Northport UFSD



- ★ Club Soccer
- ★ Certified U.S Soccer Official
- ★ National Honor Society
- ★ Math Honor Society
- ★ English Honor Society
- ★ World Language Honor Society
- ★ Tri-M Music Honor Society
- ★ AP Student

Health & Physical Education has taught me the importance of collaboration and cooperation. I've applied the teamwork skills to various aspects of life, whether that be for school projects or communicating with co-workers.

Madison Howard



Northport-East Northport UFSD



- ★ Soccer, Basketball & Lacrosse
- ★ PE Leaders Club
- ★ Students for 60,000
- ★ Make a Wish Foundation
- ★ NYS Scholar Athlete
- ★ AP Scholar with Honor
- ★ Team Captain - All Division
- ★ All-County All-Star Game

Physical Education & Soccer



Physical education has taught me to look at the positive sides of things, make everyone feel included and just have a great time. The Northport PE program has left a special mark on me that is why I want to pursue this as a career.

Sophia Emr

Patchogue Medford UFSD



Studying: Education

- ★ Soccer & Basketball
- ★ Captain of Girls' Varsity Soccer Team
- ★ All Conference - Varsity Soccer
- ★ Unsung Hero - Varsity Basketball
- ★ High Honor Roll Recipient 9th-12th
- ★ Top 40 Class Ranking

“Health, Physical Education, and sports have taught me the physical benefits of being in good shape, the happiness physical activity provides to my daily life, and the hard work that goes into sports in order to succeed”.

Zachary Maggiacomo



Studying: Business

Patchogue Medford UFSD

- ★ Volleyball, Basketball, Lacrosse
- ★ Member of National Honor Society
- ★ Member of the Spanish and English Honor Societies
- ★ Team Captain - Varsity Basketball and Lacrosse Teams
- ★ Newsday All Long Island - Boys' Lacrosse
- ★ Committed to Boston University to play Division 1 Lacrosse

“Health, Physical Education, and sports have taught me how to work well with others, be a better classmate/teammate, the responsibility of living a healthy lifestyle, and being prepared on a daily basis for what it takes to be a successful student-athlete.”

Preston Biedenkapp



School District:
Port Jefferson

ROYALS



Athletics:
Wrestling and Rowing



Clubs & Activities:
Investment Club, Varsity Club, Peer Leadership Club, Robotics Club



Honors:
3x All County (Wrestling), 1x County Champion (Wrestling), 2x State Qualifier (Wrestling), 2x All State (Rowing), 1x National Qualifier (Rowing), 4th Place at Summer Nationals (Rowing)



Next Steps:
Fairfield University

Health and Physical Education has taught me how doing physically challenging things can have a positive impact on your mind.

Michelle Wu



ROYALS



School District:
Port Jefferson



Athletics:
Tennis, Swimming



Clubs & Activities:
Science Olympiad, Student Government,
Latin Club, Interact Club, Tri-M Honor
Society, National Honor Society, Swim
Instructor



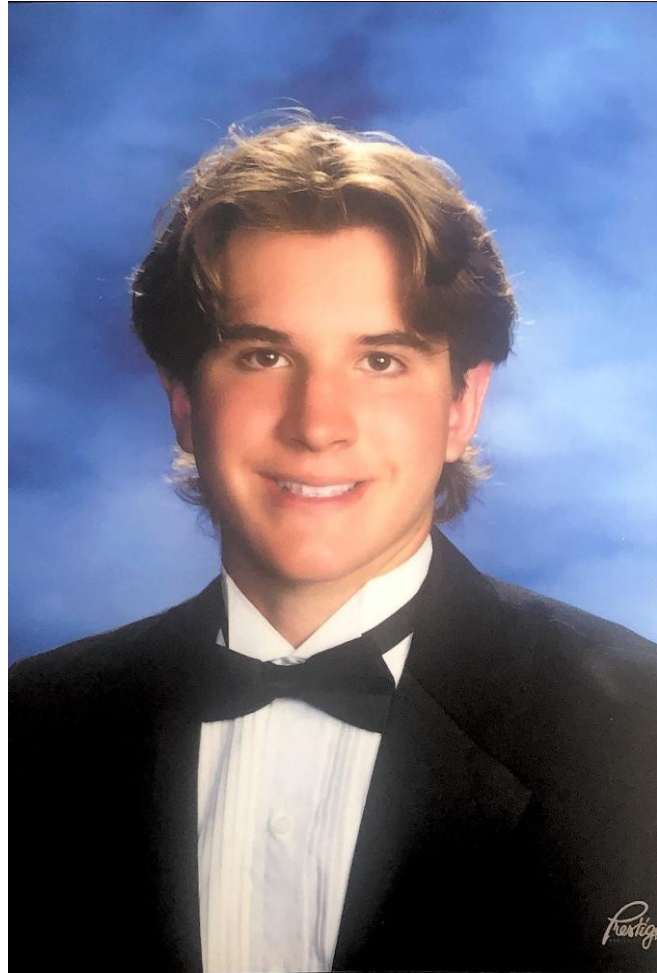
Honors:
National Merit Semi-Finalist, Varsity Tennis
Team Captain



Next Steps:
Major: Economics/Finance

Health and Physical Education has taught me the importance of inclusivity and cooperation in all facets of life.

Benjamin Dono



Riverhead CSD

- ★ Basketball and Tennis
- ★ National Honor Society
- ★ French Honor Society
- ★ AP Scholar
- ★ Athletes Helping Athletes Leader
- ★ Varsity Tennis All League
- ★ Varsity Basketball Captain



Mechanical Engineering Major

Health & PE has taught me the importance of having a healthy mind and body and a nice balance in both school and life.

Jamie Ellwood



Riverhead CSD

- ★ Volleyball, Winter & Spring Track
- ★ National Honor Society
- ★ President French Honor Society
- ★ AP Scholar with honor
- ★ Athletes Helping Athletes Leader
- ★ 2 Year Winter & Spring Track Varsity Captain
- ★ Track - All League, MVP & Coaches Award



Cyber Security
Major



Physical Education is a time that takes away the screens and stress, while fostering exercise and time with friends, something essential to every school day.

Sean Logue



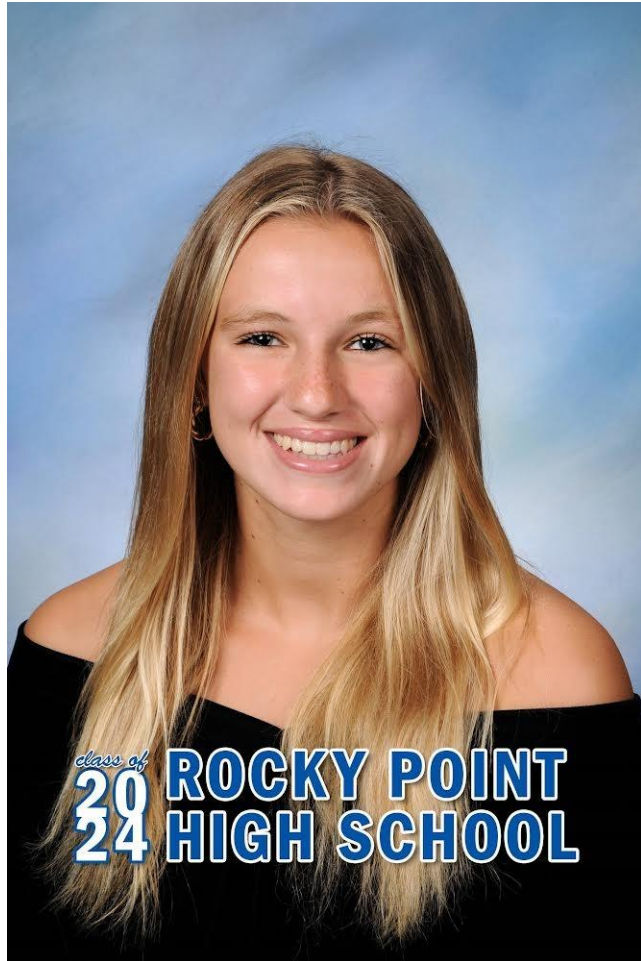
Rocky Point UFSD

- ★ Golf & Basketball
- ★ Team Captain JV Basketball & JV Soccer
- ★ Live Like Susie Award Recipient
- ★ Peer Networking Club
- ★ RP Principals List
- ★ NY State Scholar Athlete

SUNY Cortland: Secondary History Education

Health & Physical Education has taught me many valuable life lessons in teamwork, cooperation and wellness. They have also helped me to better understand and improve my fitness and the importance of living a healthy lifestyle.

Sarah May



Rocky Point UFSD

- ★ Field Hockey, Basketball, Track & Field
- ★ Captain Field Hockey and Basketball
- ★ Field Hockey Two-Time All-County
- ★ Basketball Team MVP
- ★ Spring Track Coaches Award
- ★ AP Scholar with Honors
- ★ National Honor Society
- ★ NY State Scholar Athlete

Next Steps: College: Studying Nursing

Health & Physical Education has taught me fundamental ways to learn the benefits of exercise, positive mentality, healthy self image, teamwork and wellness.

Alexander Apicella



**Sachem
High School
East**



School District:
Sachem East

Athletics:
Basketball, Baseball



Clubs & Activities:

Honors: National Honor Society,
Business Honor Society, 10th Academic
All-League, 11th All-League-Baseball



Next Steps:
James Madison University - Business

Health and Physical Education has taught me ...

Health and Physical Education has taught me to be a leader amongst my peers and become a competitive athlete. My teachers taught me the basics for all the main sports and created the love I have for the sports I play today.

Alexis Berger



Sachem High School East



School District:
Sachem East

Athletics:
Basketball, Flag Football



Clubs & Activities:

Honors:
Skills USA, Teens as Teachers National
Technical Honor Society, Foreign Language
Honor Society



Next Steps:
DeSales University - Sports and Exercise
Physiology

Health and Physical Education has taught me ...

Health and Physical Education has taught me many skills. One skill that I learned in yoga that I will carry with me in my future, is how to meditate stretch and treat my body the best way possible. I never knew how important it was to rest your body and stretch your muscles, especially before physical activity. As I study sports and exercise physiology, I will always keep this in mind and allow myself to continue these steps for the best version of myself.

Anthony DiMenna



**Sachem
High School
North**



School District:
Sachem North



Athletics:
Football Captain, All Division Academic Team,
All County, All Long Island, All State, James
LaBue Top Scholar Athlete Nominee, National
Football Foundation Golden 11 Scholar Athlete

Clubs & Activities:

Honors: Math Honor Society, Science Honor
Society, AP Scholar



Next Steps:
University of New Hampshire on a Football
Scholarship

Health and Physical Education has taught me ...

Health and Physical Education has taught me to work on my communication and leadership skills, which in turn has helped me create friendships and develop habits that I will use for the rest of my life.

Hannah Scionti



**Sachem
High School
North**



School District:
Sachem North



Athletics:
Varsity Soccer
Varsity Lacrosse



Clubs & Activities:

Secretary Student Government

Honors: Foreign Language Honor Society, Science Honor Society, History Honor Society, National Honor Society

Next Steps:

Binghamton - Biology

Health and Physical Education has taught me ...

Health and Physical Education has taught me different aspects of everyday life. My health is very important when playing sports, and I have learned how to stay healthy. Team-building and working has taught me to be able to accomplish a goal like winning a volleyball game or completing an exercise.

Ryder Esposito



Pierson

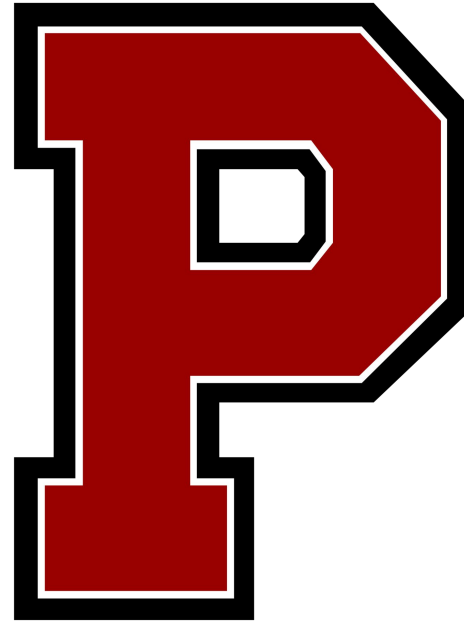
Sag Harbor UFSD

- ★ Soccer
- ★ National Honor Society
- ★ Awards in IB Biology and English
- ★ Varsity Captain
- ★ NY State Scholar Athlete
- ★ All County, All Conference, Suffolk County Exceptional Senior
- ★ All League - Sophomore
- ★ Youth Soccer Camp Coach

Studying Pre-Physical Therapy

Health and Physical Education has taught me how to be a team player and that hard work and dedication can help me reach my goals.

Eva McKelvey



Pierson

College: Trinity-committed to play Field Hockey

Major: Psychology

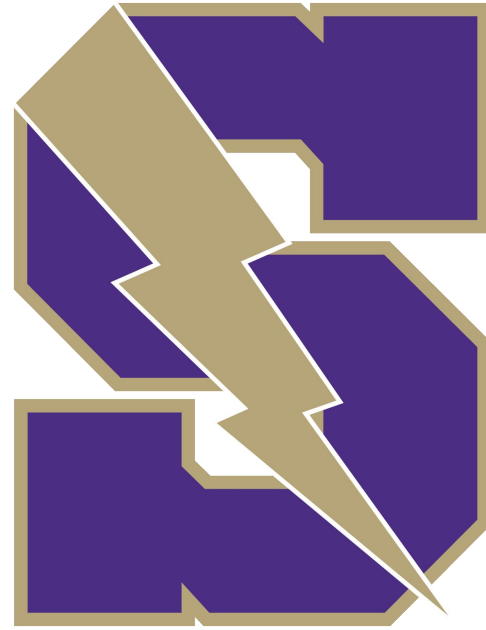
Sag Harbor UFSD

- ★ Field Hockey & Lacrosse
- ★ National Honor Society
- ★ Secretary for Student Council Body
- ★ Academic Awards for Marine Biology, Creative Writing, Chemistry, Algebra II, Statistics, Trig, Health, Earth Science, Forensics Science, CPR/First Aid
- ★ 2x Varsity Captain lacrosse & Field Hockey
- ★ NY State Scholar Athlete
- ★ Field Hockey All Division, All Classification. All-County, & All Long Island-team
- ★ Youth Field Hockey Coach



Health and Physical Education has taught me leadership and communication skills that I will continue to use in both recreational and competitive settings.

Jackson Neugebauer



Sayville UFSD

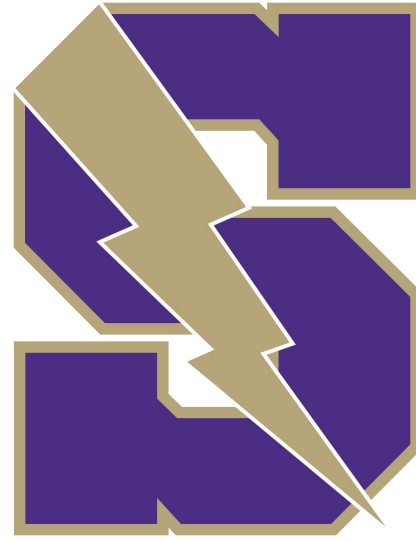
- ★ Football & Lacrosse
- ★ Student-Athlete Advisory Committee President
- ★ World Language Honor Society
- ★ National Honor Society
- ★ Peer Leaders
- ★ Future Business Leaders of America President
- ★ Football Team Captain
- ★ Lacrosse Team Captain
- ★ All-County Football
- ★ All-Division Lacrosse
- ★ James LaBue Top Scholar Award Nominee
- ★ Defensive Newcomer of the Year
- ★ Golden 11 Football
- ★ AP Scholar



College: Between Florida and Michigan Major: Finance

Health and physical education has provided me with the skills I need to live a healthy lifestyle. It has provided me with another place where I learn to work together with others.

Madeline McKillop



- ★ Cross Country, Basketball, Track & Field
- ★ Student-Athlete Advisory Committee Vice-President
- ★ Leadership Club President
- ★ Key Club Officer
- ★ Peer Leaders Club
- ★ Captain of Basketball Team
- ★ Cross Country and Track Team MVP
- ★ Academic All-County - Cross Country
- ★ Unsung Hero Award Recipient - Basketball
- ★ AP Scholar with Honors

College: St. Bonaventure to run Cross Country and Track and Field
Major: Mathematics and Adolescence Education

Health and physical education have fostered the importance of forming healthy habits and provided me with insights on how to live a well balanced lifestyle. This environment has empowered me to develop strong leadership skills, work collaboratively with others, and become self-reflective as I continually set and strive toward personal goals.

Leonardo Dougherty



Undecided

Shelter Island UFSD

- ★ Golf, Basketball & Baseball
- ★ National Honor Society President
- ★ Editor of the School Newspaper
- ★ Class Treasurer
- ★ 3- Year Varsity Player - Golf
- ★ Gardiner Young Scholarship Winner
- ★ Shelter Island HS Scholar Athlete

Physical Education has taught me to be a good teammate. I learned that I can be competitive while still having fun. I also learned the importance of trying my best. My favorite unit in Physical Education was Football.

Kaitlyn Gulluscio



Shelter Island UFSD

- ★ Volleyball, Golf, Basketball, Indoor Track, Softball, Outdoor Track
- ★ Class President
- ★ Leo Club President
- ★ National Honor Society VP
- ★ Editor of Yearbook
- ★ Captain - Volleyball, Track, Basketball
- ★ Girls State Participant
- ★ Shelter Island HS Six Sport Athlete

Elementary Education

Physical Education has given me an avenue to hone my leadership skills. I learned that I can have fun while cooperating with others. Our Physical Education classes have given me a sense of unity with others outside of my friend group. My favorite unit in Physical Education was Outdoor Yard Games.

Emily Cordano

Shoreham-Wading River CSD



- ★ Soccer
- ★ Natural Helpers
- ★ Best Buddies
- ★ Nexus
- ★ SADD
- ★ NHS
- ★ NYS Scholar Athlete

Physical Education has taught me to be more confident and outgoing. PE also taught me that exercise is important for the mind and body well-being.

Thomas Daggett

Shoreham-Wading River CSD



- ★ Soccer, Winter & Spring Track
- ★ Natural Helpers
- ★ Best Buddies
- ★ Student Advisory
- ★ NHS
- ★ Soccer Team Captain/All-Conference

Physical Education has taught me ways to develop my overall fitness and knowledge of health and wellness. PE has also helped me develop values such as sportsmanship and teamwork.

Diego Flores



Smithtown UFSD

- ★ Soccer
- ★ Physics Club
- ★ Science Honor Society
- ★ Math Honor Society
- ★ French Honor Society
- ★ Athletes Helping Athletes
- ★ All East Region
- ★ 3X League Goalkeeper of the Year
- ★ 2x All State
- ★ 3x All County
- ★ News 12 Scholar Athlete

Studying: Healthcare Studies

Health & Physical Education has taught me the true values of self-care and the means of success. It encouraged me to pursue a lifestyle of athletic and academic excellence while simultaneously teaching me the concept of dedication.

Grace McDonald



Smithtown UFSD



Studying: Pre-Med

- ★ Lacrosse & Football
- ★ National Honor Society
- ★ Student Council
- ★ Social Studies Honor Society
- ★ Science Honor Society
- ★ Spanish Honor Society
- ★ Athletes Helping Athletes (President)
- ★ Morgans Message
- ★ Varsity Football
- ★ All Tournament Lacrosse
- ★ 2x All Division Lacrosse
- ★ 5x Scholar Athlete

Health & Physical Education has taught me how to be a better person not only physically but mentally. Being able to use exercise as a way to release pent up emotion has been key to a happier and healthier lifestyle.

James Camilleri



Smithtown UFSD

- ★ Volleyball & Baseball
- ★ National Honor Society
- ★ Chief Marketing Officer, Virtual Enterprise
- ★ National Business, Math, English & Social Studies Honor Society
- ★ DECA NYS Competition
- ★ Relay For Life
- ★ Volleyball Team Captain - All County Honorable Mention
- ★ Athletes Helping Athletes
- ★ Section XI Leadership Conference

Studying: Marketing along with Sports Management

Health, Physical Education, and sports have taught me so many lessons on how to handle failure, adversity, tough breaks, winning with dignity, leadership, teamwork, time management skills. My best days and most awesome memories were made on these teams.

Angelina Savoretti



Smithtown UFSD

- ★ Volleyball & Softball
- ★ Science Honor Society
- ★ Italian Honor Society
- ★ DECA
- ★ Relay for Life
- ★ Business Olympics
- ★ Volleyball Team Captain-All Conference
- ★ Athletes Helping Athletes

Studying: Family Consumer Science

Health, Physical Education, and sports have taught me how to be a leader through learning how to encourage and help motivate students. This has inspired me to become a teacher and coach.

Brynn Johnsen



South Country CSD

- ★ Basketball & Lacrosse
- ★ Athletes Helping Others President
- ★ National Math/Science Honor Society
- ★ Student Government President
- ★ NYS Scholar Athlete
- ★ Board of Education Student Representative
- ★ AP Scholar with Honor Distinction
- ★ Team Captain - All Division

Sport Medicine

Health & Physical Education has taught me the importance of a healthy mind and body but more than anything, it has taught me the importance of building collaborative relationships.

Connor Murphy



**Chemical
Engineering**



South Country CSD

- ★ Soccer & Lacrosse
- ★ National Honor Society
- ★ AP Scholar With Distinction
- ★ Student Council
- ★ NYSSMA
- ★ Math Honor Society
- ★ Science Honor Society
- ★ Athletes Helping Others

My experience in Health & Physical Education at BHS have taught me teamwork and leadership skills that I use everyday.

Chloe Bierfriend



Southampton UFSD



- ★ Volleyball & Lacrosse
- ★ National Honor Society
- ★ Social Justice Club
- ★ Varsity Lacrosse Captain
- ★ Varsity Volleyball Captain
- ★ 3 - Year Varsity Player - Volleyball / Lacrosse
- ★ Section XI Leadership Conference
- ★ Dancer: Ballet & Lyrical

PennState



Criminal Justice/Criminology & Lacrosse

Health & Physical Education has taught me that being a good teammate and leader means supporting and encouraging others. It's about creating a positive and healthy environment where we can all thrive together. I learned the importance of self-care, physical and mental wellbeing and overall how to take care of myself better.

Mason Stevens

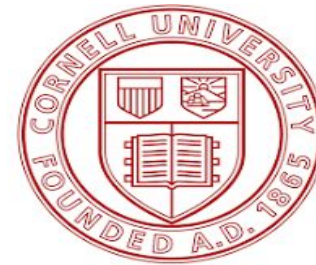


Mariners

Major: Landscape Architecture

Southampton UFSD

- ★ Soccer
- ★ National Honor Society
- ★ Spanish National Honor Society
- ★ Unified Sports
- ★ Varsity Club
- ★ Outing Club
- ★ 4 year Varsity Soccer Starter
- ★ 2 Year Varsity Soccer Captain
- ★ Alex Pfyfe Courage Award



P.E. has taught me how to be a leader, both on and off the field. It has taught me the value of a good teammate, and that makes me want to be that for my teammates, and classmates around me.

Eric Maldonado



*Walt Whitman
High School*

South Huntington UFSD

- ★ Soccer
- ★ **Honor Societies:** National, English, World Language
- ★ Varsity Captain
- ★ All-County
- ★ All-Conference
- ★ Soccer - Exceptional Senior
- ★ Member of 2023 All-Star Game
- ★ Scholar Athlete

***Studying:* Business**

Physical education and Health have taught me the importance of working alongside others.

Megan Rankel



*Walt Whitman
High School*

Studying: Secondary Math Education

South Huntington UFSD

- ★ Volleyball, Badminton
- ★ **Honor Societies:** National, English, Math, Business, World Language, Rho Kappa Social Studies
- ★ Senior class Vice President
- ★ Ambassadors Club
- ★ Natural Helpers Club
- ★ All-Conference Volleyball- 2yrs
- ★ All-League Volleyball
- ★ Athletic Scholar - 4 yrs

Health & Physical Education has taught me life lessons including the ability to communicate efficiently and lead my classmates. It has helped me develop traits that I will need as I become a teacher.

Aiko Fujita



Saint Anselm Major - Biology

Southold UFSD

- ★ Soccer, Basketball, Lacrosse
- ★ National Honor Society
- ★ Basketball Class "B" County Championship
- ★ Lacrosse Class "D" County Championship
- ★ Basketball Unsung Hero
- ★ Lacrosse Unsung Hero
- ★ Lacrosse-All-Tournament
- ★ 5x HMEA Participant
- ★ LISFA Participant

Health & Physical Education has taught Aiko Fujita the importance of living a healthy lifestyle and working as part of a team.

Flynn Klipstein



Finance Major

Southold UFSD

- ★ Cross Country, Winter Track, Spring Track & Field
- ★ Cross Country Class D County Champion, All-State, MVP, All County, & Academic All-county
- ★ 5 Year Varsity Runner, 2 Year Captain
- ★ All league and School Record Long Jump
- ★ Student Body Vice President
- ★ National Honors Society Vice President
- ★ Robotics World Finalist and Secretary

Health & Physical Education has taught me personal habits that will contribute to a healthy lifestyle following my athletic career. Additionally, I learned communication skills through cooperation with my classmates.

Andrew Desimone

Three Village CSD



Ward Melville
High School



College: Undecided
Major: Financial
Engineering

- ★ Volleyball & Badminton
- ★ 2023 NYS Volleyball Finalist
- ★ 2023 Long Island Volleyball Champion
- ★ 2023 Suffolk County Champion
- ★ Suffolk County Volleyball Exceptional Senior (12)
- ★ All County Tournament (Volleyball 11,12)
- ★ All County Academic Elite (12)
- ★ All Division (12)
- ★ President/Founder of Ward Melville Wall Street Club (10,11)
- ★ President of Patriots Fishing Club (12)
- ★ Treasurer of 3V IAB (12)
- ★ Founder of Ward Melville Career Speaker Series
- ★ Founder/Owner of AJ Hooks, small business
- ★ Coach for Long Island Fury Volleyball
- ★ AP Scholar with Distinction (11)

Health and physical education has taught me the importance of sportsmanship and integrity on and off the court. Through activities such as volleyball, handball, and pickleball, health and physical education has given me the opportunity to compete in a friendly environment, fostering a sense of community and respect for one another at Ward Melville.

Emily McGinley



Ward Melville High School



*College: Undecided
Major: Statistics*

Three Village CSD

- ★ *Field Hockey & Lacrosse*
- ★ *2021, 2022, 2023 Suffolk County Finalists*
- ★ *News 12 Long Island Scholar Athlete Award (12)*
- ★ *Suffolk County Field Hockey Exceptional Senior (12)*
- ★ *Varsity Field Hockey Captain (12)*
- ★ *All State Award (Field Hockey, 12)*
- ★ *All Academic (12)*
- ★ *All County Award (11)*
- ★ *All County Honorable Mention (10)*
- ★ *All Tournament (12)*
- ★ *Newsday Suffolk County Top 50 Field Hockey Player (12)*
- ★ *Treasurer of Student Athlete Leadership Team (11)*
- ★ *Secretary of Key Club (12)*
- ★ *AP Scholar with Distinction (11)*
- ★ *National Honor Society Inductee*
- ★ *French Honor Society Inductee*
- ★ *Chemistry Tutor to peers*
- ★ *Blanca's House volunteer for medical missions*

Health & physical education has taught me how to be a positive role model towards my peers through support and effective communication. I am able to find enjoyment by participating in activities such as soccer and pickleball with my classmates and friends. I also utilize physical education as an outlet from my schoolwork.

Liam Henshaw



West Babylon UFSD

- ★ Soccer, Football, Basketball & Lacrosse
- ★ 2X All County Lacrosse
- ★ 3X All Conference Lacrosse
- ★ 5 Varsity Seasons as Captain
- ★ 2X Principal's Award of Excellence Recipient (Physical Education and Business Education)
- ★ National Honor Society, Business and Marketing Honor Society, Foreign Language Honor Society
- ★ Athletes Helping Athletes Member
- ★ High Honor Roll

Next Step: Adelphi University Majoring in Finance & Playing Lacrosse

Health & Physical Education has taught me the importance of being active, while also learning key values, such as; respect, kindness, and teamwork.

Samantha Maucere



West Babylon UFSD

- ★ Soccer, Basketball & Lacrosse
- ★ Captain of the Soccer, Basketball & Lacrosse Teams
- ★ All Division Soccer, Lacrosse
- ★ Unsung Hero Lacrosse
- ★ Treasurer of Varsity Club
- ★ National Honor Society
- ★ High Honor Roll

Next Step: Majoring in Exercise Science & Playing Lacrosse

Health & Physical Education has taught me to love and enjoy being active, while staying healthy and fit throughout my life.

Christopher Piropato



West Islip UFSD

- ★ Varsity Football: 3 Year Varsity Starter, Captain, 2X All County, All Long Island, 1st Team All State, Suffolk Top Linebacker
- ★ Varsity Basketball/Winter Track
- ★ Varsity Baseball: 3 Year Varsity Starter, 2X Captain
- ★ Academics:
3 Sport Scholar Athlete
National Honor Society, National English & Math Honor Societies, HS Wind Ensemble,
- ★ 130+ Volunteer Hours

NEXT STEP: Endicott, RPI or Salisbury/Football Major: Undecided

Health & Physical Education has taught me the importance of being physically active and reinforced the values of empathy, sportsmanship and teamwork.

Carley Squeglia



West Islip UFSD

- ★ Varsity Soccer: 4 Year Varsity Starter, Captain, 2X All Division, All County, All State
- ★ Varsity Lacrosse: 3 Year Varsity Starter, All Division, All County Honorable Mention, 2023 County Champion
- ★ Academics: National Honor Society, National Math, English, Science & World Language Honor Societies,
- ★ 60+ Volunteer Hours with Youth Enrichment Services and youth soccer & lacrosse

NEXT STEP: Elon University/Division 1 Lacrosse Major: Undecided.

Health & Physical Education has taught me the importance of teamwork/team unity and applying it in all aspects of life. It has taught me to set goals and work hard, always striving to reach the next goal.

Gianni Amodemo

Westhampton Beach UFSD



- ★ *Football*
- ★ *3 year Varsity Football*
- ★ *2x All-Division Football*
- ★ *4 year Honor Roll*
- ★ *2 years of Baseball*
- ★ *Peer/Buddy in Unified PE*
- ★ *Unified Field Day Participant*

College: Undecided Considering: Liberty University; Clemson University
Major: Business

Health & physical education has taught me the importance of staying active, and being competitive with my fellow classmates. Physical education has taught me the important life skills such as teamwork and discipline to develop a more active and healthy lifestyle.

Haley Waszkelewicz



College: Undecided: Considering: Univ. Miami Major: Sociology



Westhampton Beach UFSD

- ★ *Volleyball*
- ★ *4 year Varsity Volleyball*
- ★ *2 year Varsity Volleyball Captain*
- ★ *AP Scholar with Distinction*
- ★ *AP Capstone Diploma*
- ★ *National Honor Society*
- ★ *Principal's Honor Roll*
- ★ *Senior Class President*
- ★ *Director, 2024 Unified Field Day*
- ★ *Math, Science & World Language Honor Society*
- ★ *Girl Scout - Gold Award*

Health & physical education has taught me about inclusion and how to uplift my classmates. It has helped me develop teamwork and communication skills through group activities and sports. It has shown me that pushing myself out of my comfort zone can lead to personal growth and achievement.

Simmone Chippy

Wyandanch UFSD



- ★ *Cross Country*
- ★ *Track & Field*
- ★ *National Honor Society*
- ★ *NYS Scholar Athlete*
- ★ *JRTC*

Health and Physical Education have instilled in me the significance of maintaining an active lifestyle and embracing habits that promote overall well-being.

Marvin Fenwick



Wyandanch UFSD

- ★ *Varsity Football*
- ★ *Track & Field*
- ★ *Kappa League*
- ★ *Wyandanch Marching Band*
- ★ *NYS Scholar Athlete*

Health & Physical education have taught me the value of advocating for and living a healthy lifestyle.

Officers and Executive Board Members

President	Lori Hewlett
President-Elect	Patricia Gremillion-Burdge
Past President	Kerry Hogan
Secretary	Clodagh Harte
Treasurer	Dr. Lois Kahl
VP Adapted	Elizabeth Bolger
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VP Coaches	William Mallon
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VP Dance	Elizabeth Bolger
VP Elementary PE	Kerry Hogan
VP Equity, Diversity & Inclusivity	Kathleen Peterson
VP Exercise Science	Jared Rago
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VP Higher Education/Research	Dr. Lois Kahl
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Conference Registration	Leslie Sewell/Lois Kahl
Amazing Person Awards	Joanne Hamilton
Fit Club	Elizabeth Bolger
High School Awards Dinner	Patricia Gremillion-Burdge
	Drew Walker/Dr. Ryan Cox
Professional Awards	Joanne Hamilton
Professional Awards Dinner	Leslie Sewell/Lori Hewlett
Elem/Middle School Awards	Kerry Hogan
Mini-Grants	Maryann Hamilton
Vendor/Banner Sponsorships	Joanne Hamilton
Technology	Amanda Stallone
Special Advisor	Drew Walker

Good night!

If you would like to become a member of NYS AHPERD Suffolk Zone or volunteer for one of our committees, Please email suffolkzone@gmail.com or president.elect@suffolkzone.org