

Team Preview: Commack - Cougars

2016 In Review: The Cougars finished with a 3-5 record in Division I as we couldn't finish off games

Departures: Ryan Sheridan Bentley Football, Ronnie Beard Stony Brook Football, Kevin Snyder Maryland Lacrosse and Matt Flood Hartwick Football

Offense: The Cougars run a Spread Wing offense and have the following players returning; Brendan McCaffery senior SB 5'9 170 25 receptions-417 yards receiving-3 td's, Adam Ostrowski senior RB 6'2 230, James Mauro senior OL 5'9 230, Joe Slickman junior OL 6'4 265, Gus Heuber senior WR 6'2 220 and Logan Tobias senior TE 6'2 215. Newcomers are Cameron Dupera junior RB 5'8 170, William Pizzolo junior RB 5'9 165, Saul Leon sophomore OL 5'10 230 and Blake Behlen junior WR 5'10 170.

Defense: they play a 4-4-3 defense and have the following players returning; Brendan McCaffery senior Safety, Adam Ostrowski senior LB 32 tackles, James Mauro senior DL, Joe Slickman junior DL, Gus Heuber senior LB and Logan Tobias senior DE. Newcomers are Cameron Dupera junior DB, William Pizzolo junior DE, Saul Leon sophomore DL and Blake Behlen junior DB.

Special Teams: Will be decided in camp

Schedule:

Friday, 9/01, @ Walt Whitman, 6PM
Saturday, 9/09, @ Central Islip, 2PM
Saturday, 9/16, @ Sachem East, 2PM
Saturday, 9/23, Brentwood, 2:30PM
Wednesday, 9/27, Ward Melville, 3PM
Saturday, 10/07, William Floyd, 3PM
Friday, 10/13, @ Patchogue-Medford, 6PM
Saturday, 10/28, Longwood, 1:30PM

Schedule is courtesy of nassauboces.org

Question Marks: Ranked 9th in the Suffolk County Pre-Season Division I the Cougars lack a proven QB however they do have some proven talent returning so the key for them is to play 60 minutes every week and if they do they will be a playoff team.

Recruiting: Seniors who can play at the next level are Brendon McCaffery, Adam Ostrowski and James Mauro.

Coach's Comments: The Cougars will be a run oriented play action team with the strength our RB's-WR's-DL-DB's and we want to make the playoffs. Coach Jeff DiLorenzo now in his 4th season