



The Poughkeepsie Pioneer

Athletic and Wellness Newsletter

Issue 2

2024/2025 Edition

Pioneers with Pride



Renata Martinez Breaking 100 Free record.

On October 17, Renata Martinez broke a 2009 school record in the 100 free with a 57.79 ! She also qualified to swim 50 free and 100 fly at Sectionals.

CONGRATULATIONS!



Varsity Girls Swim Team

PK girls celebrating Breast Cancer Awareness all October wearing pink caps to support at Conference Champs and October dual meets.

As the fall is now complete and a thing of the past, our fall teams competed hard and gracefully throughout the season. Each day our athletes learned either how to better themselves or what they can do to better others. Now that the chapter has turned to the winter and indoor activities, the athletic department is excited to embrace this upcoming season. Come out and support our Pioneer athletics whether it be at the pool, in the gym or at the bowling alley. GO PIONEERS!



Reading walks from PHS Varsity Football Players and Cheerleaders



Pioneers with Pride

We cannot wait until next year to see what our Coaches have in store for their players! It is truly more than just time on the turf!

We ended our season with a Breast Cancer Awareness Month Game and Homecoming, which was on Saturday October 26th. As we say goodbye to our Varsity Football Seniors, always remember,

“Once a Pioneer, always a Pioneer.”

- | | |
|-------------------------|----------------|
| Zyon Baggett | Korey Jackson |
| Anthony Quijada- Guerra | Jamir Hawley |
| Henry Gonzalez | Jeru Savage |
| Isaish Williams | Timothy Evans |
| Heshesh Brent | Quazon Wiggins |

Pioneers with Pride



Varsity Boys Soccer Team

The boys soccer team was led this season by a new coach, Rohan Hibbart. Hibbart, a Poughkeepsie High School graduate and former Poughkeepsie High School soccer player, stepped in at the last minute.

In addition, Tracey Bleau, a teacher at Poughkeepsie High School, acted as the Program Assistant for both the JV and Varsity boys soccer teams.

While the team had minimal wins, that did not reflect the team's talent. Several standout players were able to make significant impacts throughout the season.

Senior, Jhulliams Prada-Candia, as Striker, Junior, Justin Ceballos-Diaz, at Right Back, and Matthew Alarcon-Quijada at Midfield were all significant attributes to the team. Coach Hibbart will continue to train with the boys throughout the year while also incorporating strength training as well as overall skill development.

This year, the Poughkeepsie High School Football and Cheerleading Program has taken their student-athletes to a new level! Coach Floyd, Coach Edmond and their athletes were able to take their character-building knowledge that they practiced this Fall and bring it into the Elementary School classrooms of PCSD. Our Cheerleaders and football players modeled exemplary behavior to our elementary school students by performing reading walks in the classrooms at each school. Mission Literacy is not only part of the Poughkeepsie City School District campaign but also a way of life for our students and athletes to become productive, successful members of our community. It's time for our student athletes to stand up and receive the congratulations they deserve for a strong season coupled with personal growth and community awareness.

Besides daily practice, both coach Floyd and Edmond, have encouraged their students to develop themselves by setting personal goals and reaching out to the community to understand their importance in creating the success of the City of Poughkeepsie. A visit to Marist College to tour the campus and take in a football game was one of many experiences this year.

The teams participated in a Saturday event at Upper Landing Park, where students set up and performed in the production of "The Fateful Hour." Other members of the community praised our athletes, which showed how valuable helping others can be.

During our reading walks, as our players went from class to class to read individually and as a group with students, those athletes distributed the tools for the younger students around them to gain confidence in their own academic skill and the high school athletes learned they can assist our district in reaching their goals by providing their own abilities.



The wellness committee is looking for new ideas and conversation pieces on how we can enhance our district. If you are interested in joining the Wellness Committee, please contact the Director of Athletics, Peter Bianco.

Food for thought:
[Holiday Eating Habits, finding a balance is key with this article!](#)

PIONEERS GEAR

NOW AVAILABLE ONLINE
SHOP 24/7/365

SHOP NOW

TRADITION STARTS HERE

SIDELINE

Get your gear and support our student athletes this winter

ON DECK CIRCLE

HIGH SCHOOL:

Winter sports are underway!
Home contests will start the week of 12/2.

MODIFIED (Grade 7&8):

Final Forms are now open.
Tryouts begin the week of 12/2.
All students must be cleared in Final Forms before tryouts

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

For all schedules, check out the [Rschool Link](#) to catch when and where your favorite team is playing!

Pioneers with Pride



Varsity Cheerleading Team

Pioneer JV and Varsity cheer had an amazing season. After attending UCA cheer camp this summer in Pennsylvania, both teams hit the mat and showcased the game-day routine learned at camp. The team competed in four competitions, including their own competition at PHS.

Varsity came in first place and wowed the judges with their fight song and situational/crowd interaction cheer. They also competed at Eastchester, Port Chester and John Jay as well as qualified for Sectionals at Arlington on 11/2. Three seniors received the All-League award at sectionals. In order to be selected, they had to participate in individual tryouts in front of judges where they performed a cheer, band dance as well as execute their jump and tumbling skills.

Throughout the season, the team participated in community events. These included reading walks throughout the district where the team visited each elementary school and modeled exemplary behavior to our elementary school students. We read books to the students and engaged in discussions on the importance of being scholar athletes. They took great pride in displaying scholar athlete attributes!

