

**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:**

**Our Winter Sports are almost Mid-Way through the season. Our teams are all off to a very good start. Each game, match and meet has been highly competitive. Improvement has been seen with all teams and in individual skills. More Team and Individual highlights posted on the website and in the next addition of Ripples. Highlights will be re-capped closer to the end of the season. I would like to take this opportunity to congratulate all the Fall Varsity Teams for being selected as a New York State Scholar Athlete team.**

**Important Dates:**

- **January 18<sup>th</sup> – Battle of the Harbor Wrestling tournament**
- **February 1<sup>st</sup> – CSH Ice Hockey vs Bethpage at the Town of Oyster Bay Skating Center**
- **January 21<sup>st</sup> – JH Winter II Sports begin**

**JH WINTER II SPORTS**

**All JH High School Students interested in a Winter II sport must hand in a completed white medical card to the school nurse by Thursday January 16<sup>th</sup>. The white medical cards may be picked up at the Nurses Office or the Athletic Office.**

**The following sports compete during the Winter II Season:**

- **JH Wrestling**
- **JH Girls Basketball**
- **JH Boys Volleyball**

**A meeting will be held in the New Gym on Tuesday January 21<sup>st</sup> to discuss all expectations, practice times and other important details. Full practice will begin on Wednesday January 22<sup>nd</sup>.**

**Believe it or not but – Spring Sports Information**

- **High School Season begins March 3<sup>rd</sup>**
  - **Boys Tennis – March 10<sup>th</sup>**
  - **Girls Golf – March 17<sup>th</sup>**
- **Information about Boys Golf Championships also will be released in early March.**
- **JH Spring Sports begins March 31<sup>st</sup>**
- **High School Code of Conduct Meeting – Wednesday March 12<sup>th</sup>**
  - **7pm in the PAC**
- **Junior High School Code of Conduct – Monday April 7<sup>th</sup>**
  - **7pm in the PAC**

**More information will follow in a parent letter sent via email closer to the starting dates of spring sports. The 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.**

**Quote for thought:**

**“We are what we repeatedly do. Excellence then, is not an act, it is a habit.”**

**- Aristotle, *Philosopher***

**“A Commitment to Excellence”**