

FORMER BEACON SOCCER PLAYER JOINS THE COACHING STAFF

2006 Beacon High School graduate Caitlin Morrison accepted a teaching position at her alma mater and has joined the girl's soccer coaching staff as a modified coach.

Caitlin was a three sport athlete during her high school career. Although Caitlin excelled in basketball and softball, her best sport was soccer where she was All League for four years and All Section and All State in her senior year.

Caitlin went on to play four years of soccer at Adelphi University where she earned many awards including 2nd team All Section and 2nd team all North East Conference. In 2009 she made the North East Conference All Academic Team.

Caitlin graduated Adelphi in 2010 with a BS in mathematics. In 2011 she received a master's in education from Adelphi and will be teaching mathematics at the high school.

We are very excited about the return of Caitlin Morrison to the high school as well as to the athletic department. Good luck Caitlin!

Parent Meetings Are a Success

In an effort to improve communication with parents, the Athletic Director is conducting Parent-Athlete Meetings for all high school sports teams. Selected NYSPHSAA and Beacon Athletic Department rules, high school sports expectations and philosophy, communication with coaches and the athletic office, sportsmanship, transportation to and from contests, dealing with injuries and the use of the athletic trainer, academic eligibility and expectations for parent/spectator behavior are some of the topics discussed during the meetings. The head varsity coach is given an opportunity to discuss their individual sport code of conduct and expectations.

Over the past three seasons the meetings have been well received by parents and have helped eliminate potential problems due to lack of communication.

BY THE NUMBERS!!

401 Athletes were Cleared to Participate in Fall Sports (as of Sept. 8, 2011).

BHS—293 and RMS—108



“ The dictionary is the only place where success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price.”

Vince Lombardi



2011 SPRING POST SEASON AWARDS



Poughkeepsie Journal All Stars

Aaron Perez	First Team Boys Tennis
Chris Fairweather	First Team Boys Tennis
Domonique Peterson	First Team Girls Track
Tori Alexander	First Team Girls Track
Corene Gadsden	First Team Girls Track
Jodi-Kaye Haber	First Team Girls Track
Alex Bowen	First Team Boys Track
Tony Romanelli	First Team Baseball
Billy Boyle	Honorable Mention Baseball
Kris Fragomeni	Honorable Mention Baseball
Billy Sablinski	Honorable Mention Baseball
Patrick Schetter	Honorable Mention Baseball
Spenser McElhoney	Honorable Mention Boys Tennis
Michael Perez	Honorable Mention Boys Tennis
Paige Rutkoske	Honorable Mention Girls Track
Mikiel Moloney	Honorable Mention Boys Track
Hayward Matthews	Honorable Mention Boys Track
Akeva Melchor	Honorable Mention Boys Track
Kathleen Davis	Honorable Mention Softball
Shaylyn Wood	Honorable Mention Softball
Chelsea Dexter	Honorable Mention Softball
Tori Kerr	Honorable Mention Lacrosse
D'Neisha Garrett	Honorable Mention Lacrosse
Emily Eraca	Honorable Mention Girls Golf
Kyle Dolcemascolo	Honorable Mention Boys Golf
Evan Pendelton	Honorable Mention Boys Golf
Mark Pendelton	Honorable Mention Boys Golf

Poughkeepsie Journal Girls Track Athlete of the Year

Tori Alexander

All NYS Baseball Player

Tony Romanelli

6th Team





2011 FALL SEASON PREVIEW



Varsity Girls Swimming

Coach: Larry Collins – 10th season

Returning Players: Emily Erca, Lindsey Hecker, Amanda Fung, Kassey Gonzalez, Marylyn Masmela, Brienne Thorton, Summer Rotering, Joy Rotering and Paige Rutkoske

New Swimmers to Watch: Addisen Rutkoske and Emmanuelle Palikuca

Coaches Quote: The team will continue it's winning ways by challenging for a league and divisional championship. The team has high expectations for it's two relay teams and two individual swimmers. Paige Rutkoske returns as a NYSPHSAA state qualifier.

Varsity Girls Tennis

Coach: Laura Thomas – 1st year head coach and 4th year in the program.

Returning Players: Stevie Borello, Lian Gersh, Hena Kalola, Alexandra Shea, Jackie Cimmino and Valeria Zukova

New Players to Watch: Caroline Banks, Adele Antalek

Coaches Quote: The Varsity team lost 5 girls from last season to graduation and are bringing up a majority of the JV players to fill the role. We are working hard on our doubles play and with this young team we are hoping to set the bar high and exceed expectations. With hardwork and a good attitude this team is going to have a fun and successful season.

Varsity Boys Soccer

Coach: Craig Seaman – 12th year head coach and 14th in the program

Returning Players: TJ Zehner, Kevin Walsh, Michael Perez, Erik Gaster, Greg Cory, Taj Humbert, Kyle LeClerc, Shaquan Willis, Mario Riccardi, Anthony Williamson, Kevin Davis

New Players to Watch: Kantu Thole, Vrajesh Patel, Brett Gallio. Jose Ramon

Coach's Quote: Optimistic about this season with 11 returners from last year's squad. Hope to contend for the league title and then try to make a run in Sectionals.

Varsity Girls Soccer

Coach: Jeff Matus 6 years head coach and 9 in the program. Assistant Coach—Tim Newman

Returning Players: Jessica Sheehan, Caitlin Sheehan, Anni Jacketti, Jesse Sonko, Alexis Fragomeni, Tori Kerr, Noriana Radwan.

New Players to Watch:

Coach's Quote: After being over matched in a tough league the last two years, the the Lady Bulldogs find themselves in a position to compete for a league championship. Even with key players graduating, the team still returns a core of solid players. This season has the potential to be one of the best seasons in many years.

Varsity Football

Coach: Brian Mahon— 2nd year head coach, 12 years of coaching Football 12 in Beacon.

Key Returning Players: Jarrell Brown, Mark Bracey, Albetto Rios, Dan DiRubbo, Chas Delbene, Chris Wolfe, Tom Korzakwinski, Ian Schmidt.

New Players to Watch: Kris Buck, Marquis Brown, Taurus Phillips.

Coach's Quote: The Bulldogs want to build on a 3 –5 season last year. With a JV team that went undefeated last year and a large number of players coming out for the team, expectations and hopes are high! Right now the Bulldogs have their sights on opening game rival, Lourdes.

Since the end of last season the football team has developed a clear focus and started it in the weight room. During the spring, the team participated in the Washingtonville HS 7 on7 challenge which was a great experience for the players. The summer workouts had an average of 30 players in the weight room 3 times a week. Players and coaches also did a clinic for pop warner. The football program has approximately 80 players from 9-12th grade and expect 30 - 40 at the modified level.

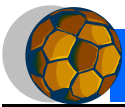
Varsity Cross Country

Coaches: Jim Henry—9th season and DJ Paulson—1st season.

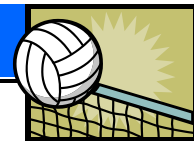
Key Returning Runners: The top 2 individual returners are (Senior) Mallory Rutkoske and (Junior) Meghan MacEnroe. Both runners were All-League selections last season, covering the 5K distance in just over 22 minutes. If they can remain injury free, they will both have a chance to qualify for the State Championship in November.

Runners to Watch For: (Junior) Davey Dechent-Robertin and (Junior) Russell Ng both ran last season but are showing a great deal of improvement this pre-season and should both have an opportunity to break 20 minutes this fall.

Coach's Quote: For those who don't recognize the difference between "track" and "cross country", Cross Country is the sport in which runners race 5 kilometers (3.1 miles) up and down across fields, through woods, and along trails. Over the years, Beacon has not done particularly well as a team in cross country due to lack of depth. Getting kids to commit to the amount of work that it takes to become truly good at this sport is difficult. At a minimum, Varsity runners need to be totaling 30 - 40 miles per week.



2011 FALL SEASON PREVIEW



Varsity Volleyball

Coaches: Ron Pagliaro—7th year and Nicole Curtin 2nd year.

Returning Players: Chelsea Dexter, Anaya Warner, Domonique Peterson, Kathleen Boyle, and Billie Rothberg

New Players to Watch: Kristen Yanarella

Coaches Quote: The volleyball program had a tremendous amount of students tryout which made decisions on “cutting” players very difficult. The team is very young and inexperienced but still expects to compete in a league with much larger schools, including Section Champion, Arlington.

JV Volleyball

Coach: Cathy Schetter -8th year

This years JV volleyball team is both young and energetic. The team carries one eight grader, nine freshman and four sophomores. The team spent the majority of the preseason working on using proper technique and communication skills on the court. Coach Schetter has already seen improvement in both areas and is expecting that to continue throughout the season.

Varsity and JV Cheerleading

Coaches: Alisa Pacheco 2nd year varsity and 3 years in the program and Nycole Ford 2nd year.

Returning Cheerleaders: Nicole Williams, Destiny Lucas, Dessire Lamar, Veronica Zias, Rachel B, Alyssa Barber, Trieney Bilou, Ivelisse Crocker, Emily Whitney, McCaila Heady, Stephanie Molina

New Cheerleaders to Watch: Kayla Winters Krishna-Jo Fullerton, Melvin Lopez, Asia Williams, Jessica Schmidt

Coaches Quote: The team’s goal is to do the very best they can at competitions and bring home a championship. The cheerleaders also want to get the school more involved with the spectators when cheering for the football and basketball teams. The JV and Varsity Cheer teams practiced all summer and went to cheer camp in preparation for the season.

JV Boys Soccer

Coaches: Hugo Alzate— 6th year as the JV boys coach and 9th year in the soccer program.

After playing in the toughest league that Beacon ever had with 6 games that included murderer's row of John Jay, Ketcham & Arlington HS twice each. This season's schedule appears to be much less competitive for a team that had a record of 9-6-1. This year the JV boys soccer team plans on improving on last year's result's and winning at least 10 of their 16 games. If there was a league title up for grabs, this would be the year for the Bulldogs playing a league of Peekskill, Poughkeepsie, Haldane, Pawling, Dover, JFK & Putnam Valley. In the past 6 years, the JV boys team has a record of 12-3 against those schools.

JV Girls Soccer

Coach: Christina Dahl—7th year

The JV girls soccer team looks forward to a bright season this year. After battling a tough schedule last year the competitive Lady Bulldogs are eager to face the challenges of a new league match up. The team returns many key players from last years roster and prospective newcomers are excited to fill vacant positions. The Lady Bulldogs are off to a remarkable start showing intense play and determination during preseason soccer. With continued hard work, team work and dedication the Lady Bulldogs will be a force to reckon with.

JV Football

Coaches: Mike Mullins—2nd year and 5th in the program and Adam McPartland—2nd year.

Last year the JV team had a undefeated season (8-0) led by great student athletes. For the upcoming season, the coaching staff has high expectations. The team has a few starters returning and has additional young talented athletes in their quest to another successful season. The goal of JV football is to build athletes knowledge of the game and allow for them to enjoy themselves while doing it. The coaching staff takes pride in teaching students that academics comes first and football is second. The coaches are geared up and ready for a good season and in the process produce solid players that will be ready to progress to the Varsity level.

WHAT ARE ATHLETIC TRAINERS?

Certified athletic trainers are medical experts in preventing, recognizing and rehabilitating injuries that result from physical activity. An athletic trainer's job responsibilities begin with injury prevention. This responsibility includes educating athletes about what they should do to avoid putting themselves at risk for injuries. Athletic trainers also may advise people about the proper use of equipment and may apply protective devices, such as tape, bandages, and braces. When someone is injured during a sporting event, athletic trainers are often among the first healthcare providers to arrive at the scene. Therefore, they must be able to recognize, evaluate, and assess injuries and provide immediate care, when needed. Athletic trainers also are involved in treating and rehabilitating injuries.

Athletic trainers need a bachelor's degree from an accredited athletic training program to obtain certification. In addition a successful candidate for board certification must pass an examination that includes written questions and practical applications. Athletic trainers must continue taking medical-related courses and adhere to a code of ethics to maintain certification.

The Beacon City school district employees two certified Athletic trainers that provide care to our student athletes as well as students not participating in sports. Our trainers are available throughout the day starting before school, for injury evaluations, until practices and games have been completed. In the event your child is injured our trainers will work in conjunction with the school nurses and school physician to provide care for and ensure the safety of our student athletes. If your child needs to see a doctor for an injury/illness they need to provide the school with a note in order for them to return to participation with the team. When seeing your doctor it is important to let them know that your child's school has an athletic trainer that can assist with a safe return to play.

There is no way to prevent all injuries from occurring while participating in athletics. However, when an athletic trainer can provide the appropriate care in a timely fashion it can reduce the severity of an injury and allow for a quicker and safer return to play for our student athletes.

Scott Sabatelle

Matthew Frustaci



2011 Conference I Fall Leagues

	<u>Volleyball</u>	<u>Boys Soccer</u>	<u>Girls Soccer</u>
★ Base League Alignment	Beacon	Beacon	Beacon
★ Beacon	Arlington	Dover	Dover
★ Arlington	RCK	Pawling	Pawling
★ RCK	John Jay EF	Peekskill	Peekskill
★ John Jay EF	Poughkeepsie	Poughkeepsie	Poughkeepsie
★ Poughkeepsie	Lourdes	Haldane	Haldane
★ Lourdes		Putnam Valley	Putnam Valley
★ Dover		JFK	JFK
★ Pawling			
★			
★ Girls Swimming	Girls Tennis	Cross Country	Football
★ Beacon	John Jay CR	Hendrick Hudson	Harrison
★ Arlington	Hen Hud	Peekskill	Rye
★ RCK	Beacon	Putnam Valley	John Jay CR
★ John Jay EF	Lakeland	Haldane	Horace Greeley
★ Lourdes	Panas	Dover	Ossining
★ Poughkeepsie	Mahopac	Pawling	Roosevelt
★	Yorktown	Beacon	Lakeland
★			Sleepy Hollow
★			Pelham
★			Beacon
★			Byram Hills
★			Yonkers
★			Peekskill
★			

