

STORM TRACKER



GOT FOOTBALL?

PG. 10

**ACING
VOLLEYBALL**

PG. 18

**RUN LIKE
THE WIND**

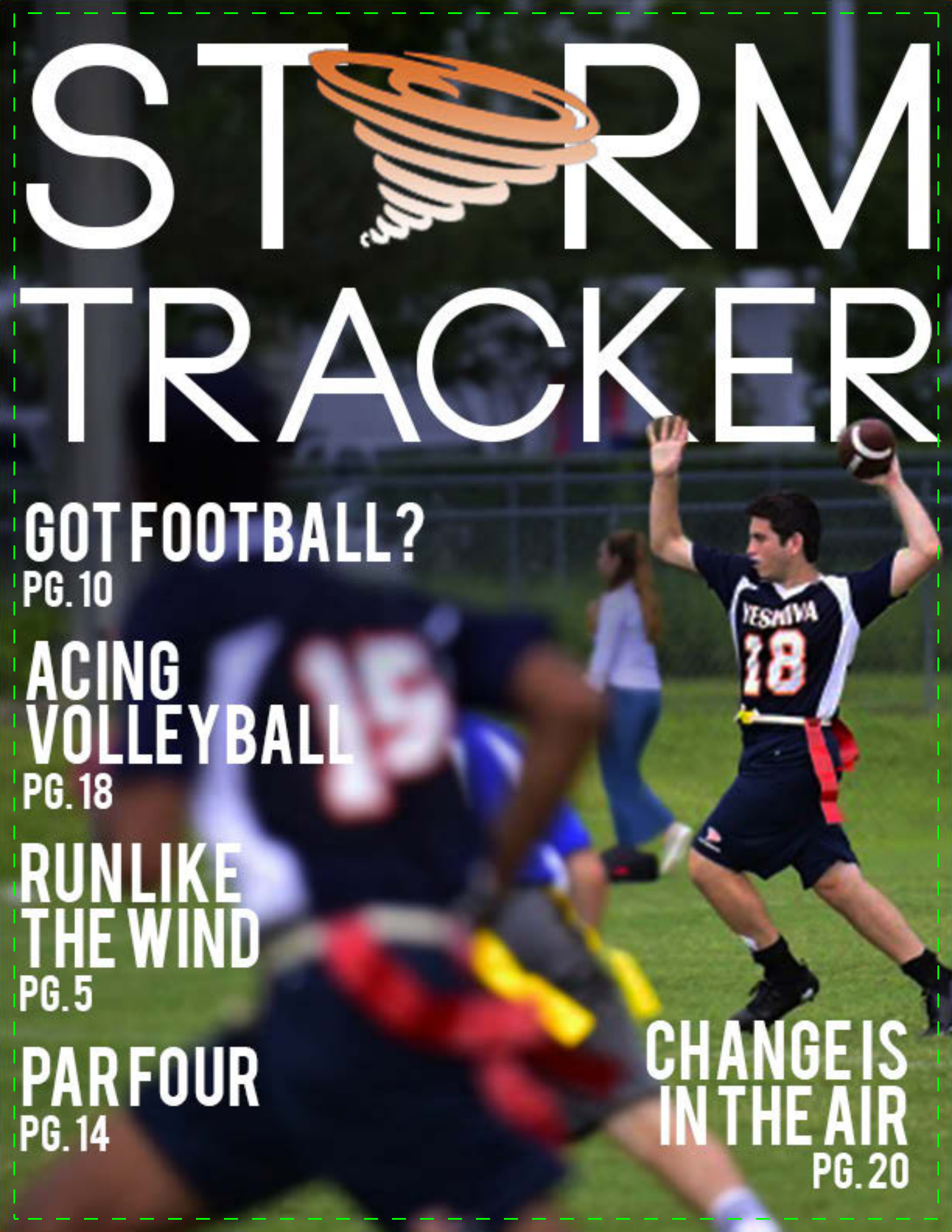
PG. 5

PAR FOUR

PG. 14

**CHANGE IS
IN THE AIR**

PG. 20



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CROSS COUNTRY



Run, Storm, Run!

By Ty Kay



Cross country is a sport with no halftimes, no time outs, --it's just running as fast as you can for half an hour. As one of the newest addition to Yeshiva High School sports, cross country has slowly grown in popularity amongst a multitude of young men and women at YHS. The season began with tryouts, where close to twenty students gave up their precious summer vacation time to try out for the team. A couple of weeks later, the team's roster was announced, with ten students on the men's squad and six students on the women's squad.

The cross country team competed in four meets this season. Prior to the meets, however, the team had multiple practices consisting of running distances between three and five miles. These practices were fundamental for the team's future successes by getting them into tip-top shape for the start of the season.

The season got underway with a great start; the initial meet was by far the most exciting. The gun sounded and the race was off. The numerous hours of practice began to pay off, as three other teammates and I started out in the top eight spots. As the race progressed, some runners slowed down. Close to finishing the first lap, a couple of YHS runners were still contending for the lead. However, it started to downpour, and the race officials yelled out that everyone would only be completing just one lap, as opposed to the normal three. Those who heard the announcement bolted towards the finish line. It was close, but unfortunately YHS could not pull off the first place win. They did, however, come in second place which is a victory in of itself. I, Ty Kay, finished third overall in the competition, followed by Yitzchak Spodek, Ben Amselem, Eric Factor, Aaron Purow, and Alex Blaine (top right). The girl's team was also quick out of the gate, with Daniela Abir leading the way. Unfortunately, they could not keep their initial momentum going.



(Alex Blaine comes in 4th place in the last race before Districts)

All runners enjoyed competing in cross country and challenging themselves at every practice and meet. They loved setting new personal goals and trying to achieve those at every meet. Cross country has really increased my stamina, endurance, and general sense of dedication in life and towards athletics.



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FOOT



FOOTBALL



**Binny Plotkin,
Leading Flag Puller,
helps start off our
newest fall sport**

The School Has A Flag Football Team?

By Zack Ben-Ezra

Let me paint a picture for you: It is a late spring night; I am hanging out at the sports banquet with my friends minding my own business when I hear our athletic director, Rachel Yudewitz, announcing to the YHS community that, for the first time ever, the school is going to have a flag football team. I have had a love for football ever since I was a small child and even played some flag football in middle school. I could not believe what I was hearing: Is this true? What will the jerseys look like? Is Flag Football even a thing in high school?

After a week of rigorous tryouts prior to the start of school, the team was assembled and quickly began preparing for the first game of the season just a handful of days later. Since this year was the inaugural season, there was a great unknown surrounding what to expect from other teams on the field. Nobody on our team knew opponents would put effort into flag football or concentrate on another sports, such as tackle football or basketball. The team soon learned that the league was a mixed-bag, consisting of talented teams and teams that lacked in that department. After barely putting up a touchdown in the first game, our responded with a much-needed win by shutting out Trinity Christian 22-0 in the following game. The team was led by senior quarterbacks and captains Alex Factor (Right) and Jacob Berger. Both quarterbacks split snaps switching off every drive. The receiving corps was led by sophomore stud Yehuda Weiss (bottom right), the team leader in most yards, receptions and touchdowns.

Junior starting receivers Jason Mizrahi and Elior Halpern also played major roles on offense. After winning just one of the team's first four games, the team's playoff hopes came down to a single game against the David Posnack Jewish Day School. Following an early deficit, the Storm scored back to back touchdowns to get right back into the game. After trading numerous touchdowns with the opponent,

the storm finally got a stop on defense. With a fourth quarter lead and possession of the football, all signs were pointing towards a Storm victory and a playoff run in the inaugural season. However, with about three minutes left in the game, Yeshiva's playoff hopes were shattered when Posnack intercepted a pass by Alex Factor, marched down the field, and scored a deflating game-winning touchdown with just seconds left on the clock. Although on paper a one-win season does not look like a great success, this season was a huge stepping stone for the future of flag football at Yeshiva High School. Even though we only won one game,

I had a great time being a part of the first YHS flag football team. It was a brilliant experience and I am already looking forward to next season being even better than this one.



(Alex Factor rushes for 50 yards against Dona Klein Jewish Academy)



(Yehuda Weiss saves Storm from a touchdown with a diving play in the 3rd quarter)

The Lookout

Interview by Ilan Gritzman

Ilan Gritzman: Coach (Lieber), can you inform the YHS students on some useful methods used to prevent injury while playing a sport?

Gary Lieber: The most important method for preventing injury on the soccer field or any other athletic field is proper pre-game stretching and warm-up. Another important technique is to carefully monitor the performance of the student-athlete on the field and to substitute when fatigue begins to show up. This helps prevent injuries caused by an inability to move as quickly as possible and limits the probability of the student-athlete becoming dehydrated. Use of anti-dehydration "sports drinks" is also important in helping to prevent dehydration and the injuries that come along with it. Concussions are also an issue we have to deal with in soccer. The use of a mouth guard is extremely helpful in dealing with concussions due to head-ball contact. Any of our players with foot sprain or ankle sprain issues are wrapped by me before game time.

IG: If a player of yours does get injured, what advice do you give him so that he can get back on the field as soon as possible?

GL: Any player injured during the course of a game is immediately removed from the game and examined. The critical judgment call is whether the player has been "hurt" or "injured". Hurt" relates to a painful episode which will gradually resolve even if the player continues to be in the game such as a kick in the shins while fighting for a ball. "Injury" refers to damage to the musculoskeletal structure such as a sprained or stretch ligament, a broken bone or soft tissue injuries requiring long recovery such as hamstring, Quadriceps or gluteal muscle pulls. In the event of a player

Coach Lieber, YHS Soccer Coach, tells us how to limit injuries on and off the field

becoming hurt, the coaching staff must first determine that no further damage can be done. After this is ascertained, the coaching staff applies ice to the hurt area and clears the player to return to the game. If there is an actual injury the player will not come back into the game or practice until medical clearance has been given.

IG: In recent years, the YHS soccer team has experienced a plethora of success. How has your team been able to perform at such a high level?

GL: The team has achieved great success on the field in the last 8 to 10 years. This is a result of the greatest coaching technique of all time, having superior talent. The coaches have been fortunate to see a great number of talented student athletes play soccer for Yeshiva High School. We have also been lucky to be at the top end of the amount of students allowed to remain in Division I, which gives us a deep talent pool. The coaching staff has also been gifted with student athletes who are willing to work very hard and not give up when difficulty presented itself on the field in terms of injury, poor refereeing, or teams with superior talent and larger athletes.

IG: What are your goals for this upcoming season?

GL: The goals for this year's YHS boys soccer team is to begin to replace the core of eight seniors who graduated last year. This can be extremely difficult when only three freshmen come out for your team. It will probably take some time for our lineup to gel and to find the right players for each position, but I have confidence that we will be able to replicate the same form of success we have found in previous years.



Golf Team



Golf Team



Can You Spot 10 Differences?



- ANSWER KEY
1. Missing man
 2. Missing black and white
 3. Goat
 4. Missing shirt stripe
 5. Shoe color
 6. Y on hat changed to W
 7. Missing golf ball
 8. Clouds
 9. Added bushes
 10. Missing leg

The Gentleman's Game

By Jonah Tripp



HS Golf is back! After a three-year break, the golf team has returned and is better than ever.

Golf is known as the "Gentleman's sport", a game played between man and club, a sport based on three values: skill, wisdom, and self-confidence. Of course, there's also the occasional factor of luck. These values were the foundation for this past season of YHS golf. Before we even played our first tournament, we practiced three times a week for three weeks at a beautiful golf course in Boca Raton. In these practices, we began by hitting in the driving range and subsequently working on our swing and chipping. Then, after a long hour of hard work, we split up into pairs and played the first nine holes of the course. This gave everyone on the team experience in dealing with the unexpected variables on a tough course, as well as a good sense of how an actual tournament would work. Our season began in an awesome way, as our team of two freshmen, four sophomores, a junior, and a senior won our first three tournaments by outstanding margins. Sadly, in our final tournament, we lost to the more experienced and talented Highlands Christian team, despite our team's best efforts.



J(onah Tripp putting away on the golf course)

Through out the season, Josh was our rock with his outstanding play and incredible leadership, showing his teammates how one could play the sport with suave and class.

Leading the way was the captain and only upperclassman on the team, Josh Fein ('16), who played as one of our top two seeds. Throughout the season, Josh was our rock with his outstanding play and incredible leadership, showing his teammates how one could play the sport with suave and class. Right by his side was our top-seed and best scorer, Ariel Berger ('18). Ariel displayed fantastic playing, shooting as low as a 41 on the front nine, an exceptional score for a sophomore. Ariel and fellow underclassmen including myself, Justin Stern ('18), Daniel Weiderhorn ('19), Andrew Pearl ('19), Noah Berten ('18), and Michael Hezkiel ('17) represent the bright and promising future of YHS Golf.

Our memorable season can best be described by the words of our own Ariel Berger, who quoted famed professional golfer Arnold Palmer: "Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening. It is without a doubt the greatest game mankind has ever invented."

YHS GIRLS VOLLEYBALL



UNIFIED BY

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**TEAM ACES.
LIFE LESSONS.**

BY TALIA GRITZMAN



Three determined captains pushed the team to victory. Two coaches taught lessons that will never be forgotten. One unified team was the result. Several factors impacted the performance of this year's girls volleyball team. However, one factor emerged from the group.

Although obstacles challenged the team, we managed to succeed in playing to our full potential. In one game, our setter, Shirin Khambalia, twisted her ankle and was unable to play for the remainder of the season. Despite the unfortunate circumstance, our coaches, Coach Tara and Coach Jacqui, along with Mital Citron, Maia Citron, and Bailey Frohlich (captains), managed to adjust and rally the team with a cheerful, optimistic approach. Due to the high encouragement level, we were able to improve our skills and not only win matches, but also gain life-lessons such as teamwork, leadership, and communication skills. The YHS volleyball team stands out most because every player on the team provides encouragement and displayed upstanding sportsmanship, which led the team to multiple of victories.

Many people contributed to making the volleyball experience phenomenal. If it weren't for a positive attitude, the team would not have had a successful season. Thanks to every member of the team, who reached their potential and achieved great success.

Until next season...

Change is in the Air

By Adam Shalloway

W

ith many changes coming to YHS in the near future, it is sometimes difficult to grasp the truth from the many rumors. In the case of the future of sports at our school, I am here to dispel the rumors and relay the truth about the future of the athletic program at Yeshiva High School.

The announcement of a much-needed new school finally being built, has brought a wave of change and optimism to the cluttered halls of YHS. This feeling of change has brought a plethora of improvements to our school. To begin with, we have been introduced to new clubs, classes, school colors, a redesigned logo, and even a renaming. The new building itself will completely revamp the way we go to school and will hopefully allow our sports program to excel. The new building will be built on the campus of the Jewish Federation of South Palm Beach County and, according to head of school, Rabbi Jonathan Kroll, it will be completed towards the beginning of the 2016-2017 school year. With regards to our sports program, here's the inside information. All of the sports teams will be wearing redesigned jerseys with the new school colors. This process has already begun with most of the team's this year already repping the beautiful navy blue and pumpkin orange. Additionally, similar to the current set up at Boca Raton Synagogue, the school will have include a full court basketball court outside for general recreational use by students. In addition, Rabbi Kroll informed me in a recent interview that, "We will have our own gym, [in addition to a soccer field], which will consist of two full court basketball courts side by side. This will

allow for two teams to practice at the same time and also allow for two games to be played at the same time." A state-of-the-art gym on campus could mean a true home court advantage for the Storm basketball and volleyball squads, as well as a possible hosting site for a basketball tournament in the future.

Have no fear field sport athletes, soccer and flag football, I'm talking to you! A brand new soccer field is going to be built for you, courtesy of the Jewish Federation of South Palm Beach County. This field will be located adjacent to our new campus and be shared with our neighbor Donna Klein Jewish Academy.

In summation, the future of YHS is looking bright, especially in the field of sports. All of us here at Storm Tracker would like to thank you for picking up a copy and giving it a read. We hope you enjoyed! Make sure to continue to follow and support YHS sports.

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