

Athletic Hall of Fame-Class of 2010

Tom Rowan: Coach Rowan coached boys soccer for 31 years at Pocono Mountain. In that time his teams won 7 league championships. He finished his tenure with 334 wins 214 loses and 59 ties. In 2006 Coach Rowan was presented with the National High School Merit Award by the National Soccer Coaches Association. During his career Coach Rowan also coached the Boys Tennis team to a league championship, He also served as the Varsity softball coach, Asst. Varsity Track Coach, 9th grade boys basketball and Middle School Football. Coach Rowan also served as Assistant Athletic Director for 14 years from 1992-2005.

Glenn Pinciotti Class of 1980: Glenn was a three sport athlete at Pocono Mountain. He was a four year letter winner in track and field. As a senior Glenn won the league and district tournament in both discuss and shot put. At the state championship meet he finished 3rd in the shot put and 4th in the discus. Glenn was a three year letter winner in football. He was first team all league on both offense and defense. Glenn was also a three year winner in wrestling. As a senior he was the league champion at 185 pounds . Glenn went on to be a letter winner in both Football and Track and Field at East Stroudsburg University.

Anthony Diaz Class of 1986: Anthony was a awarded 9 varsity letters during his athletic career at Pocono Mountain. He earned 4 in wrestling, 3 in football, 1 in baseball and 1 in track and field. In wrestling he was a two time league champ. He finished second in District 11 and third in the Northeast regionals. He also qualified to wrestle in the PIAA state championship meet. He won the Christmas City tournament, Tunkhannock tournament and the Jim Thorpe tournament. After high school he accepted a wrestling scholarship to Wilkes University where he was a three time letter winner .

Christina Almquist Class of 1997: Christina was a two sport athlete at Pocono Mountain. In Field Hockey she was named to the MVC All Start 1st team as a junior and senior. She finished her career with 45 goals. In soccer she was named to the MVC All Star team as a sophomore, junior and senior. And as a junior and senior she was named 1st team All State. She was a member of the 1986 Mountain Valley Conference Champions and was named MVP of the league. Upon graduation Christina continued her playing career at West Chester University. She was named to the PSAC 1st team All Stars three times, and was named the team's Most Valuable Player in her senior season.

Amy Zych: Class of 2000: Amy was a four year letter winner in Swimming at Pocono Mountain. At one time Amy held 9 school records for swimming. She was a four time District 11 qualifier and twice was name TV-13 athlete of the week. Amy also competed at an elite level for the YMCA swim team. At Pocono Mountain Amy also was a two year letter man in Field Hockey.

