

Elmira City School District



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Celebration of Elmira Express Athlete College Signings

ELMIRA, NY, January 23, 2018 – On Thursday, April 12, 2018 at 3:45 p.m., we will recognize four Elmira High School seniors, Josh Stroman, Lyndsey Cobb-Wilkens, Casey Roman and Gavin Wise, as they sign letters of intent to join their college sports programs. This will be held at the Elmira High School Theatre.

Lyndsey Cobb-Wilkens – Signing to Becker College in Massachusetts

- 2-Year Varsity Player for The Express
- Part of 2 STAC West Title Teams & 2 Section IV
- Championship Team's
- Part of 11 shutouts over 2 seasons on Varsity

“Lyndsey has been an important part of our soccer program over the past 2 years on Varsity. She helped lead our team to one of the best goals against averages in the league, not getting scored on is the name of the game along with scoring, and as evidence of our record (25-5-2) over the past 2 seasons that Lyndsey has been on Varsity, we have managed to do a pretty good job of that,” said Zachary Sarno, Elmira Girls Head Varsity Soccer Coach.

“Lyndsey is a very nice, coachable young lady, looking to get better, and I am sure she will continue that as she moves on to play college soccer. She is a great student in the classroom, as well as on the soccer field, and that helps to make what we call a great overall student athlete. She comes from a great family that supports her efforts. I am very excited for her as well as our Express Girls Soccer program to have another player move on and play at the college level,” added Coach Sarno.

Casey Roman – Signing to Niagara University

Personal Bests on the Track include

- 800 meter run- 2:21.18
- 1000 meter run- 3:06.89

- 1500 meter run- 4:48.91
- 3000 meter run- 10:32.83

-She has been either first team or second team ALL SECTION 4 for the 7 seasons of track and field that she has competed in so far. She is currently in her 8th season. These include Indoor and Spring Track and Field.

-Has been ALL STAC Conference in Spring Track and Field, Cross Country

-Has qualified for at least 1 NYSPHSAA every year since her Freshman year in either Indoor Track and Field, Spring Track and Field or Cross Country (which she has only done for 2 seasons).

-She medaled in state meet competition in the 3200 meter relay, that team holds our Elmira District record of 9:08.06

-She was part of the 4 x 1 Mile relay team that earned All American status at the New Balance Indoor Track and Field Championships

-A member of SAAC and Key clubs as well as National Honor Society

-will be graduating in the top 10% of her class academically.

Gavin Wise – Signing to Elmira College

Gavin Wise is a 3-year varsity starting midfielder for the Elmira Express boys varsity soccer team. During that span, Gavin lead the Express in assists twice (2015, 2017) and was named a senior captain during the 2017 season. Gavin's relentless year round commitment to soccer both in high school and the club level has help mold him into the player he currently is. In 2015, Gavin's premier Greater Binghamton Football Club qualified for the Regional tournament.

High School Accolades:

-2017 NCSAA Large School All-State Team

-2017 STAC West/Metro All-Conference Team

-2017 Section IV, Class AA Finalist

-2017 Scholar/Athlete Team Award

-2017 Player's Player Team Award

-2016 STAC West All-Division Team

-2016 Scholar/Athlete Team Award

-2015 STAC West All-Division Team

-2015 Scholar-Athlete Team Award

Josh Stroman – Signing to Suny Morrisville

As a member of the Section 4 Championship team, Josh Stroman has proved to be a determined member of the Elmira Express team. His tenacity in overcoming injury has proved his work ethic and dedication. Stroman is an overall outstanding athlete.

“Josh is a great player and even better person. He is always a player you can count on to get his job done. His work ethic and passion to succeed helped us to a section 4 championship during his senior year. We wish him all the best as he takes his talents to Suny Morrisville,” says Elmira Express Varsity Football Coach McCauley.

ABOUT THE ELMIRA CITY SCHOOL DISTRICT

The Elmira City School District is a dynamic and innovative learning organization dedicated to developing learners of character who value their educational experience and can compete globally

and contribute locally by collaborating with students, families, and community partners to provide meaningful opportunities in a safe and engaging environment for all.

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