

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

March 2012

OBSERVATION & COMMENT FROM THE DIRECTOR

Varsity Girls Basketball: NASSAU COUNTY CLASS "B" CHAMPIONS AND ALSO LONG ISLAND B/C SMALL SCHOOL CHAMPIONS. NEXT GAME IS WEDNESDAY @ FARMINGDALE COLLEGE vs. SOUTHAMPTON HIGH SCHOOL...7:30PM...GOOD LUCK LADY SEAHAWKS: Seniors: Jean Atkinson, Gabby Doria & Katie Heins and Tara Atkinson, Alexandra Buonfiglio, Katie Durand, Kelly Gubitosi, Katie Hackeling, Brooke Jensen, Holly Logan, Brianna Noak, Danielle Rattotti, Amanda Spinnato, Alexa Starr, and Kelly Anne Vassallo. Great job by Coach Malone and Coach Cacioppo. SEE ATTACHMENTS ON GIRLS BASKETBALL...

VARSITY BOYS BASKETBALL: [CSH Varsity Boys Basketball defeats Wheatley 53-52 to make playoffs. They face Malverne HS Saturday Feb. 18th at CW Post College at 3:30 PM.....Our team had to win this game...and did so in very exciting fashion...then](#)

After losing their first seven (7) games our Varsity Boys Basketball team the team rallied to defeat Malverne HS in the semi-finals of the Nassau County Class "B" Championships in one of the most exciting games seen in a very long time. Even more exciting earlier in the year when we defeated Malverne at home in "Pack the Ralph Malverne Game"

Congratulations to: Charlie Bill, Josh Brown, Mike DeVivo, Matt Grosso, Ben Jay, Brandon Kaley, Liam McAvoy, John Murer, Luke O'Connell, Kevin Porzelt, Wes Szanja, Bobby Vavassis, and Andrew Weissberg and to Coaches John Cantwell and Brandon Rea.

In the finals our team played valiantly but lost out to Locust Valley 27-24...

See attached articles:

WINTER SPORTS SUMMARY:
[CSH Varsity Fencing](#)

A.J.Szilagy, Junior, Foil

Undefeated in the season, All Long Island, First Team All County, Nassau County Champion at Individual County Championships for the Fourth Consecutive Year

Corey Solomon, Freshman, Foil

**Second Team All County,
7th place at Individual County Championships**

Michael Flanagan, Junior, Sabre

All Long Island, First Team All County

[CSH's A.J.Szilagy wins 4th straight foil Nassau County Title](#)

Feb 16

Posted by [coldspringharbor](#) in [Fencing \(B\)](#) | [Edit](#)



A.J.Szilagy, Junior, Foil Undefeated in the season, All Long Island, First Team All County, Nassau County Champion at Individual County Championships for the Fourth Consecutive Year Corey Solomon, Freshman, Foil Second Team All County, ... [Read more](#)

[A.J.Szilagy of Cold Spring Harbor Fourth Consecutive Nassau County Title](#)

[CSH has two in the Nassau County Diving Championships](#)

Feb 16

Posted by [tspehler](#) in [Swimming & Diving \(B\)](#) | [Edit](#)



Nassau County Diving Championships Results: Kelsey Morgan 7th place Kyle Rooney 9th place

CSH Varsity Indoor Track team crowns County Champions and Jillian Lee has qualified to be at the National Championships.

County Championship Indoor Track Results

County Champion Pole Vault – Halle Henze – 9'6". Kim Arena was 4th and Sinead Haegeland was 5th, both Jumping 8'.

County Champion 4x400m relay – Kelly Anne Sherlock, Katherine Rueger, Taylor Carlin and Jillian Lee – 4:12.61

All County 600m – Jillian Lee – 1:37.7 (new school record and now ranked 35th in the country)

Taylor Carlin 1000m – 7th – 3:11.72

Henny Schlaeger 3000m – 10th – 11:29.14

Jillian Lee also has qualified for the National Championships on March 9th at The Armory in NYC.

She will be running the 400m in the Emerging Elite race.

[Jillian Lee goes to State Tourney and finishes 9th in New York State in the 600M](#)

County Championship Indoor Track Results County Champion Pole Vault – Halle Henze – 9'6". Kim Arena was 4th and Sinead Haegeland was 5th, both Jumping 8'. County Champion 4x400m relay – Kelly Anne Sherlock, Katherine...

Three CSH Varsity Wrestlers find 2nd Place in County Division II finals

Feb 14



2012 Nassau County Wrestling Championships Division 2 at Mineola HS & Hofstra University, Hempstead, NY
February 11-12, 2012 Team Scores Locust Valley 293.5 Oyster Bay

Dylan Cole, Robert Incorvia, and Zach Baron all took second place at the Division II County Championships

FOR OUR LACROSSE ENTHUSIASTS...

As an ND Lacrosse Fan, supporter and Alum we wanted to alert you to the process for purchasing tickets that will allow you to sit in the ND Section of Met Life Stadium (formerly the Meadowlands).

Calling the number below will ensure you the best seats for the game and that you will be surrounded by ND fans, friends and family.

Tickets for the 2012 Konica Minolta Big City Classic will go on sale through the Notre Dame ticket office beginning 9:00 a.m. (ET) on Monday. The Fighting Irish men's lacrosse team will face BIG EAST foe St. John's in the April 1 event at MetLife Stadium in East Rutherford, N.J. Face-off is scheduled for 1:00 p.m. (ET).

The Notre Dame-St. John's game will be the first of a tripleheader that day. Duke and Syracuse will meet in the day's second contest, while North Carolina and Johns Hopkins will square off in the third and final game at MetLife Stadium, which is home to the NFL's New York Giants and New York Jets. This will be Notre Dame's first-ever appearance in the Big City Classic. Purchasing a ticket through Notre Dame will ensure fans a spot in the Fighting Irish section of MetLife Stadium.

Tickets are \$25 and orders will ONLY be taken over the phone by calling 574-631-7356. Sales end March 14. One ticket will allow you to see all three games that day.

Reminder to Students and Parents!!!

PHYSICAL EDUCATION: Once again our High School Physical Education Staff will be teaching our students in grades 7-12 CPR and AED. This program has been taught by our Physical Education Staff long before I arrived in 1999. The program of instruction is taught by our fully Red Cross Staff. Each student will have the opportunity to learn Adult CPR and AED and become certified. Many students will be able to use their certification for summer employment. Our staff has always felt that this program is very valuable for our students and makes our community safer.

In previous years, any student who passed the practical and performance requirements would receive their Red Cross Card free of charge from the Red Cross. That is no longer the case. If a student would like to receive a card it will cost them \$20.00. As of this date and time the staff and I are trying to work out a method payment that would meet the Red Cross guidelines. Nothing is easy anymore.

Dear Parents,

You and your student-athlete are invited to hear national renowned Recruiting Expert Jack Renkens. I'm confident you will find Jack's presentation educational, informative and entertaining. It will be a great one-hour investment of time for you and your student-athlete. Parents all over the country are raving about the importance and impact of this presentation.

Jack entering his 16th year touring the United States and featured on numerous TV and radio shows across the country will be at our school on:

Wednesday, March 14th at 7:30 p.m.
Cold Spring Harbor High School PAC

We have made a big investment on behalf of our parents, student-athletes and community for this seminar on the realities of college recruiting. You will learn from Jack the unique financial opportunities available to student-athletes like yours.

This event is designed for every high school parent and their student-athlete. To get a snapshot of the presentation, visit www.recruitingrealities.com and click on video clips. We look forward to seeing you there.

UPCOMING CODE OF CONDUCT MEETINGS:

VARSITY AND JV SPRING MEETING: WED. MARCH 14TH @ 7PM- Featured Speaker is Jack Renkens- Topic: "Recruiting Realities"

Jr. HS SPRING MEETING: MONDAY, APRIL 2ND @ 7PM – Featured Speaker will be Rick Wolff-Sports Personality from Radio WFAN

CONGRATULATIONS TO: Vincent Molinari-Scholar Athlete of the Year Class "B"
Selected by The New York State High School Football Coaches Association

WINTER SPORT TEAMS SELECTED NYSPHSAA SCHOLAR-ATHLETE TEAMS:

Congratulations to:

- VARSITY ICE HOCKEY- 90.625
- VARSITY BOYS SWIMMING & DIVING- 94.636
- VARSITY GYMNASTICS- 94.714
- VARSITY GIRLS BASKETBALL-94.429
- VARSITY BOYS BASKETBALL-92.286
- VARSITY WRESTLING- 91.300
- VARSITY BOYS FENCING-94.000
- VARSITY GIRLS FENCING- 93.400

A LITTLE COMMENTARY:

THOUGHT PROVOKING: Pat Knight-Head basketball Coach @ Lamar University

http://www.youtube.com/watch?v=2XyZvOaeeqM&feature=youtube_gdata_player

http://espn.go.com/blog/collegebasketballnation/post/_/id/49854/pat-knight-goes-on-epic-postgame-rant

Another Thought Provoking piece: My daughter who teaches 1st grade in Charlotte North Carolina sent me this piece

<http://us.cnn.com/2011/09/06/living/teachers-want-to-tell-parents/index.html>

LASTLY, I WROTE THIS ARTICLE AND IT IS ONLINE IN INSIDE LACROSSE...AND WILL BE A PART OF A PIECE IN LACROSSE MAGAZINE...Just my take on a sport I have been involved in since 1965...

BRING BACK THE OLD DAYS

I just got my recent issue of Inside Lacrosse Magazine and there smack dab in the middle of the magazine was a two page full page advertisement with the bold headline **GOAL: To Get Into A Great College**. It just put me over the edge.

The sport of lacrosse is growing and that is a good thing. The popularity of the sport is growing and the sport of lacrosse is reaching places throughout the United States and overseas. This is **GREAT**.

Before, I go on my rant...I realize that the Great Sport of Lacrosse has changed...starting with the Recruiting Process. I realize I should focus on Current Events and not History...**But** here is what is not **GREAT**. Certainly not great for a multitude of high school coaches across the land. No longer is the high school coach the conduit for a student athlete to be recruited. Well maybe in some cases where the college coaches have strong relationships with the high school coach.

Every day, I get e-mails advertising this all-star event, this showcase event, this rising sophomore, junior, senior event. Top 205 is now Top 705. Then there are events to get into events. Try-outs to try-out like 3d Lacrosse... Preliminary events and then events. How about this: I see a letter sent to a sophomore student-athlete and the first sentence says: "You have been identified as an Elite Player and we are inviting you to our event. But here it is...You have two choices: go to Florida and try out or choose not to attend and but get selected for the premier event. Guess what...it costs you to attend the initial event and then it costs you to attend the premier event. Oh, but they do carry over the money if you get selected to help defray the additional cost to attend the premier event. What is a parent to do? Great marketing wouldn't you say. In the meantime this kid was on his Varsity high school team but played very little. And guess what every parent wants you to contact these events and put a good word in for their child. "Free Enterprise At Last-Free Enterprise At Last".

Then there are the local and regional club programs that elicit your membership telling you they have the best club programs, the best coaches, and the best schedules....Fall ball, Winter ball, Spring ball, and then Summer ball. There is the "Sting", the "Lightning", the "Express", the "Lizards"...the list goes on and on.

It all cost a great deal of money and yes Parent's are paying it and more. It costs to join, then it costs to participate in the tournaments. And then there is food and lodging to go along with that for Mom and/or Dad and siblings that are dragged along.

All for what. Well the Jones' wants the best for their son or daughter. They want to showcase their son or daughter. They want the pot of gold at the end of the rainbow. Very few get it in the end but every parent wants it. A parent does not want the other kid on the block to get an edge on their kid.

I have even heard of club programs paying the people that run these elite showcases so that a student-athlete can gain entrance into these events. "Payola"-Pay to Play. You know what that does...it tells the parents...hey let's join this club because their players are getting into these high profile events.

How about this: what happens when the student-athlete makes the Elite All Star Team but doesn't see the field in his regular high school season. Guess what happens next; the parent heads to the Athletic Director, maybe even by-passes the Athletic Director and goes right to the Superintendent of Schools or to a Board of Education member. Guess what happens next: Coach gets relieved of his coaching duties. I have seen it happen.

Whatever happened to the college coach speaking with the high coach. Those days are over for the most part. I remember when I first started coaching in the mid '60's...and Bob Scott the legendary coach from Johns Hopkins (who by the way was nice enough to hire me as an Assistant Lacrosse Coach and Head Basketball Coach) would have a phone conversation with me and I would say: "Bob, I have a really good attackman (Richie Hirsch-Plainview JFK) for you." Guess what: Richie Hirsch got into Hopkins and was a pretty good player for them. I remember when I was coaching at Hopkins and legendary coach Henry Ciccarone sent me up to Farmingdale High School to watch and talk to Larry Quinn and John DeTommaso. I saw them play and I came back to Baltimore and told Coach Ciccarone- sign 'em up Cic. We did. I remember Coach Desko after a call from me came down to Bethpage High School to see Brain Solliday play football. I had called John and told him about Brian's athletic abilities and his lacrosse prowess. Guess what "Solly" went on to play at "Cuse". I can remember Tom Postel sitting in my office offering David Kelly of Bethpage a pretty sizable scholarship to a long stick middy. One of the best long poles that ever played at any level. Those days are over for the most part.

Recently, I spent some time with my good friend Richie Meade and we talked recruiting. "Jim it has so changed...used to be a guy like you would call and we would take the kid...now I say to my assistant..."hey Jim Amen called and he has a kid for us" --my assistant responds...we have to see film, we have to see the kid play"...Richie says..hey Amen called...they say...we have to see film, we have to see him play"

I have always said "let's stick with current events and not history." So let's do. The sport is growing but in what direction. Coaches are getting fired because they are not getting to the "big dance". What a travesty this past summer with Richie Meade getting canned. What a great person, what a great coach, what a wonderful example of what a coach should be like. What a Leader of Men. Now the high coaches are under the gun. They are not winning, they are not playing the right kids, and they play favorites. Their style of play is criticized both on offense and defense.

Do I think playing in the summer is good-YES. Do I think going to a lacrosse camp is good-YES. Do I think trying out for an Elite Team is good-YES. But the bottom line is that if your kid is good enough he is going to be found. Elite Players are far and few between. The last one that played for me was AJ Haugen of Bethpage H.S. who went on to be a 3-time All-American at Johns Hopkins. He was elite when he was a freshman in high school and he didn't play for any club teams. Petro, Coach Tierney, Coach Desko is going to know. And guess what your kid is going to get recruited. But as I tell all of my parents: You will know if your kid is an Elite player when those guys and others call your son.

So I do hope that the game continues to grow but I do hope that the high school coach is held in much higher regard. They should know who the Elite Players are. The only other people who know are the college coaches. And how about we add this to the whole equation: Kids today are specializing and not participating in two and three sports. That hurts other programs in our high schools. With the mindset created by all this recruiting paranoia and early recruitment by college coaches kids are not participating in other sports.

Lacrosse unfortunately changed in many ways, some good and some not so good.

Jim Amen Jr.
Director of Physical Education and Athletics
Cold Spring Harbor Schools
Cold Spring Harbor, NY
Nassau County Boys Lacrosse Coordinator
President Boys Lacrosse New York State Public High School Athletic Association

RESPECTFULLY SUBMITTED, Jim Amen Jr.

"You laugh at me `because I'm different. I laugh at you because you're all the same." - Unknown

And always this one:

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



[Locust Valley](#) High School #5 Alex Rawa goes up for a rebound against CSH's Ben Jay in the second quarter of the [Nassau](#) County varsity boys basketball Class B final vs. [Cold Spring Harbor](#). Locust Valley won by a score of 27-24. (Feb. 25, 2012)

It may have been the ugliest win that Alex Rawa, Matt Campanella and their senior teammates had experienced in their five seasons together. But it was also their most beautiful.

Points were hard to come by but the Falcons scored just enough of them to win a county title as No. 2 Locust Valley held on for a 27-24 win over No. 4 [Cold Spring Harbor](#) in the county Class B boys basketball final Saturday night at LIU Post.

Rawa is one of many seniors on Locust Valley who have been playing basketball -- and lacrosse and football -- together since eighth grade. They capped their senior seasons as county champions.

"We didn't shoot the ball well; it was an extremely ugly game," Rawa said. "But when you win, none of that stuff matters. I've been waiting for this moment my whole life. This means everything to me."

Chris Appell hit two free throws to put Locust Valley ahead by three with 21.4 seconds remaining. [Cold Spring Harbor](#) had one last opportunity to tie the score on an inbounds play under the hoop, but Luke O'Connell's fading corner three came up short.

Campanella had nine points to lead Locust Valley. Rawa and Joe Gilio each had eight. With Cold Spring Harbor looking to take its first lead of the game in the final minute, Locust Valley's Bradley Conn blocked an outside jumper and [Josh Brown](#), who led the Seahawks with eight points, couldn't convert on a turnaround as the shot clock expired.

Ben Jay had cut the Locust Valley lead to three after converting a three-point play to make it 25-22 with 4:10 remaining. O'Connell later made a spin move to create some space and hit a fadeaway to cut the lead to 25-24 with 2:22 left.

"It was really nerve-racking," Campanella said. "But for what we didn't get on offense, we made up for it with great defense."

Rawa scored six of his eight in the first quarter and Gilio hit a baseline floater to open the second quarter as Locust Valley took a 14-5 lead. Cold Spring Harbor's [Josh Brown](#) answered with a layup and Bobby Vavassis followed with a putback to help cut the Locust Valley lead to 16-10 at the half.

The loss brought an end to the unexpected run by Cold Spring Harbor. It started 0-7 but qualified for an outbracket game against Wheatley, which CSH won by one point, then upset seven-time defending county champ [Malverne](#) in the semifinals.

"I told the guys, just get us in the playoffs and then we're playing with house money," Cold Spring Harbor coach John Cartwell said. "It's been a good run. It's one of those seasons that you hate to see end."

Locust Valley plays [Center Moriches](#) in the [Long Island](#) championship at 7:30 p.m. March 6 at [Farmingdale](#) State.

"It's just a summarization of these kids and how hard they've worked," Locust Valley coach Tim Lomot said. "To win a county championship, it's great for the whole community. It shows the younger kids around Locust Valley that we can play basketball around here."

Durand and defense drive CSH to County Championship

Originally published: February 25, 2012 9:56 PM

Updated: February 25, 2012 10:03 PM

By JAMES CREPEA james.crepea@newsday.com



Cold Spring Harbor's Katie Durand attempts a shot between two defenders.

With the young core of last year's county championship squad returning, [Cold Spring Harbor](#) was a heavy favorite to repeat this season. The voyage was not easy, as junior point guard Katie Durand missed the last seven regular-season games with mononucleosis, but the Seahawks persevered. Durand had 10 of her 11 points in the first half and was named tournament MVP, Kelly Vassallo had 12 points and Kelly Gubitosi 11 points and seven rebounds for No. 1 Cold Spring Harbor in a 45-31 win over No. 3 [Locust Valley](#) in the [Nassau](#) Class B girls basketball championship Saturday night at LIU Post.

[Cold Spring Harbor](#) (17-2) repeats as county champions and wins its fifth county title.

"It feels great. It feels like it took forever to get here," Cold Spring Harbor coach Rory Malone said. "That was our goal from the beginning of the year: to get back to the [Nassau](#) County finals. It's almost relieving. I think we had a lot of pressure on us this year. We definitely had a target on our back."

Cold Spring Harbor plays Class C champion Friends Academy in the Nassau Small Schools championship at noon March 3 at LIU Post. The Seahawks also advance to the [Long Island](#) championship against [Suffolk](#) champion [Southampton](#) at 7:30 p.m. March 7 at [Farmingdale](#) State.

After coming up short in last year's LIC, Durand said the Seahawks are aiming to take home more hardware this year. "We want it real bad," said Durand, who had four assists and three rebounds. "We want to get further definitely than last year and have a longer season and get our seniors a bit more basketball season." Said Malone: "It's definitely an important goal for us. Last year, we were kind of wide-eyed and maybe a little happy to be there. This year, it's definitely a goal, we're facing an excellent team in [Southampton](#). We feel like we can put up a fight." Cold Spring Harbor led 11-6 after the first quarter and opened up its lead by playing great defense during a 15-4 second quarter. The Seahawks held [Locust Valley](#) without a field goal for more than 12 minutes spanning from late in the first quarter until 3:57 left in the third quarter and outscored the Falcons 20-7 in that time. "Our defense is our main weapon," Malone said. "We play hard. We played hard today the whole entire game on the defensive end. You saw it in the second quarter; it's what we do best." Vassallo, who had three rebounds, found her usual comfort zone with midrange jump shots from the wings. "I try and take further shots and closer shots, but it's right in the middle, so they don't really know what I'm going to take," she said. "It's my shot, it's a good range there." Brooke Spallino and Caroline Rawa each had seven points for Locust Valley (13-6). Rawa made a three-pointer with 3:59 to go to cut the gap to 39-29 but the first-half hole was too much for Locust Valley to overcome.

CSH vs. Southampton Long Island Championship

Wednesday March 7th 7:30 PM Farmingdale State College

Nassau Top 10 Girls Hoops Rankings

Top 10 Public Schools:

1. [Baldwin](#) (19-1) Alex Hampton scored a career-high 24 points and added four assists as the Bruins won their third straight Nassau Class AA title in a 62-41 win over Massapequa Saturday. Defending Long Island-champion Baldwin faces Riverhead in the LIC 7:30 Friday at Farmingdale State.
2. [North Shore](#) (20-1) Amanda Johansen had 21 points and 11 rebounds as the Vikings defeated Garden City 74-64 in the Class A finals Saturday to win their first county title. Alex Cantwell had 11 points and Nicole Scuderi had 10 points for North Shore, who faces Glenn in the LIC at 5 p.m. Friday at Farmingdale State.
3. [Massapequa](#) (17-3) the Chiefs played well in a 56-42 win over MacArthur in the semifinals but could not match their performance against Baldwin in the finals. Morgan Roessler had 13 points against the Bruins in Massapequa's first trip to the county finals since 2009.
4. [Uniondale](#) (13-6) Sakara Hester-Torres had 13 points for the Knights in a 36-35 nail-biting loss to Baldwin in the semifinals. Uniondale had several opportunities late in the game despite early foul trouble.
5. [Garden City](#) (18-3) Katie Trimmer (13) lead four Trojans in double-figures in their loss to North Shore. Garden City defeated Lynbrook 41-36 in the semifinals.
6. [Lynbrook](#) (15-5) Brooke Gerstman had 19 points in her final game as the Owls fell to Garden City in the semifinals.
7. [Floral Park](#) (16-4) Kaela Hilaire had 15 points and seven assists as the Knights were defeated by North Shore in the semifinals.
8. [Cold Spring Harbor](#) (18-2) Kelly Gubitosi had 10 points as the Seahawks won their first Small Schools Championship Saturday, defeating Friends Academy 44-33. Cold Spring Harbor faces Southampton in the Class B LIC at 7:30 p.m. Wednesday at Farmingdale State.
9. [MacArthur](#) (16-3) Courtney Noakes had 21 points as the Generals fell to Massapequa in the semifinals.
10. [Freeport](#) (11-7) the Red Devils season was completed in the quarterfinals.