

**Cold Spring Harbor Schools  
Cold Spring Harbor JR. /SR. High School  
Office of the Director of Health, Physical Education and Athletics  
“A Commitment to Excellence”**

**Comments from the Athletic Director**

Spring Sports are in full swing. High school sports are in league play and competing for that playoff berth in May. All Junior High sports have started and once again the participation is excellent.

This winter has not been very kind with the weather and the beginning of the Spring Season was tough. I would like to thank all the coaches and athletes for their cooperation and understanding. With all the adversity faced the teams are off to a great start and the season looks bright.

A special thank you to our building and grounds crew for all their hard work in getting our fields ready for practice and games. It was not an easy task and each of them deserve a tremendous thank you. Cold Spring Harbor Athletics is about teamwork and it was exemplified in the preparation.

Seasonal Highlights and accomplishments will be posted via the Athletic Website throughout the spring season.

**Highlight from Winter Sports**

**CONGRATULATIONS TO COACH RORY MALONE – NAMED NASSAU COUNTY COACH OF THE YEAR FOR GIRLS BASKETBALL**

**Some important dates and information:**

**Varsity Girls Athletic Dinner – June 9<sup>th</sup> 2014 6:30pm at Crest Hollow Country Club**

**Varsity Boys Athletic Dinner – June 16<sup>th</sup> 2014 6:30pm at Crest Hollow Country Club**

**Dates for High School Fall Sports**

**Football begins – Monday August 18<sup>th</sup>**

**All other High School Sports begins Monday August 25<sup>th</sup>**

**Cheerleading begins Monday August 25<sup>th</sup>**

**Important: All High School Athletes must be present for practice and tryouts. The commitment of a High School Athlete, Varsity or JV is to be present, prepared and ready to work prior to the opening of school.**

## **IMPORTANT**

The High School Sports season competes over the April Break. Practices and games are scheduled. Information about non practice or game days due to religious reasons will be discussed at the Code of Conduct. All Varsity and Junior Varsity Athletes are expected to be present for the entire break.

### **Seahawks Sports Camps – Registration has opened, please visit the website**

[seahawkssportscamps.myonlinecamp.com](http://seahawkssportscamps.myonlinecamp.com)

16 sports camps, staffed by CSH Varsity Coaches

Mission – program development and skill development of our CSH athletes

### **Physical Education**

On April 24<sup>th</sup> at the Technology fair in the Field House the Fitness Gram will be presented. This is our new Physical Fitness test that will be administered to all students. All results will be input to a computer and the program guides students in the performance level, health and fitness level. Results can be viewed in various charts and diagrams. Students can be provided with log-in for themselves. Come out and see technology brought into the Physical Education Program.

### **Healthy thought:**

“Take care of your body. It’s the only place you have to live.”

Jim Rohn