



FALL 2009/10 ATHLETIC POST SEASON HONORS



Dear Sachem Friends,

Congratulations to the student athletes listed below for receiving post season honors in their perspective fall sport. These student athletes are recognized for their accomplishments and exceptional performances. These recognitions are awarded by the New York State Public High School Athletic Association, Section XI, Suffolk County coaches associations, Newsday and other sports related foundations.

Sachem East Post Season Award Winners

Boys Varsity Cross Country:

League Champions
Division Champions
Section XI Class AA Champions
NYS Scholar Athlete Team

Joseph DiRienzo:	All League, All Division, All County
Matthew Fritze:	All League, All Division, All County
Philip Rascona:	All League, All Division
Michael Richards:	All League, All Division, All Academic
Alex Saavedra:	All League, All Division, All County, All Long Island

Girls Varsity Cross Country:

NYS Scholar Athlete Team

Caitlyn Ryan:	All League, All County, All Division, All Academic
Meghan Walsh:	All League

Varsity Field Hockey:

NYS Scholar Athlete Team

Samantha Alvino:	All Division
Jessica Caruana:	All Conference, All County
Jillian Donodeo:	All County
Taylor Howell:	All Tournament
Samantha McGarry:	All Tournament
Melissa McKeveny:	All County Honorable Mention
Katie Trombetta:	All County Honorable Mention

Varsity Football:

NYS Scholar Athlete Team

Chris Dilorio:	All Division, All County
----------------	--------------------------

Boys Varsity Soccer:

NYS Scholar Athlete Team

Nick Bejarano: All Conference
Nick Coffaro: All Academic
Ryan Murphy: All League
Paul Sciortino: All County, All Conference, Exceptional Senior Team

Girls Varsity Soccer

League Champions
NYS Scholar Athlete Team

Ralph Forman: League 1 Coach of the Year

Kristin Butzke: All League
Kelsey Ferguson: All League, All Conference, All County, League 1 Player of the Year, 5th Team All State
Alyssa Gutierrez: All League, All Conference, All County, All Long Island, 3rd Team All State, Suffolk County Goal Keeper of the Year

Emily Hansen: All League, All Conference
Victoria Hassett: All League, All Conference, All County
Lisa Luchsinger: Academic All League
Alyssa Picascio: All League, All Conference
Emily Werkmann: Academic All League

Girls Varsity Swimming:

NYS Scholar Athlete Team

Danielle Lifavi: All League
Valerie Zeffiro: All County

Girls Varsity Tennis:

NYS Scholar Athlete Team

Emily Costanza: All League
Marissa MacAneney: All League

Boys Varsity Volleyball:

NYS Scholar Athlete Team

Randall Colson: All County
Tim Doherty: All Division Honorable Mention
Brendan Jones: All County
Martin Maningo: All County Academic
Ryan McCloskey: All County Academic Elite
Michael Moynihan: All Division Honorable Mention

Girls Varsity Volleyball:

NYS Scholar Athlete Team

Caitlin Hopkins: All Conference, All County
Meghan Laffin: Suffolk County Super 7, Academic All County, All County, Newsday All Long Island Team
Lauren Smith: All League, Academic All County

Sachem District Girls Gymnastics:

NYS Scholar Athlete Team

Stephanie Citro: All State, Suffolk County Girls Gymnastics Coaches Association Scholarship
Andrea Farina: All County
Alexis Grasso: All League
Brittany Hirson: All League Honorable Mention
Kira Jarrar: All County
Christina Lark: All League
Jennifer Reinhart: All League
Danielle Zaput: All League

Sachem North Post Season Award Winners

Boys Varsity Cross Country:

NYS Scholar Athlete Team

Connor Dolan: All League, All Division, All County
Joe Johnson: All League, All Division, All County
Brian Wersan: All League, All Division, All County

Girls Varsity Cross Country:

NYS Scholar Athlete Team

Kelly Lavan: All League
Keira Wood: All League

Varsity Field Hockey:

NYS Scholar Athlete Team

Andrea LiCostie: All County Honorable Mention
Jennifer Mueller: All Division
Jessica Sweeney: All Conference
Lauren Waka: All Conference

Varsity Football:

Division Champions
Undefeated Regular Season
Suffolk County Division 1 Finalists

Michael Andreassi: All Division, Excel Player of the Week, Academic All Division
Angelo Armine: All Division, Academic All Division
Mayer Calbitaza: All Division
Ryan Gerondel: All Division, NFF Scholar Athlete, Academic All Division
Ryan Grasman: All Division, Academic All Division
Joe Kirchner: All Division, 2nd Team All Long Island, Academic All Division
Tim Lang: All Division, Academic All Division
Davon Lawrence: All Division, 1st Team All Long Island
Andrew Mellina: All Division
Jesse Scanna: All Division, Academic All Division
James Thompson: All County

Boys Varsity Soccer:

NYS Scholar Athlete Team

Stephen Chetuck: All County, All Conference
Kevin Flynn: All Conference
Kevin Kalberer: All League
Michael LaCasse: All Academic

Girls Varsity Soccer:

Section XI "AA" Finalists
NYS Scholar Athlete Team

Courtney Cohen: All Conference
Erin McNulty: All Conference
Stephanie Morini: All League
Kellie Sfraga: All League
Alexis Trainor: All League
Catherine Viscardi: All League

Girls Varsity Swimming:

NYS Scholar Athlete Team

Liz Haussner: All County
Mikaela Wiegand: All County

Girls Varsity Tennis:

NYS Scholar Athlete Team

Monica Adinolfi: All Division
Kelly Gochan: All Division
Felicia Mannino: All Division

Boys Varsity Volleyball:

League Champions
NYS Scholar Athlete Team

Chris Griffith: All County, All Academic
Nick Horn: All County, All Academic
Tom Kelly: All County, All Academic
Andy Moran: All Academic, All Division
Phil Schaefer: All County

Girls Varsity Volleyball:

NYS Scholar Athlete Team

Nicole Caggiano: All League
Samantha Picco: All League

James J. Nolan
Superintendent of Schools

Gary Beutel, Administrative Assistant for Health &
Physical Education, Health Services & Athletics

John Mankowich, Administrative Assistant for Health &
Physical Education, Health Services & Athletics