



ATHLETE

of the Month



Senior [Alex Galizia](#) has had an extremely successful 2012 ~ 13 wrestling season. A defending All ~ County Finalist, Alex has won individual championships at the Hank Paris Tournament, Locust Valley Tournament and most recently, the Herricks Tournament. He has also placed in the Bethpage Tournament and Glen Cove Tournament, where he was voted the Outstanding Wrestler for Oyster Bay. Alex presently has a record of 20 ~ 2 with 8 Pins. Alex's dedication, discipline and strength have been assets for his success and will prepare him for the end of season championship tournaments.

-Coach Davis & Coach Axman



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Oyster Bay Varsity Cheerleading has thrived for the past four years because of our senior Vanessa Gutierrez. Vanessa is the epitome of dedication she shows up to every practice and game prepared to get the crowd going. This amazing girl has lead this team for the past two seasons, she constantly keeps her team mates motivated and in check. Vanessa has been a great addition to the Cheerleading team and is loved and respected by all of her team mates and the rest of Oyster Bay High School.

-Coach Bagan



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There are few events in winter track as thrilling and dramatic as the team relays. To achieve success, the track coach must take four unique runners and train them to run and think in unison. A relay team must be able to perform under extreme pressure; the roaring crowds, skilled opponents, and the execution of three seamless baton exchanges. Mr. Neary, coach of the Oyster Bay Varsity Winter Track Lady Baymen, has assembled a formidable 4X400 meter relay team consisting of Senior Courtney Cartwright, Junior Cassandra Iacono, and Sophomores Rachel Wesley and Emma Devereaux. The Lady Baymen are all extremely gifted runners, and have exhibited unique diversity in their running abilities. Courtney has excelled in both the 600m and 300m events and competes in the 400m hurdles during the spring track season. Cassandra has had great success running the 55m and 300m events for the past 3 indoor seasons, while newcomers to winter track, Emma and Rachel, have been very competitive in both the 300m and 600m events. Their tremendous ability and teamwork were on display on January 15 when the team earned All-Conference honors in winning the 4x400m relay in a time of 4:23.7. Next up for the Lady Baymen will be the County Championship on February 7, at the St. Anthony's Indoor Track Facility. -Coach Neary & Coach Weber