

**Cold Spring Harbor Schools
Cold Spring Harbor JR./SR. High School
Office of the Director of Health, Physical Education and Athletics**

Comments from the Athletic Director:

Winter sports are coming to a close. Post- Season play begins in February and runs through the Winter Break. Our teams have had a successful season and excitement will build through the playoff run for some teams. A complete breakdown of our winter sports teams' results will be written in the March addition of ripples.

A few highlights of the winter season:

- Our Gymnastics is undefeated and having one of its best seasons in recent history
 - Girls Basketball is gearing up for a deep run into the playoffs. With a few more victories the Seahawks will be conference champions.
 - Boys Basketball is 2 wins away from clinching a playoff berth. Each game this season has been exciting and competitive.
 - The Wrestling team hosted its 7th annual Battle at the Harbor. 12 teams were represented from both Nassau and Suffolk County. It was a great day of wrestling. The conference and county qualifiers are February 7th and February 15th. High expectations for some individual wrestlers. Results to follow.
 - Boys and Girls track competed in conference championships January 26th at St. Anthony's. Individuals are having record breaking seasons. Names, results and honors will be listed at the end of the season.
 - Fencing is having a successful, competitive and productive season. CSH is hosting the individual county championships in the Field House Saturday February 1st.
 - Ice Hockey has been in competition since early November. Improvement being shown throughout the entire season.
 - Boys Swimming and Diving enjoying a winning season. The team has experienced some great wins and CSH is fortunate to have some outstanding individuals both swimming and diving. Looking forward to our post season results.
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A Special Night to Honor a former CSH Coach

On January 15th the CSH girls' gymnastics team honored their former coach James Barish. The gymnastics community was present at the meet vs Lawrence for a heartfelt ceremony to honor the memory of Coach B and his lasting impact he had on CSH gymnastics and the athletes. Former members of his team and others from the outside gymnastics world showed their respect for Coach B. Angela Gonsel, the former gymnastics coach at CSH spoke and presented a plaque in Coach B's memory. She stated, the plaque is being dedicated in honor of Mr. B for a lifelong commitment to gymnastics. He coached gymnastics at CSH from 1997-2010. Coach B received the life-time achievement award in gymnastics. This award is given out by the coaches association. It was a special evening for all the former gymnastics and people that new this great man and coach.

JH WINTER II SPORTS

Our Junior High Winter II sports are in full swing. Girls basketball, Boys Volleyball and wrestling have been practicing since January 23rd. Due to the inclement weather at the start of the season there might be a few schedule changes to games but all will be rescheduled to maximize the teams' competition. A lot of excellent coaching is taking place and the teams are developing individual skills, game strategy and the understanding of commitment to success and program.

Spring Sports Information

- A letter will be emailed January 31st to all HS parents and student-athletes with important information about the upcoming spring season.
- **The spring season competes over the April vacation. All Varsity and JV teams will have practice and games. It is an expectation of High School athletes to be present.**
- High School Season begins March 3rd
 - Boys Tennis – March 10th
 - Girls Golf – March 17th
- Information about Boys Golf Championships also will be released in early March.
- JH Spring Sports begins March 31st
- High School Code of Conduct Meeting – Wednesday March 12th
 - 7pm in the PAC
- Junior High School Code of Conduct – Monday April 7th
 - 7pm in the PAC
- Boys and Girls Varsity Lacrosse Talent Show – March 8th at 7pm in the PAC

Quote for thought:

**“The habit of persistence is the habit of victory”
-Herbert Kaufman**

“A Commitment to Excellence”