

SECTION IV HALL OF FAME
2023 INDUCTEES

ATHLETE

Kirk Aikens
Laura Campbell
Erin Cawley
Norm Eastwood
David A. Fyfe
Cody Hall
Claudine Gruver
Rachel Lamoreaux
Ashley Mahlmeister
Robert Martin
Kara McDuffee
Scott Miritello
Troy Nickerson
Amanda Osborn
Angela Osborn
Bobbi Schmitt
Christopher Stricek
Tom Sutton

SCHOOL

Walton Central School
Unatego Central School
Newark Valley Central School
Gilbertsville Central School
Jefferson Central School
Gilbertsville-Mt. Upton Central School
Chenango Forks Central School
Elmira Notre Dame High School
Sidney Central School
Deposit Central School
Tioga Central School
Newark Valley Central School
Chenango Forks Central School
Edmeston Central School
Edmeston Central School
Jefferson Central School
Windsor Central School
New Berlin Central School

COACH

Gary Crooks
Susan Herodes
Bill Hopkins
Robert Zanot

SCHOOL

Maine-Endwell High School
Unatego Central School
Corning PP & Elmira Notre Dame HS
Chenango Valley Central School

CONTRIBUTOR

Howard "Shorty" Bowen
David Garbarino
Jane McIntosh-Martin

OTHER

Union-Endicott High School
Binghamton
Jefferson Central School

ATHLETES

Kirk Aikens

Kirk was a three-sport athlete for Walton Central School, excelling in football, basketball and track and field.

While his accomplishments were impressive in all three sports, he achieved the most on the football field. As a senior, Kirk rushed for a school-record 1,852 yards, added 334 receiving yards and scored 28 touchdowns in leading the Warriors to the 1994 New York State Class C championship. He ended his gridiron career with 2,476 yards, which placed him fourth on Walton's career rushing yards list at the time of his graduation.

At the conclusion of his senior season, Kirk was named NYS Class C Co-Player of the Year and placed on the state's first team as a running back. He was also selected to the *Press & Sun-Bulletin* All-Metro Team and *The Daily Star* All-Star team.

As a member of the Warrior track and field team, Kirk finished second in the 200 meters at the 1995 Section IV championships and represented Walton at the state meet. He still holds the 15th fastest time in the 100 meters in the history of all schools currently in the Midstate Athletic Conference.

He also lettered two winters on the varsity basketball team.

After graduation, Kirk went on to play football for four falls at Hartwick College. He ended his college career as the school-record holder in career receiving yards (2,902), scoring (304 points), touchdowns (50), touchdown receptions (43) and kickoff returns for a touchdown with three.

Kirk, who was inducted into the Hartwick Athletics Hall of Fame in 2005, resides in Schenectady with his wife and two sons.

Laura Campbell

Laura Campbell graduated from Unatego Central School in 1998 as one of its best overall female athletes, having lettered in soccer, basketball and track and field.

During her four years playing soccer, she scored 40 goals and held the school career record with 24 assists from 1997-2015. A second team New York State all-star selection in 1996, Laura earned first team Susquenango Association honors her sophomore, junior and senior falls. She was also feted by *The Daily Star* as a first team all-star when she helped lead the Spartans to their first Section IV Class C championship.

While playing basketball, Laura led Unatego in scoring both her junior and senior campaigns with respective marks of 323 and 351. During her senior season, she averaged 20.6 points per game, led her team in rebounding and was named an all-star on the Sus Division II first team.

As a three-year member of the track and field contingent, Laura amassed six Class C sectional championships and one overall Section IV crown. She claimed three of those titles in the 100, 200 and 400 meters her sophomore year, added another in the 400m as a junior and closed out her Unatego career with titles in the 800m and long jump, the latter of which was an overall Section IV victory.

In addition to those half dozen sectional crowns, she earned five top 10 finishes in the NYS Division II championships. As a senior, she placed fourth in the 800m, took seventh in the 400m as a junior and was fourth in the 400m, seventh in the 200m and eighth in the 100m as a sophomore.

Following her years at Unatego, Laura played NCAA Division II soccer at The College of St. Rose in Albany for two years.

Erin Cawley

Besides being one of the most decorated female athletes, not only at Newark Valley but in Section IV, Erin Cawley's competitive drive was second to none.

She began her varsity career as an eighth-grader, qualifying for the state meet in both cross country and track and field. Over the next five years, she captured three state championships, set a sectional mark that still stands and established several Newark Valley records.

As a senior harrier, Erin won the 2008 New York State Class C championship at Sunken Meadows on Long Island with a 19:19.2 clocking. That same season she claimed her fourth Section IV title, her third IAC crown and outdistanced the field at the McQuaid Invitational. At the close of her senior cross country season, Erin finished in the top 10 at the Footlocker National Northeast qualifier, earning her the opportunity to compete in San Diego as one of only 40 girls from the United States.

Prior to that stellar fall season, she earned two runner-up performances as a junior and freshman and a third-place finish as a sophomore at the state championships. Erin was also a part of four Section IV team titles.

Erin was one of the top distance runners in New York State throughout her decorated track career, but the steeplechase was what propelled her to national prominence, where she was ranked No. 2 in the country. She won a pair of state championships in that event and her time of 6:49 is still a Section IV record. Erin also anchored the 4 x 800 squad at the state meet.

After graduation, she ran both cross country and track for four years at Syracuse University. While there, she red-shirted a season, thus giving her an extra year of eligibility. With that extra year, Erin concluded her collegiate career at the University of Wisconsin, where she competed in the NCAA cross country championships and qualified for the Western track regionals.

Erin currently resides in Colorado, where she is employed as a nurse.

Norm Eastwood

Norm Eastwood graduated from Gilbertsville Central School in 1969 with 16 varsity letters to his credit. He earned four each in football, volleyball and basketball; three more in baseball and one for track and field.

He led the Bulldogs to their only undefeated season in 1968, when Gilbertsville went 7-0 in winning the eight-man Tri-Valley League championship. Known for his fierce and hard-hitting style of running, Norm led the Bulldogs with 86 individual points, and scored two touchdowns in the T-V title game versus Laurens. He also set the school record for touchdowns in a single game with five during his junior year against Edmeston.

The Daily Star (Oneonta) sportswriter Bob Whittemore wrote that Norm was “the most powerful running back in the league” and that “he is as good as anybody around in putting the football where coaches want it – in the other guy’s end zone.”

While on the volleyball court, he was instrumental in leading Gilbertsville to four T-V crowns, three appearances in the Section IV championship game and a sectional title in 1968.

As a catcher on the Bulldog nine, Norm was selected to the Central New York All-Star team, who took on the heralded Milford Macs his senior year. He was scouted by both the Boston Red Sox and Detroit Tigers.

Norm went on to a decorated military career before returning to Gilbertsville. There he has devoted his life to community service, including over 25 years with organizations such as the American Legion and the Gilbertsville Emergency Squad.

David Fyfe

David Fyfe was a three-sport athlete at Jefferson Central School, graduating in 1994 after earning accolades and varsity tenures of four years in soccer, six seasons in baseball and two winters in basketball.

As a senior center-mid on the Jefferson soccer pitch, he scored 37 goals and delivered 20 assists as the J-Hawks captured the Section IV Class D title. Many of those assists came via his “flip throw” that was perfected to the point where any throw-in on the attacking side of the field became a scoring opportunity for one of his teammates.

In addition to that sectional crown, David led Jefferson to two other Class D semifinals and a pair of Stamford Mayor’s Cup championships. For his efforts, he was honored as a Delaware League first-team all-star three times (1991-93), and in 1993 the league’s Most Valuable Player, *The Daily Star* Co-Player of the Year and *The Daily Editor* Player of the Year.

David also earned success as the point guard on the basketball team and the second baseman and catcher on the baseball nine. As a freshman second sacker he was named to *The Daily Editor* All-Area team, after posting an unblemished fielding average for his 37 chances and stole seven bases without being nabbed.

More importantly, though, he carried himself with the utmost respect and sportsmanship toward his teammates, opponents, coaches and officials; something that was widely recognized across the league and beyond.

David went on to be a member of the soccer team at Herkimer County Community College before enlisting in the U.S. Army’s 82nd Airborne. After a knee injury resulting from jumping from a plane, he was honorably discharged, and later enrolled at SUNY Oneonta to study geography. He received his master’s and doctorate degrees from Penn State University, and currently teaches at York College in Pennsylvania. David travels all over the world with his college students, teaching them about other cultures and lands they would otherwise only read about.

Claudine Gruver (Lamanna)

Claudine is a 1995 graduate of Chenango Forks High School, where she was a standout in both swimming and softball, truly excelling in the former.

As a four-year member of the Blue Devils tank team, Claudine captured the Section IV Class B championship in the 100-yard backstroke in both 1993 and 1994. That latter year, she finished runner-up in the New York State meet in the same event.

She still holds the school record in the 100-yard backstroke, as well as the medley and freestyle relays. Claudine was also a Summer Empire State Games champion in all three of the aforementioned events.

In softball, she was a four-year starter at first base, helping Forks to the state championship in 1994.

Following graduation, Claudine became a 1997 Division II National Champion in the 100-yard backstroke at Kutztown University. She still holds the record in that event and had held the 200-yard mark until this past year.

After transferring to SUNY New Paltz, Claudine became the first female swimmer there to receive All-American honors, and was honored as the college's Outstanding Swimmer following the 1998-99 season. She was elected to the New Paltz Hall of Fame in 2010.

Claudine currently resides in Raleigh, NC, where she is a cardiac surgery physician assistant.

Cody Hall

Cody Hall graduated from Gilbertsville-Mount Upton Central School in 2009, after earning 12 varsity letters – five in baseball, four in soccer and three in basketball.

He finished his baseball career with 111 hits, becoming the first player in school history to eclipse the 100 mark. And that 100th hit was a grand slam in a key win over Worcester. During his senior spring, the Raiders went 18-4 in winning the Tri-Valley League championship, with Cody on the mound.

A two-time captain of the G-MU nine, he completed his baseball pitching time with 218 strikeouts and a no-hitter. All those impressive statistics earned Cody a place on the 2009 New York State Class D second team, that honor being the highest selection for a G-MU athlete to date.

Only a freshman, he was moved up to the varsity basketball squad by Coach Bill Hartman late in the season and was instrumental in helping the Raiders claim the 2006 T-V title. He completed his cage career with 865 points, twice captained his team and was named to the state's Class D sixth team.

As a G-MU striker, Cody logged 60 goals, which puts him in the top three all-time in school history. During his stellar senior season, he tallied 24 goals and 10 assists, five of those scores coming in a sectional victory over Downsview. Twice he captained the Raiders.

Cody also played one year of volleyball when the Raiders won the overall Section IV crown with impressive victories over Ithaca, Horseheads and Sidney.

During his successful athletic career, he stacked up numerous Tri-Valley, *Daily Star* and *Evening Sun* first-team all-star awards, and was selected to the G-MU Athletics Wall of Fame, one of only six athletes in school history to be so honored.

Cody lives in Gilbertsville with his wife, Rachel, and their two daughters, Addison and Teagan.

Rachel Lamoreaux

A 2012 graduate of Elmira Notre Dame, Rachel had an outstanding career competing for the Crusaders on the soccer and track and field teams.

Blessed with outstanding speed, a powerful shot and much tenacity, she established school records her senior season with 41 goals, 101 points and most goals in a game with six from her striker position. All told, she completed her END soccer career with 113 goals and 57 assists as her teams won 60 games.

Rachel was named Class C first team all-state in 2010 and 2011, while adding a second-team honor in 2009. During her four years on the soccer field, the Crusaders reached the Section IV finals three times, twice earning championships in 2009 and 2011.

Besides her all-state honors, she was named first team all-league three times and twice was named the league's Large School Most Valuable Player.

As a sprinter, she helped lead the END tracksters to a pair of sectional titles and two runner-up finishes. She was a member of the 1,600m and 400m relay teams that set school records, the former squad finishing fifth in the state championships. Rachel also posted six first-place finishes in the Class D sectionals, and was named an all-league star on three occasions.

Rachel was tabbed the Elmira Notre Dame Female Athlete of the Year following her senior season, and was recently inducted into the school's Hall of Fame.

She competed on the women's soccer team at Marywood University in Dunmore, PA before transferring to SUNY Albany, where she earned a degree in Business Administration.

Ashley Mahlmeister

Ashley Mahlmeister is one of the most accomplished athletes Sidney High School has ever known. She earned 13 letters in three sports – six in spring and winter track and field, four in soccer and three in volleyball.

Track and field was where she really excelled, though, as she qualified for the New York State meet four consecutive years. As a senior in 2009, Ashley captured the state Division II crown in the 100m high hurdles and the long jump, while placing second in the triple jump. She also added a trio of seconds in all three of the aforementioned events at the all-encompassing Federation Meet.

During her track and field career, Ashley won 11 Section IV championships – three each in spring and winter hurdles, four in the long jump and one in the triple jump. She currently holds sectional records in the outdoor long jump of 19 feet; 6 inches and the indoor long jump of 18 feet; 2 $\frac{3}{4}$ inches. She also holds Sidney records in the long jump, triple jump and 200-meter dash.

As a volleyball player, she helped the Warriors to a pair of undefeated regular seasons in 2008 and 2009 before losing in the sectional finals. In the 2008 final, she had 13 kills versus Bainbridge-Guilford and a year later she added 23 digs against Delhi. For her efforts, Ashley earned second-team state honors in 2008.

On the soccer grid, she again gained second-team all-state accolades in 2008 when Sidney posted nine shutouts in finishing runner-up in the sectionals. While a sophomore striker, Ashley led the Warriors to another second-place finish in the sectionals, the first time a Sidney girls' soccer team had ever advanced that far.

Following her graduation from Sidney, she went on to a successful track and field career at SUNY Albany, where she received a Bachelor of Arts degree. She later obtained a Master's degree in Sports Science Medicine at the University of Exeter in Exeter, England.

She currently lives in Rochester, where she continues to participate in soccer in a mixed adult league.

Robert Martin

As Bob progressed through his time at Deposit Central School, he proved himself to be an accomplished three-sport athlete. He was a quarterback in the fall, a center/forward in the winter and a pitcher/first baseman in the spring.

In basketball, Bob was outstanding. He scored 1,019 points during his three-plus seasons, despite missing several games due to a knee injury. He accomplished a double/double in every game while a Lumberjack cager, finishing his career with a 17.6 scoring average and a 10.2 rebounds per game average. With Bob in the lead, Deposit reached the Section IV finals on two occasions, winning the Class C crown in 1974 versus McGraw.

On the baseball diamond, he established a school record 84 strikeouts in 54 innings, posted a miniscule 1.42 ERA and carded a .986 fielding average. It was while playing summer baseball, though, that he suffered a broken leg that forced him to miss his senior football season.

Following his time at Deposit, Bob played two years of basketball at Alfred State College where he scored 580 points, 14th best in school history at the time of his graduation. He, subsequently, earned his Bachelor of Science degree from Rochester Institute of Technology (RIT) in 1978.

After 41 years as an architect, Bob is retired from his career as Sales and Project Manager for Commercial Building Products, but is currently involved with the cleanup from Hurricane Ian at his family's winter residence in Ft. Myers.

When not wintering in Florida, Bob and his wife, Mary Lou, reside in East Rochester. In the past, he has shared his knowledge and expertise by volunteering with Fairport Little League Baseball, and Eastside and AAU basketball. He keeps active through golfing, bicycling, swimming, walking and spending time with his grandsons, Trevor and Shane.

Kara McDuffee

Whether on the athletic grid or in the classroom, Kara McDuffee had no peers during her years at Tioga Central School. A multi-sport athlete, she lettered five years in basketball, three each in softball and soccer and one season of track and field. And on the academic side, she was valedictorian of her 2011 class with a GPA of 103.02.

During her five winters on the hardwoods, Kara set career school records in total points (2,017), rebounds (962), steals (472), assists (397) and blocks (232). Twice she was named to the New York State first team, and was the NY Class C Co-Player of the Year in 2010 when the Tigers reached the state finals. In surpassing 2,000 points, she became only the eighth girl in Section IV history to do so at the time of her graduation.

Her prowess on the softball diamond was just as great as she finished her three varsity springs with a .490 career batting average. A second-team all-state selection her senior year, Tara led Tioga to a sectional title and a state final berth as a sophomore.

As a soccer player, she holds the school career record with 35 goals, and placed fourth in the 1,500 meters as a ninth grader at the Section IV track and field championships.

At the time of her graduation, she was one of six national finalists for the prestigious Wendy's High School Heisman Award.

"Kara's enthusiasm, leadership abilities, respectful attitude and integrity made her the type of individual that you would want mentoring your own children," echoed both her basketball coach Joe Robinson and Athletic Director Jim Houseknecht.

Following her high school years at Tioga, she furthered her academic and basketball career at St. Lawrence University. While there, she scored 1,321 points, grabbed 861 rebounds, dished out 265 assists, chalked up 194 steals and blocked 74 shots in being named an NCAA Division III All-American – only the third in school history.

Having majored in English, Kara continued teaching that curriculum for six years at Brewster Academy in Wolfeboro, NH before assuming the role of Digital Media and Marketing Manager, as well as coaching varsity girls' basketball.

Scott Miritello

Scott Miritello, who graduated from Newark Valley High School in 1972, excelled in all three varsity sports in which he participated.

As a senior wrestler, he was crowned the 145-pound Section IV champion after going undefeated during the regular season. It was in that sectional tournament that he recorded the fastest pin at 18 seconds and received the Outstanding Wrestler Award. Before laying claim to that sectional title, he won both the Class B and Susquenango Association crowns.

During his senior football season, Scott was a key contributor to the 1971 Sus championship team, earning first-team all-league status when he led the 15-team league in both total rushing and scoring. He was, likewise, named a Sus first-team halfback his junior year, the only 11th grader so honored.

Two notable games were his 207 yards and 34 points on offense versus Bainbridge-Guilford, and defensively he returned an interception 90 yards against Whitney Point and another of 99 yards for a touchdown against Delhi.

In track and field action, he placed first in the 120 high hurdles at the Class B sectionals and also ran the third leg of the 4 x 100 relay for another first at the same meet.

Following high school, he continued with wrestling at Eastern Michigan University in Ypsilanti, MI, and while there was honored with the Outstanding Freshman Award.

He currently resides in Mesa, AZ, where he is a nationally renowned chiropractic physician, including being the team physician for the 2004 U.S. Olympic Decathletes.

Troy Nickerson

A 2005 graduate of Chenango Forks High School, Troy Nickerson was one of the greatest high school wrestlers in New York State.

For five straight years (2001-05) he was crowned a New York State champion – the first in the history of the state to do so – and a Section IV winner in the respective weight classes of 96, 103, 112, 119 and 125. His five-year record was an amazing 217-6 (.973). And during his schoolboy years, he also competed in the prestigious Fargo Tournament, where he captured five titles in six tries.

Success continued for Troy at Cornell University as he was crowned the 2009 NCAA Champion at 125 pounds, in addition to being honored as a four-time All-American for the Little Red. He graduated from Cornell with a 97-9 (.915) record.

He also ran cross country for four seasons, and was a two-time state qualifier in 2001 and 2003.

Troy's spectacular career was not limited to his superior athletic talent. His leadership as both a wrestler and runner, his work ethic, his dedication and his due diligence were as legendary to his coaches and teammates as his accomplishments in major competitions.

He is currently giving back to the sport he loves, coaching young athletes as the head wrestling coach at the University of Northern Colorado, and occasionally acting as a volunteer coach at the Olympic Training Center in Colorado Springs.

Amanda & Angela Osborn

Identical twins, the Osborn sisters' athletic careers mirrored their genetic makeup. Both were standout three-sport athletes at Edmeston Central School, taking the Tri-Valley League and Section IV by storm as each amassed 14 varsity letters in soccer (4), basketball (4) and softball (6) from 1992-97.

On the soccer pitch, they were first team T-V all-stars three consecutive falls in leading the Panthers to a pair of league championships and an overall record of 42-15-8 (.737). During their senior campaign, Angela accumulated 20 goals and seven assists while Amanda added 10 goals and 12 assists. Both were tabbed first team all-stars by *The Daily Star* (Oneonta) as Edmeston wound up ranked 13th in the state with a 15-2-1 log.

It was on the hardwoods, though, that they really excelled. Known for their sharpshooting skills, the Osborns led the Panthers to an overall record of 55-25 (.688) during their four-year tenure. With huge scoring seasons both her junior (20.5 ppg) and senior (19.8 ppg) winters, Amanda culminated her cage career with 1,257 points. Angela, meanwhile, rang in with 1,118 in addition to averaging just over seven rebounds a game, despite having to guard opposing teams' forwards as an undersized guard/forward.

As six-year starters on the softball diamond, their teams went from being .500 (22-22) their first three seasons to winning back-to-back league crowns their junior and senior springs with a record of 33-3. All told, the Panthers were 66-30 (.688) during their half dozen years of play.

Angela, a four-time league all-star and three-time *Daily Star* first team selection, was the primary pitcher her last three seasons, accounting for every victory but two, as Edmeston compiled a record of 42-8. Amanda, who played shortstop, received first team accolades from the T-V three times and twice more from *The Daily Star*.

After leading Edmeston to a record of 163-70-8 (.700) over their three-sport careers, they both attended Bridgewater College in Virginia, where they continued to play basketball. Both are still ranked in the top 20 in many of the school's cage categories.

Angela finished with 1,046 points and is grouped in free throw percentage (5th), 3-point percentage (10th), 3-pointers made (12th), assists (15th), field goal percentage (15th) and points (19th). Angela, likewise, is graded in 3-point percentage (5th), 3-pointers made (7th) and assists per game (15th).

Today, both sisters live in Florida. Amanda resides in Winter Park, where she works in the automotive sales business, while Angela, who specializes in veterinary dentistry, calls Bradenton home.

Bobbi Schmitt

Bobbi Schmitt, a 1998 graduate, was a stand-out, three-sport athlete at Jefferson Central School. Though she made a strong impact in all sports, it was on the soccer pitch where she was truly at her finest.

Under Bobbi's athletic leadership, the J-Hawks laid claim to the 1997 NYSPHSAA Class D championship, winning a game which was played under some of the most harrowing weather conditions. During that 24-0 season, she netted 20 goals and served up 18 assists in being honored as the NYSPHSAA Class D Tournament MVP. That same year Bobbi was also tabbed the Class D Player of the Year by the New York State Sportswriters and Coaches for Girls Sports. Jefferson added a second Section IV crown the previous year of 1996.

In addition to her soccer achievements, Bobbi played a major role on the basketball court and the softball diamond. To say that she was coachable is an understatement as she was one of Jefferson's most dedicated athletes who set an example for her teammates and peers. Her extraordinary character is also what helped her 1997 championship soccer team be recognized with the Class D Tournament Sportsmanship Plaque.

After high school, Bobbi went on to pursue a degree at SUNY Cobleskill, where she played two years on the soccer team and another on the basketball squad.

Bobbi has been an advocate for public school athletics throughout her life, including as a former member of the Jefferson Board of Education and currently as the President of the Hunter-Tannersville BOE. She has also dedicated much of her adult life to working with youth sports, spending over a decade in the Delaware Youth Soccer Association.

Christopher Stricek

In his six-year high school career as a Black Knight golfer, Chris Stricek's accomplishments lifted his golf team to heights never seen in the 50-plus years of the Windsor program.

A four-time competitor in state championship play, he was a five-time STAC all-star, was selected to the all-state team twice, tabbed Triple Cities Golf Association (TCGA) Player of the Year, named *Press & Sun-Bulletin* Athlete of the Week and was a WBNG-TV Academic all-star.

As a junior, Chris shot 79, 75 (154) at the very competitive Robert Trent Jones course at Cornell University to win the Section IV Individual Medalist Tournament (state qualifier) against the best 63 golfers in the section. And during his sophomore season, he led Windsor to a Section IV Class B team title, STAC East crown and a 14-3 record.

His senior season 9-hole match scores were at par or better in 12 of his 16 matches, an astonishing rate of 75%. During his freshman campaign, he shot 79 to win the individual medalist honor in the Section IV Class B championships at En-Joie Golf Course.

Chris' season average score for 9-hole matches was under par two different seasons (-0.06) and (-0.38), and at the time of his graduation he owned half (6 of 12) of the best 9-hole match scores in school history – all at 3- or 4-under par.

His character and leadership were recognized following his senior season when he was awarded both the STAC and Section IV Sportsmanship Awards.

Following graduation from Windsor, Chris played four seasons of golf at St. Francis University in Loretto, PA on an athletic scholarship. He was instrumental in leading the Red Flash to the 2013 NEC (Northeast Conference) golf championship, only the third in the school's history.

He graduated in 2016 with a bachelor's degree in History, obtained an MBA in Human Resources in 2018, is engaged to Mikayla Wyrwas and is currently employed as a claims analyst for the Social Security Administration in Johnstown, PA.

Tom Sutton

A three-sport standout who earned 10 varsity letters in baseball (4), football (3) and basketball (3), Tom was the catalyst who led New Berlin Central School to a covey of athletic successes.

During his four years at second base for the Hawks, New Berlin not only posted a gaudy 72-11 (.867) record, but captured two New York State Public High School Athletic Association Class D championships.

Tom was named the Most Valuable Player during the 1987 tournament when as a senior he went 5-for-9 with three RBI and five runs scored versus West Canada and Jeffersonville-Youngsville. Two years earlier, he sparked the Hawks to their initial state crown when they edged Richfield Springs 7-6 at Diss Field in Ilion.

He closed his diamond career with a .389 average (93-for-239), 102 runs scored, 46 RBI, 77 stolen bases and only 13 strikeouts in being named a Tri-Valley League all-star three times. New Berlin, meanwhile, won a trio of T-V titles and shared another in going 43-3 (.935) in league play.

While directing the gridiron contingent, Tom had the pleasure of never losing a game. As the NB quarterback, he oversaw a 19-0 record during his three falls, when the Hawks raised the banner on a trio of T-V championships.

A two-time T-V and (Norwich) *Evening Sun* first-team selection at both quarterback and defensive back, he passed for 1,132 yards, rushed for another 393 and totaled 38 points.

On the basketball court, Tom directed the Hawks from his point guard position to a pair of T-V crowns and a spot in the 1986 Class D finals at the Broome County Arena. During his reign, New Berlin went 34-4 (.895) in league play and 55-10 (.846) overall. A scorer of 580 points (9.1 avg.), he was twice named an *Evening Sun* All-County and Tri-Valley League all-star.

All told, New Berlin compiled an overall record of 146-21 (.874) and a T-V log of 96-7 (.932) during Tom's 10 varsity seasons in three sports.

Following graduation from New Berlin, he played basketball one year at SUNY Cobleskill before transferring and graduating from Elon College in Elon, NC with a degree in Business Administration. He later earned his MBA at Syracuse University.

He and his wife, Debbie, reside in Norwich, where he is employed by NBT Bank as Director of Retail Banking. They are the parents of three adult children, Tyler (Norwalk, CN), Cassie (Seattle) and Michael (Tampa).

Coaches

Gary Crooks

Gary Crooks is one of the most successful baseball coaches in the history of Section IV. During his 35-year (1983-2017) tenure at Maine-Endwell, he charted an overall record of 396-266-4, as well as many postseason accomplishments. Notable among those accomplishments are two state championships – Class B in 1990 and Class A in 2008 – and 13 Section IV titles.

In 2014, former M-E player Thomas Tull donated and named the new Spartan stadium “Gary Crooks Field” in his honor.

Gary also served as an outstanding football assistant to some notable head coaches, including Roger Robinson (Cortland State), Cal Rucker (Johnson City), Bart Guccia (Union-Endicott) and Matt Gallagher (M-E). It was during his time as M-E’s defensive coach that the Spartans won four state championships, while achieving a state win record of 62 consecutive games.

He consistently practiced the qualities of a successful teacher and coach as his teams demonstrated sportsmanship, fair play and consistent positive effort. Gary was also a leader and promoter of the “Citizenship Through Athletics” program at M-E.

Gary expresses that he has always taken the most pride in his loving wife, Jacki, and sons, Justin, Adam and Gannon.

Susan Herodes

Susan Herodes retired in June 2022 from Unatego Central School as a highly-competent and successful girls' varsity soccer coach and physical education teacher.

During those 32 years of coaching, she posted an overall record of 387-146-36 (.726) and a Midstate Athletic Conference (MAC) log of 202-38-10 (.842).

Her Spartan teams captured five Section IV Class C championships, 14 MAC titles and three consecutive Susquenango Association divisional crowns. Under her tutelage, the Unatego strikers also earned an appearance in the 2019 NYSPHSAA Class C championship and four quarterfinal berths in state play.

In 2019, she was named the Class C Coach of the Year by the NYSSCOGS/NYSSWA. Susan was also selected as Coach of the Year on three occasions (1996, 2009, 2019) by *The Daily Star*.

As the leader of one of Unatego's most successful athletic programs, Susan was a strong advocate for girls as well as promoting their participation in athletics. Her work and influence among girls in school and especially those under her guidance in her soccer program was very evident. She was well-liked, well-respected and most certainly a student-centered teacher/coach.

Bill Hopkins

Over a span of 27 years, Bill coached varsity boys' basketball at five different high schools. His initial job was at Corning West, which was followed by stints at Thomas A. Edison, Corning East, Elmira Notre Dame and Corning High. During that time period he took over many struggling programs and turned them into championship squads. He produced a record of 338-254 that included three sectional championships and three other runner-up finishes.

He was named the Basketball Coaches of New York (BCANY) Class C Coach of the Year in 2012 and 2014, and the Elmira Kiwanis Male Coach of the Year. And for seven seasons, he was an assistant coach at Elmira College where the team earned its first NCAA Division III bid in addition to two ECAC titles.

When not coaching on the hardwoods, Bill produced a three-year record of 51-22 as the END baseball mentor and a 52-28 log as the Corning East golf coach.

Since 2000, he has been the director of "Shoot the Lights Out Basketball Academy." This is a basketball camp that is run throughout the Southern and Northern Tiers for boys and girls.

Bill has always been extremely active in his community with youth sports, volunteering a great deal of his time giving instructional opportunities to young athletes, as well as coaching a variety of youth teams.

Robert “Bob” Zanot

Bob Zanot coached 110 high school sports seasons over the course of his career that spanned 42 years across three states. And the bulk of that time occurred at Chenango Valley High School where he coached football, basketball and track and field.

For 22 seasons he headed the Warriors cage program, and charted over 300 victories. During that time, CV was crowned Section IV Class B champion five times, captured one Southern Tier Athletic Conference (STAC) title and participated in the New York State Public High School Athletic Association (NYSPHSAA) “Final Four” in Glens Falls in 2008. And following that 2008 campaign, he was chosen Coach of the Year by the Basketball Coaches Association of New York and the *Press & Sun-Bulletin*.

Bob was also the football coach at CV for 15 falls. Over those years, he enjoyed much success, including a streak of seven consecutive winning seasons and several straight victories over archrival Chenango Forks. The Warriors were crowned Section IV champions three times in 1989, 1993 and 1994.

Finally, for 27 springs Bob served as CV’s track and field coach. During this period, CV laid claim to 14 STAC division titles, nine of which were consecutive, and one sectional crown. He coached 28 tracksters to STAC championship, and more than 40 participated in the NYSPHSAA state championships.

Throughout his tenure, Bob was known as an innovator. He hosted the “Cinder Track Classic” for those schools that still had cinder tracks, and the “One and Done” invitational which allowed each team to enter only one athlete in each event. He also ran a very popular “weight man relay” for the shot put and discus athletes, who received a fruit pie for their winning efforts.

Bob was inducted into the Griffin High School (Springfield, IL) Sports Hall of Fame in 1981, the Springfield Hall of Fame in 1995, the Chenango Valley Hall of Fame in 2018 and the Greater Binghamton Sports Hall of Fame in 2022.

It was after an outstanding high school career at Griffin that Bob was awarded a football scholarship to the University of Notre Dame, and subsequently played on its undefeated National Championship team in 1973.

Contributors

Howard “Shorty” Bowen

The Tiger may be Union-Endicott High School’s mascot, but Howard “Shorty” Bowen is the face of its athletics.

For more than 50 years, he has been a valuable contributor to U-E and all of Section IV. To this day, Shorty continues to be the man that does it all. He began in 1970 under head football coach Fran Angeline, and has been working ever since.

“It has been said that the most accurate way to spell the word ‘love’ is T-I-M-E. That sums up Shorty,” said U-E football coach Tom Baleno. “He loves football, more specifically, U-E Tiger Football. He has spent over 50 years volunteering his time. The man loves the Orange & Black, and we love him back.”

His responsibilities include equipment, laundry, budget, practice/game set up, uniform/equipment distribution and repair, visiting team greeter, helmet/pad fitter, etc. His knowledge, work ethic and commitment in running the largest athletic program in the district is unmatched.

“In my short time as Athletic Director, I have been able to work with Shorty on so many things,” noted Teresa McKinney. “Our student-athletes are like grandchildren to him. He cares so much about this family. But what makes him so incredibly special in my eyes is his commitment to treating every person who visits Union-Endicott High School as a special guest with the utmost respect.”

Shorty never takes a vacation, and works through every season of the year. He says his off time is the month of March, but that just means he devotes that time to sorting and inventory, and minor odd jobs that need to be done. During March, he only works 4-5 hours a day, compared to the 12-18-hour days he puts in during the regular season.

Section IV Executive Director Bill Bryant echoes McKinney’s feelings. “Shorty has and continues to go the extra mile for anyone, no matter who it is – spectator, coach or student-athlete. He always makes sure when you come to U-E, you are treated with class, and most of all respect.”

A life-long resident of Endicott, he worked for a local heating and air conditioning company, and will celebrate his 88th birthday on August 22.

David Garbarino

David Garbarino has been a contributing member of Section IV for many years. He has coached a variety of teams in both the Binghamton and Candor school districts.

He has served Section IV as Chairman of the Football and Mixed Competition committees. Chairing the football committee is particularly challenging as they are responsible for the schedule of all Section IV schools, and football is a large part of the section revenue stream. And as chair of the mixed competition committee, Dave has dealt with many controversial issues with class and clarity.

Dave served eight years in the presidential succession for Section IV, never missing a meeting and leading the section with honor and respect. He also represented the section as President of the New York Interscholastic Athletic Administrators Association.

He is well-respected throughout the state, having served not only on the NYIAAA, but also the Council of Administrators and the NYS Association for Health, Physical Education, Recreation and Dance to name a few.

A goal-oriented individual with over 30 years of experience in the field of education and administration, he has used interpersonal leadership skills to effectively interest, motivate and gain cooperation and support of administrators, teachers, students and community members.

Jane McIntosh-Martin

Jane McIntosh-Martin served the Jefferson Central School District as a physical education teacher – assigned to the district by BOCES – for 33 years from 1977-2010.

Affectionately known to students and colleagues as “Coach M,” Jane devoted her entire professional life to the advancement of athletics. She was, and continues to be, a strong advocate for girls’ sports in and out of schools. Her desire to build programs for girls encouraged many females to become involved in athletics at a time when they were initially hesitant.

During her tenure at Jefferson, Jane coached girls in soccer, basketball and softball. It was on the soccer field as a head coach and later a co-coach that she helped the Lady J-Hawks bring home the NYSPHSAA Class D crown in 1997 when her team completed a perfect 24-0 season. The Jefferson girls also claimed two other Section IV titles in 1978 and 1996, and a Regional championship in 1997. That same year, she was named *The Daily Star* Girls’ Soccer Co-Coach of the Year, and the Lady J-Hawks were awarded the NYS Class D Tournament Sportsmanship Plaque.

Besides those soccer successes, Jane also led the basketball team to the 1979 Section IV finals, finishing as runner-up that year.

Jane was very active in elementary sports programs for Jefferson Central School, as well as in the surrounding communities as a coach for youth soccer, basketball and softball. Early in her career, she also coached girls’ volleyball and basketball at the now defunct Grand Gorge Central School.

Retiring from teaching and coaching in 2010, she was later inducted into the Delaware League Coaches Hall of Fame.