

# Metro Campus Knights Athletics

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Ms. Tamayo  
Athletic Director



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## Upcoming Dates

- ◇ 9/7: Labor Day
- ◇ 9/16: "Back to School" Remotely
- ◇ 9/21: First Day of Blended Learning

## Athletic Director's Message

Where do I begin? First, I hope that you are all healthy and ready for a new start of what seems to be a unique school year. As far as sports, with little guidance and information, all I can say is to be patient. We are all on the same waiting boat.

Like many of you, I cannot wait to get back to sports. I miss seeing all of your excited and eager faces ready for tryouts. I miss planning for our athletic events and anticipating the schedules released by the PSAL. Our new normal will allow us to get back to tryouts, planning events, and receiving schedules, just at a later time.

Our new normal will bring new changes and challenges that we will face

together. I know that we will take on the changes with stride. Our common goal is to return to sports in a manner that keeps us as safe and healthy as possible. I promise to keep you as informed as I can to help us all adjust.

Despite all of the anticipated changes, my hope for this newsletter is to remind you that your athletic community is still here. The Athletic Department is happy to welcome you back to a new school year. I am eager for the day we begin to participate in sports. There is no doubt in my mind that our student-athletes will bring all they got this year!

Gooo Knights!

## Coaches: Welcome Back!

"What's up Metro Athletes!! I can't wait to see you all this fall. Can't believe it's been almost 6 months. If we've learned anything from this time of COVID it's that our athletes can be our leaders and our voices. The same can be said for all of you. I hope all of you are safe, healthy and excited to get back to work!!"

Coach Loh

Coach Beach

"Hi Metro ..  
Wishing you all a successful start to the school year! It is unfortunate that we will be without sports for a little while but if it is a sport you love, you will find a way to play safely. We will all get through these challenges together- especially is athletes, we are built different! Best of luck and see you soon!"

Coach Stipanov

"Hi everyone! No matter what happens with our athletic season or what our school day looks like, I'm so excited to be reunited with all of you in some capacity this Fall. Seeing your smiling faces over a screen was always the highlight of my day in quarantine, so seeing you in person will be even better; I'm sure of it! These crazy times have shown me how creative and innovative you can be, especially in keeping up with your fitness. I've seen everything from yoga in the street to kickboxing on rooftops and core workouts in living rooms. You will only be better athletes for adapting to these physical and emotional challenges. Don't forget to keep up with your schoolwork, too. There's never been a better time to be well-informed, scientifically literate, and persuasive in your advocacy for yourself and others."

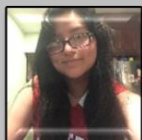


# 2021 Senior-Athletes

The Athletic Department would like to start the school year acknowledging the senior class of 2021 sooner than later! Many of our senior-athletes have been a part of our program all 4 years and are eager to return to their teams. A survey was posted via SportsYou for senior-athletes to fill out for this newsletter. In this edition, we are shouting out seven of our senior-athletes!

The following were the survey questions asked:

- What are you most looking forward to this school year?
- What have you done thus far to remain in shape for your season(s)?
- What is the ONE "thing" you are most excited for when sports return?



Codi Cano

- Volleyball, Basketball, & Track & Field
- For my senior year I was most looking forward to was just to spend my last year with my teammates. Most of my friend group was also planning to try out for soccer and track with me, it's truly such a shame that we might not get to play again this year. We still are holding out heads high in hope that the chance does come. Even if it doesn't come I still plan to make the most of this year.
- The last two months I've been training by running at least a mile a day. For all sports I play stamina and sprinting play a great role. If I'm out on the court or field I have to be able to make a quick recovery and be able to be there for my teammate.
- The thing I am most excited for when sports return is getting to travel again with my teammates. Playing is great and all but truly the greatest memories are made on the bus and waiting out or inside the building. for the game to start.



Sal Carollo

- Cross Country & Track and Field
- I'm looking forward to putting all my work this summer into a season and overall seeing my friends and coaches again
- Me and my team have been running the entire summer to prepare for even the slightest opportunity of competition.
- I'm most excited for that adrenaline rush at the starting line.



Ryan Daza

- Soccer & Baseball
- This school year I'm looking forward to complete my senior year by making the best of it and prepare for a greater experience towards College.
- I planned a workout schedule that I followed consistently day to day which was running, body workouts, weight lifting, and taking in proper nutrition.
- If sports do return I'll be glad to see the entire squad reunite and having the opportunity to participate and represent my school for my final year.



# 2021 Senior-Athletes



Cristopher Saldivar

- Volleyball
- I'm looking forward to being a senior and being able to finish high school strong.
- To remain in shape I was mostly going out to play whenever I can, and the occasional workout.
- I'm really excited to play with my teammates again, I love every moment I spend with them.



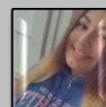
Andy Serban

- Cross Country & Track and Field
- I'm looking forward to the athletic school year, as I have little coursework left for senior year.
- I practice six times a week with teammates and graduates.
- I'm most excited for the ability to compete and qualify for competitive meets.



Jovana Cvetanovic

- Volleyball & Basketball
- I'm looking forward to having fun because it's my last year in high school.
- To remain in shape I was biking, swimming and some fitness.
- The thing I am most excited for when sports return is winning the championship with volleyball team.



Stephanie Delgado

- Wrestling, Soccer, & Softball
- I'm looking forward to enjoy my last year and to have fun.
- To remain in shape I have been going on a food diet.
- One thing I'm excited about is to go to practice and see my teammates.

## 2020 Athletic Ceremony

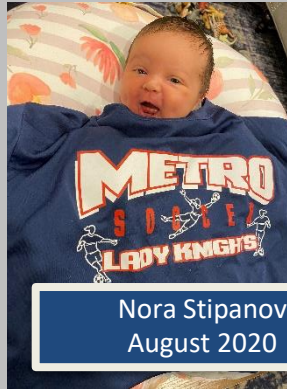
*Other than the class of 2020 athletes and managers that picked up their certificate and trophies, all remaining student-athletes and managers from the 2019/2020 season have yet to receive their items. We have not forgot about this!*

*The Athletic Department will communicate with you in the coming weeks on how we will distribute these items to you within our school safety guidelines.*

## Meet Our Newest Little Metro Coaches!



Michael Rosenthal  
June 2020



Nora Stipanov  
August 2020



Shane Freed  
April 2020

Since March, our Metro Athletic family grew plus three! We are excited to introduce our three Baby Knights: Mikey, Nora, and Shane. Congratulations to Coach Rosenthal, Coach Stipanov, and Coach Freed!

## Coaches Edition: This or That?

Coach	Frozen Yogurt or Ice Cream?	Fruits or Vegetables?	Tea or Coffee?	Delivery or Take-out?	Tacos or Wings?	Cats or Dogs?	Summer or Winter?	Fall or Spring?	Beach or Pool?	Metro Colors- Red or Blue?
Coach Stern	Ice Cream	Fruits	Coffee	Take-out	Wings	Dogs	Winter	Spring	Pool	Metro Blue
Coach Hankerson	Ice Cream	Fruits	Tea	Delivery	Tacos	Dogs	Summer	Spring	Beach	Metro Blue
Coach Loh	Ice Cream	Fruits	Coffee	Delivery	Tacos	Dogs	Summer	Fall	Beach	Metro Red
Coach DiLapi	Ice Cream	Fruits	Tea	Take-out	Tacos	Dogs	Summer	Fall	Beach	Metro Blue
Coach Stipanov	Ice Cream	Vegetables	Coffee	Take-out	Tacos	Dogs	Winter	Fall	Beach	Metro Blue
Ms. Priestley	Ice Cream	Fruits	Tea	Delivery	Wings	Dogs	Winter	Fall	Pool	Metro Blue
Coach Freed	Ice Cream	Fruits	Coffee	Delivery	Tacos	Dogs	Summer	Spring	Beach	Metro Blue
Coach Morales	Ice Cream	Fruits	Coffee	Delivery	Wings	Dogs	Summer	Spring	Pool	Metro Blue
Coach Beach	Ice Cream	Vegetables	Coffee	Delivery	Tacos	Dogs	Summer	Spring	Beach	Metro Blue
Ms. Tamayo	Ice Cream	Fruits	Coffee	Delivery	Tacos	Dogs	Summer	Fall	Pool	Metro Blue



# Life since March...

According to Coaches:  
Stern, Hankerson, Loh,  
Dilapi, Stipanov, Priestley,  
Freed, Morales, & Beach

## What life lesson did our time in quarantine teach you?

- Don't take life for granted and cherish all the fond memories and experiences you have had.
- We should always value our family even the ones we don't speak to often.
- Patience and perseverance
- I learned how truly valuable movement/exercise is to my mental health.
- To really appreciate what I have. I have my health and I have my family.
- Be appreciative of family & life, embrace each day with a reflective growth mindset
- To savor the moments you have with your family. The birth of my son made finding the silver lining in this time easy!
- Don't take things for granted. Always expect the unexpected!
- Spend more time with family, and cherish your health!

## What was your biggest adjustment during quarantine?

- Not being able to see my grandmother and friends. Not being able to go out to a restaurant.
- Living in a new place
- Not being able to play sports with others
- Figuring out how to teach online and support my students.
- Biggest adjustment was remote learning and finding fun ways to entertain my son all day.
- Not being engaged socially with people
- Working from home is NOT EASY. Among many adjustments, making sure I got up and stretched, throughout the day, looked at something other than a screen during lunch, and really focusing on my posture
- My biggest adjustment during quarantine was actually staying home every day. Before the pandemic, I was always on the go working 2-3 jobs on a daily basis.
- Too much down time and too much screen time.

## What is your best safety measure advice in exercising or training for sports during this COVID pandemic?

- You can remain fit and work out with out endangering those around you.
- There are lots of ways to stay active at home, stay safe & social distance if you want to be active outdoors. The pandemic isn't over.
- Making sure to use masks when we can't practice social distance.
- If something doesn't feel right, take a day of rest or slow down your training.
- Keep your distance. Train alone or with people you know.
- Listen to your body, pace yourself when training, stretch often and set rest days for recovery.
- If your local park gets too crowded (like mine does), there is a ton of things you can do in the safety of your own home, or even your own room. Pushups, sit-ups, tricep dips, etc. No reason to stay sedentary!
- Keep training hard & don't give up but do it safely by following the guidelines.
- Keep your mask on your chin while on a distance run, so you can pull it over your nose when you encounter a busy street corner or passersby!

## What was your favorite summer activity?

- Road trips, Camping and Outdoor movies
- Having picnics
- Running
- Going to the beach!
- Long walks around the neighborhood with my family.
- Drive by celebrations & paint party with the family
- Playing as much golf as possible
- Spending time with my friends/family before going back to lifeguarding. I was also able to focus on my health/fitness by doing different workouts/activities.
- Paddleboarding!



Metropolitan Campus  
QMHS-MELS-P233

Ms. Tamayo, Athletic Director  
Room 1029

[ytamayo@queensmetro.com](mailto:ytamayo@queensmetro.com)

Visit:

[www.queensmetro.com/athletics](http://www.queensmetro.com/athletics)

Follow on Instagram:

[@metroknightsathletics](https://www.instagram.com/metroknightsathletics)

## Our Mission

The athletic department is dedicated to fostering an environment that sparks a lifelong appreciation for competition, exercise, discipline, teamwork, pride and sportsmanship. While we strive to build competitive teams-our primary mission is to promote lifelong skills and character traits that will make our athletes successful members of their communities.

## Stay Active!

### Soccer Workout:

Coach Beach suggests:

"Try a cooper test! Run 1.5 miles every other day for a week, and try to shave five seconds off your time each day. If you need to work up to the 1.5 mile cooper test, start by running half mile (800m) repeats... three sets every other day for a week... before trying them all together!"

## Stay Informed!

### Web Resources:

The following are links to resources regarding COVID as it pertains to Sports as of the date posted on each website:

- [INTERIM GUIDANCE FOR SPORTS AND RECREATION DURING THE COVID-19 PUBLIC HEALTH EMERGENCY](#)
- [PSAL](#)
- [Important Parks Department Service Changes Due to the Coronavirus \(COVID-19\)](#)



## Stay Connected!

- ✓ Please check **SportsYou** regularly. You can post any questions for your coaches via [SportsYou](#).
- ✓ Follow us and tag us for sport-related pictures/videos on **Instagram** [@metroknightsathletics](https://www.instagram.com/metroknightsathletics)
- ✓ Email Ms. Tamayo at [ytamayo@queensmetro.com](mailto:ytamayo@queensmetro.com) if you are interested in joining the **Student-Athlete Committee** for the 2020/2021 school year.

## Knights Apparel

If you are looking for some new Knights Athletic Apparel, check out the apparel below. A link to the shopping website will be shared soon via SportsYou! More items will be listed on the website including masks, joggers, and shorts.

### KNIGHT PRIDE



### KNIGHTS STRONG



### WE ARE ONE



### PROPERTY OF QUEENS METRO

