



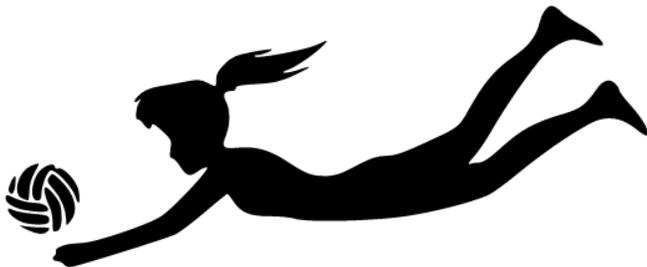
# The Christ the King CYO Newsletter

## FAST BREAK

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**FAST BREAK** is a monthly newsletter published by the **CTK CYO** in order to bring everyone the latest news, updates, and accomplishments of our boys and girls **CYO Basketball Programs** teams and players. **CTK CYO** has now become a year round program ready to bring basketball to anyone interested in playing throughout the year. **CTK** now offers Spring, Summer, Fall and Winter basketball programs for both girls and boys. Volleyball for girls grades 6 thru 8 is also now a part of the CTK CYO Program. Go to the **CTK CYO** website [ctkcyo.net](http://ctkcyo.net) for further information and check the **ANNOUNCEMENT** section of the **NEWSLETTER** for updates.

## WHAT'S HAPPENING



### Girls Volleyball

Registration is now underway for the inaugural CTK Girls Volleyball program. The program is open to all current 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade girls. The teams will participate in the Nassau-Suffolk CYO Girls Travel Volleyball league. The season begins in February 2018 and ends in April. The program will be administered by Coach Donna Newman. Volunteers are needed to coach and assist at the home games. You can register on the [ctkcyo.net](http://ctkcyo.net) website. For further information contact Donna Newman at [donvolley@aol.com](mailto:donvolley@aol.com)



### Boys Divisons

**Tyro Division-** Coach Newman's team opened up the season on 9/17 against St. Cyril and Methodius and lost a hard fought battle by the score of 70-59. Travis Newman led all scorers with 21 points while Nick Greco added 9 points along with Spencer Malloy and Tom Abbott chipping in with 8 points apiece. The team then went on a roll winning five of their next six games. The only loss during that stretch was to Our Lady of Grace of West Babylon by the score of 59-56. Two nights later at CTK Gym the boys played before a packed house and defeated a tough St. Mary's of East Islip squad by the score of 76-69. Zach Lagrasta made four consecutive free throws after a technical foul on St. Mary's late in the first half to help change the momentum as CTK built a ten point halftime lead. The triple threat of Spencer Malloy, Thomas Abbott and Travis Newman would prove to be too much for St. Mary's to handle as CTK would hold off a late charge and secure the win. Travis Newman had 24 points and Spencer Malloy added 20 to lead the team.

The team is hitting on all cylinders and in every game ten different players are scoring. Sharing the basketball and working together as a team is becoming their trademark. The teams record is now 6-2 with two regular season games remaining as they get ready for the playoffs. The next home game is 10/29 845pm at CTK Gym and all are welcome to come down and watch some exciting basketball.



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## GIRLS DIVISIONS

Coach Norotsky's young team defeated St. Matthew's on 9/24 by the score of 58-50 for their lone victory of the season so far. The team continues to battle each and every game giving the older more experienced teams that they are playing all that they can handle. The team is led by Antonio Figueroa, RJ Orłowski, Andrew Shovelson, Mitch Cohen, and Aidan Norotsky. The improved play of Anthony Longo coming off the bench has added a new dimension to the team. The team is looking to finish strong as the season winds down and will certainly be a force to be reckoned with next year.

**Grades 5 thru 8-**The boys divisions welcome back Coaches McConaghy(5<sup>th</sup>), Tuffy(6<sup>th</sup>), Rosenoff(6<sup>th</sup>), Gitz(7<sup>th</sup>), Newfield(7<sup>th</sup>) and Spinelli(8<sup>th</sup>) as the Winter season is set to kick off on 11/17.

The teams have begun practices and are looking strong as some newcomers to each team have added depth to the rosters. Coach Rosenoff's 6<sup>th</sup> grade team is looking forward to a return to the finals to avenge their last second defeat to St. Joseph of Garden City in the season finale last March. Coach Gitz's team will be moving up to the "A" division after a stellar season last year. An improved 8<sup>th</sup> grade team coached by Bob Spinelli is primed to make a playoff run after a busy summer and some new roster additions.

The boys games begin 11/17 and you can find their schedules on the cyons.org website.

**High School League-**The boys High School league is scheduled to open up the season on Sunday 11/12. The league features returning All Stars Kevin Krach, Travis Newman, Johnny Melville, Jaden Kealey, Nick Parkes and Nick Greco. We want to welcome back to CTK AJ Thakral, Matt Schaefer, Eli Gonzalez, Gabe Fein, Mitch Cohen, Michael Karpe, Alec Levine, Shane Macchio and Dario Maricevic.

There will be four teams in the league this year:

Wise Men-Coaches Cohen and Fein

Apostles-Coaches Greco and Norotsky

Saints-Coach Macchio

Angels-Coaches Waring and Newman

All games will be held at the CTK Gym on Sundays and start at 6pm. All are welcome to come down and see some real competitive basketball.

**Winter season 2017-18-**We are thrilled to announce that our girls program has expanded this year and CTK will be fielding 10 teams in the Girls divisions this coming season.

We want to welcome newcomers Coaches Gillon, Smith, Kraft and Singer along with veteran Coaches Orlando, Davidson, Gordon, DiDomenico and Gembs. It should be a fun filled season for all the levels and expectations are high as all the teams have shown great improvement during their preseason workouts.

Regular season games have just begun and the schedules for each team can be found on the cyons.org website. All are welcome to come down and watch the girls play an exciting brand of basketball each weekend thru December.



## K-2 Clinic

**The K-2 Clinic-** For the 2017-18 season a new format will be in effect. The kindergarteners will have their own separate clinic day and time. It will be boys and girls together and the session will be one hour in duration.

The 1<sup>st</sup> and 2<sup>nd</sup> grade boys and girls will be grouped together for their session which will be one hour in duration. Registration is still open so please register ASAP as the clinics are now being organized. Anyone that is interested in volunteering to coach at this level can contact Coach Newman @ [theace5120@aol.com](mailto:theace5120@aol.com).

## Individual Instruction

Coach Newman has been holding individual and small group workouts @ CTK for the past several months. Participants (boys and girls) currently range from 1<sup>st</sup> graders to 11<sup>th</sup> graders. Each session is approximately one hour in length consisting of fundamental drills involving ball handling, shooting, dribbling, one on one moves, agility and conditioning. Anyone interested in improving their game is urged to contact Coach Newman @ [theace5120@aol.com](mailto:theace5120@aol.com) to set up a session.

Congratulations to **Maya Khan** on her outstanding performance last Sunday against St. Rose in leading Coach Gordon's 6<sup>th</sup> grade squad to the victory. Maya's hard work and dedication is paying big dividends as she dominated the backboards and led the team in scoring. Coach Newman is extremely proud of Maya and what she is beginning to accomplish thru her efforts.



**Coach John Newman will be conducting individual and small group instructional workouts for boys and girls during the months of November and December. This an excellent way to prepare for your High School or Middle School tryout. These workouts will be open to CTK players and non-CTK participants. Contact Coach Newman @ [theace5120@aol.com](mailto:theace5120@aol.com) for further information if you are interested.**

**CTK CYO will be conducting its Boys High School League again this year on Sunday nights beginning in early November. There are still a few roster spots available if anyone would like to join. The league is open to all players 9<sup>th</sup>-12<sup>th</sup> grade and parish residency is not required. This will be a highly competitive league so be sure to register on the [ctkcyo.net](http://ctkcyo.net) website ASAP to insure your spot in the league.**

**Registration is now open for the K-2 Clinic and the 3<sup>rd</sup> grade Developmental League. Volunteers are needed for each level. Please contact John Newman at [theace5120@aol.com](mailto:theace5120@aol.com) if you would like to volunteer. Registration is on the [ctkcyo.net](http://ctkcyo.net) website.**



## TRIVIA QUESTION OF THE MONTH

The answer to last months Trivia Question:

What longtime CTK parishoner was an integral member of the 1959 NIT Champions St. John's University?

Answer: Gus Alfieri was a starting guard on legendary Coach Joe Lapchick's 1959 NIT Champion St. John's University.

Gus would later go on to coach at St. Anthony's High School where he would win two state championships. He has written two books "Lapchick" and "The Heart of a Champion" both of which are must reads for any basketball aficionado.

Gus has also directed the longest running basketball camp on Long Island. The All American basketball camp will hold its 50<sup>th</sup> consecutive camp this coming summer and will feature camp alumnus Ken Atkinson coach of the NBA Brooklyn Nets.

### *This month's question:*

What were the original colors of the Christ the King CYO Program?

Email your answer to : [theace5120@aol.com](mailto:theace5120@aol.com)