

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

The 2014 spring sports season has been successful so far. All teams have been competitive and achieving success not only in wins but in skill development and team chemistry. Our Junior High Sports teams are gearing up for their league seasons. Our student-athletes participation is outstanding and combined with high level instruction, positive sportsmanship and high standard of character, CSH spring are looking forward to a successful season.

High School sports are in the final two weeks of the regular season. Playoffs for most sports will begin the third week of May. A full schedule of games will be posted on the website, twitter and electronic sign board.

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 deserves a tremendous thank you. Cold Spring Harbor Athletics is about teamwork and it was exemplified in the preparation.

Cold Spring Harbor Boys and Girls track hosted the Seahawk invitational Thursday April 24th. It was well attended by schools from all over Long Island. Coach Aurigemma and Coach Franklin did a fantastic job in organizing the event. The track meet went well into the night but the excitement, participation and energy was high throughout the evening. Thank you very much too all our security and supervisors for their efforts with parking and providing a safe environment for all the athletes and fans.

Some important dates and information:

- **Sports Physicals for Fall Sports**
 - June 2nd at 7:45am
 - Location – Nurses Office
 - The physical will be valid for the entire 2014-2015 school year
- **Sports Physicals for Spring Sports**
 - August 18th at 8am
 - August 25th at 8am
 - Location – Nurses office
- **Information about the fall sports season HS & JH will be sent out via email this summer.**

Some important dates and information:

- Varsity Girls Athletic Dinner – June 9th 2014 6:30pm at Crest Hollow Country Club
- Varsity Boys Athletic Dinner – June 16th 2014 6:30pm at Crest Hollow Country Club
- Dates for High School Fall Sports
 - Football begins – Monday August 18th
 - All other High School Sports begins Monday August 25th
 - Cheerleading begins Monday August 25th

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.

High School Spring Sports:

Three teams competed out of state over the spring vacation. All three teams had a wonderful experience. These trips are a privilege and give the collegiate feel to all the players. The competition, team bonding, activities and sight-seeing were some of the memories that will last forever.

- The girls track team competed in Virginia at the Panther Invitational.
- The Girls lacrosse team competed against Scripps Ranch and Coronado in San Diego California
- The Boys lacrosse team competed in Boston, MA against Medfield HS and Wellesley HS.

Thank you to the support of our parents for their efforts in fundraising and providing the opportunity. A special thank you to our coaching staff on all teams for an outstanding job in preparation to make these trips so successful. The experience had by all was amazing and it says a lot about the support and opportunities athletics provide for our student-athletes.

Cold Spring Harbor Athletics will be hosting 17 summer camps at the Jr/Sr High School. Please read below as registration is now open.

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

- seahawkssportscamps.myonlinecamp.com
- 17 sports camps, staffed by CSH Varsity Coaches
- Mission – program development and skill development of our CSH athletes

Healthy thought:

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear”

-Buddha

