



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 Program** teams and girls **CYO Volleyball Program** teams. **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 as well as individual personalized instruction. Volleyball for girls grades 6 and 7 is also now a part of the **CTK CYO** Program. Go to the **CTK CYO** website ctkcyo.net for further information and check the **ANNOUNCEMENT** section of the **NEWSLETTER** for updates.

WHAT'S

HAPPENING



Girls Volleyball

For the first time CTK CYO will be having Girls Travel Volleyball for grades 6 and 7 beginning February 2018. We will be fielding four 6th grade teams and two 7th grade teams. The teams will compete in the Nassau-Suffolk CYO Travel Volleyball League. The games will begin in late February and run thru April. There will be

evaluations held on January 6th beginning at 930am at the CTK Gym. Participants will be notified of their specific reporting time via email.



Boys Divisions

Grades 5 thru 8- The boys winter season has begun and the teams are off to a terrific start. In the 5th grade division Brian McConaghy's team is 2-1 after defeating a tough St. Joseph of Hewlett on 12/16 by the score of 27-20. Coach Rosenoff's 6th grade team is once again making an early statement as evidenced by their 3-0 record. Coach Newfield's 7th grade team and Coach Spinelli's 8th grade team are both showing early signs of making a serious title run as both teams are 3-1. The teams will take a break for the holidays and league play will resume the weekend of 1/5. It should be an exciting winter for all the teams as the competition for a playoff berth will intensify each week. The schedule for the teams can be found on the cyons.org website.

High School League- The boys high school league is off and running as the season is already in its 6th week. There has been plenty of action each Sunday evening watching the likes of Jaden Kealey and Travis Newman conduct their high flying acts. Nick Greco, Johnny Melville and Shane Macchio have entertained the crowds with their long range shooting exhibitions. Kevin Krach, Dylan Waring and Zach Lagrasta with their deft ball handling and tough defense add another dimension to the games. The likes of Nick Parkes, Antonio Figueroa and RJ Orłowski crashing the boards is a sight to behold. Of

course there are the stalwarts like Matt Fajfer ,Alec Levine,Shawn Uthup, Sean Barry, Adam Dubi and Gavin Newman that consistently get the job done each week. New additions to the league at midseason such as Ryan Elliot and Ryan Ott have made immediate impacts and will look to change the balance of power in the league. The league is beginning to wind down as playoff seeding is starting to take shape. Several questions will soon be answered. Can the Saints continue to roll along or was the first half a divine intervention? Will the Wise Men get their full roster back from injuries in time to make a run? Will the Apostles finally solve the “Macchio Mystique” and get the better of the Saints? Can the Angels get on a roll after finally getting their first win against the Apostles? The final four weeks will certainly be interesting as these questions get answered. The league resumes play on Sunday 1/7/18 with games scheduled at 6 and 7pm.

HIGH SCHOOL LEAGUE STANDINGS

TEAM	WINS	LOSSES
SAINTS	5	1
APOSTLES	3	3
WISE MEN	3	3
ANGELS	1	5

HIGH SCHOOL LEADERS

POINTS SCORED

<i>T. Newman</i>	<i>106</i>
<i>Krach</i>	<i>100</i>
<i>Macchio</i>	<i>96</i>
<i>Melville</i>	<i>96</i>
<i>Greco</i>	<i>76</i>
<i>D. Waring</i>	<i>76</i>

REBOUNDS

<i>Figueroa</i>	<i>75</i>
<i>Kealey</i>	<i>66</i>
<i>T. Newman</i>	<i>58</i>
<i>Parkes</i>	<i>54</i>
<i>Orlowski</i>	<i>46</i>

ASSISTS

<i>Lagrasta</i>	<i>18</i>
<i>G. Newman</i>	<i>18</i>
<i>D. Waring</i>	<i>16</i>
<i>Melville</i>	<i>16</i>
<i>Greco</i>	<i>14</i>

STEALS

<i>Macchio</i>	<i>19</i>
<i>Levine</i>	<i>16</i>
<i>Melville</i>	<i>12</i>
<i>Dubi</i>	<i>10</i>
<i>Greco</i>	<i>9</i>

BLOCKS

<i>T. Newman</i>	<i>13</i>
<i>Kealey</i>	<i>6</i>
<i>Figueroa</i>	<i>5</i>
<i>Goodman</i>	<i>4</i>
<i>Barry</i>	<i>3</i>
<i>G. Newman</i>	<i>3</i>



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GIRLS DIVISIONS

Winter season 2017-18-The season is winding down for the girls and it looks like six of our girls teams will be playoff bound. Coach Mike Orlando is coaching the 5th grade team and the 8th grade team and both teams will be vying for a championship run! The 5th grade team is dominating their division with a 9-0 record. The 8th grade team is 7-2 and sitting in second place in their division. Coach Gordon's 6th grade team is once again challenging for a title as they are currently 8-2. The most improved team this year is Coach Davidson's 6th grade team which has rocketed to an 8-3 record and is ready to make a run in the playoffs this year. In the 7th grade divisions Coach Kraft's team is 8-3 and needs one win to clinch a playoff berth. Coach Gembs team got on a late season roll and clinched a playoff spot with their win over St. Martin on 12/17. There are no playoffs in the 4th grade division so Coach Gillon's team's season will end on 1/6 against St. Thomas More. They had an outstanding season this year as it was fun watching the team improve each and every game. They will certainly be a force in next years 5th grade division.



K-1 Clinic/Developmental League

The K-1 Clinic- The K-1 clinic has reached the halfway point already and our clinicians are doing great! Coach Newman has them going like clockwork as each week they are doing something new and building off the previous weeks fundamentals. So far they have learned about passing and catching a basketball, dribbling techniques, shooting form, proper pivoting, ball agility drills and basic rules of the game. Coach Newman is proud of his clinicians as he can see their improvement

each week. The clinic will resume on 1/7/18 as we take a break during the holiday season.

The 2-3 Developmental League has just finished its fifth week of action. The participants have begun to play 4 on 4 full court games and are gradually transitioning to the rigors of running up and down the full length of the court. Each week after their skills session they are enjoying playing against each other and finding out that basketball is a great game. In addition to skills work Coach Newman is reviewing rules of the game that need to be followed. The next five weeks will see our "ballers" graduate to 5 on 5 full court basketball which should be very exciting!

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 1st graders to 11th 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 to set up a session.

Way to go **Ethan Wynter**! After being forced to the sideline with a bloody nose in the 1st quarter against St. Isidore on 12/2, Ethan would later come back to help lead the team to a 50-46 win. Ethan's double/double of 14 points/10 rebounds and inside presence on defense was key in helping to secure the victory. Ethan has been putting in the extra time and effort to improve his game and it's showing! Keep up the good work Ethan!

Congratulations to **Jules Gembs** on hitting the winning 12 foot jump shot with 30.2 seconds remaining in overtime on 12/16 against St. Hedwig. The shot gave CTK the 49-47 lead and they held on to keep their playoff hopes alive. Coach Newman is anticipating Jules' playmaking ability will help get them into the playoffs and make some noise when they get there. Nice job Jules!

It's starting to become a routine for **Travis Newman** as once again he hit the go ahead shot with 21 seconds left in the Commack HS JV game on 12/21 against League I powerhouse Brentwood. Travis hit a 15 foot jumper to

give them the lead 52-50 as they held on to win it 54-52. The long hours Travis has put in working on improving his jump shot range is paying off. Congratulations Travis!



Coach John Newman will be conducting individual and small group instructional workouts for boys and girls during the months of December and January. This an excellent way to prepare for your Middle School tryout and to get in some extra work during your current season. These workouts will be open to CTK players and non-CTK participants. Contact Coach Newman @ theace5120@aol.com for further information if you are interested.

The Boys High School League resumes play on 1/7/18 with the playoffs scheduled to start on 1/21 and the championship and All Star Game scheduled for 2/11/18. Everyone is invited to come down at 6pm on those Sundays and enjoy some good competitive basketball.



TRIVIA QUESTION OF THE MONTH

The answer to last months Trivia Question:

What current CTK coach played for Coach Newman and would later have his son play for Coach Newman almost 40 years later?

Answer: Coach Darren Macchio played for Coach Newman's Commack Baseball Club in 1978 and 1979 in what was called back then, the Sandy Koufax League. Darren's son Shane would later play for Coach Newman on the Commack South Crushers summer team as a 9 yr old and then for the Commack Spartans basketball program and currently in the CTK CYO High School league program.

This month's question:

Do you recognize this team?

