

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

Our Winter sports season has come and gone except for our Junior High Winter II sports. March 3rd is the beginning of our High School Spring Sports Season. Two of our High School Sports have later start dates. Boys Tennis begins on March 10th and Girls Golf begins on March 17th.

Our Winter Season here at Cold Spring Harbor was very successful. Some team highlights that deserve recognition:

Boys Basketball - qualified for the playoffs

Girls Basketball – Conference 4 Champions and qualified for the playoffs

Girls Winter Track – Conference 6 Champions

Wrestling – 2nd place in Division II team championships

Gymnastics – Finished with a 10 – 0 regular season record and Conference 3 champions

Our individual highlights during this Winter Season were outstanding.

Wrestling – Robert Incorvaia qualified for the States.

Girls Track - Daniela LoCastro and Isabelle Harouche earned National Rankings.

Girls Track - Isabelle Harouche qualified for the States.

Boys Track – 4x400 Relay team and Gus Kasper qualified for the County meet.

Gymnastics – Shannon Fay and Emily Samuels qualified for the County Championships

Diving – Kyle Rooney qualified for the states.

Swimming – Russell Nickey qualified for the States.

Fencing – Alexa Cozzoli finished 2nd in the County in Sabre, Corey Solomon finished 3rd in Sabre, Rachel Weinstein finished 2nd in Epee, and Riley Schwartz finished 4th in Epee. These athletes and their coaches should be congratulated on their hard work, dedication and commitment. It is through practice, listening skills, athletic talent and tireless desire for greatness which propels these student athletes and coaches to the top.

A complete winter awards summary will be posted on the district website once every award and honor has been submitted to the athletic office.

It has been a pleasure to watch Junior Varsity and Junior High School sports so far this year. The work ethic of our young athletes has been fantastic. The participation is outstanding and having the opportunity to watch some of the instruction from our coaches, the future of Cold Spring Harbor Athletics is bright.

Athletic Participation

Some numbers that support the competitive greatness we are striving for in our athletic program not including the spring season are as follows:

Fall Season:

High School Boys = 187 Student/Athletes

High School Girls = 192 Student/Athletes

Junior High Boys = 130 Student/Athletes

Junior High Girls = 132 Student/Athletes

Total = 641 out of 998 which is 64.2%

Winter Season – (Junior High I & II calculated)

High School Boys = 148 Student/Athletes

High School Girls = 124 Student/Athletes

Junior High School Boys = 112 Student/Athletes

Junior High School Girls = 123 Student/Athletes

Total = 507 out of 998 which is 50.8%

New York State Scholar Athlete Program – Winter Season

It is again a great privilege to announce that all Varsity Winter Sports have qualified as a Scholar Athlete team.

Congratulations:

Varsity Boys Basketball

Varsity Girls Basketball

Varsity Ice Hockey

Varsity Fencing

Varsity Boys Swimming and Diving

Varsity Boys Indoor Track

Varsity Girls Indoor Track

Varsity Gymnastics

Varsity Wrestling

Spring Sports Information

All Athletes must have an up to date White Authorization card to participate in a spring sport

If you have not had a Physical the school doctor will be in the Nurse's Office on March 3rd at 7:45am.

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

JH Spring Sports begins March 31st

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.

Coming this Summer – Seahawks Sports Camps

seahawkssportscamps.myonlinecamp.com

16 sports camps, staffed by CSH Varsity Coaches

Mission – program development and skill development of our CSH athletes

Physical Education

Our next unit will be CPR and AED for our students. This is a very important skill for our students to understand and be able to perform. We are very fortunate in Cold Spring Harbor that our Physical Education staff are all certified instructors.

On February 25th and February 26th our staff will be presenting Elective options for the students. The options include Leisure Activities, Dance Movement and Fitness, Sports Medicine, Fundamentals of Coaching, Project Adventure and Anatomy and Physiology. These classes will provide the students with an opportunity to explore career options and discover interests they might want to pursue.

Quote for your thoughts

“Without self-discipline, success is impossible, period.” - Lou Holtz