The Shoreham-Wading River School District’s physical education and health offerings contribute to the physical, cognitive, social and other areas of skills development in our students. The program provides each student with an assessment of fitness levels and subsequent activities that help improve overall health and strengthen personal goals and lifetime skills, encouraging each of them to lead an active lifestyle while in school and beyond.

Health education at the elementary level is taught by the classroom teacher and embedded into the curriculum, while students in grades 6, 8 and 10 are taught distinct content by subject specialists. Topics include social, emotional and physical health decision-making, self-esteem and respect for oneself and others. When students reach middle school, anatomy and physiology, nutrition and wellness, antibullying and addictions are addressed. The high schools’ many subjects include healthy relationships, drug prevention, first aid and mental health issues.

Along with the development of healthy habits throughout the grade levels, students take part in physical education sessions for 45 minutes, three times each week at the elementary level and 40 minutes every other day at both the middle and high school levels.

“As we meet the requirements at the elementary and secondary levels of physical education mandated by the state, we continue to advance skills in our students to encourage a lifelong appreciation for physical activity,” said Mark Passamonte, Director of Health, Physical Education, Athletics and Nurses.

Students are also encouraged to develop skills and interests in team and individual sports and activities, which leads to an understanding of the relationship between physical activity and personal health.

Physical education in the high school promotes the understanding of the components of physical fitness, and students must demonstrate proficiency in selected physical activities. They can choose from a variety of activities and a large focus on lifetime sports is encouraged, as well as an awareness of fitness and recreational opportunities outside of the school day.

This newsletter highlights just a few of the ways our students are embracing academics and sportsmanship, community connections and a long-term appreciation for wellness and physical activity.
Students in Wading River School and Miller Avenue School enjoy a unique physical education program during the winter months when they put on skates and learn rollerblading basics in a two-week physical education unit.

The unit starts with how to properly put on safety equipment, such as a helmet, elbow pads, knee pads and wrist guards. All the skating equipment is provided by the schools except helmets, which students must supply for health and personal hygiene reasons. The students then transition into how to stand, fall and keep their balance. At the K-1 level, they focus on how to move in their skates and decrease the possibility of falls, as well as begin the practice of stopping and starting. By second grade and above, they learn to incorporate more special skills, increase speed, glide and practice changing directions as they learn the benefits of remaining physically active in everyday life.

The behavior expectations involve being safe, watching out for others and being supportive. According to Miller Avenue physical education teacher Katie Carlson, in addition to the great physical and social benefits of rollerblading, it also teaches resilience and determination.

Rollerblading is just one of the three, 45-minute sessions of physical education units per week that elementary grades take part in. Others include bowling, cooperative games, individual sports, scooter town, and rope swings, rock wall and cargo nets in the Tarzan unit.

Another popular unit is Whittle Gym, which includes equipment like various size trestles, ladders and attachments that allow students to explore climbing and solve challenges in a three-dimensional environment. The movement education concept not only keeps the students physically active, but helps with cognitive growth and intellectual development. Set up with a different theme each year – national parks, a jungle, the solar system – students acquire knowledge through play, experimentation and discovery while boosting spatial perception, decision-making and cognition.
Each year before the winter break, students in Prodell Middle School are exposed to different fitness and health-related activities. In their physical education classes; units including mindfulness through yoga, body shred, country line dancing and kickboxing take place.

Starting with a cyberbullying assembly, the mission of the weeklong emphasis on physical education and wellness opportunities is for students to come away with more knowledge and a stronger desire to be emotionally and physically well. This year’s theme was “to be healthy as a whole, mental wellness plays a role.”

“Wellness Week provides students with a range of activities that help promote both physical and mental health,” physical education teacher Allison Demarco said. “We have teachers, parents, community members and outside studios who come in to help introduce students to new activities. The PTO also generously donates nutritious food at lunch. It is a great experience for all of the students.”

To culminate the mental health unit, the students participate in hands-on relaxation stations in their health classroom where they work on crosswords and other puzzles, coloring, clay work and guided meditation.

Prodell Promotes Wellness

By the **NUMBERS**

**41 HS Sports Offerings**
- Lifetime sports (tennis, golf, badminton)
- Personal fitness
- Pilates
- Project Adventure
- Team sports (flag football, soccer, volleyball, etc.)
- Yoga

**6 HS PE Units of Study**
- Fitness
- Individual sports
- Team sports
- Wellness
- Yoga
- Zumba

**19 MS Sports Offerings**
- Fitness
- Individual sports
- Team sports
- Wellness
- Yoga
- Zumba
We’re in Wildcat Country

Each year, approximately 175 students who take advantage of the more than 40 sports offerings at the High School are commended by the New York State Public High School Athletic Association as being a part of a scholar-athlete team. Their exceptional work on the field is matched by their accomplishments in the classroom as 75 percent of the roster of each team must maintain an average GPA of 90 percent or above during the athletic season.

“This honor is a reflection of the commitment to their academics and dedication to their sport,” said Mark Passamonte, the District’s Director of Health, Physical Education, Athletics and Nurses.

The student-athletes are presented with NYSPHSAA commemorative pins, and at the end of each of the three sports seasons, they are also recognized by the Board of Education. They receive a celebratory pin with the District’s logo and are honored by the Board for their accomplishments.

Seasonally, Shoreham-Wading River has numerous students named All-Academic, All-Conference, All-County, All-Division, All-League and All-State, in addition to Section XI sportsmanship and team awards for which the school community commends them.

“As they take pride in their hard work, we take pride in them.” – Athletic Director Mark Passamonte

Wildcat Dozen

As they continue to refine their skills at Shoreham-Wading River High School, 12 seniors have been selected to continue their athletic journeys at the collegiate level in September.

Congratulations to the following student-athletes who have committed to participate in all levels of National Collegiate Athletic Association sports:

1. Nicolette Constant – University of Vermont – soccer
2. Mason Kelly – Furman University – baseball
3. Emma Kirkpatrick – SUNY Oneonta – soccer
4. Francesca Lily – Hamilton College – soccer
5. Melissa Marchese – University of Hartford – softball
7. Jake Meeker – Pace University – lacrosse
8. Isabella Meli – Binghamton University – lacrosse
10. Alexandra Smith – Wagner College – cross-country/track
11. Everett Wehr – Penn State Altoona – baseball
12. Tyler Widercrantz – St. Anselm College – baseball

This year’s football team won the Suffolk County championship, the fourth county championship in the last five years.

Congratulations to the varsity wrestling team for competing in the Suffolk County championships. Senior Eddie Troyano led the team with 37 wins this season while achieving his 100th career win. He placed second at the county event.

Senior Jason Louser won the Suffolk County championship in the 500-yard freestyle and the 100-yard breast stroke competitions. He then participated in the New York State championships where he set records in both the 200-yard Individual Medley and 100-yard breast stroke. He also placed second at Winter Nationals in the 400-yard Individual Medley. He is the 18 and Under National Champion. Jason’s time also qualifies him to compete in the 2020 Olympic trials.

In addition to their dynamic performance in sports, student-athletes exhibit a sense of community with numerous fundraisers during the school year. Two that have seen the support of hundreds of community members are the boys and girls lacrosse teams’ Lax Out Cancer fundraiser and the boys and girls soccer teams’ Stephen Siller Tunnel to Towers event. Now in its 11th year, Lax Out helps support Suffolk County families who are living with a child diagnosed with a life-threatening illness.

This past fall, the soccer teams and their supporters helped raise thousands of dollars for the Tunnel to Towers Foundation, which assists military servicemen, first responders and their families.

Other teams spearhead initiatives to raise awareness and funds for cancer organizations, local families in need and school supplies for outreach programs.

Paws Who Scored!

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The early 1980s marked the beginning of the careers of Paul Koretzki, girls cross-country coach, Roger Sullivan, girls winter track coach and Bob Szymanski, boys cross-country coach. Together they stand as true icons of the Shoreham-Wading River sports community, each with 116 seasons of coaching, guiding and grooming hundreds of student-athletes who have brought home numerous league, conference and county championship titles.

“Their coaching style holds the athletes accountable in a way that they respond positively,” said Mark Passamonte, Director of Health, Physical Education, Athletics and Nurses. “They have effectively impacted many young lives.”

Hundreds of students listened to professional motivational speaker Rohan Murphy, who was a welcomed guest at the Shoreham-Wading River winter pep rally.

Mr. Murphy spoke of his life story – being born with a physical disability to becoming a star wrestler for East Islip High School and an exceptional athlete and graduate of an Ivy League university. He shared that his positive attitude and work to overcome many challenges in his life were powered by his goals, motivation and perseverance.

Sponsored by WAC – the Wildcat Athletic Club – he also shared some of his winning wrestling moves with senior Mario Rivera to much applause. Students gravitated to him after his speech to share their own goals and experiences and thanked him for his inspiring words.
Behind the efforts of student-athletes and their coaches, along with the enthusiasm, unity and school spirit of classmates, teammates and cheerleaders, are the committed members of Shoreham-Wading River’s WAC (Wildcat Athletic Club), which has been around for almost two decades supporting the needs of all athletic activities throughout the District.

Ed Troyano, who took the reins of the organization as president four years ago, talks of the dedicated group of volunteer parents as a powerhouse in seeing the athletic achievements of all students in the District realized.

“We have the most fantastic people whose main focus is on the kids’ success,” he said.

His involvement, as for many of the parents who serve on the Board and volunteer for many functions, stems from the athletic ambitions of his own children. Rebecca is a 2011 graduate who played on the High School’s soccer team and ran track, and Eddie, a senior, recently achieved his 100th career win on the wrestling team and placed second in Suffolk County. He has applied to the Coast Guard Academy and has already been accepted to wrestle at Roger Williams University and both SUNY Oneonta and Cortland. Mr. Troyano’s third child, Robbie, is a sophomore who plays goalie on the lacrosse team.

“The commitment to our athletics program that Mr. Troyano and the members of WAC show is self-evident in the many successes of our students,” Superintendent of Schools Gerard Poole said. “The connections they’ve forged with our coaches and their ambitions in overseeing and funding numerous sports-related activities is exceptional.”

These include hosting dinners before championship events, subsidizing athletic trips and sponsoring the Senior Athletic Awards Night, when 7-12 students receive $500 scholarships. WAC also sponsors a major fundraising gala that is embraced by many parents in the community.

One moment of pride for Mr. Troyano is when he presents a challenge coin to each graduate at commencement, an initiative to promote school spirit that was started several years ago.

The small medal that bears the District’s logo has become a tradition for students to remember their formative years in Wildcat country.

“We want that to be something they hold special throughout their lives,” he said.

It’s not just school spirit. It’s community spirit.
Dear Shoreham-Wading River Community,

Over the past year we have highlighted aspects of our programming such as the Fine Arts, Social Emotional Learning, and STEM initiatives in our District newsletters and are pleased to present an overview of our Physical Education, Health and Athletic programs in this edition of The Review.

Our K-12 PE program includes an array of engaging and diversified experiences including roller blading, yoga, Pilates, team sports, Project Adventure and lifetime fitness. Our elementary physical education program exceeds the New York State requirements for physical education and both our Middle School and High School students have a variety of courses to choose from. The achievements of our student-athletes are truly remarkable on many levels such as academics, service learning and sportsmanship.

Last year, more than 600 students participated in the 7-12 athletic program with 22 teams being named New York State Scholar-Athlete teams! Community support for our students’ success in physical fitness and athletics is outstanding. Each athletic season, our fields and gymnasiums are full of students, parents and fans cheering on our athletes. When we talk about SWR’s athletic programming, certainly a mention of the Wildcat Athletic Club will surface. Their vision over the years has brought extraordinary learning experiences and resources for students in all grades. The support of the Thomas Cutinella Memorial Foundation has resulted in a brand-new concession building and we look forward to a grand opening this spring. The commitment to our students and dedication of the entire community for the 2015 bond renewal project and annual budgets has resulted in renovated athletic fields, gymnasiums, bleachers, locker rooms, and tracks and fields across the District.

As you read this newsletter, you'll notice it portrays our exceptional schools and the strong athletic and physical education programs that encompass the various interests of our students. Their success is due to the strong enthusiasm from our larger community. Go Wildcats!

Sincerely,

Gerard W. Poole, Superintendent of Schools

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**Message from the Superintendent**

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**RENEWED Athletic Facilities**

Continuation of the 2015 community-approved bond project includes improved instructional spaces, athletic fields and resources for the schools and community.

New tennis courts, a new turf field, new stadium bleachers, a resurfaced track, gymnasium lockers and lights have enhanced the physical education and athletic programs in the District.

“The voter-approved bond work has allowed for a number of improvements to the facilities,” said Mark Passamonte, Director of Health, Physical Education, Athletics and Nurses. “These improvements have been enjoyed by our students, athletes and the community.”