



The Poughkeepsie Pioneer

Athletic and Wellness Newsletter

Issue 4

2024/2025 Edition

Spring Sports are rounding the corner and approaching the end of the season. Our teams are working hard on and off the fields!



Varsity Softball Team

In just four games, 8th grader Liliana Guido has made a strong impact, striking out 20 batters and posting a .455 batting average. Senior Natalia Lopez has been outstanding behind the plate and is contributing offensively with a .444 average. Leilani Thompson currently leads the team with a .556 batting average, while Tatiana Slater boasts an impressive .500. With solid performances across the roster, we're hopeful to secure our first win in the coming days.



****WELLNESS COMMITTEE****

Interested in joining the PCSD's Wellness Committee? This committee discusses a school environment that promotes health and well-being for staff, administration, students and families. We are taking in new members with the next meeting taking place on Thursday, May 29th. If interested, please reach out to the Athletic Director Peter Bianco.



Poughkeepsie Crew Team

"Where are you going for spring break? Only place I'm going to is the boathouse, I got crew practice". All month our rowers have been putting in the work and not slowing down at all over the break. Our Varsity girls returned from break and even kicked it up a gear with 5am practices. Sofia Gil-Rangel, Franice Sculco, Nacyeli Lascares Ruiz, and Guadalupe Hernandez Mejia have been grinding away preparing for the state races next month. Lets not forget Alex Santiago and Layden Lanchester leading the guys through their intense training on and off the water, a big round of applause for everyone who's been showing up consistently and showing their passion for the sport. Next time you're by the river or crossing the bridge look for the Blue and White colors rowing on the hudson and you know that's us.

P POUGHKEEPSIE PIONEERS



April 24th, the baseball team picked up its first win of the season against Peekskill. This was a 13-3 victory after 5 innings of play. Doni Valitutto pitched a phenomenal game striking out 9 batters over 4 ½ innings. Will Matias had a big day at the plate going 3 for 3 with 2 doubles and 5 RBI's. Doni Valitutto went 4 for 4 with 3 RBI's. Poughkeepsie put on a hitting clinic with 12 hits total on the day.

ON DECK CIRCLE:



****ATHLETIC BANQUET (DATE CHANGE)****

The 4th annual Athletic Banquet will be held on **Monday, June 2nd**, at PHS where we will be celebrating the accomplishments of our student athletes. Tickets will be going on sale in May. They will be sold at the athletic office, three (3) tickets for \$10. Cash only. More information to come!

****HUDL****

Can't catch today's game? Check out our Hudl broadcast of our home games taking place in the gyms and athletic turf.

****BOOSTER CLUB****

We are looking for volunteers to form an Athletic Booster Club to represent all PCSD sports teams. Support includes volunteering time, raising money, forming scholarships and providing appropriate resources to student-athletes. Please see our athletic website for more details.

****FALL SPORTS****

Final Forms will be opening up in July with the start date for sports in August! Remember all athletes must be in good academic standing to participate in a fall sport. Your grades for the 4th quarter will be looked at for eligibility.

Contact the nurse if you have any questions with your physical/medical records.

Catch all the upcoming news and games on our [Poughkeepsie Athletic Page](#).



Unified Basketball Team

Unified Basketball is off to an amazing start! They had quite the nail-biter of a game versus John Jay The score was 54-53 - winning by one point is as close as it gets. High scorer for the game was our 9th grader Brandon Robles Frias with 26 points. Coach Floyd and Coach Edmond and all of the players would like to thank the fans who came out to cheer them on! Go Pioneers!!



JV Cheerleading Team

Although the season is over, Pioneer JV Cheer teams continue to support and collaborate with local organizations in our community! On April 9th, the team was invited to open for an event sponsored by the Poughkeepsie Children's Cabinet at Morse School. The team kicked off the event with a performance and warm welcome for Geoff Canada, founder of Harlem Children's Zone. The cheer program looks forward to more community events to participate in. Being actively engaged and involved with in the community is a huge part of the role they play as cheer "LEADERS"!!! Keep up the amazing work Pioneer Cheer!

"You can catch the cheer team showcasing their "Pioneer Pride" on May 17th at the district's 5th Annual Family Festival! Hope to see you there!"