

ROMANELLI EARNS ALL AMERICAN

Tony Romanelli earned the Louisville Slugger Honorable Mention All American Award this spring. As a sophomore on the baseball team Tony was also awarded 3rd team All State, All League, Poughkeepsie Journal All Star, Dutchess County Pitcher of the Year, All Section, and Conference I Pitcher of the year awards. Tony has verbally committed to Wake Forest for a baseball scholarship.

BY THE NUMBERS

464 Athletes cleared to participate in Fall Sports
 BHS: 297
 RMS: 167

Chelsea Dexter Earns First Team All State

Following a memorable Section Softball Championship, Chelsea Dexter earned First Team All State honors. Chelsea was Beacon High School's only First Team All State athlete, in any sport. As a senior, Chelsea hit .409 with seven home runs, 32 RBI, 30 runs scored and .851 slugging percentage. Chelsea has been an key player on the varsity softball team for four years.

<u>2012 Conference I Fall Leagues</u>			
Base League Alignment	Volleyball	Boys Soccer	Girls Soccer
Beacon	Beacon	Beacon	Beacon
Arlington	Lourdes	Yorktown	Lakeland
RCK	RCK	Lakeland	Pawling
John Jay EF	John Jay EF	Panas	Peekskill
Poughkeepsie	Poughkeepsie	Arlington	Poughkeepsie
Lourdes		Lourdes	Haldane
Dover		JFK	Putnam Valley
Pawling			Hendrick Hudson
Girls Swimming	Girls Tennis	Cross Country	Football
Beacon	Beacon	Beacon	Beacon
Arlington	Peekskill	Peekskill	Horace Greeley
RCK	Haldane	Putnam Valley	Hendrick Hudson
John Jay EF	Lakeland	Haldane	Panas
Lourdes	Panas	Hendrick Hudson	Pearl River
Poughkeepsie	Poughkeepsie	Pawling	Fox Lane
	JFK		Yonkers
	Pawling		Harrison
			John Jay CR
			Riverside
			Tappan Zee
			Rye
			Lakeland
			Sleepy Hollow



2012 SPRING POST SEASON AWARDS



Poughkeepsie Journal All Stars

Michael Perez	Honorable Mention Boys Tennis
Domonique Peterson	First Team Girls Track
Nicole Williams	Honorable Mention Girls Track
Paige Rutkoske	Honorable Mention Girls Track
James Brown	First Team Boys Track
Tony Romanelli	First Team Baseball
Patrick Schetter	Second Team Baseball
William Sablinski	Second Team Baseball
Dan Golembiewski	Second Team Baseball
Billy Boyle	Honorable Mention Baseball
Tori Kerr	First Team Girls Lacrosse
Ana Jacketti	Honorable Mention Girls Lacrosse
Kailee Ruyack	Honorable Mention Girls Lacrosse
Chelsea Dexter	First Team Softball
Kathleen Boyle	Second Team Softball
Kristen Yanarella	Second Team Softball
Leandra Echi	Honorable Mention Softball
Ashley Gonzalez	Honorable Mention Softball
Sara Laurelli	Honorable Mention Softball
Jenna Malouf	Honorable Mention Softball
James McQuade	Honorable Mention Boys Golf
Chris Sbarra	Honorable Mention Boys Golf
Emily Eraca	Honorable Mention Girls Golf

Poughkeepsie Journal Girls Track Athlete of the Year

Domonique Peterson

All NYS Baseball Player

Tony Romanelli	3rd Team
Dan Golombiewski	8th Team

All American Baseball Player

Tony Romanelli	Honorable Mention
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All NYS Softball Player

Chelsea Dexter	1st Team
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Concussion Management and Awareness

The following is a summary of the Concussion Management and Awareness Policy to be followed for all students in the Beacon City Schools that display signs and symptoms of a concussion. This includes interscholastic athletes as well as students in physical education classes. This policy is based on the Concussion Management and Awareness Act that will go into effect on July 1, 2012 for all public schools and charter schools.

Education:

Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.

Information:

The Beacon City School District will provide Concussion Management and Awareness information to parents and students. Information will be made available in written documents and sign off on the BCSD Permission to Participate Form. Concussion management and awareness information and the school district concussion policy will be made available on the Beacon School District website www.beaconcityk12.org

Removal from Athletics:

Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury (exhibiting the signs and system of a head injury). No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.

Return to Play Protocol

During the recovery period, in the first few days following the injury, it is important to emphasize to the athletes that physical and cognitive rest is recommended. Activities that require concentration and attention may exacerbate the symptoms and as a result delay recovery.

Return to Play Following a Concussion: Six Step Process:

This progression will be over 7-10 days for return to play with a minimum of 7 days.

1. No physical activity. Once asymptomatic, proceed to next level.
2. Light aerobic exercise such as walking, or stationary biking (non-athletic activity).
3. Sport specific exercise (skating in hockey, running in soccer etc.)
4. Non-contact drills
5. Full contact training and/or exertional testing *after medical clearance*
6. Game play

With this progression the athlete should continue to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the athlete should drop back to the previous asymptomatic level and try to progress again after 24 hours. Athlete should be symptom free without the use of any medication to mask the pain. The program and return to play will be monitored by the athletic trainer.





2012 FALL SEASON PREVIEW



Varsity Girls Swimming

Coach: Larry Collins – 12th season

Returning Players: Paige Rutkoske, Addy Rutkoske, Lindsey Hecker, Emily Eraca, Emmanuelle Palikuca, Kassey Gonzalez, Amanda Fung, Brienne Thornton and Joy Rotering

New Players to Watch: Lauren Hernandez, Julia Santa Maria and Tina Luchetta

Coach's Quote:

Building on last year's 9-3 record and look for our first divisional championship. Paige Rutkoske returns as a three time NYSPHSAA state qualifier.

Varsity Girls Tennis

Coach: Laura Thomas- 5th year in the program

Returning Players: Lian Gersh, Hena Kalola, Alexandra Shea, Adele Antalek, Caroline Banks, Jaimie Plihak, Elizabeth Kim, Kayla Mesmain, Jessica Tobar

New Players to Watch: Kerri & Kelli Moseman, Naomi Miller

Coach's Quote: The Varsity team lost seven seniors at the end of last season. We are fortunate to have some determined, energetic and passionate players returning who are looking forward to a positive season in our new league.

Varsity Boys Soccer

Coach Craig Seaman (13th season as head coach)

Key returners: Kevin Davis, Taj Humbert, Kyle LeClerc, Erik Gaster, Greg Cory

New players: Dimas Arroyo, Tom Giavatto

Quote: Our league is going to be extremely challenging with three of the best teams in Section 1 (Arlington, Lakeland, Yorktown). We're going to need some young guys to contribute and we need our veterans to be outstanding. Hopefully, the league will prepare us for post-season.

Varsity Girls Soccer

Coach: Jeff Matus 7 years as head coach 10 in the program

Returning Players: Claudia Corneya, Laura Demetros, Brooke Dennin, Miranda Dross, Le-Ann Dyson, Alexis Fragomeni, Mary Heranadez, Jessica Sheehan, Casey Rothberg, Noriana Radwan

New Players to Watch: Alexandra Arce, Karen Demetros, Natasha Foster, Ciarda Hall, Emma Haran, Mary Jacketti, Jessica Jenkins, Gabby Kerr, Kelsey Sullivan, Alexis Winkelmann, Chelsea Zukowski

Coach's Quote: This year we have a good mix of returning players and newcomers to the team. We are looking forward to a great season and we hope to make a run at the league title.

Varsity Football

Coach: Brian Mahon— 3rd year head coach, 13 years of coaching Football 12 in Beacon.

Players to Watch: Chas Delbene, Justin Espinal, Jon Underwood, Kevin Peeples, Bobby Winkelmann, and Taurus Phillips

Coach's Quote: The bulldogs are hoping to build on last season's 6-2 record. The players have worked hard all spring and summer. We won the Washingtonville 7 on 7 tournament and are eager to prove that we are a contender this season.

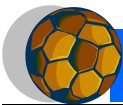
Varsity Cross Country

Coaches: – Jim Henry - 10th season and DJ Paulson - 2nd Season

Returning Players: Davey Robertin, Jon Cruz, Russell Ng, Tim Dowd, Megan MacEnroe

New Players to Watch: Anthony Monroe

Coach's Quote: The boys team returns four seniors who are entering the season in excellent shape. With a few new additions, the team looks to become increasingly competitive in our league. The girls squad is led by returning All-league senior Megan MacEnroe and boasts several talented younger runners. If they can continue to work hard and have a successful season, it will be a nice foundation for building a formidable squad in the not so distant future.



2012 FALL SEASON PREVIEW



Varsity Volleyball

Coaches: Nicole Curtin —2nd year

Returning Players: Kathleen Boyle, Billie Rothberg, Hope Angeloni, Kelly Scozzafava, Deandrya Gonzalez, Britni Grohosky, Jalana Fuller, Kristen Yanarella, and Melanie Alejandro

New Players to Watch: Leandra Echi and Cyan Vazquez

Coach's Quote: The lady Bulldogs are looking to have a competitive season. With nine returning players, the lady Bulldogs have experience and determination to win.

JV Volleyball

Coach: Cathy Schetter -9th year

Coach's Quote:

This year's JV volleyball team has gotten off to a nice start. We have a nice mix of returning 10th graders and some athletic and eager to learn freshman. We look to improve our skills both individually and as a team as the season progresses!

Varsity and JV Cheerleading

Coach: Alisa Pacheco— 3rd year varsity coach, 4 years of coaching High School level cheerleading in Beacon.

Key Returning Players: Ivelisse Crocker, Kayla Winters, Ebby Sealey, Asia Williams, Krishna-Jo Fullerton, Jasmin Santana, McCaila Heady, Shaolyn Cureton, and Jessica Schmidt.

New Players to Watch: Ivelisse Crocker, Kayla Winters & Jasmin Santana All American Cheerleaders

Coach's Quote: "Be the best you can be. Work hard, stay sharp, clean, tight, smile and HAVE FUN !"

JV Boys Soccer

Coach: Hugo Alzate—8th year

Key New Comers – Brandon Bernardi, Terrel Davis, Jason Antalek, David Adams, Ryan Strong, Declan Costello

Key returners – Melqui Valentin, Eamon Nemeth, Kieran Nemeth, Tyler Ericson

With only 4 returning players from last year's 8-2-1 squad, you would think the JV Boys Soccer team has a lot to work on but they don't. The team looks as strong as ever. With Coach Alzate away for the first week of tryouts due to his honeymoon, the team is a week behind the other teams in the area strategically speaking. Fortunately, the team still managed to get a strong 3-0 record to start the season. The team looks to really make a name for itself as it begins its league schedule this week. This team can score goals like no other team I've coached in the past but the question is will our defense be able to shut down opposing teams consistently enough??

JV Girls Soccer

Coach: Christina Dahl—8th year

Key New Comers – Chloe Antalek, Lauren Schetter, Yulissa Lotero, Gabby Lucas, Leah Giavatto, Emily Kidd

Key returners – Kyra Johnston

This is a young team that has the potential to do very well this season. We start a 7th grader, two 8th graders and only have two returning players from last year. As a team the players work well together and I expect great things from them this season. Since pre-season this year's team has improved tremendously and they continuously demonstrate the characteristics of hard work and dedication on the soccer field. It has been a pleasure to be able to coach such a great group of players .

JV Football

Coaches: Mike Mullins—3rd year and 6th in the program and Adam McPartland—3rd year.

Returning Players to Watch: Kyle Perucci, Peter Telesco, Craig Haynes, Mitchell Tyburzcy, Brian Harris, Frank Jemty David Okoh, and Kishaun Bell as well as all of our other sophomores who have all been working extremely hard during offseason to continue our success. Some of our freshman players to watch would include Cameron Shorey, Michael Merritt, and Justin Warner as well as all our 9th graders who have been working hard all during camp to help our team become successful.