

VIKING TRACK



"The greatest aspect of running Track is that you are always facing the cruelest opponent—yourself."

—Alan Siergieg-Two-sport athlete

VIKING WRESTLING

"Wrestling at Sea has taught me the value of hard work and discipline. Learning how to wrestle can be tough, but it is always fun."

—Anthony Gonzalez-Two-sport athlete



VIKING LACROSSE



"I am so grateful for the opportunity to help start a new program here. Lac is the greatest contact sport next to Football"

—Gary Patton-Two-sport athlete



VIKING BASKETBALL



"Playing basketball at Sea has taught me a valuable lesson. Hard work and dedication are the keys to reaching the next level on and off the court."

— Joe Lane-Three-sport athlete

VIKING GOLF

"Playing golf has been a great experience for me. The whole team enjoys playing and we work hard to achieve our very best."

—Mike Olgia ti-Two-sport athlete

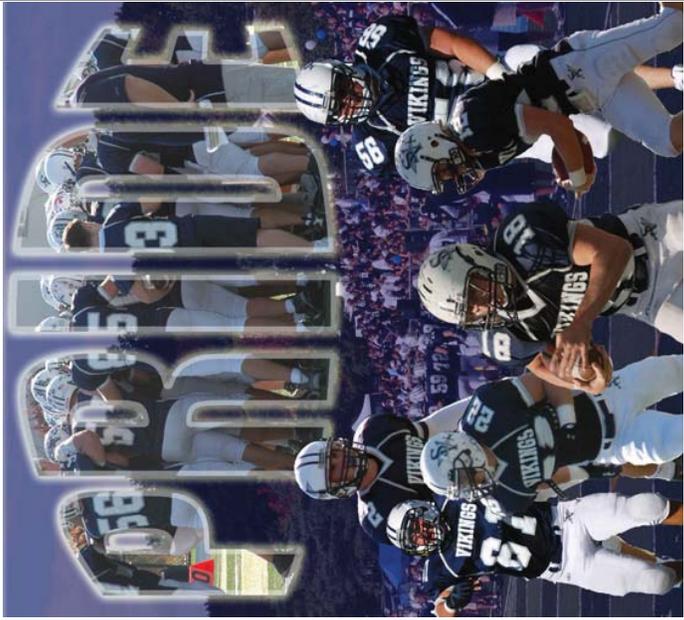


VIKING HOCKEY



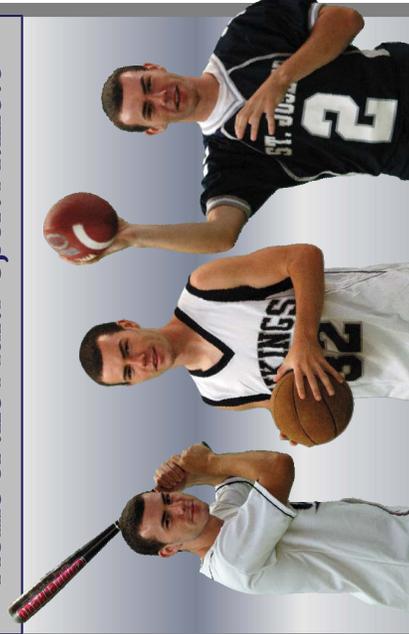
"I love playing for the Sea Hockey team. Hockey is a fast paced sport that requires mental and physical toughness. It gives an athlete the chance to see how fast they can really move."

—Zac Malone-Two-sport athlete



St. Joseph by-the-Sea
High School

Home of the Multi-Sport Athlete



Because Great Athletes
love to compete!

THE BEST FITNESS CENTER



Have you seen Sea's Fitness Center? Step into this magnificent facility and train with state-of-the-art equipment, treadmills, stair-climbers, all under the direction of a professional staff.

THE BEST GAME FIELDS

Viking Park, our eleven-acre sports complex, features a football field equipped with Pro-Grade Field Turf. Our Baseball Field, Softball Field and our practice fields were renovated with Field Turf making Viking Park one of the largest Field Turf facilities in the region.



THE BEST TRACK

Others may claim the best, but we have the only FastTrack 400 on Staten Island — one of the finest on the East Coast!



THE BEST FANS

No matter what the sport, you can count on plenty of loyal fans being in attendance. Year round, the stands are filled with relatives, friends and faculty, all supporting Viking Athletics.



VIKING FOOTBALL

"Football is more than a sport. It has helped me develop relationships that will last a lifetime. It has also strengthened both my mind and body. I would not trade in these four years for anything."

— Nick Aimetti—Two-sport athlete



VIKING BASEBALL

"Being a part of the team has been a great experience. I was able to compete at a high level and I have created friendships that will last a lifetime. Joining sports is an outstanding way to make your high school career enjoyable."

— Joe Stabach—Two-sport athlete



VIKING SOCCER

"Playing on the Varsity Soccer team since I was a freshman was the best. The friendships I formed have made Sea Soccer an experience I will never forget."

— Mike Stabile—Two-sport athlete



VIKING SWIMMING

"Swimming for St. Joseph by-the-Sea not only got me into the greatest shape of my life, it also provided me with friendships that will last a lifetime."

— Tyler Valente—Two-sport athlete



"To watch great athletes compete at any sport is special. When God gives you a gift you are called upon to use it. Our athletes compete all year at every level because that's what great athletes do."

— Greg Manos, Class of '85
Men's Athletic Director

GO VIKINGS!