

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

October 2012 OBSERVATION & COMMENT FROM THE DIRECTOR

Attention Jr. High School Parents: Modified Winter I Sports will begin on Monday, November 5th, 2012.

JHS Boys Basketball- 3 teams (8/7 & 7/8)

JHS Winter Track for Boys and Girls- 1 team (7/8)

JHS Girls Volleyball- 3 teams (8/7/7&8)

JHS Boys Swimming- 1 team- (7/8)

There are eliminations in the sports of boys' basketball and girls' volleyball. Usually we carry on each basketball & volleyball team approximately 15 young boys and girls. In the sports of boys swimming and co-ed winter track there are no eliminations.

The sports that have three teams (basketball and volleyball) are put together this way:

8th grade team: More Skilled- Usually this team has a more competitive schedule

7th grade team: More Skilled- This team usually has a more competitive schedule

7/8th grade team: Lesser Skilled- This team usually has a schedule that approximates this level of ability

If a student-athlete is eliminated from the basketball and/or the volleyball teams I would encourage them to join the boys swimming team or the co-ed Winter Track team.

HOMECOMING : OCTOBER 15TH-20TH...PEP RALLY IN THE FIELD HOUSE ON FRIDAY, OCTOBER 19TH, 2012.
FALL SENIOR ATHLETE PHOTOS ON FRIDAY, OCTOBER 19TH FROM 3-4PM AT TENNIS COURTS.
VARSITY FOOTBALL AND VARSITY CHEERLEADERS WILL TAKE THEIR PICTURES AT 2:30PM ON SEAHAWK FIELD JUST PRIOR TO VARSITY FOOTBALL GAME.

VARSITY WINTER SPORTS: Begin on Tuesday, November 13th, 2012

FOOTBALL HELMET ARTICLE (SEE ATTACHED)

VARSITY GIRLS SWIMMING & DIVING: Varsity Girls Swimming and Diving off to a great start. They currently are 4-1. Again they are dominating their competition without their own school pool. Team practices at local Huntington Y and Divers practice at Jericho High School each day. Upcoming schedule:

Upcoming games

| | | |
|-------|---|---------|
| 10/11 | at Bethpage () | 5:00 pm |
| 10/15 | at Oceanside (Oceanside Jewish Community Cen.) | 4:30 pm |
| 10/18 | at Port Washington (Port Washington Yacht Club) | 4:45pm |

VARSITY GIRLS SOCCER OFF TO GREAT START: Varsity Girls Soccer off to a great start with a 8-1 record. Their only loss was to Garden City 4-3 in a hard fought contest. Team is working hard to win yet another Nassau County and LI Championship and head to State Playoffs again. Sr. Goalkeeper Stephanie Mahder makes another save.



Freshman Katie Hudson headed towards the goal...





Katherine Rueger anchors our Seahawk defense...



Teresa Fazio on her way to score another goal for our Seahawks...

Upcoming games:

Upcoming games

| | | |
|------|---|---------|
| 10/2 | vs New Hyde Park Game preview | 4:45 pm |
| 10/4 | at Friends Academy () Game preview | 4:15 pm |

\

| | | |
|-------|--------------------------------------|---------|
| 10/10 | vs Bethpage | 4:15 pm |
| 10/15 | vs Wheatley | 4:15 pm |
| 10/18 | at Carle Place () | 4:15 pm |
| 10/22 | at Locust Valley () | 4:15 pm |

VARSITY BOYS SOCCER: Varsity Boys Soccer working hard to get into playoffs. Having difficult time scoring. Team is currently 2-5-1. Remaining games: **Upcoming games**

| | | |
|-------|---|----------|
| 10/2 | vs Oyster Bay Game preview | 4:30 pm |
| 10/4 | at Locust Valley () Game preview | 4:15 pm |
| 10/9 | at Friends Academy () | 4:15 pm |
| 10/11 | vs Carle Place | 4:30 pm |
| 10/13 | vs Valley Stream North | 10:30 am |
| 10/16 | vs Wheatley | 4:30 pm |
| 10/18 | at Oyster Bay (Vernon School) | 4:15 pm |

VARSITY FOOTBALL: Varsity Football team is also working hard. They currently have a 1-3 record with big games coming up with **Upcoming games**

| | | |
|-------|---|---------|
| 10/5 | at Mineola (HAMPTON STADIUM) Game preview | 7:00 pm |
| 10/13 | at Seaford () | 5:00 pm |
| 10/20 | vs Malverne | 3:30 pm |
| 10/27 | at Valley Stream North () | 1:30 pm |

VARSITY GIRLS TENNIS: Team is working very hard. Currently team is 6-1 with their only loss to Great Neck South. Team is looking to repeat as Conference Champions again this year.

Upcoming games

| | | |
|------|--|---------|
| 10/3 | at Great Neck North (Memorial Field) | 4:15 pm |
| 10/5 | at Great Neck South () | 4:15 pm |

| | | |
|-------|---------------------------------|---------|
| 10/9 | vs Herricks | 4:30 pm |
| 10/12 | at Wheatley () | 4:15 pm |

VARSITY FIELD HOCKEY: Young team is currently 3-3 with two of its losses coming to Garden City (3-0) and Manhasset (3-1). Upcoming games:

Upcoming games

| | | |
|-------|---|---------|
| 10/3 | at Seaford () Game preview | 4:15 pm |
| 10/5 | vs Floral Park Game preview | 4:30 pm |
| 10/9 | at Great Neck North (PARKWOOD) | 4:30 pm |
| 10/11 | vs Wheatley | 4:15 pm |
| 10/15 | at Manhasset () | 4:30 pm |
| 10/17 | vs Garden City | 4:30 pm |
| 10/22 | vs Clarke | 4:45 pm |

VARSITY GIRLS VOLLEYBALL: Varsity Girls Volleyball team earns victory against Roosevelt 3-0 as well as victory over _____ . Team is working hard this year.

Upcoming Contests are as follows:

Upcoming games

| | | |
|-------|--|---------|
| 10/3 | vs Wheatley | 4:30 pm |
| 10/9 | at Malverne () | 4:30 pm |
| 10/11 | vs Island Trees | 4:30 pm |
| 10/15 | at Valley Stream North () | 4:15 pm |
| 10/17 | at Roosevelt () | 4:30 pm |
| 10/19 | at Locust Valley () | 4:15 pm |
| 10/23 | vs Oyster Bay | 4:30 pm |
| 10/25 | at Wheatley () | 4:15 pm |

VARSITY BOYS GOLF:

VARSITY CROSS COUNTRY: Senior Lauren Dorsky has continued to run well for the Seahawks. She has a first and a second place finish in her two Conference Meets and has medaled in the two cross country invitationals the team has competed in at Sunken Meadow State Park.

There are a number of young runners on the team who have put up some outstanding times.

Eighth grader Connor Lynn set the school record in the 1.5 mile course at Sunken Meadow State Park with a time of 8 minutes 28 seconds. Freshmen Blake Walsh and Eric Zhou were right behind him with times of 8 minutes 40 seconds and 9 minutes 3 seconds.

The freshmen on the girls' team all ran well in their 1.5 mile race. Nicole Schaffer (8:37), Michaella Kufner (8:38), and Kristen Incorvaia (10:34) all ran their personal best times.

Athletic Office Staff: Now working part-time from 3:00pm-6:30pm in our office is Miss Laura Agudo who will begin on October 10th, 2012.

ATHLETIC WEBSITE: Please check the Athletic Website. It can provide you with much information. The Cold Spring Harbor Handbook will be updated shortly with up to date changes as a result of NYSPHSAA (New York State Public High School Athletic Association) information. In the meantime the handbook contains valuable information.

QUICK LINK TO GETTING YOUR SON OR DAUGHTER'S SCHEDULE: *See attached*

1. Athletic Website
2. Interscholastic Athletics
3. Game Schedules...follow prompts and fill in the blanks:

Legend:

| | |
|--|--------------------------|
| Jr. HS Tennis: | COLD SPRING HBR JHS |
| Jr. HS Girls Soccer 7 th Grade: | COLD SPRING HARB 7 WHITE |
| Jr. HS Girls Soccer 8 th Grade: | COLD SPRING HAR 8 RED |
| Jr. HS Field Hockey 7 th Grade: | COLD SPRING HARB 7 WHITE |
| Jr. HS Field Hockey 8 th Grade: | COLD SPRING HAR 8 RED |
| Jr. HS Field Hockey 7 th Grade: | COLD SPRING HARB 7 WHITE |
| Jr. HS Boys Soccer 8 th Grade: | COLD SPRING HAR 8 RED |
| Jr. HS Boys Soccer 7 th Grade: | COLD SPRING HARB 7 WHITE |
| Jr. HS Co-Ed Cross Country: | COLD SPRING HBR JHS |
| Jr. HS Football: | COLD SPRING HBR. JHS |

4. Once on Sports Pak...Plug in the school ([See Legend Above](#))
5. Change Ending Date to 2013 (**so that you get full schedule**)
6. Then pick sport (e.g. Girls Soccer)
7. Level for Jr. HS is JHB
8. Check off Include All Visitors
9. Then hit Format to Print

Quotes of the Month:

"Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is." - Bob Feller

**"Leadership is a Contact Sport"...Richard Meade-
Head Lacrosse Coach-Furman University. Formerly
the Head Lacrosse Coach at the USNA.**

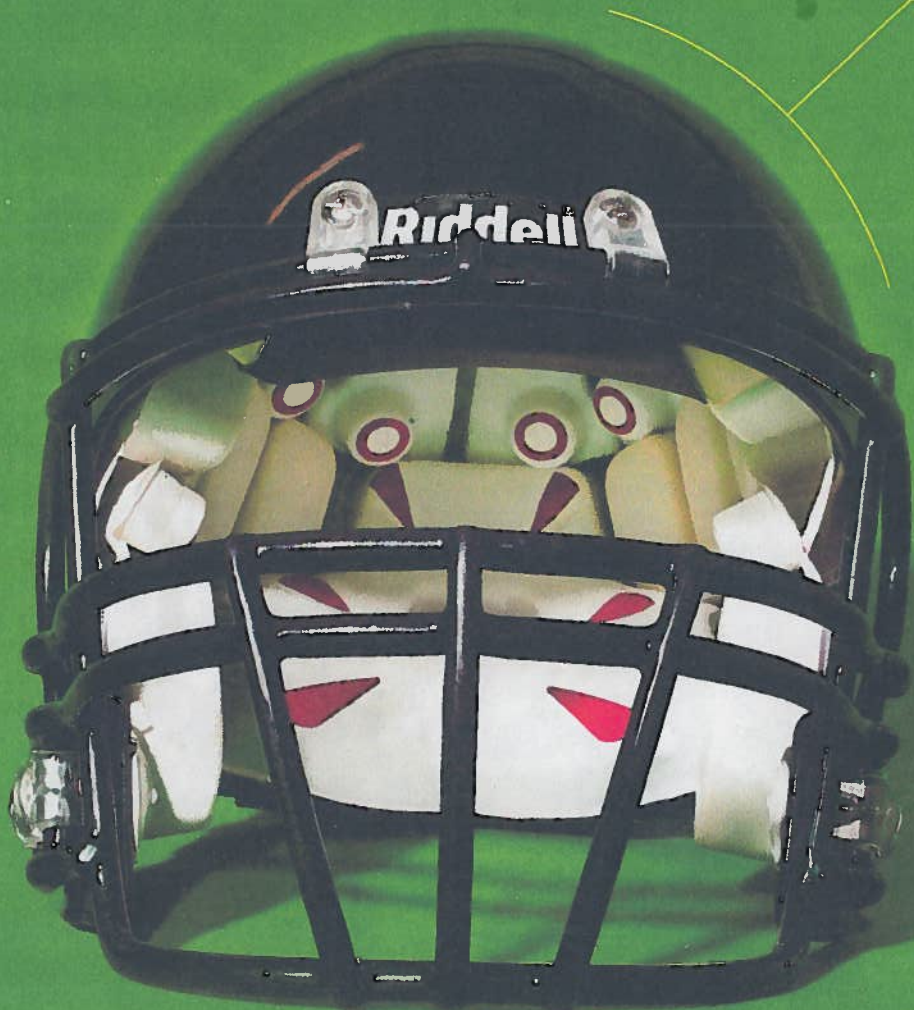
And as always: "It is the choices that make us who we are and we can always choose to do what is right".

Hope to see you on the fields of play...Jim Amen Jr.

Health & Science

Field Goal. How scientists are making football safer

By Alice Park



1

BETTER HEAD PROTECTION

At Wake Forest Baptist Medical Center, researchers are collecting data from youth players wearing helmets equipped with sensors that can record the force and direction of a hit. This information will be paired with brain scans and cognitive tests of players taken at the beginning of the season and could ultimately be used to build better commercial helmets.

2

SMARTER INFO ABOUT WHEN TO BENCH

When dazed players come off the field, they generally can't go back on if their hips sway more than 30 degrees while they're standing (a sign of potential head injury). Doctors now just eyeball the distance, but Cleveland Clinic researchers are using iPad accelerometers and gyroscopes to make the measurement more accurate.



An iPad strapped to the waist helps measure movement

3

MORE-PROTECTIVE FACE GEAR

To gather more information on how the brain reacts to blows, scientists at Stanford University developed a mouthpiece embedded with sensors that can record the linear and rotational force of impacts and are often more accurate than sensors on helmets, which can shift during play.



It's a given that football players will get roughed up on the field. But how much is too much?

A recent study of retired NFL players shows they are four times as likely to die of a brain disorder like Alzheimer's as those who didn't play. And former players like ex-Redskins quarterback Mark Rypien who say they weren't adequately protected on the gridiron have filed

a class action against the league, putting the NFL on the defensive. Commissioner Roger Goodell has vowed to make the game safer; last year the league helped decrease concussions 40% by moving the kickoff from the 30-yard line to the 35-yard line. And the NFL is considering rules that would restrict linemen to a two-point stance (thus forcing them to be more upright and thereby

avoid head collisions) and eliminate headfirst plays for running backs.

The real action, though, is in labs, where researchers are studying how head injuries happen during games and why "no one concussion is like the next," says Dr. Richard Ellenbogen, co-chair of the NFL's head, neck and spine committee. Here's how that work could result in a much safer sport.

(Courtesy of Tony Michaels, WGRR radio, Cincinnati, Ohio)

REAL LIFE RULES FOR KIDS

- Life is not fair. Get used to it.
- The real world won't care as much about your self-esteem as your school does. It will expect you to accomplish something before you feel good about yourself, as shocking as that may be to you.
- You won't make \$40,000 a year right out of high school. You won't be a vice-president and, chances are, won't be provided with a car phone. You may even have to wear a uniform that doesn't have a Gap label.
- If you think your teacher is tough, wait until you get a boss. When you screw up, he or she is not going to ask how you feel about it.
- Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger-flipping. They called it opportunity. They would have been embarrassed to sit around talking about Kurt Cobain all weekend.
- It's not your parent's fault. If you screw up, you are responsible. You see, this is the flip side of "It's my life" and "You're not the boss of me" and other eloquent proclamations of your generation. When you turn 18, it's on your dime.
- Before you were born, your parents weren't nearly as boring as they are now. They got that way paying your bills, cleaning up your room and listening to you tell them how idealistic you are. And by the way, before you save the rain forest from the blood-sucking parasites of your parents' generation, try delousing the closet in your bedroom.
- Your school may have done away with winners and losers. Life hasn't. In some schools, they'll give you as many times as you want to get the right answer. This, of course, bears not the slightest resemblance to anything in real life.
- Life is not divided into semesters, and you don't get summers off. You are expected to show up each and every day, and you don't get a new life every 10 weeks. It just goes on and on. And while we're at it, very few jobs are interested in helping you find yourself.
- Television is not real life. Your problems will not be solved in 30 minutes, minus time for commercials. In real life, people actually have to leave the coffee shop to go to jobs.
- Be nice to nerds. You may end up working for them.
- Smoking does not make you look cool. It makes you look moronic. Next time you're out cruising, look at an 11-yr. old with a butt in his or her mouth. That's what you look like to anyone over 20. Ditto for expressing yourself with purple hair and/or pierced body parts.
- You are not immortal. If you are under the impression that living fast, dying young and leaving a beautiful corpse is romantic, you obviously haven't seen one of your peers at room temperature lately.
- Enjoy this while you can. Sure parents are a pain, school's a bother, and life is depressing. But someday, you'll realize how wonderful it was to be a kid. Maybe you should start now. But, then again, that's just one grow-up adult's opinion..

... was brought to me by one of my students. I wanted to share with you
" KRISTI FEAT



HEADS UP CONCUSSION IN YOUTH SPORTS

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.