

**COLD SPRING HARBOR
ATHLETICS
WINTER VARSITY
SPORTS AWARDS**



MARCH 1st, 2017

“A Commitment to Excellence”

Importance of Preparation and Accountability

Thoughts from the Legend John Wooden

“Never believe you’re better than anybody else, but always remember that you are just as good as everybody else”

That is important: No better, but just as good!

In both winning and losing keep that in mind; it will help you avoid getting carried away with oneself.

One only fails if they fail to prepare. People make mistakes, but you aren’t a failure until you start blaming others for those mistakes.

Without proper self-evaluation, failure is inevitable.

Something to think about for coaches and athletes who desire to be leaders:

"My responsibility is leadership, and the minute I get negative, that is going to have an influence on my team."

- Don Shula

"Become the kind of leader that people would follow voluntarily; even if you had no title or position."

- Brian Tracy

COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY BOYS BASKETBALL

Coaching Staff: Jason Mercurio, Varsity Coach
Carmine Rotolo, Assistant Coach

Captains: Reese Grossman
Matthew Licciardi
Matthew Taglich

Aidan Adomaites
Nicholas Basso
Hamilton Carlin
Kip Dallariss
Steve Dallariss
John Fay
Reese Grossman
Matthew Licciardi

Peter Licciardi
John Munyak
Jack Phelan
Taylor Strough
Nicholas Suter
Matthew Taglich
John Vavassis



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY GIRLS BASKETBALL

Coaching Staff: Rory Malone, Varsity Coach
 Steve Cacioppo, Assistant Coach

Captains: Hailey Albers
 Vera Simmons

Hailey Albers
Samantha Beroza
Katherine Buonfiglio
Caroline DeBellis
Julia Grossman
Hannah Gumersell
Grace Hudson
Ann Kraft

Nicole Mormile
Jennifer Rosenberg
Chloe Seccafico
Vera Simmons
Sophia Taglich
Alyssa Terracciano
Isabelle Vitale
Erin Wallace



COLD SPRING HARBOR SEAHAWKS

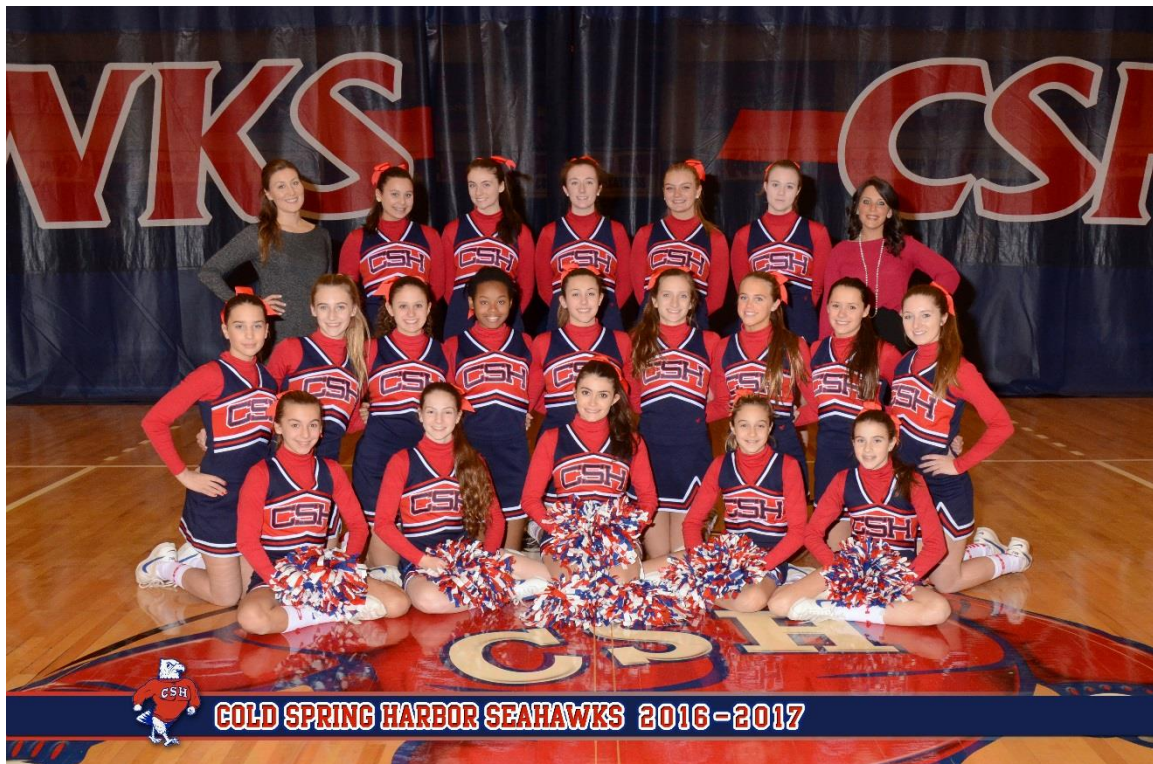
2016-2017 VARSITY CHEERLEADING

Coaching Staff: Bailey Whitney, Varsity Coach
Tricia Sihksnel, Assistant Coach

Captains: Claudia Glassman
Dominique McLymont
Anna Sbarro

Nicole Ambrosino
Amanda Amodeo
Annabel Beder
Avery Bell
Andrea Bianco
Jordyn Blau
Darby Cassidy
Maleigh Dunne
Shannon Fay
Shannon Gallagher
Carolyn Gavalas
Claudia Glassman

Lily Hetherington
Lexie Johnson
Dominique McLymont
Brooke Mohr
Abigail Packert
Samantha Paris
Anna Sbarro
Skye Schlanger
Sheriden Schwertl
Madeline Standerwick
Sophia Stearn



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY FENCING

Coaching Staff: Lauren Wangner, Varsity Coach
Rachel Silverman, Assistant Coach

Captains: Tyler Varacchi
Brianna Weinstein

Katherine Davis
Stephen Davis
Trevor Fallon
Giavanna Ferrandino
Keegan Gagnon
Lucia Kasper
Maxx Kipnes
Sarah Kopp
Julia Kopp
Fraser Lintott
Zachary Martin

Payton Odierno
Julianna Sousa
Alexander Sousa
Anna Tesoriero
Leonard Trippen
Madison Ugan
Kyle Van Dyk
Tyler Varacchi
Brianna Weinstein
Louisa Zerbo
Olivia Zerbo



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY GYMNASTICS

Coaching Staff: Teri Kindelmann, Varsity Coach
Brittany Carlson, Assistant Coach

Katherine Angelides
Skylar Basso
Grace Costa
Gillian Drexler
Shannon Fay
Carolyn Gavalas
Lily Hetherington

Sophia Keschner
Kathleen Posillico
Caitlin Roberts
Skye Schlanger
Sophia Stearn
Olivia Vitale



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY ICE HOCKEY

Coaching Staff: Sean Considine, Varsity Coach

Captains: Jeff Colon
Joseph Gaccione
Malcolm Paternoster
Matthew Rossman

Colin Bertsch
Andreas Bigger
Jeffrey Colon
Joseph Gaccione
Jack Hetherington
Griffin Iglesias
Noah Kaplan
Ian Laviano
Macoy Marion

Anthony Natoli
Malcolm Paternoster
Matthew Rossman
Nathaniel Schuman
Tyler Sharinn
Connor Starkins
Daniel Striano
Richard Striano



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY BOYS SWIMMING & DIVING

Coaching Staff: Gary Renart, Varsity Coach
Jennifer Scott, Assistant Coach
George Taylor, Diving Coach

Captains: Oscar Como
Henry Hubbell
Maxwell Schwartz
Nicholas Tesoriero
Kevin Yao

Nicholas Alcamo
Oscar Como
Thomas Coughlin
Mitchell Goldman
Henry Hubbell
Stavros Lampeas
Erwin Li
Jon Lizak
Peter Markotsis
Brandon Miller
Robert Monti

Anthony Natoli
Frederick Passarella
Royce Reiter
Alexander Robins
Nicholas Robins
Maxwell Schwartz
Nicholas Tesoriero
Henry Tsekerides
Kevin Yao
Ryan Zaatari



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY BOYS WINTER TRACK

Coaching Staff: Gary Franklin, Varsity Coach
Giuseppe Alviano, Assistant Coach

Captains: Daniel Battillo

Vijay Arneja
Daniel Battillo
Robert Becker
Stephan Brechter
Ezra Brody
Ryan Burns
Sean Burns
Cristofer Cafaro
Griffin Chase
Benjamin Fagin

Thomas Fare
Ari Gerberg
Maxim Harouche
Robert Kania
Michael Kania
Albert Kirchner
Connor Lynn
Frank Mannino
Thomas McGee
Jonathan McGowan

Ryan McLaughlin
Felix McLymont III
Joseph Melillo
Matthew Muto
Anthony Naccarato
Nicholas Romanoff
Cole Smith
Anand Subudhi
Owen Toomey
Eric Wang



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY GIRLS WINTER TRACK

Coaching Staff: Nick Aurigemma, Varsity Coach
Kristen Wilkens, Assistant Coach

Captains: Ellie Fox
Juliette Insinga
Kaylie Tighe

Caroline Atkinson
Emma Baudo
Fian DiZazzo
Lianne Emanuel
Alexandra Emanuel
Ellie Fox
Jillian Futter
Jenna Galli

Jamie Gatto
Sophia Gerberg
Annalise Giuffrida
Fiona Haegeland
Sophia Insinga
Juliet Insinga
Emily Kasuga
Ileanna Kufner

Katherine Marasciullo
Kristina Marino
Jessica Pennetta
Samantha Reim
Claire Taylor
Kaylie Tighe
Katherine Wells



COLD SPRING HARBOR SEAHAWKS

2016-2017 VARSITY WRESTLING

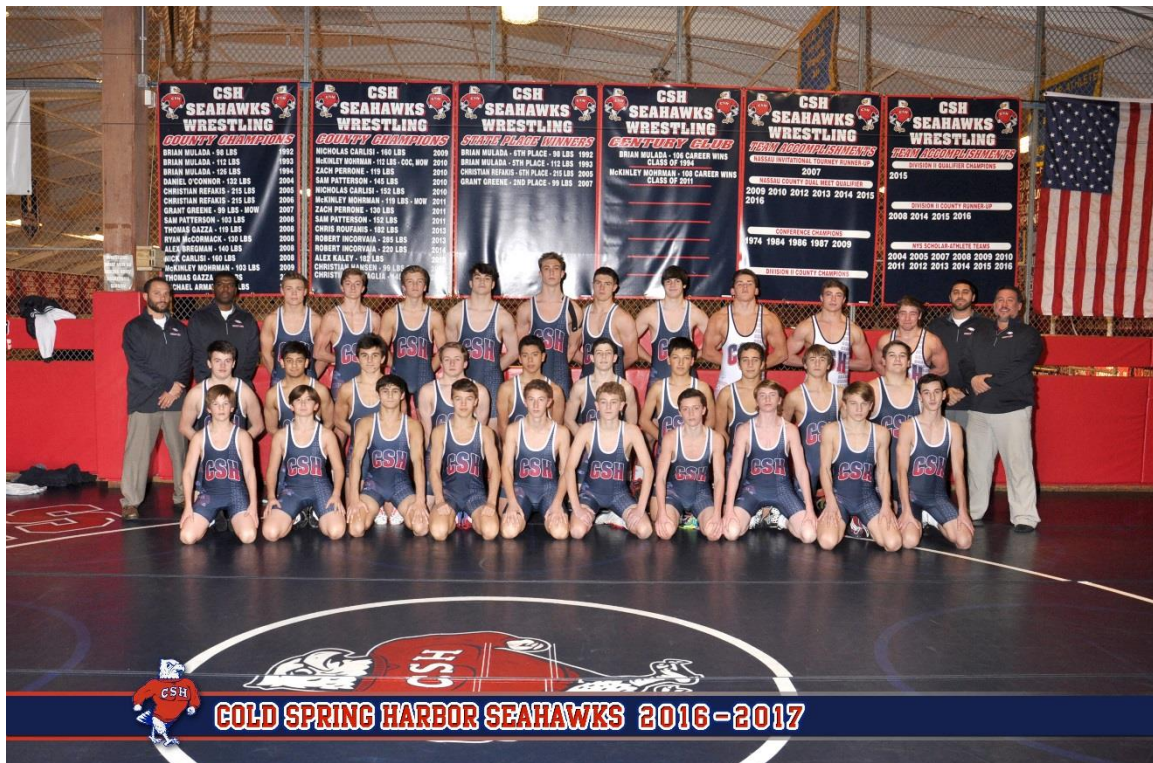
Coaching Staff: Mike Ferrugiari, Varsity Coach
 Anthony Servidio, Assistant Coach

Captains: Jack DiMaio
 Joseph Libretti
 Christian Tartaglia

Charlie Arvans
 Gaven Bell
 Richard Berlinghof
 Matthew Beroza
 Jacob Bruno
 Benjamin Bruno
 Ethan Burdo
 Raymond Costa
 Benjamin Curry
 Jack DiMaio
 Thomas Edgar

Eric Fay
 Kolton Gagnon
 Christopher Geraci
 Christian Hansen
 Max Hawkinson
 Zak Hodgson
 Liam Kaley
 Joseph Libretti
 David Marasciullo
 Shane Mitchell
 Casey Reynolds

Sebastian Sandler
 Richard Schlaugies
 Samuel Schneider
 Robert Schupler
 Surendra Singh
 Dominick Striano
 Richard Striano
 Christian Tartaglia
 Teddy Theodoris
 Zachary Wu



NEW YORK STATE SCHOLAR ATHLETES

WINTER 2016-2017

Hailey	Albers	Girls Basketball
Nicole	Ambrosino	Winter Cheerleading
Amanda	Amodeo	Winter Cheerleading
Julia	Amodeo	Winter Cheerleading
Katherine	Angelides	Gymnastics
Vijay	Arneja	Boys Winter Track
Caroline	Atkinson	Girls Winter Track
Nicholas	Basso	Boys Basketball
Skylar	Basso	Gymnastics
Daniel	Battillo	Boys Winter Track
Emma	Baudo	Girls Winter Track
Robert	Becker	Boys Winter Track
Annabel	Beder	Winter Cheerleading
Sophie	Beder	Winter Cheerleading
Avery	Bell	Winter Cheerleading
Richard	Berlinghof	Wrestling
Samantha	Beroza	Girls Basketball
Matthew	Beroza	Wrestling
Andrea	Bianco	Winter Cheerleading
Andreas	Bigger	Ice Hockey
Jordyn	Blau	Winter Cheerleading
Stefan	Brechter	Boys Winter Track
Ezra	Brody	Boys Winter Track
Benjamin	Bruno	Wrestling
Jacob	Bruno	Wrestling
Katherine	Buonfiglio	Girls Basketball
Ethan	Burdo	Wrestling
Sean	Burns	Boys Winter Track
Ryan	Burns	Boys Winter Track
Cristofer	Cafaro	Boys Winter Track
Hamilton	Carlin	Boys Basketball
Griffin	Chase	Boys Winter Track
Jeffrey	Colon	Ice Hockey
Oscar	Como	Swimming and Diving
Grace	Costa	Gymnastics
Raymond	Costa	Wrestling
Thomas	Coughlin	Swimming and Diving
Kip	Dallaris	Boys Basketball
Steve	Dallaris	Boys Basketball
Stephen	Davis	Fencing
Katherine	Davis	Fencing

Caroline	DeBellis	Girls Basketball
Jack	DiMaio	Wrestling
Fian	DiZazzo	Girls Winter Track
Gillian	Drexler	Gymnastics
Deirdre	Dunne	Winter Cheerleading
Alexandra	Emanuel	Girls Winter Track
Lianne	Emanuel	Girls Winter Track
Benjamin	Fagin	Boys Winter Track
Trevor	Fallon	Fencing
Thomas	Fare	Boys Winter Track
John	Fay	Boys Basketball
Shannon	Fay	Gymnastics
Giavanna	Ferrandino	Fencing
Ellie	Fox	Girls Winter Track
Jillian	Futter	Girls Winter Track
Joseph	Gaccione	Ice Hockey
Keegan	Gagnon	Fencing
Kelly	Gallagher	Winter Cheerleading
Erin	Gallagher	Winter Cheerleading
Shannon	Gallagher	Winter Cheerleading
Jenna	Galli	Girls Winter Track
Jamie	Gatto	Girls Winter Track
Carolyn	Gavalas	Gymnastics
Christopher	Geraci	Wrestling
Ari	Gerberg	Boys Winter Track
Sophia	Gerberg	Girls Winter Track
Annalise	Giuffrida	Girls Winter Track
Claudia	Glassman	Winter Cheerleading
Mitchell	Goldman	Swimming and Diving
Reese	Grossman	Boys Basketball
Julia	Grossman	Girls Basketball
Hannah	Gumersell	Girls Basketball
Fiona	Haegeland	Girls Winter Track
Lily	Hetherington	Gymnastics
Jack	Hetherington	Ice Hockey
Lily	Hetherington	Winter Cheerleading
Zak	Hodgson	Wrestling
Grace	Hudson	Girls Basketball
Sophia	Insinga	Girls Winter Track
Juliet	Insinga	Girls Winter Track
Abigail	Johnson	Winter Cheerleading
Liam	Kaley	Wrestling
Michael	Kania	Boys Winter Track
Robert	Kania	Boys Winter Track
Noah	Kaplan	Ice Hockey

Lucia	Kasper	Fencing
Emily	Kasuga	Girls Winter Track
Sophia	Keschner	Gymnastics
Maxx	Kipnes	Fencing
Albert	Kirchner	Boys Winter Track
Julia	Kopp	Fencing
Sarah	Kopp	Fencing
Ann	Kraft	Girls Basketball
Ileanna	Kufner	Girls Winter Track
Stavros	Lampeas	Swimming and Diving
Ian	Laviano	Ice Hockey
Joseph	Libretti	Wrestling
Peter	Licciardi	Boys Basketball
Matthew	Licciardi	Boys Basketball
Fraser	Lintott	Fencing
Jon	Lizak	Swimming and Diving
Connor	Lynn	Boys Winter Track
Frank	Mannino	Boys Winter Track
Katherine	Marasciullo	Girls Winter Track
David	Marasciullo	Wrestling
Kristina	Marino	Girls Winter Track
Zachary	Martin	Fencing
Thomas	McGee	Boys Winter Track
Ryan	McLaughlin	Boys Winter Track
Dominique	McLymont	Winter Cheerleading
Joseph	Melillo	Boys Winter Track
Brandon	Miller	Swimming and Diving
Shane	Mitchell	Wrestling
Nicole	Mormile	Girls Basketball
John	Munyak	Boys Basketball
Anthony	Naccarato	Boys Winter Track
Payton	Odierno	Fencing
Samantha	Paris	Winter Cheerleading
Jessica	Pennetta	Girls Winter Track
Jack	Phelan	Boys Basketball
Kathleen	Posillico	Gymnastics
Samantha	Reim	Girls Winter Track
Royce	Reiter	Swimming and Diving
Caitlin	Roberts	Gymnastics
Nicholas	Robins	Swimming and Diving
Alexander	Robins	Swimming and Diving
Nicholas	Romanoff	Boys Winter Track
Jennifer	Rosenberg	Girls Basketball
Matthew	Rossmann	Ice Hockey
Sebastian	Sandler	Wrestling

Skye	Schlanger	Gymnastics
Nathaniel	Schuman	Ice Hockey
Robert	Schupler	Wrestling
Sheriden	Schwertl	Winter Cheerleading
Chloe	Seccafico	Girls Basketball
Tyler	Sharinn	Ice Hockey
Vera	Simmons	Girls Basketball
Cole	Smith	Boys Winter Track
Julianna	Sousa	Fencing
Alexander	Sousa	Fencing
Madeline	Standerwick	Winter Cheerleading
Sophia	Stearn	Gymnastics
Sophia	Stearn	Winter Cheerleading
Daniel	Striano	Ice Hockey
Richard	Striano	Ice Hockey
Dominick	Striano	Wrestling
Richard	Striano	Wrestling
Taylor	Strough	Boys Basketball
Anand	Subudhi	Boys Winter Track
Nicholas	Suter	Boys Basketball
Matthew	Taglich	Boys Basketball
Sophia	Taglich	Girls Basketball
Claire	Taylor	Girls Winter Track
Alyssa	Terracciano	Girls Basketball
Anna	Tesoriero	Fencing
Nicholas	Tesoriero	Swimming and Diving
Teddy	Theodoris	Wrestling
Kaylie	Tighe	Girls Winter Track
Owen	Toomey	Boys Winter Track
Leonard	Trippen	Fencing
Henry	Tsekerides	Swimming and Diving
Madison	Ugan	Fencing
Kyle	Van Dyk	Fencing
Tyler	Varacchi	Fencing
John	Vavassis	Boys Basketball
Isabelle	Vitale	Girls Basketball
Olivia	Vitale	Gymnastics
Erin	Wallace	Girls Basketball
Eric	Wang	Boys Winter Track
Brianna	Weinstein	Fencing
Katherine	Wells	Girls Winter Track
Zachary	Wu	Wrestling
Ryan	Zaatari	Swimming and Diving
Olivia	Zerbo	Fencing
Louisa	Zerbo	Fencing

Congratulations to all of our New York State Scholar Athletes

All Winter Teams earned NYS Scholar Athlete Distinction

