

MIKE SYLVESTER

Michael Sylvester played his high school baseball at Kellenberg. He was a member of the 2004 championship team. While playing there he was All Long Island CHSAA for two consecutive years.

After Kellenberg Michael continued his playing career at LIU Post. He was a member of the 2008 East Coast Conference Championship team. While playing there he was voted First Team All East Coast Conference twice and was also named to the Rawlings Baseball All Northeast Region Team as well as the National Collegiate Baseball Writers Association All Northeast Region Team. In addition, Michael owns the single season triples record at LIU Post and his 76 hits in a single season are second Most in LIU Post history.

Following his playing career Michael began his coaching career as an assistant varsity coach at McClancy High School in Queens for three seasons. From there he was an assistant for five seasons at Globe Institute of Technology (Division 1 JUCO). In the summer of 2014 Michael coached the La Rochelle Admirals in the Collegiate Baseball League of Europe. The Admirals won the championship while playing teams all over the globe in England, Spain, France and the Netherlands.

Sylvester is currently a Physical Education and Health Teacher for McClancy High School