



## Get to know more about Christian Catano!

The most notable memories I have of handball are playing handball with my friends, laughing, and having a good time. What makes it so exciting is that we always played our hearts out and we looked for parks to play all the time for good games.

I started playing handball at my old middle school, I.S. 145Q, and it was mainly because everyone doubted me. I wasn't always the athletic type and I never played sports before handball because none of them interested me.



That all changed when I played one game of handball with my friends. I instantly fell in love with the sport, and even though I was always the worst in my group, that did not stop me. I did not want to be the worst, so over the summers, I would train at different parks, ready to play everyone whether I'd win or lose.

Playing in this year's 28th Annual ICHA/Berkowitz II High School Spring Meet was an intense feeling, as I knew this was my last year. I felt so determined to bring home at least one trophy, and little did I know, I won two championships! Everything felt so surreal like it was some ultimate goal I've really been waiting for. I've joined other ICHA tournaments such as the Play Handball for the Cure Speaker's Cup, where I took 1st in 17 Under Doubles, and the Long Island Open where I also took 1st place, but I always had a strong drive to win singles bracket in one-wall because I was always more of a singles player. Even though I've been able to go far in only a few tournaments, I continue to train hard.



If I were to describe handball in three words it would be a "way of life" because for handball you're either obsessed with it or you don't care that much, and I feel that those who are passionate for handball always feel happier, as this sport connects you to others and makes everyone a family.

## Player Achievements

*Boy's 19 Under A Small Ball Singles– Championship, 28th Annual ICHA/Berkowitz II High School Spring Meet (2019)*

*Boy's 19 Under A Small Ball Doubles– Championship, 28th Annual ICHA/Berkowitz II High School Spring Meet (2019)*

*Boy's 17 Under 4-Wall Small Ball Singles– Championship, 37th Annual "Long Island Open" (2018)*

*Men's C 4-Wall Small Ball Doubles– Semi-Finals 37th Annual "Long Island Open" (2018)*

*17 & Under Small Ball Singles–Quarter-finals, 27th Annual ICHA/Berkowitz II High School Spring Meet (2018)*

*17 & Under Doubles, Finalist, 27th Annual ICHA/Berkowitz II High School Spring Meet (2018)*