



# UNIS athletics



## FULLY COMMITTED

# Athletics Update

[www.unis.org](http://www.unis.org)

04/25/18

## Varsity Softballers continue to impress

In a dramatic reversal of fortunes, the UNIS Girls Varsity Softball team stunned Loyola with a 14-7 win on 4/18. It was the second consecutive victory for Coach Jim Hunter's side, who look to continue their good run this Thursday (4/26) against Calhoun.

"We may be destined for greatness," boasted a proud coach Hunter during some rare downtime. "We've learned through failure to get better, and our attention spans have increased throughout the season.

"In order to keep improving, our team attendance has to be a priority. As the saying goes, sacrifices have to be made to deserve...(continued on page 3)



*Above: UNIS' Girls Varsity Softball team prepares for a game on Randall's Island*

## Did you know?

202 student-athletes are participating on a UNIS team this spring!

UNIS teams have practiced or competed for a total of over 30,000 minutes so far this season!



**More inside!**



## Triple Impact Competitors

According to the Positive Coaching Alliance, a triple-impact competitor makes positive contributions on three levels:

- Making themselves better (personal mastery);
- Making teammates better (leadership);
- Making the sport better (honoring the game).

UNIS coaches have nominated the following players as triple impact competitors for their contributions so far this season:

**Frannie Wang (Girls Varsity Softball)**  
**Stephanie Durcan (Girls Varsity Softball)**  
**Noella Kalasa (Varsity Track and Field)**  
**Tom McKillop (Varsity Track and Field)**  
**Rory Carabok (Middle School Tennis)**  
**Sacha Maes (Varsity Tennis)**  
**Codou Kane (Middle School Track)**  
**Tetsu Xudong (Middle School Track)**  
**Christian Bell (Middle School Track)**

**CONGRATULATIONS TO ALL!**



### Super superlatives!

We asked our coaches to give us one word to describe our triple impact winners!

Frannie: Leader

Stephanie: Energy

Noella: Inspirational

Tom: Initiative

Rory: Focus

Sacha: Passion

Codou: Competitive

Tetsu: Effort

Christian: Committed

*Go UNIS!*



**The Boys Varsity Volleyball team celebrate a home victory at UNIS**

## Scintillating scores!

*Check out these recent results!*

**Girls Varsity Softball: 14-7 win vs. Loyola**  
**Girls Varsity Softball: 18-7 win vs. Calhoun**  
**Boys Varsity Volleyball: 3-1 win vs. Packer**  
**Boys Varsity Volleyball: 3-1 win vs. LFN**

**GO UNIS!**

cont.



## Varsity Softballers continue to impress (cont. from pg. 1)

...greatness.

“Frannie Wang has been a true leader throughout all the tryouts, practices and games,” continued Coach Hunter. “Her positive energy and skill has lead the team to a higher level. She has had several big hits, and has improved tremendously as a serious threat at the plate. She's one of the best shortstops - if not *the* best shortstop - in the entire league.

“Stephanie Durcan has been a ball of energy as a player this year. Her enthusiasm is truly contagious and her courage as a pitcher is inspiring her teammates. In 16 innings, she has 18 strikeouts, and umpires all season have been lauding her.”

## Coaches Corner: Francyna Evins

### Key stats

- USA Indoor National Championships – 300m Qualifier (2015)
- USA Indoor National Championships – 60m Qualifier (2013)
- USATF New York 400m Champion (2013)
- USATF New York 60m Champion (2013)
- Wagner College Record-Holder (2012)
  - 60m PB: 7.61
  - 400m PB: 55.71

My name is Francyna Evins and to be a member of the coaching staff at UNIS is both an extraordinary privilege and honor.

Currently, I am pursuing my childhood dream, while training to reach an international level in track & field. I train with a team of sports scientists, exercise scientists and biomechanical experts at the Sports Science Lab in Staten Island. I am confident that the combination of the lab's science-based performance training and my determination to succeed will help me realize my dream of competing on an International level.

**Go UNIS!**



# Upcoming Events

Varsity Track and Field: 4/26 (NYCAL Meet)

Girls Varsity Softball: 4/26 vs. Calhoun (Home)

Middle School Tennis: 4/26 vs. LFNY (Away)

Girls Middle School Softball: 4/26 vs. Trevor Day School (Away)

Boys Middle School Baseball: 4/26 vs. Trevor Day School (Home)

**CHECK UNIS.ORG/ATHLETICS FOR UP-TO-DATE SCHEDULING INFORMATION!**

## NYCAL HIGH SCHOOL GIRLS TRACK 4-12-18

100 Meter			
1.	R. Kondi	UNIS	14.3
7.	E. Nazarova	UNIS	14.8
10.	M. McMahon	UNIS	15.2
14.	L. Coullare	UNIS	16.2
18.	J. Alfahad	UNIS	16.9
19.	P. Roy	UNIS	17.0

400 Meter			
1.	A. Roux	UNIS	1.12.2

800 Meter			
1.	N. Kalasa	UNIS	2.43.8

1500 Meter			
1.	A. Agha	UNIS	7.03.3

## NYCAL MIDDLE SCHOOL GIRLS TRACK 4-17-18

100 Meter			
1.	E. C	UNIS	14.8
2.	M. Berna	UNIS	14.9
3.	C. Kane	UNIS	15.2
4.	I. Matoto	UNIS	15.3
5.	M. Berna	UNIS	15.4
6.	I. Venegas	UNIS	15.6
7.	Kayla	UNIS	16.1
8.	Isabelle	UNIS	16.6

100 Meter			
9.	Eliza	UNIS	16.6
10.	M. Din	UNIS	16.8
11.	A. Sheils	UNIS	16.9
12.	E. Uberman	UNIS	16.9
13.	D. Silva	UNIS	17.3
14.	A. Liberman	UNIS	17.8
15.	Emily	UNIS	18

200 Meter			
1.	E. Craven	UNIS	30.3
2.	C. Kane	UNIS	31.3
3.	Emily	UNIS	31.99
4.	I. Matoto	UNIS	32.4
5.	Emeraulo	UNIS	32.6
6.	I. Ramirez	UNIS	33.4
7.	M. Berna	UNIS	34.28
8.	S. Berna	UNIS	34.3

200 Meter			
9.	A. Riva	UNIS	34.7
10.	Isabel	UNIS	34.9
11.	N. Benn	UNIS	35.2
12.	M. Din	UNIS	36.2
13.	E. Liberman	UNIS	37.1
14.	A. Sheils	UNIS	37.64
15.	A. Liberman	UNIS	38.1
16.	A. Lennartsson	UNIS	39.9
17.	E. Sarte	UNIS	41.9

## NYCAL MIDDLE SCHOOL GIRLS TRACK 4-17-18

cont.

800 Meter		
1. E. Ronnberg	UNIS	2.44.2
2. A. Riva	UNIS	3.15.7
3. S. Blanco	UNIS	3.28.3
4. J. Bhalla	UNIS	3.29
5. E. Fraiture	UNIS	3.39.1
6. A. <u>Lennchartsson</u>	UNIS	4.02.4

1500 Meter		
1. G. Albuquerque	UNIS	6.15.2

4x100 Meter		
1. UNIS M		1.04.1
2. UNIS Q		1.06.9
3. UNIS M B		1.08.7

4x400 Meter		
1. UNIS M		5.20.22
2. UNIS Q		5.04

## NYCAL MIDDLE SCHOOL BOYS TRACK 4-17-18

100 Meter		
1. Xudong	UNIS	13.4
2. A. Murat	UNIS	13.9
3. T. Fujimura	UNIS	14.3
4. I. <u>Hata</u>	UNIS	14.4
5. Numair	UNIS	15.1
6. A. <u>Iyohmann</u>	UNIS	15.2
7. F. Puglisi	UNIS	15.9

200 Meter		
1. A. Murst	UNIS	29.4
2. I. <u>Hata</u>	UNIS	30.5
3. Ravin	UNIS	30.7
4. Justin	UNIS	30.9
5. N. Was	UNIS	32.5
6. F. Puglisi	UNIS	33.2
7. T. Mulliner	UNIS	36.5

800 Meter		
1. L. Minutello	UNIS	2.41.5
2. C. Bell	UNIS	2.66.2
3. Peter	UNIS	3.01.1
4. T. Edgerton	UNIS	3.17.1
5. M. Corona	UNIS	3.18.1
6. A. Hebiton	UNIS	3.21.9
7. Q. Sorrentino	UNIS	3.22.3
8. Michael	UNIS	3.43.8

## NYCAL MIDDLE SCHOOL BOYS TRACK 4-17-18

cont.

1600 Meter		
1. S. Margetts	UNIS	5.32.2
2. L. Minutello	UNIS	5.33
3. C. Bell	UNIS	5.49.4

4x100 Meter		
1. UNIS Queens		1.00.5
2. UNIS <u>Mahanttan</u>		59.8

4x400 Meter		
1. UNIS M		5.13.7
2. UNIS B		6.04

# NYCAL H.S. BOYS TRACK 4-12-18

400 Meter		
1. M. Boie	UNIS	57.8
2. T. Mckillop	UNIS	58.9
3. C. Wennmann	UNIS	1:01.2
4. C. Hall	UNIS	1:01.3
5. R. Fleming	UNIS	1:01.6
6. D. McMahon	UNIS	1:01.9
7. J. Pena	UNIS	1:10.6

Shot Put	
1. R. Fleming	UNIS 32' 9

100 Meter		
1. E. Yenigun	UNIS	12.5
2. J. Shearhouse	UNIS	12.6
3. A. Mihailidis	UNIS	13.6
4. J. Puma	UNIS	13.7
5. E. Ngai	UNIS	13.9

800 Meter		
1. A. Louisell	UNIS	2:31.5
2. .Perfiliev	UNIS	2:33.8
3. M. Chatard	UNIS	2:47.8

1600 Meter		
1. S. Plimsoll	UNIS	5:30.6
2. T. Debecker	UNIS	5:37.2
3. E. Marras	UNIS	5:53.1



# Team Reports

MS Tennis has had a great season so far. We are currently 1-0! Each individual team member has shown substantial progress from the beginning of the season just a few weeks ago. We have several upcoming matches. I am looking forward to carrying on with a fun and constructive season. Go UNIS!!!

## Coach Comeau

It has been a good start to what so far is a cold outdoor track and field season, hopefully, the sun will come out for the third NYCAL meet. We have been very impressed with the athletes' dedication, focus, commitment and team spirit to practice and competition. Athletes remember to bring the appropriate clothing and footwear to practices and meets. Parents, we ask on a cold day that the students' bring lots of warm clothing so that they are keeping warm in between events. The majority of the athletes have not been suitably dressed for the weather conditions we have experienced. Everyone is running well and we look forward to faster times, warmer weather, increased fitness and everyone having fun.

## Coach O'Connor and Coach Evins

Varsity tennis has had a strong start to this season. After tryouts and hardworking practice the team worked themselves into good shape to begin competition. They performed very well from the start under pressure. A complicated set of set of circumstances for the opening match proved problematic as the team took a 2-1 lead over Columbia Prep with two other matches being suspended. An impressive start not just for the ability they showed but also the character and sportsmanship. In their next effort against Browning they brought their best once again, this time coming up just short of winning at 2-3. The team continues to round themselves as tennis players in practice and are poised for exciting things from here to come.

## Coach Laurence

The 2018 UNIS Boys and Girls Varsity Track and Field Teams have done base training and have begun the competitive period of their athletic program. With a wide range of ability, the athletes remain dedicated, practice well and are rounding into shape. After the first competition, morale was high as many achieved the qualifying standard for the NYCAL Championships. With the guidance of the track coaches, the new (first time) runners seem eager to try different events to figure out where their strengths lie and are focused on joining their teammates as league qualifiers. With anticipation of warmer weather, I am confident that everyone will continue to improve and that it will be a rewarding season for all.

## Coach Lindsay