

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:

The conclusion of the Fall Sports Season is coming to an end. The season was an overall success. Our Junior High School Sports teams are doing exceptionally well. All teams have a winning record and the athletes have demonstrated hard work and commitment. The future is looking bright for athletics with these athletes and dedicated coaches on staff. Our High School sports have experienced success as well. Our Boys Soccer, Girls Soccer and Field Hockey teams qualified for the playoffs. Boys Golf will compete in their County Tournament in the spring. The team did win its 8th consecutive conference championship this year. Our Crew team has been having a very good fall season as well. In all Regattas' both the boys and girls have been extremely competitive. Crew was invited to a prestigious regatta, Head of the Charles. The team did very well against excellent competition. Our girls swim team is competing in the Divisional Friday November 1st. The team exceeded expectations with a 5-3-1 record. Some of our other sports that have a dual component of team and individual performances have had similar success. More about Fall Sports in a complete wrap up in the December issue of Ripples.

The Crew coaches hosted an event at Eagle Dock open to the parents of the athletes. It was a great morning for all. The parents had the opportunity to be on the water and watch their son's and daughter's row. Watching up close was evidence of the rigorous work it takes to be a rower on Crew. It requires, teamwork, stamina, high level of physical fitness, and intelligence. Our CSH athletes displayed all these attributes. Before the morning was over the parents had the opportunity to row themselves with instruction from the team members.

Individual Highlights:

Girls Tennis:

- Daniella Rizos, Victoria Rizos, Jaclyn Albers, and Caroline Faria competed in the Nassau County Championships for tennis.
- Jaclyn Albers and Caroline Faria earned All County honors.

Cross Country:

- Daniela LoCastro won the Nassau County Class 3 Championship in Cross Country. She will be competing in the State Qualifiers in November.

Diving:

- Emma Katovitz and Kirsten Morgan qualified and are competing in the Divisional Diving Championships.

Boys Golf:

- Chris Gabrielle had another outstanding season. He is a 6 year starter and is undefeated in his career individually. He is a 3 time All County player and has been selected to the All State team the past 2 years.

WINTER SPORTS ARE HERE:

All Athletes MUST have an up to date White Medical Card

Junior High School Winter I Sports – Begin Wednesday, November 6th at 2:45pm in the New Gym

High School Winter Sports – Begin Monday, November 18th 2013

Website:

Athletics, Health and Physical Education information are available on the district website. More information will be posted each day and the website will be a primary way to communicate. On the Athletics tab on the districts main page will take you to the various links for information about, schedules, directions, coaches contact, sports teams, highlights, news and alerts, informational links for Athletes, Health and Physical Education.

Health and Physical Education:

The SAPP program will begin on November 12th for 8th and 9th graders.

“A Commitment to Excellence”