

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

April 2013

OBSERVATION & COMMENT FROM THE DIRECTOR

VARSITY GIRLS BASKETBALL : Congratulations to our Varsity Girls Basketball team on winning another Nassau County Class “B” Girls Basketball Championship. Congrats to our team and our Coaches.







MARCH 7TH CODE OF CONDUCT MEETING A HUGE SUCCESS...

You could not hear a pin drop in the PAC on March 7th at the Spring Varsity and Junior Varsity Code of Conduct Meeting as Aaron Cooksey, featured speaker that night basically stunned our audience. His story was ever compelling and invoked much conversation among students, parents and staff. Not sure I can top this presentation.



We are attempting to put the program on our Athletic Website for people to listen to. Stay tuned.

2013-2014 ATHLETIC CALENDAR:

See attached document...

JR. HIGH SCHOOL CODE OF CONDUCT MEETING COMING UP:

April 10th in the PAC @ 7pm. Featured speaker Rohan Murphy.

CHECK THIS LINK OUT BELOW:

http://www.youtube.com/watch?v=sTaB-hPg0P4&feature=player_embeddedchan

AMANDA LALEZARIAN: VARSITY FENCING....

It is with great pride and joy we can tell you that Amanda has been selected to represent Team USA at the Maccabee Olympic games in Israel this summer. This is the 3rd largest sporting event in the world after the Olympic games and Pan American games.

Please visit her web page below. She would appreciate any support she can get.

[Amanda Lalezarian's support for 19th World Maccabiah Games, Team USA](#)

to benefit Maccabi USA.

JILLIAN LEE NEWS 12 SCHOLAR-ATHLETE

- **News 12 Scholar-Athlete, Jillian Lee:** Sponsored by Capital One Bank, Jillian was honored at CSHHS on Nov. 19th and was presented with her News 12 *Scholar-Athlete of the Week* scholarship award and plaque. Jillian is a three-sport athlete; a four-year varsity field hockey player, senior captain with All-County and All-State honors her senior year. She is also a three year varsity player and captain on the lacrosse team, (All-County-11th grade). She also holds nearly every running record on the high school track team. She is a member of Varsity Leaders Club, National Honor Society, and Locks of Love (where she recently donated 10" of her hair!). Jillian will be attending Brown University next year to play lacrosse. Congratulations!

NYSPHSAA SCHOLAR-ATHLETE TEAMS: *All Winter Teams Excel...*

Wrestling:	95.700
Girls Gymnastics:	95.000
Girls Basketball:	96.000
Boys Basketball:	93.286
Girls Fencing:	91.750
Boys Fencing:	97.143
Boys Winter Track:	91.875
Girls Winter Track:	95.833
Ice Hockey:	91.375

WINTER ATHLETIC ACHIEVEMENTS for TEAM AND INDIVIDUAL AWARDS:

Please see attachment.

VARSITY BOWLING: PAIGE SZTABNIK STARS IN BOWLING. Paige finished #2 in Nassau County Girls Bowling this past season. Paige has bowled with the Roslyn High School Team the past two years. Paige was an All County Bowling Selection this past winter. Paige was part of the the Nassau All County Bowling Team that finished in 6th place @ NYSPHSAA Championships in Syracuse this winter.

Cold Spring Harbor's A.J. Szilagyi wins fifth straight Nassau foil title



VARSITY BOYS SWIMMING: Special Congratulations to Varsity Boys Swimming Team finishing a perfect 8-0 this past winter. Also congratulations to Kyle Rooney making it to the NYSPHSAA Diving Championships.

ADDITIONAL KUDOS TO SOME OF OUR YOUNGER ATHLETES:

SOCCER: The Long Island Rough Riders, with our own Niall **Coffey (8th grade) and Bernard Austin (9th grade)** were members of the first ever male squad from Long Island to win the Super Y Nationals tournament in Florida in December 2012. The team qualified for this prestigious tournament by winning the mid Atlantic region with a record of 14-2-0.

The Super Y-League North American Finals is regarded as one of the top youth soccer events in North America. This five-day tournament playoff, sponsored by the US Soccer Federation and the US Olympic Developmental Program, showcased more than 130 boys and girls teams and nearly 2,500 players from throughout the U.S. and Canada, all competing for the right to be called North American Champions.

ICE HOCKEY: **Nate Schuman's** (7TH grader) Long Island Royals Pee Wee 12U team won the Tier 1 New York State Hockey Championships in Amherst, NY this past weekend, going 5-0 and besting the #7 ranked team in the United States 5-4 in the final.

KELLY ANNE SHERLOCK @ YALE....see page 4 of link below...

<http://www.laxpower.com/laxnews/news.php?story=31481>

JR. HIGH SCHOOL 7TH AND 8TH GRADE BOYS BASKETBALL:

Our 8th grader John Munyak made a wonderful shot towards the last seconds of the 2nd period. With 3 seconds left and clock running down, John got the ball at half court, threw a Hail Mary, and went in at the buzzer!!!! the place roared so much that parents from across the court behind the curtain came looking...A great shot made by John brought everyone up out of their seats...

JHS SPRING COACHES SLATE/ SPORTSPAK LEGEND FOR SCHEDULES

8TH GRADE BOYS LACROSSE: COACH NICK WOLL/ COLD SPRING HAR 8 RED

7TH GRADE BOYS LACROSSE: COACH CONROY/ COLD SPRING HARB 7 WHITE

7/8 GRADE BOYS LACROSSE: COACH HAUNSS/CLDSPR JH BLUE

8TH GRADE GIRLS LACROSSE: THERESA MERCER/COLD SPRING HAR 8 RED

7TH GRADE GIRLS LACROSSE: EMILY WILDERMUTH/COLD SPRING HARB 7 WHITE

7/8 GRADE GIRLS LACROSSE: NICK FENGLER/COLD SPRING HAR GOLD

7/8 GRADE BOYS TENNIS: MICHELLE GAUFMAN/COLD SPRING HBR JHS

7/8 GRADE CO-ED TRACK: BEN ZUK/COLD SPRING HBR JHS

7TH GRADE SOFTBALL: MEREDITH MARTINO/ COLD SPRING HARB 7 WHITE

8TH GRADE SOFTBALL: CRAIG MARSHALL/COLD SPRING HAR 8 RED

7TH GRADE BASEBALL: RYAN TOWERS/ COLD SPRING HARB 7 WHITE

8TH GRADE BASEBALL: ANTHONY SERVIDIO/ COLD SPRING HAR 8 RED

Hope everyone had a nice Easter/Passover/Spring break. Look forward to see you on the fields of play.
Hope it gets a little warmer.

RESPECTFULLY SUBMITTED. Jim Amen Jr.

"It's fine to celebrate success but it is more important to heed the lessons of failure." — Bill Gates

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

Section VIII Sports Seasons 2013-2014

Adopted: Sr. HS Athletic Council Meeting 3/21/13

Senior High School:

Fall:

Football – Monday, August 19, 2013 – Sunday, December 1, 2013

B/G Soccer – Monday, August 26, 2013 – Sunday, November 17, 2013

B/G Volleyball – Monday, August 26, 2013 – Sunday, November 17, 2013

Field Hockey – Monday, August 26, 2013 – Sunday, November 17, 2013

Cross Country - Monday, August 26, 2013 – Sunday, November 17, 2013

G Swimming/Diving – Monday, August 26, 2013 – Sunday, November 24, 2013

B Badminton – Monday, September 9, 2013 – Sunday, November 17, 2013

G Tennis – Monday, August 26, 2013 – Tuesday, November 5, 2013

Golf – Monday, August 26, 2013 – Sunday, November 17, 2013

Winter

B/G Fencing – Monday, November 18, 2013 – Sunday, February 16, 2014

Wrestling – Monday, November 18, 2013 – Sunday, March 2, 2014

B Swimming/Diving - Monday, November 18, 2013– Sunday, March 2, 2014

Gymnastics - Monday, November 18, 2013 – Sunday, March 2, 2014

B/G Winter Track - Monday, November 18, 2013 – Sunday, March 2, 2014

B/G Bowling - Monday, November 18, 2013 – Sunday, March 2, 2014

B/G Basketball – Monday, November 18, 2013 – Monday, March 24, 2014

Rifle – Monday, November 18, 2013 – Sunday, March 2, 2014

Spring:

B/G Lacrosse– Monday, March 3, 2014 – Sunday, June 8, 2014

Baseball - Monday, March 3, 2014 – Sunday, June 8, 2014

Softball - Monday, March 3, 2014 – Sunday, June 8, 2014

B/G Track - Monday, March 3, 2014 – Sunday, June 8, 2014

B Tennis - Monday, March 10, 2014 – Sunday, June 1, 2014

B/G Golf – Monday, March 17, 2014 – Sunday, June 8, 2014

G Badminton – Monday March 10, 2014 – Sunday, June 1, 2014

Modified Program:

Fall:

Monday, September 9, 2013 – Saturday, November 2, 2013 (39 school days + 7 Saturdays)

Winter I:

Wednesday, November 6, 2013 – Wednesday, January 15, 2014 (40 school days)

Winter II:

Tuesday, January 21, 2014 – Friday, March 21, 2014 (39 school days)

Make up dates: Monday, March 24, 2014 – Wednesday, March 26, 2014

Spring:

Monday, March 31, 2014 – Thursday, June 5, 2014 (41 days)

No contest or interschool scrimmage may be scheduled in Section VIII by a member school on the following dates:

Holy Days of Observance 2013-2014

*Thursday and Friday, September 5 and 6, 2013	Rosh Hashanah
*Saturday, September 14, 2013	Yom Kippur
Tuesday and Wednesday, December 24-25, 2013	Christmas Eve/Day
*Tuesday, April 15, 2014	First Day of Passover
Friday, April 18, 2014	Good Friday
Sunday, April 20, 2014	Easter Sunday
<u>*Indicates that student-athletes must be able to be home by 6:00 PM on the day preceding this date.</u>	

Anticipated Testing Days 2013-14

<u>ACT DATES 2013-2014</u>	<u>Anticipated SAT Test Date</u>
September 21, 2013	October 5, 2013
October 26, 2013	November 2, 2013
December 14, 2013	December 7, 2013
February 8, 2014	January 25, 2014
April 12, 2014	March 8, 2014
June 14, 2014	May 3, 2014
	June 7, 2014

Anticipated Midterms and Regents January 2014
January 21-24, 2014.

Significant Days 2013-2014

Monday, September 2	Labor Day
Wednesday, September 11*	World Trade Center Memorial
Monday, October 14	Columbus Day
Tuesday, November 5	Election Day
Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving Day
Monday, January 20	Martin Luther King, Jr. Day
Monday, February 17	Presidents Day
Monday, May 26	Memorial Day

Labor Day may count as a **required** practice day to achieve the minimum practice days required prior to the start of scrimmages and contests for fall season sports.

***In recognition of those who perished on September 11, 2001 in the tragedy of the World Trade Center, it is recommended that each school playing on this day provide a moment of silence in memory and tribute.**

Thanksgiving Day may **not** count as a **required** practice day to achieve the minimum practice days required prior to the start of scrimmages and contests for winter season sports.

COLD SPRING HARBOR HIGH SCHOOL
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
2012-2013 WINTER SEASON SUMMARIES
Team Achievements

Varsity Boys Basketball

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
3rd Best Team in conference in Defense
Were able to beat the same team that beat them in County Championships last year. (Locust Valley)

Varsity Boys Fencing

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
3rd Place Finish in Nassau County Team Championship

Varsity Boys Track

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

Varsity Wrestling

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
2nd Nassau County Qualifier
3rd Nassau County Tournament

Varsity Boys Swimming

Conference 2 Champions
Undefeated League Record
8th out of 21 at Nassau County Championships

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

Varsity Girls Fencing

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
As 8th seed, defeated 1st seed (Manhasset) in the Quarter Finals

Varsity Girls Gymnastics

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

Varsity Girls Track

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Conference Runner Up
5th Place in County Championships
Number 1 New York State Class B 4x400m

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

Individual Achievements

Varsity Boys Basketball

Wesley Szajna	All Conference
Ben Jay	All Conference
Josh Brown	All County

Varsity Boys Fencing

Michael Flanagan	All County 1 st Team, All Long Island
Corey Solomon	All County 2 nd Team
Alexander Szilagyi	All County 1 st Team, All Long Island

Varsity Boys Wrestling

Robert Incorvaia	1 st All Conference, 1 st All County
Chris Roufanis	4 th All Conference, 1 st All County
Thomas Tartaglia	2 nd All Conference, 3 rd All County
Christian Tartaglia	3 rd All Conference, 3 rd All County
Jamie Shubauer	3 rd All Conference, 4 th All County
Drew Koster	2 nd All Conference, 4 th All County
Nick Marino	2 nd All Conference, 2 nd All County
Mike Mulderrig	1 st All Conference, 3 rd All County
Cody Taddonio	2 nd All Conference, 4 th All County
Brandon Kalten	3 rd All Conference, 4 th All County
Mike Cozzoli	3 rd All Conference, 4 th All County
John Beroza	4 th All Conference, 4 th All County
Owen Love	3 rd All Conference
Dan Marino	4 th All Conference
John Goncalves	3 rd All Conference
John Ryan Deliso	4 th All Conference
Alex Kaley	4 th All Conference
Eric Zhou	5 th All Conference
Henry Farahani	5 th All Conference
Joe Marascuillo	5 th All Conference
Luke Antolin	5 th All Conference
Jack Meyer	5 th All Conference

Varsity Boys Swimming

Russel Nickey	All Division 3 rd in Medley Relay
Nathaniel Brown	All Division 3 rd in Medley Relay, 2 nd in 50yd Free, 200 Free Relay and new school record, 100 yd Breast Stroke
Peter Hubbell	All Division 3 rd in Medley Relay, 2 nd in 50yd Free, 200 Free Relay and new school record
Timothy Zhu	All Division 3 rd in Medley Relay, 2 nd in 50yd Free, 200 Free Relay and new school record
Thomas Wendt	All Division 2 nd in 50yd Free, 200 Free Relay and new school record
Kyle Rooney	States

Varsity Girls Basketball

Katie Durand	All County, Player of the Year
Kelly Gubitosi	All County
Kelly Vassallo	All County
Brooke Jensen	All Class
Holly Logan	All Class

Varsity Girls Fencing

Alexandra Cozzoli	All County 1 st Team
Amanda Lalezarian	All County 1 st Team, Long Island 1 st Place Individual Champ
Rachel Weinstein	All County 1 st Team, 3 rd Place Individual Championship
Riley Schwartz	All County 2 nd Team

Varsity Girls Gymnastics

Emily Samuels	All Conference on Beam
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Varsity Girls Winter Track

Jillian Lee	All Division Champ, 2 Time County Champ, All State
Isabelle Harouche	All Division Champ, 2 Time County Champ
Taylor Carlin	All Division Champ, County Champ
Daniela LoCastro	All Division Champ
Bridgette Bouse	All Division Champ
Sinead Haegland	All Division Champ
Carly Fleischer	All Division
Stephanie Mahder	All Division
Alexandra D'Angelo	All Division
Kelly Heins	All Division
Katherine Rueger	County Champ



COLD SPRING HARBOR SEAHAWKS
2012-2013

