



NEW YORK STATE SENATOR

Thomas F. O'Mara

O'Mara and Palmesano honor Corning-Painted Post state champions

THOMAS F. O'MARA June 12, 2023

| ISSUE: **NEW YORK STATE CHAMPIONS**



O'Mara and Palmesano honor Corning-Painted Post state champions

The Corning-Painted Post school district has a long and proud history of athletic excellence, competition, and achievement. We appreciate this opportunity to congratulate and pay tribute to some of the school's state champions throughout the past year.

Corning, N.Y., June 12--State Senator Tom O'Mara (R,C-Big Flats) and Assemblyman Phil Palmesano (R,C-Corning) today joined the Corning-Painted Post school community to pay

tribute to a roster of the school's 2022-2023 New York State Public High School Athletic Association (NYSPHSAA) champions in several sports.

O'Mara and Palmesano visited the CPP High School to join athletes, family members, school administrators and staff, coaches, teachers, and students for a ceremony in the school cafeteria to present official Legislative Resolutions honoring the state titles.

In a joint statement, O'Mara and Palmesano said, "The Corning-Painted Post school district has a long and proud history of athletic excellence, competition, and achievement. We appreciate this opportunity to congratulate and pay tribute to some of the school's state champions throughout the past year. It's an opportunity to recognize and honor the dedication, excellence, hard work, and success of the remarkable students-athletes who help our school communities stand out. They represent inspiring stories and stand as a source of enormous pride to the entire Corning-Painted Post school district, as well as to their families and friends, the community at large, and our entire region."

O'Mara and Palmesano recognized the following state champions at today's ceremony:

- Jack Gregorski, 2022 state champion in the 3200-Meter Run at the NYSPHSAA Outdoor Track Championship last June at Cicero North High School;
- The Varsity Boys 3200-Meter Relay Team that won the 2022 NYSPHSAA Outdoor Track Championship last June at Cicero North Syracuse High School;
- Angelina McKane, who captured both the 50-yard Freestyle and 100-yard Butterfly titles at the 2022 NYSPHSAA Girls Swimming and Diving Championship meet last November at the Webster Aquatic Center;

- The Varsity Boys Cross Country team that won the 2022 NYSPHSAA Boys Class A Cross Country Championship last November at Vernon-Verona-Sherill High School; and
- Gyasi Ruffin, who was the 600-meter champion at the 2023 NYSPHSAA Division I Indoor Track and Field Championship in March at the Ocean Breeze Track and Field Facility on Staten Island.

CPP Executive Principal Robin Sheehan said, “We appreciate NYS Senator Tom O'Mara and Assemblyman Palmesano for recognizing the outstanding efforts and achievements of our student-athletes. Hawk Nation is very proud of their drive to excel, both in their sport and in the classroom. None of this would be possible without our dedicated coaches, and we thank and congratulate them as well.”

CPP Director of Athletics Rebecca Gentile said, “We could not be more proud of our student-athletes and coaches success this school year. They all put in hard work to be the best that they can be at their respective sports and are so deserving of the recognition they are receiving. Many thanks for this event, where we could all come together as ONE and celebrate the accomplishments of our Corning Hawks!”

Corning Boys and Girls Swimming and Diving Head Coach Alyssa Helsing said, “Angie embodies the term ‘student athlete’ by putting academics first, being a class officer, playing unified sports and being a member of YAK. Even though Varsity swimming is only one season, Angie puts in the work year-round with countless hours in the pool. In November she felt the weight on her shoulders of defending a state title in the 100 fly, and she both defended it with an automatic All-American time and added a second state title in the 50 free. Coach Furstoss and I are proud of her growing leadership skills, her determination and trust in the

training, and her outstanding achievements.”

Corning Boys and Girls Indoor Track and Field, and Cross Country Head Coach Ray Lawson said, “In the Spring of 2022 Jack Gregorski raised the bar for what is possible as a distance runner for Corning Cross Country and Track and Field athletes. Jack was the first Corning runner to ever break 9 minutes in the 3200 meter run. His state championship time of 8:53.92 is the Section 4 record. Jack joined Gabe Cornfield, Tevin McLaren and Ashton Bange to win a State Championship in the 4x800 Meter Relay a day later. Their time of 7:49.7 is #3 for Corning all-time. As the returning state champions, the Corning boys cross country team had a huge target on their backs all fall. While the team struggled a bit during the regular season to get everyone healthy and racing well on the same day, the boys pulled it all together during championship season by winning the NY State Cross Country Championship by 17 points. Three weeks later they improved their performance finishing 10th in the Nation at Nike Cross Nationals in Portland, Oregon.”

Corning Boys and Girls Outdoor Track and Field Head Coach Joe Melanson said, “When you think about facing adversity head on it’s one thing to say it but another thing to actually do it. Gyasi Ruffin actually did it. Gyasi kept a running log with his goals and in that log he wrote that he wanted to be the 600m state champion. But after he wrote that our world was turned upside down with the Covid-19 pandemic. Gyasi took it upon himself to let nothing stand in his way on his goals. He would train at local parks and lift in Coach Ketchum’s garage to make sure when his moment came he was ready. When things finally opened up, Gyasi took advantage, qualifying for states and nationals last year. He was an All-American in the mixed relay and DMR, senior year State champion in the 600m indoors, and anchor leg of the 4x4. Gyasi holds the 600m and 300m school records. In outdoor, Gyasi was a state qualifier in the 400 and 4x4, and national qualifier in the SMR and DMRs.”