

COLD SPRING HARBOR SCHOOLS
COLD SPRING HARBOR JR. /SR. HIGH SCHOOL
Office of the Director of Physical Education and Athletics

April 2012

OBSERVATION & COMMENT FROM THE DIRECTOR

Please see attachments: Excerpts from Cold Spring Harbor Athletic Handbook. For full document go to CSH Website.

Just thought I would attach very important pages from our Handbook. Please take the time to read over.

SEE PARENT GUIDE by Jack Renkens...this was passed out at HS Code of Conduct Meeting...Great Stuff!!!!

Also: Important piece on the current state of lacrosse. Article written by Trevor Tierney, Assistant Lacrosse Coach at University of Denver. Lacrosse needs to CHANGE!!!!

A Great Read for all Parents and Student-Athletes: Recently reading a book written by a very good friend of mine-Coach Larry Glenz... You can purchase on Amazon...VERY WORTH READING...FORGIVING KEVIN...A Son's Addiction Becomes a Father's Greatest Teacher by Larry Glenz.

I have known Coach Glenz for many years having coached against him and also having Coached his son Kevin on a LI Empire State Boys Lacrosse Team a few years back. This is a true and compelling story.

CONGRATULATIONS ONCE AGAIN TO VARSITY GIRLS BASKETBALL TEAM ON 2ND NASSAU



COUNTY GIRLS BASKETBALL CHAMPIONSHIP.

CONGRATULATIONS TO OUR VARSITY BOYS BASKETBALL TEAM ON GETTING TO THE COUNTY FINALS THIS PAST SEASON.

SPRING SPORTS UNDERWAY....varsity and junior varsity sports began on March 5th to some great weather. Teams are now into games. Varsity Tennis looking for 5th Long Island Championship with senior Josh Levine #1 Singles leading a very talented team:

[Varsity Boys Tennis](#)

Monday 4/02 North Shore 4:15 PM AWAY

Monday 4/16 GNN HS 4:30 PM AWAY

Cold Spring Harbor has designs on another county title

Published: March 30, 2012 12:47 PM

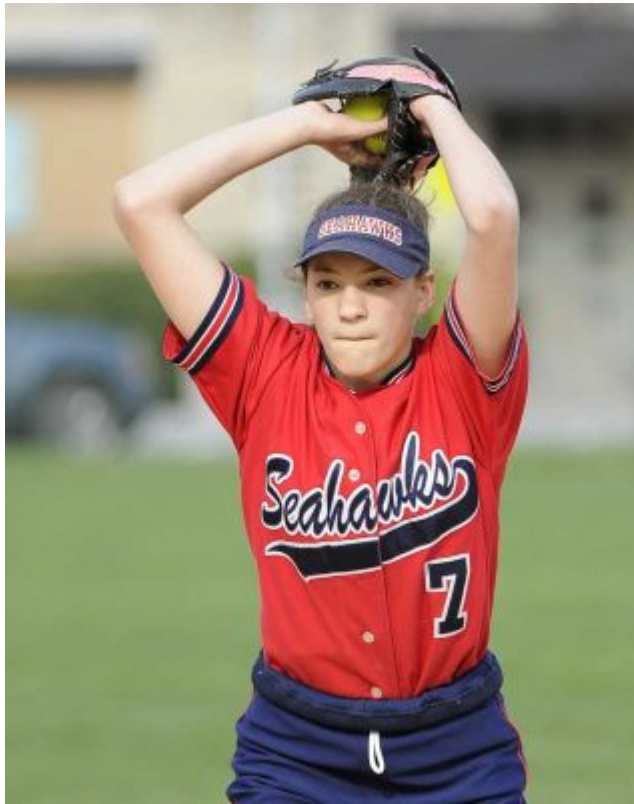
By IAN CUTLER ian.cutler@newsday.com



Cold Spring Harbor's Josh Levine comes to the net during his semifinal match at the state championships. (June 4, 2011)
NASSAU CONFERENCE I

[Cold Spring Harbor](#) hasn't lost a match in three years, and is focused on winning a fifth consecutive county championship. The Seahawks return seven starters, including state singles champion Josh Levine, junior Conor Dauer, sophomores Conor Mullins and Jonathon Paris and freshman Sean Mullins.





[Varsity Girls Softball working very hard in early season.....](#)

Tuesday 4/03 Malverne HS 4:30 PM AWAY

Friday 4/05 East Rockaway 4:15 PM AWAY

CSH 23 Roosevelt 0

CSH 3 Roslyn 4

CSH 5 Friends Academy 12

VARSITY SOFTBALL:

March 23, 2012 F

[Roslyn](#) 4

at [Cold Spring Harbor](#) 3

Highlights: Roslyn 4, Cold Spring Harbor 3: Nicole Lang hit an infield single to score Lauren Mayo for the winning run in the bottom of the seventh as Roslyn (2-1) came from behind to win in non-league. Jenna Litt singled to drive in Sophie Radutsky to tie the game at 3 in the seventh.

Winning pitcher: Roslyn - Nicole Lang

Losing pitcher: Cold Spring Harbor - Olivia Taglich

March 21, 2012 F

at [Friends Academy](#) 12

[Cold Spring Harbor](#) 5

Highlights: Friends Academy 12, Cold Spring Harbor 5: Paige Elgarten went 3/3 with three runs and two RBIs to lead Friends Academy (1-0) in non-league.

Winning pitcher: Friends Academy - Paige Elgarten

Losing pitcher: Cold Spring Harbor - Odierno

March 19, 2012 F

at [Locust Valley](#) 13

[Cold Spring Harbor](#) 6

Highlights: Locust Valley 13, Cold Spring Harbor 6: Lauren Dooley struck out and gave up five hits in a complete game for Locust Valley (1-0) in its non-conference opener. Briana Mahoney went 2-for-4 with five runs, Nicole Rozzo had four hits with three RBIs and two runs and, Lauren Sabatino went 3-for-5 with three RBIs and a run in the win.

Winning pitcher: Locust Valley - Lauren Dooley

Losing pitcher: Cold Spring Harbor - Dattoma

March 16, 2012 F

at [Jericho](#) 8

[Cold Spring Harbor](#) 3

Highlights: Jericho 8, Cold Spring Harbor 3: Lindsay Divack struck out 10 and walked two and gave up five hits to lead Jericho (1-0) in its non-conference season opener. Divack went 3-for-3 and had a two-run double in the top of the fifth that tied the score at 3. Bailey Donovan added a two-run single later in the fifth to give Jericho a 6-3 lead.

Winning pitcher: Jericho - Lindsay Divack

Losing pitcher: Cold Spring Harbor - Roy

Varsity Boys Lacrosse and Varsity Girls Lacrosse Off to a good start:



Okay, without any further delay, let's get to this week's

rankings...

1. [Chaminade \(7-1, 6-0 CHSAA\)](#) — [Matt Kavanagh](#) scored four goals with two assists for the Flyers in the 8-7 loss at West Islip on Saturday. They trailed 8-4 until scoring three straight goals in the final 41 seconds. [Sean Mahon](#) scored three goals in a 16-9 win over visiting Fordham Prep on Tuesday. To watch MSG Varsity highlights of the game, click [here](#), and for full game coverage, click [here](#).

Up next: The Flyers will play host to Fairfield Prep (Conn.) on Tuesday before beginning a five-game road swing at Kellenberg at 10 a.m. next Friday.

2. [Garden City \(6-2, 2-0 Conference B-I\)](#) — The Trojans bounced back from a two loss stretch in three games with two wins this past week. Tom Gordon scored four goals in a 12-4 win over visiting Division last Wednesday, and [Devin Dwyer](#) (pictured, left) had a goal and three assists in a 10-0 win over Duxbury (Mass.) on Saturday at Harvard Stadium. [Dwyer has 25 on the season.](#)

Up next: The Trojans will play host to Wantagh, No. 5 on this list, at 11 a.m. tomorrow morning, and then play at Carey at 4:30 p.m. next Wednesday in a pair of Conference B-I games.

3. [Manhasset \(5-0, 3-0 Conference B-II\)](#) — The Indians had a pair of easy wins this past week. Joe Mancini scored five goals with one assist in a 14-4 win over visiting Lynbrook last Wednesday, and had two goals and two assists in a 10-1 win at Section I's John Jay-Cross River on Saturday. Manhasset has won 41 straight games, [the second longest active streak in the country](#), and has outscored its five opponents 63-22 this season. To watch MSG Varsity highlights of the John Jay game, click [here](#).

Up next: The Indians' weekend trip to Maryland commences with a game at Severna Park tomorrow and finishes at Navy-Marine Corps Memorial Stadium on Saturday against Annapolis High.

4. Massapequa (7-2, 5-0 Conference I) — Dylan Sheehan scored the eventual game-winner for the Chiefs in an 8-6 win at No. 7 Syosset on Thursday. Sheehan finished with three goals and four assists. Earlier today, the Chiefs dropped an 8-7 overtime decision to visiting Connetquot, as Mike Pinto scored the game-winner with 57.7 seconds left in the extra session. Joe Danaher made 10 saves in the loss.

Up next: The Chiefs will play host to Conference I rivals Oceanside, at 4:30 p.m. on Tuesday, and No. 8 Farmingdale, at 4 p.m. next Friday.

5. Wantagh (6-2, 2-0 Conference B-I) — Ryan Walsh scored three goals with one assist and Matt Balzano added two goals and three assists for the Warriors in their 19-4 win at Roslyn last Wednesday. Twelve different players tallied a goal for Wantagh.

Up next: After an 11 a.m. game at Garden City tomorrow, the Warriors will play at Division at 4:30 p.m. next Wednesday. Both are Conference B-I games.

6. Holy Trinity (5-4, 4-2 CHSAA) — The Titans dropped a 10-8 decision to visiting Fordham Prep on Friday, and then defeated St. Dominic 10-4 at home on Monday.

Up next: The Titans will play host to Foothill-Santa Ana (Calif.) tomorrow.

7. Syosset (5-3, 3-1 Conference I) — The Braves dropped an 8-6 decision to No. 4 Massapequa on Thursday despite two goals and two assists from John Diaz. On Thursday, Ryan Hunter scored five goals with one assist in a 9-4 victory at Chesapeake (Va.).

Up next: The Braves will play host to Conference I opponents East Meadow, at 11 a.m. on Tuesday, and Baldwin, at 4:30 p.m. next Friday.

8. Farmingdale (6-2, 4-0 Conference I) — The Dalers completed a 12-8 win at Oceanside on Thursday behind Sal Tuttle's five goals and two assists and then wiped out visiting MacArthur, 12-1, on Friday behind Brian Prendergast's three goals. Earlier today, they knocked off Foothill High (Calif.) 14-5, and Tim Brown scored three goals. They have won six in a row after an 0-2 start. To watch highlights of the Oceanside game, click [here](#).

Up next: The Dalers will play host to Shoreham-Wading River at 7 p.m. on Saturday and then visit Port Washington at 4:30 p.m. on Tuesday before next Friday's showdown with Massapequa, on the road at 4 p.m.

9. Long Beach (6-2, 4-1 Conference I) — The Marines recorded easy wins at Plainview JFK (16-4 last Wednesday) and at home against Uniondale (20-6 on Friday) before dropping an 11-10 decision to Foothill (Calif.) on Monday. Joe Radin scored 11 goals in the three games, while Tom Hamlet added 10.

Up next: The Marines will play host to Calhoun at 4:30 p.m. on Tuesday before traveling to No. 10 Hicksville for a 4:30 p.m. contest on Friday. Both games are against Conference I foes.

10. Hicksville (7-2, 3-2 Conference I) — The Comets earned a 15-7 win over visiting Calhoun on Friday behind Sal Geneva's four goals and two assists, and then won a 13-7 decision at Bethpage behind Geneva's five goals and two assists and Joey Leonard's three goals and four assists.

Up next: The Comets will play host to Plainview JFK, at 4:15 p.m. on Tuesday, and No. 9 Long Beach, at 4:30 p.m. on Friday, in a pair of Conference I games.

On the bubble: Cold Spring Harbor (4-3, 3-0 Conference IV);

Hewlett (5-2, 2-0 Conference B-II); Oceanside (5-3, 4-2 Conference I); South Side (5-3, 2-0).

Varsity Boys Lacrosse

Monday 4/02 Island Trees 4:15 PM HOME

Wednesday 4/04 Manhasset 7:00 PM AWAY

CSH 12 North Shore 8

CSH 11 Syosset 12

CSH 8 Hicksville 2

CSH 11 Southside 2

VARSITY GIRLS LACROSSE:

And here goes...

NASSAU GIRLS TOP 10....GIRL LACROSSE...



1. Garden City (1-0)

The defending state Class B champs opened the season victorious, extending their win streak to 49 games. Alexandra Bruno had four goals, and Jenna Fuchs and Tara DeAngelo each added three for the Trojans in a 17-9 win over Hewlett. Margot McTiernan (Catherine's little sister) scored a goal in her varsity debut and Megan McDonald, in her first start, made five saves in the win.

2. Farmingdale (2-0)

The Dalers got off to a rough start in their season-opener against Wantagh on March 19, but rallied from down four to win 12-10. In their

second game, Kim Kolodny (four goals and two assists) led the offensive barrage in a 21-2 win over Plainview JFK.

3. Manhasset (1-0)

The Nassau Class B finalists opened with a dominant showing on Wednesday - 15-1 win over Calhoun. Julia Glynn scored four goals and Halle Majorana had two goals and three assists for the Indians.

4. Wantagh (1-1)

The Warriors were dominant in all but the final 10 or so minutes of their opener against Farmingdale on Monday. And they rebound quickly to beat Lynbrook, 19-2, on Wednesday, led by Colleen Lovett's four goals and three assists. Tara Basile and Kaleigh Craig each added three goals and an assist. (Apologies to Kaleigh for going short "a" on her name. It's pronounced Kay-lee.)

5. Massapequa (2-1)

The Chiefs lost their first game, 14-12, to West Islip, but bounced back last week with wins over Hicksville and East Islip. Kristin Yevoli and Danielle Doherty each scored four goals and Kelsey O'Brien added three in their 13-11 win against the Redmen.

6. South Side (2-0)

The Nassau Class B semifinalists have owned both their games, and Michaela Lynch went off in their 19-13 win over South Side on Friday. The junior midfielder had five goals and a career-high nine assists. Point guard numbers.

7. North Shore (1-0)

The defending Nassau Class C champs topped Wheatley, 13-3, in their opener. Amanda Johansen had six goals and three assists and freshman Carlee Janelli (Lauren's little sister) had three goals and two assists in her first varsity game.

8. Port Washington (1-0)

The Vikings began the post-Froccaros era in impressive fashion: a 14-7 win over Oceanside. Kaitlyn Brown (six goals) and Lauren DeSimone (four) picked up the offense.

9. Locust Valley (2-0)

The Falcons opened with a 10-8 win over Baldwin - a Class A semifinalist last season - and then beat Carle Place, 19-12, in their Conference C opener on Friday. Bairre Reilly had eight goals and four assists, and Julia Palermo added four goals in that game.

10. Cold Spring Harbor (2-1)

The Seahawks had impressive wins sandwiched around a non-league loss to Sacred Heart on Wednesday. They opened with a 16-5 win over Calhoun and, on Friday, beat Clarke 16-6. Kelly Ann Sherlock scored five goals and eighth-grader Charlotte Campbell, in her varsity debut, made six saves in the win.



Tags: Nassau , Top 10 , girls lacrosse

VARSIY GIRLS LACROSSE:

Varsity Girls Lacrosse

Tuesday 4/03 Friends Academy 4:15 PM AWAY

CSH 18 Mineola 2

CSH 16 Clarke 6

CSH 7 Sacred Heart 13

CSH 16 Calhoun 5

VARSIY BASEBALL:

Monday 4/02 Friends Academy 4:30 PM HOME

Tuesday 4/03 Friends Academy 4:15 PM AWAY

CSH 6 Valley Stream North 8

CSH 5 Herricks HS

March 27, 2012

at [Cold Spring Harbor](#)

5

[Herricks](#)

2

Highlights: Cold Spring Harbor 5, Herricks 2: Sean O'Neill allowed one hit and struck out 10 over five innings to earn the win for CSH in non-league. Josh Brown went 2-for-3 with two runs and an RBI.

Winning pitcher: Cold Spring Harbor - Sean O'Neill

Losing pitcher: Herricks - Katz

VARSITY TRACK AND FIELD:

Varsity BOYS TRACK

Monday 4/02 VS North HS 4:30 PM AWAY

Varsity GIRLS TRACK

Tuesday 4/03 VS North HS 4:30 PM AWAY

VARSITY GIRLS GOLF:

Coach Gregorchuk anxious to get started. Team has some new and young players.

Thought everyone would like this Quote:

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at each end of each of your arms.

As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.

-Audrey Hepburn

News 12 Scholar-Athlete Awards recently received-Katie Paolano. So far this year we have three recipients: Kelly Ann Sherlock and Colby Spehler. CONGRATULATIONS!!!!!!

ANOTHER AWARD FOR KELLY ANN SHERLOCK: Kelly Ann will be honored at Nassau Sports Commission Awards Dinner: Kelly Ann will be receiving the HS Athletic Outstanding Achievement Award on May 1st @ The Woodlands in Woodbury.

Also: being honored is our own Wally Szczerbiak who is being inducted into the Nassau Sports Hall of Fame.

For information please attached flyer.

RESPECTFULLY SUBMITTED, Jim Amen Jr.

And always this one:

And as always "It is the choices that make us who we are and we can always choose to do what is right".....AND...

COLD SPRING HARBOR HIGH SCHOOL
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
2011-2012 WINTER SEASON SUMMARIES
TEAM ACHIEVEMENTS

Varsity Boys Basketball

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
First time in 16yrs making it to County B Play-offs
Beat Malverne twice in season- first time done in 8years throughout conference
beat Malverne in the playoffs- First time in 7 years
Defeated Friends Academy by 21 points

Varsity Girls Basketball

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Nassau County Conference B Champions
Small School Champions Conference B/C
1st Cold Spring Harbor Basketball Team to go undefeated in league games

Varsity Boys Fencing

New York State Public High School Athletic Association, Inc. Scholar Athlete Team

Varsity Girls Fencing

New York State Public High School Athletic Association, Inc. Scholar Athlete Team

Varsity Gymnastics

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Moved to Conference I, Placed 7th overall

Varsity Ice Hockey

New York State Public High School Athletic Association, Inc. Scholar Athlete Team

Varsity Boys Swimming

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
All Division, 3rd out of 8 Division "B"
Finished 10th out of 21 teams at Nassau County Championships

Varsity Girls Winter Track

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Place 2nd in Conference

Varsity Boys Winter Track

Varsity Wrestling

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Placed 4th at Nassau County Tournament

INDIVIDUAL ACHIEVEMENTS

Varsity Boys Basketball

Lucas O'Connell All Conference
Kevin Porzelt All Conference
Joshua Brown All Conference

Varsity Boys Fencing

Michael Flanagan All County 1st Team, All Long Island
Corey Solomon All County 2nd Team
Alexsander Szilagyi All Count 1st Team, All Long Island, Undefeated, Nassau County Individual Foil
Champion

Varsity Ice Hockey

Varsity Boys Swimming

Timothy Genovese All Division, 2nd in 100 Back, 3rd in 100 Fly, Finished Top Ten at Counties, 5th in 100
Back, 8th in 100 Fly, 8th in Medley Relay
Kyle Rooney All Division 2nd Place, 7th at County
Kelsey Morgan All Division 3rd Place, 9th at County
Nathaniel Brown Placed 8th at County in Medley Relay
Peter Hubbell Placed 8th at County in Medley Relay
Douglas Loughrane Placed 8th at County in Medley Relay

Varsity Boys Winter Track

Jonathan LaGuardia All County Pole Vault, Conference 6 Champion Pole Vault

Varsity Wrestling

Dylan Cole Placed 2nd at County
Zack Baron Placed 2nd at County
Robert Incorvia Placed 2nd at County
Drew Coster Placed 3rd at County
Cody Taddonio Placed 3rd at County
Thomas Tartaglia Placed 4th at County
Jonah Lipton Placed 4th at County

Varsity Girls Basketball

Gabrielle Doria All County
Kelly Vassallo All County
Katie Durand All Class
Kelly Gubitosi All Class
Jean Atkinson All Class

Varsity Girls Fencing

Varsity Gymnastics

Lindsay Herling All County Honorable mention on Vault, All Conference Third Year on Bars, All
Conference on Beam
Emily Samuels All Conference on Vault, All Conference on Bars, All Conference on Beam, All
Conference on Floor
Chase Burke All Conference Third Year on Vault
Madeleine Ruocco All Conference on Beam
Grace Costa All Conference on Floor
Victoria Sica All Conference Third Year on Floor

Varsity Girls Winter Track

Taylor Carlin	All County, All Conference
Jillian Lee	All County, All Conference
Henny Schlaeger	All Conference
Hallee Henze	All Conference, All County
Kim Arena	All Conference
Sinead Haegeland	All Conference
Stephanie Mahder	All Conference
Katherine Rueger	All Conference, All County
Kelly Anne Sherlock	All County

Modified Sports Program Expectations

- Modified athletics is intended to provide a well-planned and well-balanced program of interscholastic athletics to foster skill development and the inclusion of as many students as possible.
- At the modified level, players should be committed to the program, the team and athletic exploration and self-development.
- Teams are comprised of 7th and 8th graders at the Modified (Junior High School) level.
- Practice sessions are vital in order to develop the adolescent athlete. The New York State Public High School Athletic Association publishes regulations by which practice sessions are governed. Vacation or recess practices are not regularly scheduled at the modified level. (See pages 138 & 139 in NYSPHSAA HANDBOOK).
- The focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition.
- Opportunities for meaningful contest participation within the game format (for most sports – a five period contest format) will exist over the course of a season for student-athletes who meet their school and team responsibilities.
- **Selection/Classification:** It is possible, but not recommended, for a junior high school students to be included on a Junior Varsity or Varsity roster. The New York State Department of Education process for moving a 7th or 8th grade student up to a high school team is called Selection/Classification (Policy #5210). Criteria that must be met in order to play at an advanced level include; parental approval, medical approval, appropriate developmental rating, passing athletic performance test scores, coach skill evaluation and an advanced degree of socio-emotional maturity. *The individual must clearly be an impact player on the team while supporting other team members to play at a higher level* (see page 22 for more details, or go to www.NYSPHSAA.org, pages 52-78). All deadlines for submissions will be established by the Athletic Director and will be strictly adhered to.

Student Attendance

- Student athletes must attend a minimum of five periods in order to participate in a practice or game that day. A daily tardy and absence list will be placed in each coach's mailbox prior to the start of practice each afternoon, as well as being posted on the Athletic Director's door.
- Excused absences from school or practices include a school function (including NYSSMA, club related tournaments, field trip, etc.) illness, injury, or a parental request approved by the principal or athletic director. All unexcused absences will be reviewed by the coach. In accordance with NYSPHSAA guidelines, all athletes are required to participate in a set number of practices before they are allowed to take part in a scrimmage or contest.
- For Varsity and Junior Varsity teams, practices and contests are scheduled on a six day per week basis and during vacation periods. Student athletes are required to participate in all practice sessions and contests.
- When a student athlete is injured, he or she will attend practices based on the discretion of the physician and/ or coach until able to participate.
- Student athletes will abide by the rules of attendance established by Section VIII's Eligibility Policy and New York State scheduling. High school seasons run through all school recesses and contests may be scheduled during these times. (Junior high school student athletes do not practice during school recesses or vacations).
- Be aware that "Playoffs" extend beyond the normal season schedule.

Student Eligibility Requirements

- A student athlete must satisfy the standards established by the New York State Public High School Athletic Association in order to participate on an interscholastic team.
- **Physical Examination:** Students must complete a physical examination by a private physician or the CSH physician prior to participation.
- **A Coaches authorization form** must be signed by the student, parent or guardian, nurse and Athletic Office and is required before the start of each season. This card contains vital contact and medical information needed by the school and coaches in case of an emergency. This card must be handed in to the nurse's office prior to the start of the season.
- **Health Update form** must be filled out before each sport season.
- **Bona Fide Student:** A student athlete must be a bona fide junior high or senior high school student and must be taking at least four subjects including physical education. Students who have completed graduation requirements are not permitted to participate in an interscholastic athletic program. (NYSPHSAA page 94)
- **Age:** a student athlete shall be eligible for interscholastic competition until their 19th birthday. If the age of 19 years is reached on or after July 1, the student athlete may continue to participate during that year in all sports.
- **Duration of Competition:** A student athlete shall be eligible for senior high athletic competition in each sport during four consecutive seasons of such sport after entry into the 9th grade and prior to graduation. An appeal for an extension of athletic eligibility can be made if the Chief School Officer can show that a student's failure to enter competition during one or more seasons

of a sport was caused by illness, accident or other circumstances beyond the control of the student.

Conflicts with Extra-Curricular Activities

Cold Spring Harbor provides numerous opportunities for its students to participate in extra-curricular activities. While the Athletic Department recognizes the importance of student engagement in a broad range of experiences, it is expected that students fulfill their commitment responsibly. We encourage students to consider their limitations of time, interest, and energy before making a commitment to too many extra-curricular activities. **Students are cautioned not to overextend themselves and to find a healthy balance between activities, athletics and academics. If a conflict cannot be resolved, then a student athlete will have to choose which activity to devote his /her energy toward.**

Expectations of Parents

Parental support

The Cold Spring Harbor School Interscholastic Athletic program recognizes the important role of the parents of student athletes. Teaching children the value of responsibility and commitment helps assist and support the coaching staff. We encourage all parents to attend games and to model constructive support and guidance when students experience either success or failure in game situations. As spectators, parents must extend to our guests, officials, players, coaches and security personnel the courtesy, respect, and good sportsmanship we would wish to have extended to us during away visits. Parent conduct is a reflection of the Cold Spring Harbor community and the educational system. A positive role model is the ultimate objective.

Code of Conduct (Expectations for Participation in Student Activities & Athletics)

Parents are expected to partner with the school in reinforcing the inherent values of the Cold Spring Harbor Code of Conduct. Student athletes and parents must sign a contract at the beginning of each year, and attend mandatory Athletic Code of Conduct meetings. (See Appendix)

Sportsmanship

Parents represent our school just as the players do, and therefore have an obligation to demonstrate practices of good sportsmanship, which include approving and applauding good team play, individual skill, outstanding examples of sportsmanship, fair play exhibited by either team, being modest in victory and gracious in defeat. Spectators (students or adults) who display poor sportsmanship or improper behavior before, during or after an athletic contest may be asked to leave the field or gym. Based on the circumstances, the athletic director, principal or administrator on site all have the authority and responsibility to monitor spectators and to bar parents from attending any games for the remainder of the season because of poor sportsmanship or improper behavior.

- Treat visiting teams and officials as guests, extending to them every courtesy and mutual respect.
- Bells, horns and other noise devices will not be allowed at contests.
- All spectators must refrain from making derogatory comments toward a player, coach, official or spectator. Be courteous, profanity or abusive language or gestures are a sign of poor sportsmanship, and a poor reflection upon our community and student athletes.
- Remember, an athletic contest is ONLY A GAME.
- Demonstrate self-control and encourage leadership by initiating good judgment.
- Recognize that the purpose of athletics is to promote the physical, moral, social and emotional well being of the individual player.

Disagreements with Officials or Coaches

Sportsmanship extends to Officials and Coaches. They are essential towards running an organized interscholastic athletic program. Coaches, officials, and administrators hold authoritative positions during athletics events, and must be given the utmost respect and consideration.

- If you disagree with an official or a coach's decision during a contest, treat all inquiries with respect and due protocol. Their decisions are based upon game conditions as they observe them.
- NEVER attempt to discuss concerns directly following a contest because officials and coaches' primary responsibility at that time remains the safety and supervision of students.

Practice and Tryout Sessions

Parents will not attend tryouts, and are encouraged not to attend practice sessions.

Communication Process for Students, Parents and Coaches

The communication process shall be encouraged and maintained during the season. Communication is vital to the success of the athletic program, and athletes and parents should feel comfortable communicating with the coach, principal and athletic director on all athletic matters. Parents and students are entitled to answers to legitimate questions regarding their child's performance and or status. If concerns arise during the season, the following communication process should be followed:

- Player should meet with the coach to discuss concerns or issues. If unresolved....
- Player and parent should meet with the coach for further discussion. If unresolved...
- Player, parent, and coach should meet with the Athletic Director for further discussion. If unresolved...
- Player, parent, coach, and Athletic Director should meet with the Building Principal.

Communication Expectations between Coach and Parents

- Philosophy of the coach and of the Cold Spring Harbor Interscholastic Athletic Program
- Expectations the coach has for the athletes and the team
- Rules and regulations
- Location and times of all practices and games
- Procedures to follow should an injury occur during participation
- Disciplinary actions which may result in an athlete's removal from a competition

Appropriate Concerns to Discuss with a Coach

- Concern about treatment of a student both mentally and physically
- Ways to help an athlete improve
- Concerns about a student's behavior

Issues NOT Appropriate to Discuss with a Coach

- Playing time
- Team strategy
- Play calling
- Other student-athletes
- NEVER attempt to discuss concerns directly following a contest because a coaches' primary responsibility remains the safety and supervision of students. Set up a time that is convenient for the coach or Athletic Director to discuss your concerns.

Policies and Procedures

Affiliations – NYSPHSAA and Section VIII

Cold Spring Harbor Junior/Senior High School is a member of The New York State Public High School Athletic Association (NYSPHSAA). Our section is designated as Section VIII. (www.section8.nassauboces.org). The NYSPHSAA and Section VIII provides regulations, policies, standards, guidelines, and recommendations for all aspects of our athletic program for all sports and also enforces uniform eligibility rules as well as standards for practices, scrimmages, and contests. Note: Although crew is not a sport governed by NYSPHSAA rules, Cold Spring Harbor has adopted these rules as the governing principals of it crew program. All of the regulations and procedures in this handbook apply to all Cold Spring Harbor athletic programs. (You may also refer to the district website www.csh.k12.ny.us Athletics Program.)

Tryouts

Tryouts will be held in a closed environment with only the coaches and the student athletes permitted. Parents are not permitted to attend tryouts. In accordance with the District's philosophy of athletics and the desire to see as many student athletes as possible participate in the athletic program at CSH, coaches will accommodate as many student athletes as possible on each team.

Schedules

Schedules for all interscholastic contests are distributed by the coaches at the beginning of the season and are posted on the BOCES website (go to www.csh.k12.ny.us and click on Athletics Program). All schedules are subject to change.

Religious Holidays

When schools are closed due to religious observances, practices, scrimmages and/or games will not be scheduled, unless the period of religious observation is only a portion of the day. Students who cannot attend practices because of religious observances when schools are open shall be excused, but should speak with the coach prior to the practice(s).

Vacations

Attendance is mandatory for scheduled practices, scrimmages and games. Missed practice time can affect team chemistry, personal conditioning, loss of instructional time, and the overall success of the team. Taking vacation during a sport season at the Junior Varsity and Varsity level is strongly discouraged. Students who miss practices or contests because of a vacation will not

be excused and the athlete must accept the consequences. Commitment during the vacation periods involves self-sacrifice on the part of the coach and the athlete.

If an athlete chooses to take vacation during an athletic season he or she will:

- Be aware that their position on the team may change after an extended absence due to vacation.
- Be aware that the coach will implement consequences. Implementation of consequences **will be consistent for each team members** regardless of playing ability. Please be aware that vacation policies may differ between teams.
- Be aware that excused absences from practices or contests will be defined the same way that they are for school absences; including school sponsored trips or activities as well as religious observances. Students may return to athletic practices or contests after an excused absence.
- In the event of extenuating circumstances, such as medical situations, religious observances, court, appearances, legal matters, personal tragedy, etc., exceptions will be made by the coach.

High School—Team Contests and Practice Sessions

Athletic participation at the Varsity level is more competitive than the Modified level program, and the Junior Varsity (JV) program functions as a transition between the two. Varsity competition is based on ability, and participation in this program requires a significant commitment of time and a greater adherence to stringent team and Athletic Department rules. Parents and student athletes are advised to take this into consideration when deciding to participate at the Junior Varsity or Varsity level. In order to fully appreciate a family's commitment to Junior Varsity and Varsity competition and to avoid miscommunication and unrealistic expectations, parents and students must understand that:

- Practices and contests are scheduled on Saturdays and during vacation periods. Athletes are required to participate in all practices and contests unless excused by the coach. Excessive unexcused absences will result in disciplinary action, which might include dismissal from the team, or loss of playing time.
- Practice sessions are sport specific so that practices in one sport can not apply to practices in another sport. Depending on the sport and level (JV or Varsity) each team is required to participate in a minimum number of practice sessions prior to the first team scrimmage or contest.
- Practices are limited to a reasonable amount of time each day (generally 1 ½ to 2 hours at the Varsity level, and 1 to 1 ½ hours at the Junior Varsity level).
- Sunday practice – as a general rule teams do not practice on Sundays. However, in instances when a practice can be justified, it can be scheduled with the Athletic Director's prior approval. When a Sunday practice is held, another team practice must be canceled so that athletes are not practicing on more than six consecutive days. NYSPHSAA Seven Day Rule (section 22b. page 101) states no student or team may be permitted to participate in school

organized practice or play on seven consecutive days during the regular season. Varsity teams participating in post-season tournaments are not bound by the Seven Day Rule.

- On days when ACT, SAT and PSAT tests are administered, consideration will be given to scheduling practices and scrimmages so that conflicts with test times are minimized.
- Playing time is based on ability and substitutions are made at the discretion of the coach.
- Parents are encouraged not to attend practices.

Junior High School—Team Contests and Practice Sessions

The Junior High School Interscholastic Athletic Program addresses the physical, social, and emotional needs of early adolescence. The approach to athletics is less competitive, with opportunities to participate expanded in recognition of the physical, mental and social changes junior high school students are experiencing. Participation is not based on athletic ability; student athletes are encouraged to participate in a program that includes:

- Four 10-week seasons to allow for exposure to more athletic activities
- In accordance with the District's philosophy of athletics and the desire to maximize participation in the interscholastic athletic program, coaches will maintain as many student athletes as possible on each team. Coaches will value playing all team members during a contest.
- Extended time contests (five-period format) to allow for more individual participation.
- No practices occur over holidays or vacation periods, except for Junior High football on a six-day week practice schedule.

Selection and Classification Requirements of Junior High School Students

- The Board of Education has approved the Selection/Classification Program (Policy #5210) to be used at CSH Junior/Senior High School. This program allows for the selection and classifying of seventh and eighth grade CSH junior high school students for interscholastic athletic competition at the high school level.
- It is possible but very rare for a junior high school level student to be included on a Junior Varsity or Varsity roster. The process of Selection/Classification is strongly discouraged. Coaches, parents and student athletes should consider the emotional implications and maturation level of a junior high student athlete on a senior high school team. Criteria that must be met in order to play at an advanced level includes parental approval, medical approval, appropriate developmental rating (maturation test), passing athletic performance test scores, coach skill evaluation and an advanced degree of socio-emotional maturity. *The individual must clearly be an integral player on the team.*
- If it can be established that the student is highly skilled, the Athletic Director will consult with the junior high school assistant principal, guidance counselor, and/or physical education teacher to establish whether or not the student has the academic and social maturity to successfully participate with senior high school students.
- If a student athlete is deemed suitable for high school competition, the Athletic Director will then obtain parental permission and arrange for fitness testing and medical approval under NY State guidelines that are then submitted for approval in Albany.

- All deadlines for submissions will be established by the Athletic Director and will be strictly adhered to.

Changing Sports

Whenever students enroll in the athletic program by joining or “trying-out” for a specific team, they assume a responsibility and commitment to that team and coach. Dropping out of a sport is discouraged. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. The dropping of a sport and subsequently transferring to another sport shall be in accordance with the following guidelines:

- An athlete who is dismissed from a team for disciplinary reasons (e.g. violation of the Code of Conduct, insubordination, excessive unexcused absences, social suspension, etc.) shall not be allowed to participate in another sport for the remainder of that sports season or until the period of social suspension expires.
- An athlete who wishes to leave a team and transfer to another may do so provided he or she leaves while in good standing and only after discussing with the coach the reason for leaving and after returning all issued uniforms and equipment.
- Changing sports will be permitted at the discretion of the Athletic Director.

Transportation Procedures for Away Events

Student athletes are expected to travel to and from contests with their team. Transportation time is often “coachable time.” It is an important time for team reflection and instructional learning before or after a game. Traveling with the team is strongly encouraged, and only under extenuating circumstances should a parent take a student from the team bus.

If a student athlete plans to leave an away contest with a parent rather than take the provided bus transportation, the student needs approval from the Athletic Director in advance. A form, signed by a parent should be given to the Athletic Director who will review it and if approved, give it to the coach (See p.29 Forms are also available at the Athletic Office).

Out of Town Lodging for Team Trips

Student athletes will, at all times, be under the supervision of a coach or advisor. Student athletes and parents will be responsible for damages in the event it is determined that items are taken or broken from living quarters, such as motels or hotels. When suspicion exists, a coach or advisor has the right to search and examine student athlete belongings. In the event that disciplinary action is warranted, the coach or advisor will administer the discipline on site. Parents will be notified of the circumstances and disciplinary actions taken immediately. Parents should remind their children to place their personal belongings in a secure place, and leave valuables at home.

Trevor Tierney: Huguely Trial Shows It's Time For Lacrosse to Grow Up

By Trevor Tierney

Created 02/24/2012 - 9:49am



[HuguelyTrialRain.jpg](#) [1]

In 2007, I wrote an article for Inside Lacrosse Magazine explaining my own struggles with alcohol abuse in college and for a few years afterwards. To make a long story short, I had fallen into the party culture of our sport as a college and professional player and it had completely dragged me down as a person. When I was 25 years old, I decided that alcohol was causing too many problems in my life and that I needed to make a change. So, I sobered up and never touched a drop of alcohol for six years as I grew up mentally, emotionally and spiritually. In the past year or so, I have learned that I am now able to enjoy a beer at dinner with friends on special occasions, but I never have more than that as I understand the word "moderation" now and have no desire or impulse to get drunk or even buzzed, for that matter. Anyway, towards the end of the piece for Inside Lacrosse, I wrote, "I must admit that I've watched the world with a different view for the past couple of years. I've seen many things in the lacrosse world that would have never happened without alcohol being involved. I've seen multiple people die and many lives ruined because of alcohol, and that saddens me." It still saddens me that these things continue to happen in our great sport and the family that we all care about deeply. I know this article may trigger or upset some people, but I am simply writing it out of love for our sport and everyone involved.

The following article (which also appears on [TierLacrosse.com](#) [2]) is my take on the George Huguely V and Yeardley Love tragedy. Many people in lacrosse are tip-toeing around this topic, like it is some deep, dark family secret, and that's because it is. It's an extremely sensitive topic that is sad and quite challenging to talk about. But we need to be open and discuss it, to discover any healing from a tragedy like this. If we just try to sweep it under the rug, then we are minimizing the tragedy that took place. If you have not heard about the story, just type "Huguely trial or Yeardley Love" into Google and you will find plenty of information. Also, there was an interesting article in the Baltimore Sun this past week entitled "[Huguely trial highlights alcohol abuse at colleges, universities](#) [3]" that is worth a read and is along the same lines of what I am about to discuss. I should start off by saying that I sincerely offer my prayers and condolences to the late Yeardley Love, her family, her former teammates and her friends, a couple of whom I know but many of whom I do not know. No woman should ever have to go through what she did in her death and the most tragic part about this whole situation is her loss.

Wednesday night, the drama came to a close as a jury convicted Huguely of second-degree murder and recommended a sentencing of 26 years in a state prison. The sentencing brought me great sadness, but I am not sad nor do I feel bad for Huguely. There is absolutely no excuse to ever touch another woman or another person in a violent way. Severe punishment for these types of actions is deserved and in our society, you get locked up, and rightfully so. Huguely is now

facing the consequences of his decisions and actions and will be going to a state prison for over 20 years, which is certainly no cake walk. He is paying dearly and getting what he deserves. At the same time though, there was no punishment that could account for the pain and suffering that Love's family and friends will endure for the rest of their lives.

Honestly, the tremendous sadness that I now feel is over the fact that alcohol has once again contributed in ruining two more lives, along with the lives of their families. Let me be clear though, alcohol is never an EXCUSE, but I believe it was a major FACTOR in this case. One of the most poignant pieces of evidence that came out in the trial was a letter that Huguely had written to Love, shortly before her death. Chillingly, it read, "Alcohol is ruining my life...I'm scared to know that I can get that drunk to the point where I cannot control...how I act." There are a multitude of other psychological and emotional factors that could be involved with the Huguely case. But, it seems to me that if he was a stick of dynamite, alcohol was the match that lit the fuse. There was little evidence that Huguely was violent in any way, shape or form when he was not drinking, but when he was drunk, there was serious trouble.

Being inebriated though, is not an excuse for any action and it is an explanation that holds little weight in the court of law, for good reason. We cannot have people running around in our society doing whatever they want to do and then just explaining, "But, I was drunk!". This is a huge lesson that young people (and some adults) must learn. Everytime people go out and get drunk, then they are playing with fire and putting their own lives and the lives of others at risk. So, they are responsible for the choice of whether to drink or not and the consequences of that decision. Huguely chose to keep drinking, despite the fact that he had run into some problems and despite the fact that he realized he was out of control. It is an absolute shame to me that Huguely waited too long to get help. His decision to keep drinking heavily is one that he certainly must be regretting a great deal at this point. What is worse though, is that this decision was a contributing factor in the death of Yeardeley Love.

Now, some people are pointing their finger at our sport. People are saying that lacrosse is the problem as it is filled with over-privileged people who become monsters from playing a violent game. Their statements are ignorant though and they have no idea about how much lacrosse has grown throughout the country, the different walks of life participating and the number of amazing people who permeate our game. Lacrosse is a tight-knit family and we all care about each other at the end of the day, despite all the competition that we are active in with each other.

At the same time though, lacrosse does have a problem. There is a tremendous amount of alcohol abuse and alcoholism in our game. The rest of us are enablers because we simply look the other way as these problems continue to persist. These abnormal and unhealthy behaviors are so rampant in our small world that they fade into being considered as normal and acceptable. In our culture, it's not viewed as strange or unhealthy to get totally obliterated on a weekly basis. Go to the NCAA Lacrosse Final Four. Go to any one of the coaches' conventions. Go to an after-party at a pro game. Go to a college dorm or bar on a Saturday night. Tell me what you see players, coaches and fans doing at all those places; it's not just moderate drinking for the most part, it's a lot of people getting absolutely wasted. I'm not the only one pointing this out either. The NCAA has even released studies that found that the sport of lacrosse has the highest rate of alcohol and drug abuse in college athletics. Just the fact alone that a guy like Huguely can thrive in our

culture and not get called out on behaving in manners that are completely unacceptable, shows that our entire lacrosse world is skewed in some way.

We are already primed with excuses, though. People will fight the idea that alcohol has anything to do with this Huguely case. We will say, "Well, that kid was messed up!", or "He's an evil monster!", or "I would never do something like that when I was drinking, that guy is just an idiot." We may say, "Well, we can't be held responsible for everyone's actions...there is always one bad apple in a bunch!". We may point our fingers and explain, "Well this is a problem in all of athletics, in all of society, so why should our sport take the blame?". We will exclaim, "Lots of people in our society go out and get drunk every night and do not commit murders!" And all of these lines of reasoning may be true to a certain extent. But, there is another side to all of this that we tend to ignore. In actuality, there are lots of people in our society that go out and get drunk at night and end up in jail, just like Huguely. Or they end up in a hospital. Or they end up dead. And even if this one sad story was the first and only example of an alcohol-related tragedy in our sport (which it certainly is not), then wouldn't that be enough for us to look in the mirror and wonder if something needs to change? Unfortunately, for all the people involved in tragedies like these, there are no second chances.

Fortunately for lacrosse, and for all of us, we all get that second chance to make a change right now. We can either keep making excuses OR we will say to ourselves, "**ENOUGH WITH THE INSANITY! IT'S TIME TO WAKE UP AND GROW UP! IT'S TIME FOR ALL OF US TO MAKE A CHANGE BEFORE IT'S TOO LATE...AGAIN.**" We will step up and make the necessary changes in our personal life to effect the greater whole. We will stop abusing alcohol all the time and turning our lacrosse events into drinking contests. We will either learn to drink in a responsible manner (if we are of age) or we will just abstain from drinking altogether. We will stop cultivating the "lax bro" image that only cares about "playing hard and partying hard". We will stop modeling to the younger athletes of our sport in magazines, websites and other media that it is cool to drink hard. We will stop using alcohol advertisers to pay for our pro teams and leagues. We will realize that this behavior is not "normal" in the real world and it is why many people on the outside frown upon our athletes and our sport. We will understand that all of us, in some way, have a stake in this systemic failure that is currently letting our youth down. We will stop this madness or...we will just keep going until the next tragedy happens. And just maybe when it does, instead of Huguely or Love, it will be your son, your daughter, your player, your teammate or YOU.

I know it's harsh and I know it's extreme, but if we all don't come together in lacrosse and decide to create change all together, tragedies like these are going to continue to happen. If so, we will all be somewhat responsible once again. Whether it's fair or not, lacrosse will and should continue to shoulder some of the blame, until we all finally decide that enough is enough.

#BESOBEBESTRONG

What can we do to make a change? Big changes start with small steps. Everyone in our game first has to look themselves in the mirror and decide what they need to change in their own lives. For now my contribution is going to be this : [I am starting a Facebook group a \[4\]nd Twitter hash-tag labeled "#BESOBEBESTRONG"](#). I would love for coaches, players and fans

throughout our game and other sports to join it. It would be especially great to have some professional players sign up for it and be role models for the younger athletes. On the Facebook page, I will encourage people to post any thoughts, ideas, experiences or insights about their lives while abstaining from alcohol and drugs. For example, maybe you went bowling with a bunch of friends and everyone was sober and had a great time; post it on the group page and attach a comment to tell everyone about your awesome night together! There are too many examples of what life is (supposedly) like with alcohol, so we need to create a new experience and portray a new paradigm for our youth. It's a small step for us to take, but we all need to do little things to make a difference.

[Read more from Trevor Tierney at his blog, TIER Lacrosse.](#)

[2]

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The Nassau County Sports Commission 17th Annual "Salute to Champions" Awards Dinner

DATE: May 1, 2012

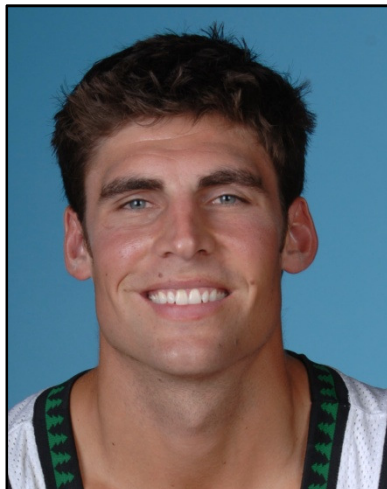
TIME: VIP Cocktail 6pm, Awards Ceremony 7pm

LOCATION: The Woodlands - Woodbury, NY

Honoring Local Sports Heroes



*Nassau County
Sports Hall of Fame*
Ed Kranepool
NY Mets



*Nassau County
Sports Hall of Fame*
Wally Szczerbiak
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*Broadcast Media
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Please call Bryan Revello at (516) 918-3799 or email bryan@nassausports.org.

You can also visit the Awards Dinner website at

<http://www.nassausports.org/events/pages/salute-to-champions>

All proceeds from this event support the Nassau County Sports Commission, a 501(c)(3) non-profit organization that provides a healthy sports environment for Nassau County youth.



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MAY 1, 2012 @ THE WOODLANDS**

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Ad should be centered on page.

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Nassau County Sports Commission

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The amount of your contribution is tax deductible to the extent provided by law.

For questions, please call (516) 918-3799 or email bryan@nassausports.org.

You can also visit the Awards Dinner website at

<http://www.nassausports.org/events/pages/salute-to-champions>.

Please Make all Checks Payable to the Nassau County Sports Commission and mail to:

**Nassau County Sports Commission
"Salute To Champions" Awards Dinner
1055 Stewart Avenue
Bethpage, NY 11714**

NASSAU COUNTY SPORTS COMMISSION

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1055 Stewart Avenue
Bethpage, NY 11714**



SLATE OF HONOREES FOR 2012 "SALUTE TO CHAMPIONS" AWARDS DINNER ANNOUNCED

Bethpage, N.Y. (March 28, 2012) - The Nassau County Sports Commission and lead sponsor Briarcliffe College have announced the slate of honorees to be awarded at the 17th annual "Salute to Champions" Awards Dinner on May 1, 2012 at the Woodlands in Woodbury.

Slate of celebrity honorees to attend that evening include: Legendary New York Met Ed Westfall and NBA All Star Wally Szczerbiak (Nassau County Sports Hall of Fame); Sportswriter Dave Kindred (Dick Schaap Award); Clemson Tiger Dwayne Allen (John Mackey Award); NY Jets Rookie Star Muhammad Wilkerson (Athlete of the Year); Richard "Big Daddy" Salgado of Coastal Advisors LLC (Award of Excellence) and ESPN NFL Insider Adam Schefter (Broadcast Media Award).

However, the highlight of our event is always the outstanding local student athletes and coaches that are honored on the very same stage as the celebrity recipients listed above.

2012 Scholastic Honorees

NCSC High School Outstanding High School Achievement Award

Thomas Bardabelias - Valley Stream North HS

Ariana Cavallone - Glen Cove HS

Jason Cortapasso - Floral Park Memorial HS

Amanda Johansen - North Shore HS

Evan Kappatos - Syosset HS

Dylan Palacio - Long Beach HS

Alexandra Pisciotta - Kellenberg HS

Kelly Anne Sherlock - Cold Spring Harbor HS

NCSC High School Coach of the Year

William Dubin - Hewlett HS

Russi Villalta - Plainview Old Bethpage JFK HS

***James J. Regan Award
Isaiah Barnes - Freeport HS***

***Eva Tucci Award
Leanne Iannucci - Carle Place HS***

***NCSC College Athlete of the Year
Jack Castellano - Briarcliffe College
Candice Bellocchio - Hofstra University***

***NCSC College Coach of the Year
Dom Scala - Adelphi University***

Lifetime Achievement Award

George Dlugolonski - Chaminade High School

Click [here](#) for an invitation to the 2012 "Salute to Champions" Awards Dinner.

For more information, please visit our website at www.nassausports.org.

Note: Edward Solosky Award winner to be announced next week.