

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

January 2011

OBSERVATION & COMMENT FROM THE DIRECTOR

2010 FALL INDIVIDUAL & TEAM ACHIEVEMENTS: See attachment

NASSAU ZONE FOR PHYSICAL EDUCATION, RECREATION, AND DANCE AWARDS DINNER:

On December 12th, our own Samantha Mistretta and Sean O'Neill were awarded Most Outstanding Physical Education Student Award at recent awards dinner at the Crest Hollow Country Club. Samantha and Sean were honored along with other students from all of our Nassau County High Schools. Congratulations to both of these students.

CONGRATULATIONS: TO JONATHAN LAGUARDIA WHO RECENTLY SET A SCHOOL RECORD OF 12' INDOORS AT THE ARMORY in NEW YORK CITY. Jonathan has jumped 13'6" outdoors. I am sure Jonathan will top this as season moves on.

STUDENT-ATHLETES SHINE IN THE CLASSROOM: The following teams were awarded New York State Scholar-Athlete Teams by New York State Public High School Athletic Association: **CONGRATULATIONS TO OUR:**

VARSITY BOYS CROSS COUNTRY: 95.00

VARSITY FOOTBALL: 94.500

VARSITY GIRLS TENNIS: 96.667

VARSITY GIRLS VOLLEYBALL: 96.250

VARSITY GIRLS SOCCER: 96.667

VARSITY GIRLS SWIMMING & DIVING: 96.818

VARSITY BOYS SOCCER: 94.750

VARSITY BOYS GOLF: 93.286

VARSITY GIRLS FIELD HOCKEY: 93.417

VARSITY GIRLS COUNTRY: 4.0 (**TWO INDIVIDUALS QUALIFIED AS WE DID NOT HAVE ENOUGH TO FORM A TEAM**).

MODIFIED SPORTS LEGEND: MODIFIED SPORTS LEGEND: When logging on to Interscholastic Athletics use the following to access the correct schedule: **WINTER II IS IN RED**

7th grade girls' basketball: COLD SPRING HARB 7 WHITE: Coach Mercer

8th grade girls' basketball: COLD SPRING HAR 8 RED: Coach Connolly

7/8th girls' basketball: CLDSPR JH BLUE: Coach Wildermuth

7/8th boys' volleyball: COLD SPRING HBR JHS: Coaches Martino & Gaufman

7/8th boys' wrestling: COLD SPRING HBR JHS: Coach Servidio

8th grade boy's basketball: COLD SPRING HAR 8 RED-Coach Wolf

7th grade boy's basketball: COLD SPRING HARB 7 WHITE-Coach Towers

7/8th grade boy's basketball: COLD SPRING HBR JHS-Coach Phelan

8th grade girl's volleyball: COLD SPRING HARBOR RED-Coach Wildermuth

7th grade girl's volleyball: COLD SPRING HARB 7 WHITE-Coach Gaufman

7/8th grade girl's volleyball: CLDSPR JH BLUE-Coach Oshan

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

Varsity Boys Cross Country

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

Varsity Football-

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

Varsity Boys Golf-

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Undeclared Conference VI Champions

Varsity Boys Soccer

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

Varsity Girls' Cross Country

Two Individuals Qualified, As We Did Not Have Enough, Team Members for a Team Award

Varsity Field Hockey

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Nassau County Class B Finalists

Varsity Girls Soccer

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Nassau County Class B Champions
Long Island Class B Champions
State Semi Finalists

Varsity Girls Swimming

New York State Public High School Athletic Association, Inc. Scholar Athlete Team
Participated in the Making Strides Against Cancer Walk

Varsity Girls Tennis

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

Varsity Volleyball

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

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

Individual Achievements

Varsity Football

Connor Hill	All Conference, Academic All Conference
John Libretti	All Conference, All County, Martone Award Nominee, Nassau County All-Star Game Participant
Kevin Porzelt	All Conference, All County, Academic All Conference, Roy Kessenich Award Nominee, Chosen to Play for Nassau County All-Star Game
Vincent Molinari	National Football Foundation Nominee
Robert Rivkin	Official's Unsung Hero Award

Varsity Boys Soccer

Garren Angacian	All County
Colby Spehler	All County Honorable Mention
Colby Spehler	MVP Nassau County Class "B" Tournament
Colby Spehler	Nassau County Soccer Coaches Assoc. Scholar-Athlete Award Winner
John Miritello	All Conference
Gregory Suter	All Conference

Varsity Girls Field Hockey

Victoria Kotowski	All County, All State
Katherine Paolano	All County, All State
Maggie Dischmann	All County
Danielle Cox	All County
Breanna Giovaniello	All County Honorable Mention, Scholar Athlete
Jillian Lee	All County Honorable Mention
Courtney Burke	All Conference
Taylor Striar	All League
Olivia D'Alleva	Exceptional Senior
Alyssa Healey	Unsung Hero

Varsity Girls Soccer

Katherine Rueger	All County
Teressa Fazio	All Class
Katie Hudson	All Class
Alicia Roy	All Conference
Chelsea Tuohy	All Conference

Varsity Girls Swimming

Wendy Merz	All Conference in 100 fly & 100 Back Placed top 10 at counties in 100 fly & 100 back
Sarah Fetterolf	Placed top 20 at counties in 200 I.M & 500 free

Varsity Girls Tennis

Kim Arena	All League
Maggie Andrea	All League
Sam Mistretta	All League
Alexa Starr	All League
Phebe deGuzman	All League
Kelsey Morgan	All League

Annabelle Cox All League
Tori Pillari All League

Varsity Girls Cross Country

Lauren Dorsky All Division IV B
 All Conference IV

7/8th grade winter track: COLD SPRING HBR JHS-Coach Lynch
7/8th grade boys swimming: COLD SPRING HBR JHS-Coach Coach Kelly

VARSITY WRESTLING & VARSITY GYMNASTICS HOSTING BIG EVENTS:

Saturday, January 21st, 2012 Varsity Wrestling will hold its annual “Battle of the Harbor” Wrestling Tournament featuring: Wheatley, Shoreham-Wading River, Port Jefferson, Jericho, Westbury, Uniondale, Lynbrook and our own Seahawks.

Saturday, February 11th Varsity Gymnastics will host Nassau County Coaches Invitational featuring all schools that have Gymnastics teams in Nassau County.

BOYS AND GIRLS LACROSSE TEAMS TO TAKE ANNUAL SPRING TRIP:

Boys' team will travel to Delaware and New Jersey to participate against Cape Henlopen HS (scrimmage) and Summit High School (game).

Girls' team will travel to Boston, Massachusetts area for three games. Coach Skakandi is finishing up the details of the trip.

LACROSSE FASHION SHOW ON SATURDAY MARCH 3RD, 2012 @ 7PM IN THE PAC

MANDATORY PARENT-PLAYER LACROSSE MEETING SET FOR: THURSDAY, JANUARY 5TH @ 7PM IN CAFÉ “A” AND “B”. *Please mark your calendar.*

VARSITY AND Jr. HIGH SCHOOL ICE HOCKEY: Schedules can be gotten from link below:

<http://www.longislandhshockey.net/HSMLNC - MASTER SCHEDULE 2011-2012 as of 10-18-2011.pdf>

FROM THE SEAHAWKS BOOSTER CLUB...Todd Spehler sends the following:

Check out www.cshathletics.com to see latest games scores, games summaries, and upcoming game schedules updated daily

SCOREBOARD

Varsity Boys Basketball

CSH 44 Bethpage 52

CSH 41 Oyster Bay 61

Tuesday 12/20 CSH vs. Malverne HS 7:00 PM Away

Thursday 12/22 CSH vs. Jericho HS 7:45 PM Home

Friday 12/30 CSH vs. Garden City 2:15 PM Away

Tuesday 1/03 CSH vs. Locust Valley 7:45 PM Home

Friday 1/06 CSH vs. East Rockaway 7:15 PM Away

Varsity Girls Basketball

CSH 39 Levittown Division 42

CSH 52 Oyster Bay HS 37

Tuesday 12/20 CSH vs. Malverne HS 7:00 PM Home

Tuesday 1/03 CSH vs. Locust Valley 6:30 PM Away

Friday 1/06 CSH vs. East Rockaway 7:00 PM Home

Varsity Boys Wrestling

CSH 25 Bethpage 63

CSH 28 Jericho 60

Wednesday 12/21 CSH vs. Massapequa HS 7:00 PM Home

Wednesday 1/04 CSH vs. Roosevelt 5:30 PM Away

Friday 1/06 CSH vs. Locust Valley 5:00 PM Away

Varsity Boys Swimming

CSH 49 Hewlett 54

Tuesday 1/03 CSH vs. Great Neck North 4:30 PM Away

Friday 1/06 CSH vs. Long Beach HS 5:00 PM Home

Varsity Girls Gymnastics

CSH 136 North Shore 128.75

Tuesday 12/20 CSH vs. Great Neck North HS 7:00 PM Home

Friday 1/06 CSH vs. Valley Stream District 5:00 PM at Oceanside HS

Varsity Boys Ice Hockey

Monday 12/19 CSH vs. Great Neck 8:15 PM Parkwood

Tuesday 1/3 CSH vs. Jericho 9:15 PM Bethpage

Wednesday 1/4 CSH vs. Great Neck 7:15 PM Bethpage

Wednesday 1/11 CSH vs. Jericho 9:00 PM Bethpage

Varsity Fencing

Tuesday 12/20 CSH vs. Hewlett HS 5:00 PM Away

Thursday 12/22 CSH vs. Jericho HS 6:00 PM Home

Wednesday 1/04 CSH vs. Great Neck South 5:00 PM Away

Friday 1/06 CSH vs. Valley Stream District 4:30 PM Home

Thursday 12/15 CSH vs. Oyster Bay HS 7:45 PM Home

Not much else to report in this issue of Ripples. I hope that everyone enjoys their time off and that you all have a wonderful Holiday and a Happy New Year. See you in 2012. May your Holiday be a safe holiday.

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

As per Wayne Gretzky: “ You don’t skate where the puck is, you skate to where it is going to be”.

Jim Amen Jr.