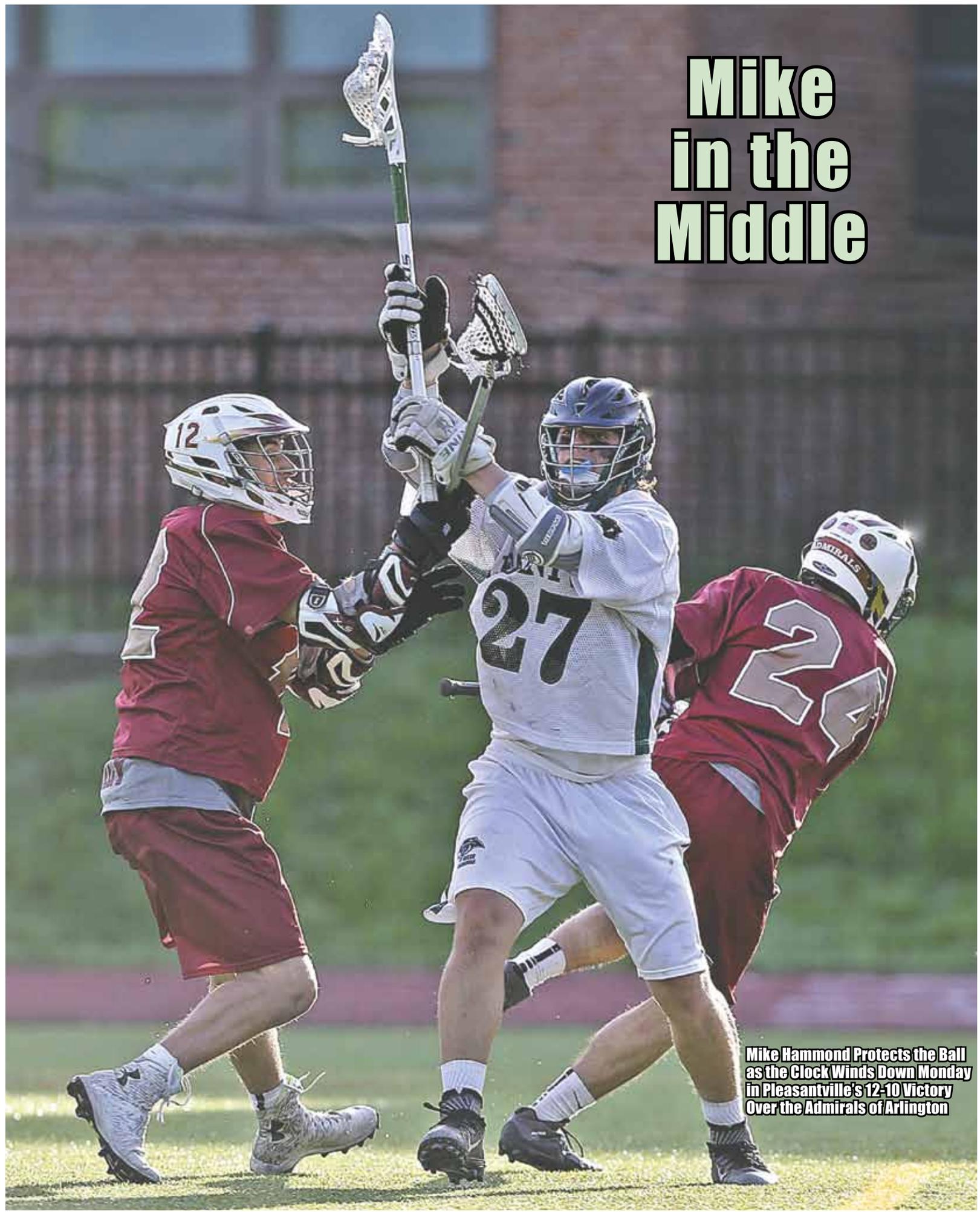


Mike in the Middle



Mike Hammond Protects the Ball as the Clock Winds Down Monday in Pleasantville's 12-10 Victory Over the Admirals of Arlington

Briarcliff Tops the Panthers in an Extra-Inning Thriller

By Andrew Vitelli

For whichever team lost Saturday's rain-soaked rivalry roller coaster between Briarcliff and Pleasantville, it was a game that would sting for a while. Briarcliff shortstop Rachel Julie made sure it wouldn't be the Bears.

Julie blasted a game-winning three-run home run in the top of the eighth inning, high and far over the left-field fence, not long after the host Panthers had rallied in the seventh to send the game to extra innings.

"I was waiting for a pitch in the zone," Julie, who was 3-for-4 on the day and a triple shy of the cycle, explained. "I took a couple pitches and I saw one I liked. I decided to swing, and I hit it."

The Panthers, who had erased a 7-4 Briarcliff lead to tie it in the bottom of the seventh, threatened again in the bottom of the eighth, loading the bases with one out and bringing the tying run to the plate. But Isabella Godino, up as the potential winning run, hit the ball back to pitcher Teresa Marinaccio, who started a game-ending 1-2-3 double play.

"It was a great comeback, and we fell short," Panthers coach Gina Perino said following the loss. "I was disappointed defensively what happened here today. But then seeing us come back made me feel great about the fact that these kids won't die. They're going to play to the very last pitch, to the very last out."

The Panthers, who at one point trailed 6-1, headed to the bottom of the seventh trailing by three runs. But after Kathleen Passabet walked and Kaitlyn Kwiat reached on an error, shortstop Kristie Guttridge came to the plate as the tying run and laced a two-run triple to the right-field fence.

"I just kept imagining myself hitting a big home run," Guttridge said of the at-bat. "It was thrilling. I got to third and I was pretty excited."

Guttridge scored on a game-tying two-out double by Sarah Whyntott. The Panthers had a chance to end it, but Ana Malfa grounded out to end the inning with the winning run on third base.



Briarcliff catcher Jackie Contento awaits a late throw as Pleasantville's Jackie Sicignano slides home with a run in Saturday's game.



Briarcliff's Rachel Julie blasted a three-run homer in the eighth inning to lift the Bears to a 10-8 win over host Pleasantville.



Shortstop Rachel Julie of Briarcliff throws to first base to complete a triple play in the Bears' extra-inning win over Pleasantville.

The game's early innings were played in a light but constant drizzle, making it tough on pitchers and fielders alike. Both teams had trouble fielding, and on several occasions baserunners slipped while trying to round the muddy bases.

"Over at shortstop, it was like a swimming pool over there. They had to put cat litter down, so it wasn't really the best," Guttridge said. "It was tough grounding a couple balls, and rounding the bases you kept slipping. But you had to just ignore it and play on, because the other team was going through it too."

Briarcliff jumped out to a lead early, scoring three runs in the top of the first on RBI hits by Marinaccio, Elena Lowe and Alex Linares. Pleasantville seemed ready to answer in the bottom of the inning, putting runners on first and second with no outs. Passabet then hit a sharp liner to center field; the runners took off, thinking it would drop in for a hit, but Lowe, the Bears' center fielder, made a sliding catch and quickly got the ball to Julie, who stepped on second and threw on to first for a rare



Briarcliff's Teresa Marinaccio delivers a pitch in Saturday's game at Pleasantville.

triple play.

"That was awesome," Bears coach Lindsay Zekus said, calling it the first triple play she's ever been a part of as a coach.

Briarcliff added two more runs in the second, increasing its lead to 5-0. An RBI double by Passabet in the third inning got Pleasantville on the board, and, after the Bears tacked on a run in the fourth, the Panthers narrowed Briarcliff's lead with a three-run fifth. The Bears scored a run in the top of the seventh, setting up the dramatic finish.

"It's just a nice boost to get a big win like this, especially against a rival," Zekus said.

Both pitchers went the distance; Marinaccio threw more than 150 pitches for the win, while Samantha Sicignano, who will be playing at NYU next year, took the loss. Both pitchers had a hard time with the field conditions.

"She struggled because she couldn't get her footing," Perino said of Sicignano. "But Sam will battle. I've had Sam for four years, and I truly am going to miss her."

Briarcliff improved to 9-5, while the Panthers dropped to 11-5 with the loss.



Pleasantville first baseman Briana Tucci steps on the base for an out before Briarcliff's Melissa Marcellino arrives.



The Panthers' Bella Godino sends a pitch toward right field in Saturday's game against visiting Briarcliff.



Sam Sicignano of Pleasantville pitches during Saturday afternoon's home game vs. Briarcliff.



Pleasantville second baseman Sarah Whyntott stays ready in the muddy infield during Saturday's game vs. the Bears.

ANDY JACOBS PHOTOS

Marino's Pitching Gem Earns Panthers a Split With Croton

By Andy Jacobs

Drew Marino didn't have to wait very long, or travel too far, to get a measure of revenge against the Croton-Harmon Tigers last Thursday evening.

Barely an hour after the Pleasantville ace had yielded the game-deciding hit at Parkway Field after being summoned in relief to get the final out in the first game of a unique day-night doubleheader, he was back on the mound again, this time on the campus of Pace University, as the starting pitcher in the nightcap.

Pitching under the lights at Finnerty Field, the Panthers' flame-throwing right-hander made sure Pleasantville wouldn't finish the day with a double dose of disappointment. He kept the Tigers hitless until the sixth inning, finishing with a one-hitter and nine strikeouts as the Panthers defeated Croton 6-1 to salvage a split of the twin bill.

"We knew this was a must win, it's a league game," said Panthers head coach Dan Iorio shortly after his team had improved to 9-6 this season. "They came out fired up, which was good. We were able to put the ball in play, we got some key hits like we were unable to do in the first game."

The key hits started coming in the game's opening inning, when Pleasantville scored four times after two outs. Chris Ciarcia reached on a one-out walk, stole second, then came around to score the first run as Marino ripped a single to left field. After a walk to Nick Salzarulo, Javaun Smith drilled a two-run double to the gap in left-center field. Luke Shippee followed with a line-drive single to center that scored Smith with the fourth run.

"It's very important," said Iorio about putting some runs on the board early against the Tigers after falling in the first game. "It's important because the feeling that we had after the loss, that can easily carry over. So I am proud of the team being able to kind of come out, jump on



Pleasantville's Nick Satriale swings the bat during the Panthers' 6-1 win over Croton.

top of 'em, get the momentum working in our favor. And then you have your ace on the mound, which helps out too."

The four quick runs were more than enough support for Marino, who stranded a Croton runner in each of the first two innings but later retired nine batters in a row before plunking David Jackson with a pitch in the bottom of the fifth. The Tigers remained without a hit until Mike Matalavage dropped a soft liner into center field, just out of reach of the Panthers' diving Smith.

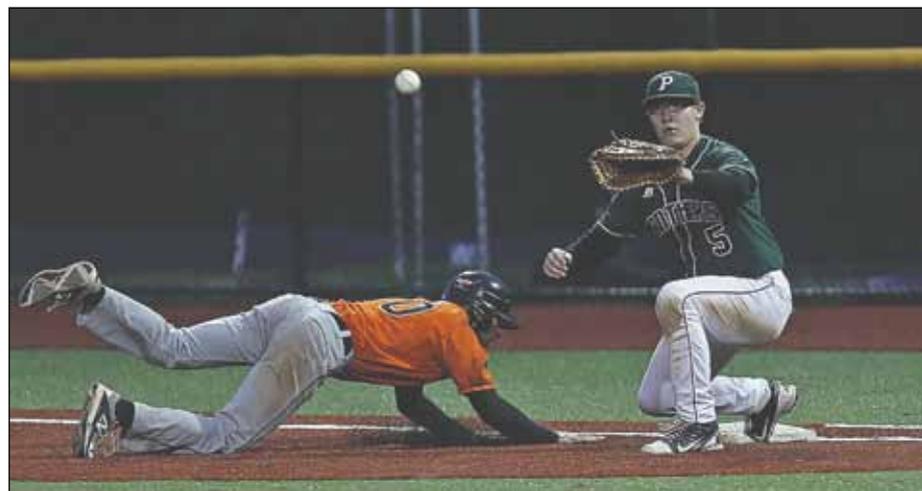
Matalavage wound up on second base when the ball eluded the glove of Smith, sending Max Ambos, who had led off with a walk, to third. Marino then struck out Scott Giordano, but his shutout ended on a passed ball with Diego Posso at bat. After Posso was called out on strikes,



Javaun Smith of Pleasantville runs the bases in the Panthers' victory over Croton in the second game of Thursday's doubleheader.



Pleasantville's Drew Marino fires a pitch to the plate in last Thursday's 6-1 win over Croton-Harmon.



Pace first baseman Nick Salzarulo waits for a pickoff throw as Croton's Scott Giordano slides bag to the bag in last Thursday's game, won by the Panthers.



Pleasantville's Jon Carlo Angiolillo hits a fly ball to center field in the first inning of Thursday's game against Croton at Pace University.

Marino stranded Matalavage in scoring position as Chris Colombo was robbed of a hit when his flare to right field was caught over the shoulder by second baseman Danny Melillo.

The seventh inning turned out to be much less eventful for Marino as he retired Croton in order, getting Brian Smith to ground out to short, then striking out both Jackson and Dan Oles.

"The no-hitter is something that I'm sure was on his mind," said Iorio. "Everyone knew it was happening. But the main thing is that we got the win. I know, deep down, that's what he's proud of."

Pleasantville had stretched its lead to 5-0 in the top of the third inning, scoring another run with two outs. Smith beat out a grounder to short, stole second base, then came home when Shippee's fly ball to right field was dropped.

The Panthers finished the evening with nine hits, four of them coming in the top of the seventh inning. Shippee led off with a single to left and, one out later, Marino reached on an infield hit. Salzarulo's single to right brought in Shippee with the game's final run.

When Marino walked to the hill for the bottom of the seventh inning, the Panthers had a five-run cushion and seemed certain to avoid the final-inning collapse that had taken place in the first game over at Parkway Field. A six-run third inning, highlighted by Ciarcia's two-run single, had erased Croton's early 4-0 lead. But the Tigers wound up scoring

three times in the top of the seventh to send the Panthers to a disappointing 7-6 loss.

Even with Marino slated to start the second game, Iorio turned to him after Croton had closed to within 6-5 and had two runners aboard with two outs. Marino's first pitch was sent the opposite way by Posso for a two-run double that left Pleasantville with its fourth one-run loss of the season.

"You have first and second, two out, you go to your best," said Iorio. "We knew it was gonna be for one out. He's our best option, and that's what we went with. I'm not gonna second-guess the decision that we made because I do believe it was the right decision. The kid just put the bat on the ball, it fell in, and they were able to get the runs. It was definitely a tough loss because we did have opportunities."

Iorio had no doubt Marino would redeem himself a short time later once the two teams made the short ride over to Pace for the second game of the doubleheader.

"He's very determined. That's just the type of kid that he is," he said. "For him, that gives him a little more energy when he comes out onto the mound. He's always been like that. He works very hard, and I know he was looking forward to getting back on the mound for game two."



Luke Shippee takes a lead off first base in Pleasantville's game vs. the Croton Tigers last Thursday evening.



Mark Indriolo

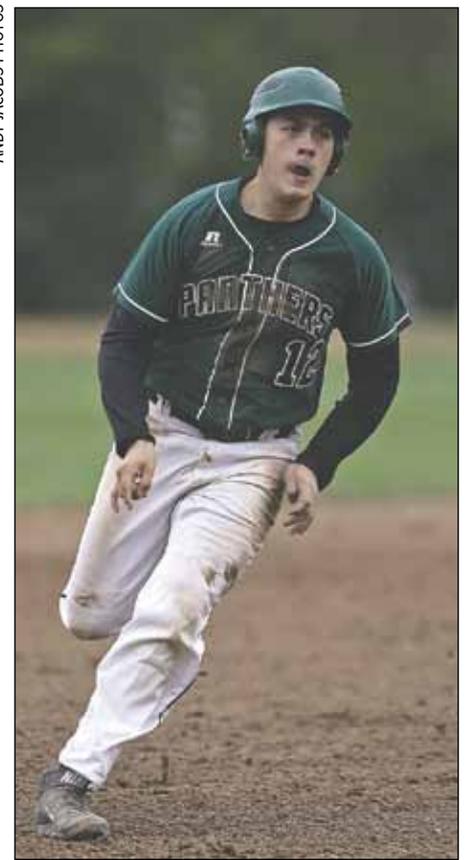


Chris Satriale



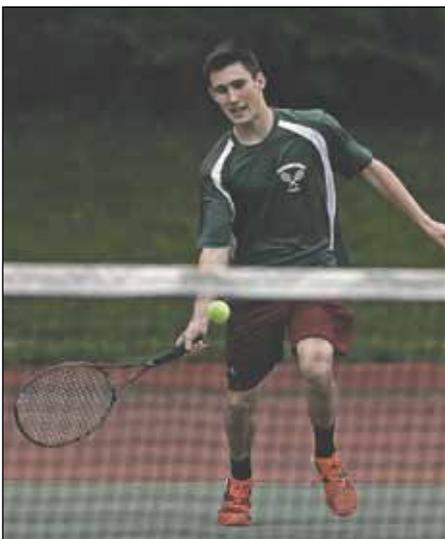
Jon Carlo Angiolillo

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Luke Shippee

SPORTS SCENE



Sean Durrang



Ryder Beitzel



Sean New



Thomas Tenney



Rohan Chandy



Matt Magnan

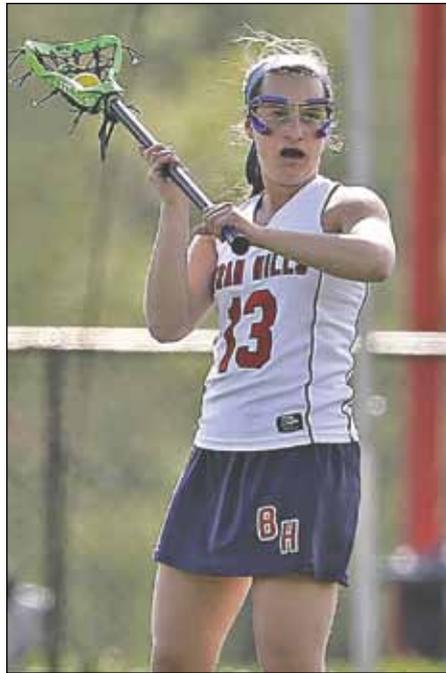


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Mia Vettoretti



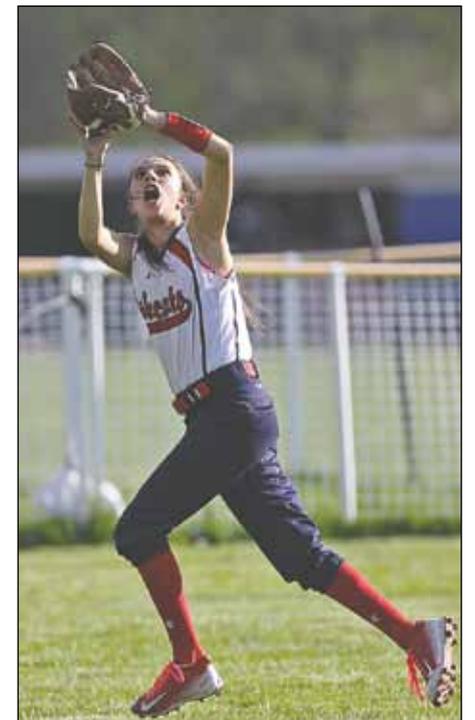
Danielle Skelly



Kallie Hoffman



Nicole Dragonetti



Amanda Salazar



Skylar Sanders



Allison Brunetto



Alex Sapone



Alyssa Dolan



Hayley Croke

Panther Girls' Lacrosse Team Falls to Dominant Bronxville

By Andrew Vitelli

The Pleasantville girls' lacrosse team hung tough for a while against dominant Bronxville last Thursday afternoon, using a 4-1 run to pull within two goals with just under eight minutes remaining in the first half. In the end, though, the Broncos, one of the section's best teams and a Class C juggernaut, were too much for the Panthers, using a 10-0 run on their way to a 19-7 victory.

"We like to play up to tough teams, and I think we played hard today, and they just played a great game," Pleasantville coach Allison Steinberg said afterwards. "We never gave up, and I think that's important when you're playing a tough team like that."

The Panthers looked overmatched early on, allowing Bronxville to score within 20 seconds and then jump out to an early 5-0 lead within the game's first seven minutes. When on the attack, the Broncos were nearly unstoppable. But the Panthers managed to settle down halfway into the first half. Senior Nicole DiFabio got Pleasantville on the board with 12:13 left in the half, and before long the Panthers had cut the Broncos' lead to 5-3. After another Broncos score, DiFabio's second goal closed the gap to 6-4 with 7:42 left in the half.

"It felt really good. We weren't making any mistakes," DiFabio said of her team's run. "We were getting to the ball first. We were really going hard and it really



Grace Hammond

showed when we got multiple goals."

After that, however, it was all Broncos. Bronxville, whose only Section 1 loss this year was to Class A powerhouse Yorktown, went on its 10-0 run, which lasted into the second half and put the Panthers down by 12 goals. Ellie Walsh led the way with five goals for the Broncos, whose record improved to 10-2.

Bronxville was also helped by a much deeper roster, as the Panthers were playing with just two subs. Steinberg, whose team dropped to 6-6, said she



Nicole DeFabio

was impressed by her players' effort and believes playing tough against a dominant team like Bronxville will boost her girls' confidence.

"We have a small team, we have a young team, and we were missing some players today," Steinberg said. "I think it's tough, and when a team gets up on you by that many, it's hard to come back from it. But we just kept fighting and we kept ourselves in the game."

With her two goals, DiFabio inched closer to the 200-goal mark for her career. She finished the game with 191 goals.

"Nicole has really taken a lot of the



Peyton Long

weight of the team on her shoulders this year, and she's a really strong senior leader," said Steinberg. "We're happy for her leadership on and off the field."

DiFabio, who will play at Catholic University in Washington D.C. next year, said she isn't thinking too much about hitting the milestone.

"I'm not looking to force the ball or anything. If it comes, it comes," she said. "And I'm just really excited for the rest of the season."



Lauren Schmidt



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It's Time to Spring into Action But Know Your Limitations

By Christopher Genn

The seasons often portray a particular emotion or overshadowing mood. Spring, to me, is always a time of great action and new beginnings. The trees begin to bud, flowers slowly blossom, geese return to the warm weather, seasonal cleaning, reorganization and outdoor activities greatly increase.

The warm weather often creates a desire for us to be active, to run, jump, play and participate in physical activities we might not normally.

Are you prepared for this increase in activity? Are you moving well? Do you have significant mobility limitations you should improve? Do you have an underlying stability problem you are unaware of? Are you living with irritating pain after certain activities? Are there things you should work on to increase your resilience to injury?

As a physical therapist, I treat people every day who can no longer participate in their desired activity because they have been handcuffed by significant amounts of pain. I propose that you seek assessment and treatment earlier. I'd like to challenge your thought process regarding injury, movement and fitness.

Are you prepared? Let's take a minute here to think about the preparation and maintenance we perform in areas of our life other than physical movement. We maintain good dental health by brushing



and flossing daily and receiving dentist cleanings every six months. We regularly perform oil changes, tune-ups and tire rotations on our vehicles. We receive screens for cancer, heart conditions and general health. If we don't do these things our teeth decay faster and we have dental issues, the car runs less efficiently and breakdowns occur sooner, tires wear more quickly and unevenly, and cancer, heart conditions and diseases become harder to treat if not discovered in the early stages.

Should we not also think this way in regards to our physical movement? The irritating and recurrent pain or discomfort should be like the warning light for low tire pressure or low oil level. It indicates caution, you may continue,

but know that you are operating at below recommended levels and it's only going to get worse.

Far too often, we ignore the warning light and the pain becomes unbearable and unmanageable, and the check engine light appears. You should not continue driving the car or the body, but immediately seek necessary assessment and treatment. If you continue pushing through the pain or dysfunction, you are begging for more serious or permanent damage. This is often when we seek treatment for our pain, either when it's unbearable or we experience a tear or more serious injury.

Let's consider another option. Seeking professional screening and assessment before we embark on increased physical activity or at the first warning light, when pain is barely noticeable. Just as we have found early detection to be so important in treating various diseases, early detection of movement deficiencies can provide important information in exercise prescription and activity modification.

The Functional Movement Screen (FMS), developed by physical therapist Gray Cook, determines competency in basic functional movement patterns, uncomplicated by skill of movement or pain. This screen, which can be administered by trained fitness professionals, simply rates deficiencies in movement patterns, mobility, stability and

asymmetries. This provides incredibly valuable information to a person before initiating an exercise regimen, a sport season or just increasing physical activity. You deserve to know how well you move and how to maximize your movement competency before attempting to increase strength, speed, agility or endurance.

Upon completing the screen, the fitness or medical professional can discuss the objective findings and the subjective implications affecting your movement. You will then understand your movement weaknesses and strengths. You will be given corrective exercises, if applicable, to improve your deficiencies in functional movement. This empowers you. This provides you objective information and guidelines for movement optimization. This places you in the driver's seat of your movement health to take proactive steps in avoiding painful movement and unnecessary injury.

Take control of your movement health today and spring into action more safely with a better understanding of your movement competency. See an FMS certified professional today.

For more general information about Functional Movement System, visit www.functionalmovement.com.

Christopher Genn is a doctor of physical therapy at ProClinix Sports Physical Therapy & Chiropractic in Armonk and Pleasantville.

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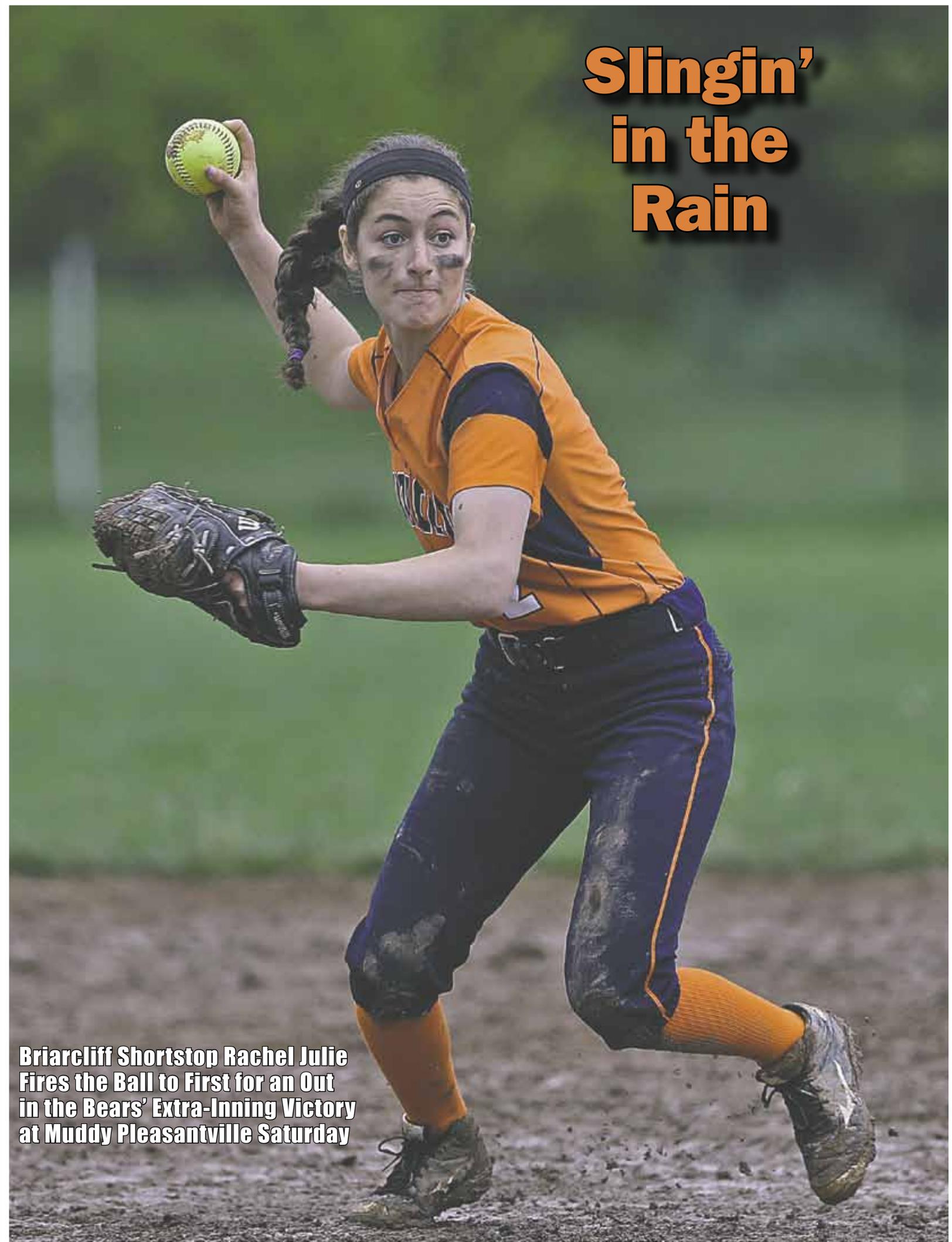
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Slingin' in the Rain

Briarcliff Shortstop Rachel Julie Fires the Ball to First for an Out in the Bears' Extra-Inning Victory at Muddy Pleasantville Saturday

ANDY JACOBS PHOTO