



PRIDE
in all that we are

OHS Alumni Student Athletes Panel

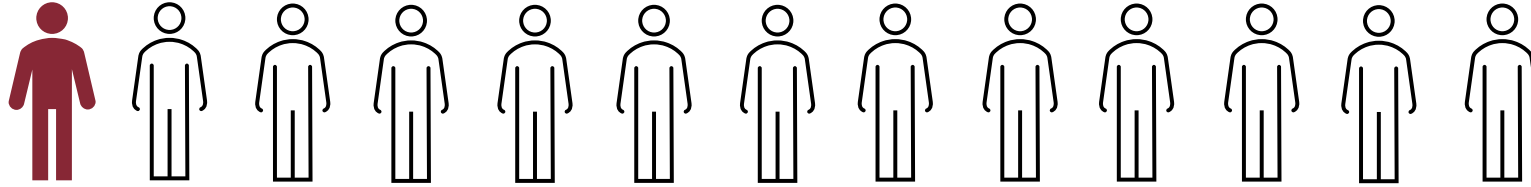
November 26th, 2022

Sponsored by
the Ossining Athletic Booster Club
in conjunction with
the OUFSD Athletic Dept.
the OHS Counseling Dept.

Agenda

3:00 - 3:05	—————	Welcome and Thanks
3:05 - 3:15	—————	Panelist Introductions
3:15 - 4:15	—————	Panel Discussion, Q&A
4:15 - 4:30	—————	Audience Questions
4:30 - 4:55	—————	Networking/Snacks in the Lobby

NCAA Statistics



~7% of high school athletes go on to
play college sports



Women's Soccer

D1: 2.4%
D2: 1.9%
D3: 2.8%



Baseball

D1: 2.2%
D2: 2.2%
D3: 2.9%



Megan Spedaliere

OHS Class of 2021

Western New England Class of 2025

Major: Psychology

Sport: Lacrosse (D3)

OHS Honor Roll (2 years)

WNEU President's List

Hard Hat award winner Women's Lacrosse Spring 22



Springfield, MA



Jalay Knowles

OHS Class of 2015

Mercy College + University of Hartford
Class of 2019

Bachelor of Arts in Psychology

Master of Arts in School Counseling

Sport: Basketball (D1)

Only five-time Section 1 champion in the
history of Section 1 Class AA basketball



Dobbs Ferry, NY West Hartford, CT



Marlee Potillo

OHS Class of 2021

Bloomsburg Class of 2025

Major: Business

Sport: Soccer (D2)

Girls Soccer All Section & Honorable mention (x1)

Girls Soccer All League (x3)

2021 PSAC Champion & NCAA participant (x2)



Bloomsburg, PA



Dan Galef

OHS Class of 2021

Franklin & Marshall Class of 2025

Major: Business, Organizations, & Society

Sport: Baseball (D3)

All-Section Senior, Senior Captain

2nd Team All-Conference as a first year in college



Lancaster, PA

Nolan Lenaghan

OHS Class of 2020

Cornell Class of 2024

Major: Economics

Sport: Soccer (D1)

High School All American

Patriot League Academic Honor Roll x2



Ithaca, NY

Freshman Year Schedules

→ Megan Spedaliere: First Semester Freshman Year

6 am – 8 am	Morning Practice
8 am – 11 am	Classes
11 am – 12 pm	Breakfast/Lunch
12 pm – 2 pm	Conditioning + Lift Session
2 pm – 4 pm	Homework + Studying
4 pm – 6 pm	Continue working on homework
7 pm – 8 pm	Dinner, wind down
8 pm -9 pm	Stretch, prepare for tomorrow
10 pm	Asleep in bed

→ Jalay Knowles: First Semester Freshman Year

6:30 am – 8 am	Conditioning
8 am – 12 pm	Classes
12 pm – 1 pm	Lift
1 pm – 5 pm	Practice + Film
5 pm – 7 pm	Mandatory Study Hall
7 pm – 8 pm	Dinner

→ Marlee Potillo: First Semester Freshman Year

9 am – 10 am	Wake up, Get Ready for Class
10 am – 12 pm	Classes
1 pm – 2 pm	Free time (Eat/Nap)
3 pm – 5 pm	Practice
6 pm – 7 pm	Dinner
7 pm – 8 pm	Continue working on homework
7 pm – 8 pm	Schoolwork
8 pm – 10 pm	Hang out with friends
11 pm – 12 am	Go to sleep

→ Dan Galef: First Semester Freshman Year

8 am – 8:30 am	Wake up + Breakfast
8:30 am – 11:20 am	Classes (2)
11:30 am – 12 pm	Lunch
12 pm – 2:30 pm	Schoolwork
3 pm – 6 pm	Practice
6:30 pm – 7 pm	Dinner
7 pm – 11 pm	Schoolwork/Free Time/Rest

→ Nolan Lenaghan: First Semester Freshman Year

5 am	Wake up
6 am – 7:45 am	Training
8 am – 8:50 am	Class
9 am – 12:45 pm	Breakfast, Homework, Nap
1 pm – 1: 30 pm	Fitness testing
2 pm – 3 pm	Lunch
3 pm – 3:50 pm	Class
4 pm – 6 pm	Team Lifting Session
6:30 pm	Dinner, classwork, sleep

HS Level Athletics vs College Level Athletics

Marlee: In 9th grade, I became a 4-year starter and played either the whole game or $\frac{3}{4}$ of it. Once I got to college, everyone was fighting for a starting spot or that 2nd string spot to sub into the game. Freshman year, even though I put in extra work on my own and with trainers, I saw time only during scrimmages or if the team was up by 2-3 goals.

In my case, we have 35 women on the team so you know when you commit, you may not play your whole 4 years and it is a risk that you have to be willing to take.

College Academics Adjustment

Jalay: The academic transition was brutal. I was expected to be on time and an active learner in my classes. It was hard because I was a very relaxed student at that point and I had to take school more seriously. Especially because I would get more study hall hours added if my grades were not good. It was really hard but once you ask for help from professors and tutors, it became more manageable.

Social Life

Megan: The way I found time to socialize at college was by making sure that aspect of my life came after both school and lacrosse for the day was done. I found it most rewarding and fulfilling to spend time with close friends when I knew all my homework and workouts were completed and done well for the day.

Coach Relationships (Recruiting vs Player)

Nolan: I was recruited by an assistant coach in the Spring of my senior year. By the time I showed up to play, he had left the program. The head coach seemed to distance himself from me because of that and rarely checked on my training and fitness progress.

Best & Worst Memory on a College Team

Jalay: My best memory of being on a college team is all the jokes and fun times I had with my teammates. I was very close with them and we had a great time in the dorms, in the locker room, on the bus rides, it was all so much fun.

The worst memory was my last game I played because I got hurt and could not play in a college game again.

Mental Health

Nolan: My freshman year I was way too entangled in letting my performance on the field dictate how I felt about myself. I used to feel embarrassed if I wasn't playing.

The truth is there's nothing to be embarrassed about because there are no scrubs on college sports teams. My advice would be to realize the jump from high school to college is a big one and the majority of freshman do not settle in instantly.

How I Chose My School

Marlee: I started by choosing the schools that offered exercise science as a major first. I looked at the number of students enrolled because I did not want a small school. I looked at schools that offered multiple options for majors in case exercise science was not a good fit, then I could easily switch into something else.

Cost of course was a big factor. Then came soccer. I knew I wanted to play for a DI or DII program, so I just narrowed my search using all of that criteria.

Advice on Choosing a School

Megan: I would say to take your time most importantly. I remember feeling so pressured to make my decision and commit somewhere because everyone else was.

I would say to ask questions when visiting schools, and never be afraid to stand up and say when a school doesn't feel right!

Go somewhere that feels like you can be successful, but somewhere that you also feel like you will be able to have a well-balanced life both socially, academically, and especially athletically if that is the path you decide for yourself!

Should I play in college?

Dan: Make sure it is somewhere you can see yourself for 4 years. Make sure it is a place that is preparing you for the future because most likely you will not be playing a sport after college.

I would say that you need to have a passion for your sport. Make sure that you want your sport to be the main part of your college experience.

If you are passionate about your sport, it will be one of the best times of your life. If you don't have that passion, then it may not be in your best interest to play if it will also affect other parts of your life negatively.

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