

**COLD SPRING HARBOR HIGH SCHOOL**  
**DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND ATHLETICS**  
**“A COMMITMENT TO EXCELLENCE”**

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July 17<sup>th</sup> 2017

Dear Parent/Guardian:

I hope everyone has been enjoying a healthy and relaxing summer. The Fall 2017 Athletic Season will be upon us very shortly. This letter will provide you with VERY IMPORTANT information that your son/daughter will need in order to be prepared for the upcoming tryouts.

**High School Fall Sports**

- **High School Fall Sports Starting Dates:**
  - Varsity and JV Football – August 16th
  - All other High School Varsity and JV Sports (including cheerleading) – August 23rd
- **Sports Physicals:**
  - August 15th at the Jr/Sr. High School Nurse’s Office – 8am
  - August 22nd at the Jr/Sr. High School Nurse’s Office – 8am
- **Forms (REQUIRED TO TRYOUT AND COMPETE):**
  - On the District Website under Athletics & the tab *Forms*
- **Code of Conduct Meetings:**
  - **ALL Athletes: Fall, Winter & Spring**
  - **Varsity Athletes Only High School Code of Conduct – Sept. 6th at 7pm in the PAC**
  - **JV Athletes Only High School Code of Conduct – Sept. 13th at 7pm in the PAC**
  - Please be prompt

**High School Fall Sports Start Dates and Meeting Locations for the First Day**

<b>Day</b>	<b>Date</b>	<b>Sport</b>	<b>Time</b>	<b>Location</b>
Wednesday	August 16th	Varsity & JV Football	9:00am	New Gym
Wednesday	August 23rd	Varsity & JV & JV2 Boys Soccer	9:00am	Field House
Wednesday	August 23rd	Varsity & JV Girls Soccer	9:00am	Field House
Wednesday	August 23rd	Varsity & JV Field Hockey	9:00am	Field House
Wednesday	August 23rd	Varsity & JV Girls Volleyball	9:00am	New Gym
Wednesday	August 23rd	Varsity & JV Girls Tennis	9:00am	Field House
Wednesday	August 23rd	Varsity & JV Boys Golf	9:00am	Field House Loft
Wednesday	August 23rd	Girls Swimming & Diving	8:00am	TBA
Wednesday	August 23rd	Varsity & Novice Crew	9:00am	Field House
Wednesday	August 23rd	Varsity Cross Country (boys & girls)	9:00am	Field House
Wednesday	August 23rd	Varsity & JV Cheerleading	9:00am	Field House

- **Ice Hockey**
  - Mandatory Meeting - 6<sup>th</sup> through 9<sup>th</sup> graders
  - Thursday September 7<sup>th</sup>
  - Time 6:30pm to 7:30pm
  - Location: New Gym
- **Ice Hockey**
  - Mandatory Meeting – 10<sup>th</sup> through 12<sup>th</sup> Graders
  - Thursday September 7<sup>th</sup>
  - Time: 7:30pm to 8:30pm
  - Location: New Gym

## **Junior High School Fall Sports**

- **Junior High School Fall Sports Starting Date:**
  - September 5th – Meeting in the New Gym
  - September 6th – First Day of Practice
- **Sports Physicals:**
  - September 6th in the Jr/Sr High School Nurses Office at 7:45am
- **Forms (REQUIRED TO TRYOUT AND COMPETE):**
  - On the District Website under Athletics & the tab *Forms*
- **Code of Conduct Meeting:**
  - **ALL Athletes: Fall, Winter & Spring**
  - **Junior High School Code of Conduct – September 18th at 7pm in the PAC**
  - Please be prompt

### **Jr. High School Fall Sports Start Dates and Meeting Locations for the First Day**

<b>DAY</b>	<b>DATE</b>	<b>Sport</b>	<b>Time</b>	<b>Location</b>
Tuesday	September 5th	7/8 Football (1 Team)	2:30pm	New Gym
Tuesday	September 5th	7 <sup>th</sup> grade Boys Soccer	2:30pm	New Gym
Tuesday	September 5th	8 <sup>th</sup> grade Boys Soccer	2:30pm	New Gym
Tuesday	September 5th	7/8 grade Boys Soccer	2:30pm	New Gym
Tuesday	September 5th	7 <sup>th</sup> grade Girls Soccer	2:30pm	New Gym
Tuesday	September 5th	8 <sup>th</sup> grade Girls Soccer	2:30pm	New Gym
Tuesday	September 5th	7/8 grade Girls Soccer	2:30pm	New Gym
Tuesday	September 5th	7 <sup>th</sup> grade Field Hockey	2:30pm	New Gym
Tuesday	September 5th	8 <sup>th</sup> grade Field Hockey	2:30pm	New Gym
Tuesday	September 5th	7 <sup>th</sup> grade Girls Tennis	2:30pm	New Gym
Tuesday	September 5th	8th grade Girls Tennis	2:30pm	New Gym
Tuesday	September 5th	7/8 grade Girls Swimming & Diving (1 Team)	2:30pm	New Gym
Tuesday	September 5 <sup>th</sup>	7/8 Mod Crew	2:30pm	New Gym
Tuesday	September 5th	7/8 Cross Country (boys & girls)	2:30pm	New Gym

## **Important Information**

- For those students who completed the school physical in May 2017 with the school doctor, the Coach's Authorization Form and the Health Update should be completely filled out and returned to the School Nurse by Monday August 14th
- For those students who have been or will be examined by their private family physician, the completed Health Appraisal Form will be necessary in addition to the Coach's Authorization form and the Health Update and is due to the School Nurse by Monday August 14<sup>th</sup>.
- If you have not had a sports physical the school doctor will available on the dates below. The sports physicals are valid for 1 year.
  - Tuesday August 15<sup>th</sup> at 8:00am
  - Tuesday August 22<sup>nd</sup> at 8:00 am
  - Tuesday, September 6<sup>th</sup> at 7:45 am
- Students having the sports physical done by the school doctor will only need the Coach's Authorization Form and Health update.
- **COACH'S AUTHORIZATION AND CODE OF CONDUCT FORM:**
  - This form contains important emergency information and verifies parent's consent. The form is sport specific - a separate form is required for each sport. Please fill out all of the information accurately and legibly. Forms with incomplete information or cards that have not been signed by the parents or a legal guardian cannot be accepted.
  - A signed Code of Conduct must be returned to the Athletic Office prior to the start of the season.
- Mandatory Code of Conduct Meetings are held in the Fall for all Fall, Winter and Spring Sports at the High School and Junior High level. Attendance at these meetings is mandatory for student-athletes and their parents or guardians.
  - Only **ONE** Code of Conduct Meeting will be held for High School Athletes and **ONE** for Junior High Athletes. All Athletes **MUST** attend the Code of Conduct in order to compete in Athletics. Please contact the Athletic Office if you have a specific conflict. One make-up session will be offered each season. Dates to be determined.
  - High School Date: September 6th at 7pm in the PAC
  - Junior High School Date: September 18th at 7pm in the PAC
- Information about Schedule Star and Game Schedules
  - Please see the website under Athletics and link for Schedules
- Communication throughout the school year
  - School Website
  - Electronic Sign Board
  - Email
  - Twitter – follow @CSHathletics
  - Facebook – Follow CSH Athletics Page
  - Athletic Newsletter – The Seahawk
    - Highlights and special articles
  - Follow Cold Spring Harbor Athletics
    - Instagram: CSHathletics
    - YouTube: Cold Spring Harbor Sports Videos

I hope you enjoy the remainder of the summer. I look forward to another exciting and successful school year. Please call the Athletic Office (631-367-6826) if you have any questions.

Sincerely,

Michael Bongino  
*District Director of Health, Physical Education and Athletics*