

Team Preview: East Rockaway - Rocks

2016 In Review: The Rocks finished with a 4-5 record in Conference IV losing in the 1st round of the playoffs to Carle Place-Wheatley

Departures: Not Available

Offense: the Rocks run a Double Wing offense and have the following players returning; Colin Barnes senior RB 5'11 183 ran for 9 td's, Joseph Amabile junior OL 5'9 205, Logan Ackerman junior OL 5'11 175 and Dylan Henshaw junior RB 5'10 150. Newcomers are Caleb Alvarez sophomore RB 5'6 150, Jarell Brown junior RB 5'7 145 and Andrew LaBarbara junior QB 5'10 145.

Defense: they play a 4-6-1 defense and have the following players returning; Colin Barnes senior LB had 39 tackles-1 interception-2 forced fumbles-2fumbles recovered, Joseph Amabile junior DL had 8 tackles, Logan Ackerman junior DL had 23 tackles and Dylan Henshaw junior LB had 16 tackles. Newcomers are Caleb Alvarez sophomore Safety and Jarell Brown junior CB.

Special Teams: To be decided in camp

Schedule:

Saturday, 9/09, Cold Spring Harbor, 2PM
Saturday, 9/16, @ Oyster Bay, 2PM
Saturday, 9/23, @ Friends Academy, 6:30PM
Thursday, 9/28, W.T. Clarke, 4:30PM
Friday, 10/06, @ Malverne, 7PM
Saturday, 10/14, @ West Hempstead, 2PM
Saturday, 10/21, Friends Academy, 2PM
Saturday, 10/28, Island Trees, 2PM

Schedule is courtesy of nassauboces.org

Question Marks: Ranked 10th in the Nassau County Pre-Season Conference IV. They are quick but they are small but this should be a fun team to watch.

Recruiting: Senior Colin Barnes has potential at DIII level

Coach's Comments: Skill positions are the strength of the offense and are defense is small but quick. With our offense controlling the ball will be competitive in our conference. Coach Russell Pajer now in his 23rd season