

Sachem East Girl's Tennis Wins League Championship!

Congratulations to the Sachem East Girls Tennis Team for winning the League 6 Championship and finishing the season with a record of 11-1. A win against Port Jefferson clinched the championship and made Sachem East #1 for the first time in East history. In 5 of the 11 wins, Sachem East did not give up a point and won the matches 7-0.

The team's biggest highlight was defeating Mt Sinai (an upper league team) and knocking them out of the playoffs and putting East in for the first time in a number of years.

The team consisted of 10 seniors and 6 juniors: Stephanie Artusa, Amanda Bonelli, Brittany Bonelli, Kaitlyn Dorsey, Gabrielle Facquet, Courtney Lum, Heather Kittenplan, Ashley Landrein, Angela Littlefield, Tara Scarola, Emily Costanza, Nicole Kainzbauer, Hayley Metz, Amber O'Malley, Marissa MacAneney and Heather Wadler. Coach Meredith Dragonette

The coach dedicates the team's success to hard work, a high degree of commitment, and great team chemistry!!

Congratulations again Sachem Tennis!!

Sachem East Boy's Cross Country Team Wins League 2 Championship!

The battle for the League 2 title was one that was close right down to the last meet. After graduating three seniors, Sachem East was thought to be at a loss. However, with young, strong and competitive runners stepping up to assume their roles, it became apparent the season would not be wasted. Despite a surprising first loss to Commack, the team bounced back with passion and commitment. The top 7 averaged a 17:07 5K at Bear Mountain in early September and the boys knew something special was brewing. From there on the team went undefeated at home (4-0) in dual meets and placed third at Suffolk's P.A.L. Invitational hosted at Sachem East. Sophomore Alex Saavedra set the 5K course record running a 16:48. The Arrows' success continued at Manhattan College where the top seven averaged a school record 13:56 2.5 miles and placed 11th of 33. The team's winning ways carried over to the Northeast Cross Country Championships in Rhode Island hosted by Brown University where they placed 9th and averaged a two minute drop in times from the previous year. At the Division Championships the team ran a perfect race placing second in Division One and fifth overall averaging a 17:43 at Sunken Meadow's 5K course. Alex Saavedra ran a 16:25 5K and placed 5th. The success of the team has placed the top five on the squad to make All-League - a first for the program.

Kristen Doherty Honored

Sachem East Girl's Basketball player Kristen Doherty, was selected as one of the top basketball players in the New York Metropolitan area, and played in the Metro Classic All-Star Classic this past Sunday at the Island Garden in West Hempstead. The game kicks off the 2008-2009 basketball season, and is a charity event that will benefit the Make A Wish Foundation and the Howie Frajberg Medical Research Foundation. The finest players from New York City, Long Island, and Westchester participate to help raise funds for these worthy causes. Kristen was an All-Long Island player last year as a sophomore for Sachem East.