



## 2009/10 WINTER ATHLETIC POST SEASON HONORS



Congratulations to the student athletes listed below for receiving post season honors in their respective winter 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 Basketball:

Suffolk County Officials Association Sportsmanship Award

Dan Candemeres: All Conference  
Tim Doherty: Academic All County

#### Girls Varsity Basketball:

NYS Scholar Athlete Team  
League 1 Champions  
Section XI Champions  
Suffolk County Champions  
Long Island Class AA Champions  
NYS Class AA Champions

Coach Matt Brisson: Suffolk County Coaches Association Coach of the Year  
Newsday Suffolk County Coach of the Year  
NYS Sports Writers Association Class AA Coach of the Year  
MSG Varsity Tri-State Coach of the Year

Stephanie Burrow: Suffolk All Tournament Team, NYS Sportsmanship Award, NYS Federation Team  
Kristen Doherty: All League, All County, All Long Island, Suffolk Tournament MVP, NYS All Tournament Team, NYS Tournament MVP, NYS Federation Team, NYS Sports Writers Association 1<sup>st</sup> Team All-State  
MSG Varsity All Tri-State Team MVP  
Nike WBCA All American  
Parade All American HS Girls Team

Meagan Doherty: All League, NYS All Tournament Team  
Kathleen Everson: League 1 Rookie of the Year

Kelsey Ferguson: All League

Caitlin Hopkins: All League, All County, All Long Island, Suffolk All Tournament Team, NYS Federation Sportsmanship Award,  
NYS Sports Writers Association 10th Team All-State

### **Boys Varsity Bowling:**

NYS Scholar Athlete Team  
League Champions  
County Champions

Bryan Evans: All League  
Lee Keller: All League  
Jeremy Milito: All League, All County  
Mark Sabella: All League, All County  
Steve Sabella: All League

### **Girls Varsity Bowling:**

NYS Scholar Athlete Team

Christine Malinowski: All League

### **Boys Varsity Swimming:**

NYS Scholar Athlete Team

Cameron Byrne: All League  
Keith DeBenedictis: All County  
Daniel Donaghy: All County  
Michael Fischetti: All County  
Matthew Pamlayne: All County  
Anthony Stefanelli: All County, All Long Island  
Kyle Wilson: All County  
Tim Wilson: All County

### **Boys Varsity Winter Track:**

NYS Scholar Athlete Team

Phil Rascona: All League  
Alex Saavedra: All League, All County, County Champion

### **Girls Varsity Winter Track:**

NYS Scholar Athlete Team

Kristen Faulkner: All County, All State  
Alyssa Genduso: All County, All State  
Lisa Luchsinger: All League, All County, County Champion  
Marissa Mac Aneney: All Academic  
Melanie Notarstefano: All League, All County, All State  
Rachael Paul: All League, All County, All State  
Caitlyn Ryan: All Academic

### **Boys Varsity Wrestling:**

Chris Di Iorio: All League, Suffolk County Champion, 6<sup>th</sup> Place NYS  
Mark Florian: All League  
Nikhin Kochath: All League  
Frank Merante: All League  
Mike Merante: All League, All County  
Billy Merone: All League  
Dominick Messina: All League  
Conor O'Hara: All League, All County  
Sean O'Malley: All League, All County  
Mike Schruhl: All League  
Rob Seder: All League

## Sachem North Post Season Award Winners

### Boys Varsity Basketball:

John Ford: All Conference, All League  
Nicky Gallina: All League  
James Kenny: All League Honorable Mention  
Davon Lawrence: All League Honorable Mention  
Doug Wirth: All Academic

### Girls Varsity Basketball:

NYS Scholar Athlete Team

Nicole Caggiano: All League, All County  
Sara Rizik: All League

### Boys Varsity Bowling:

NYS Scholar Athlete Team  
Suffolk County Champions

Tim Starkes: All League

### Girls Varsity Bowling:

Section XI All Star Team

Kathryn Rivera: All County, All Long Island

### Boys Varsity Swimming:

NYS Scholar Athlete Team

Evan Byrnes: All County  
Greg Coleman: All League  
Zach Coleman: All County  
James Donlevy: All County  
Brendon Graham: All League  
Steve Penteck: All County

### Boys Varsity Winter Track:

NYS Scholar Athlete Team

Connor Dolan: All League  
Joe Johnson: All League  
Tim Randazzo: All League  
Ryan Sampson: All League  
Chris Weilbacher: All League  
Brian Wersan: All League

### **Girls Varsity Winter Track:**

NYS Scholar Athlete Team

Kristin Alfano:	All League
Kayla Cataldo:	All League, All County, County Champion
Leanne DeQuarto:	All League
Kelly Lavan:	All League
Kristie Michta:	All League
Stephanie Richer:	All League
Samantha Swift:	All League
Keira Wood:	All League

### **Boys Varsity Wrestling:**

NYS Scholar Athlete Team

Dan Agostinelli:	All League
Richie Avela:	All League
Ryan Gerondel:	All League, Suffolk County Champion, 4 <sup>th</sup> Place NYS
Brandon Hegarty:	All League
Joe Kirchner:	All League
Andrew Mellina:	All League
Frank Napoli:	All League
Kevin O'Hagan:	All League
Billy Turner:	All League