

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:

Winter Sports have begun both at the High School Level and Junior High. Once again the participation is outstanding and the coaches are looking forward to an exciting season. Each day the Field House and the New Gym are packed with high level instruction and student-athletes eager to learn and improve their skills. Outside our three track teams are distance running, sprinting, jumping and throwing. Off sight we have boys swimming and diving, and Ice Hockey. As the season progresses more updates and highlights about the teams' and their success will be posted on the school website.

A couple of important pieces of information about the WEBSITE:

- Athletic website is being updated continually.
- Directions to competitions, games, matches and meets are on the website.
- Weekly practice and game schedules will be posted on the website.
- Certain sports will have their individual schedule on the website. Those sports are: Boys Swimming and Diving, Ice Hockey, Boys Winter Track, Girls Winter Track, JH Co-ed Track.
- Athletic Highlights/Accomplishments for the Fall season will be posted very soon.
- Under News and Alerts: Important notices will be posted regularly. Immediate game changes or cancellations due to inclement weather during the Winter Season will be posted. Specific highlighted games or fundraisers will be listed under News and Alerts. For example: Wrestling – January, 18th Battle of the Harbor (all day) or Ice Hockey – February 1st vs Bethpage at 8pm, game location Bethpage rink.
- Schedule Star is a great resource for games changes, cancellations or location change. It is immediate and sent to you via email or text. Registration is free and the directions are on the Athletic Website under Schedules.
- All forms are located on the athletic website that will be needed throughout a season.
- Links to information websites will be posted on the Athletic website to provide information about various topics. Some are for parents and other for student-athletes.
- Please use the website as a resource for information. The hope is to be proactive and answer questions and provide important information about your child's team and the events taking place in athletic department.

Fall Sports Award Summary:

2013-2014 FALL SEASON SUMMARIES

Team Achievements

Varsity Boys Golf-

Undefeated Conference Champs

Varsity Boys Soccer

Top "A" School in conference ABC 3

Varsity Field Hockey

Advanced to Nassau County Class B Playoffs

Varsity Girls Soccer

Advanced to Nassau County Semi-Final Playoff Game

Varsity Crew

Invited to compete at the Head of the Charles with both Boys and Girls Boats

Individual Achievements

Varsity Football

Frankie Stubbolo All Conference, Academic All County, Senior All-Star Game

Chase Brown Nassau County Officials Unsung Award

Robert Incorvaia National Football Foundation Candidate

Varsity Boys Soccer

Riley Cassidy All County

Mike Terracciano All County Honorable Mention

Eli Rieders All Conference

Gregory Suter All Conference

Ryan Winkoff All Conference

Jamie Schubauer All Conference

Varsity Girls Field Hockey

Shannon Logan All County

Danielle Rattotti All County Honorable Mention

Lauren Paolano All County Honorable Mention

Alexandra D'Angelo All Conference and Exceptional Senior

Bridgette Bouse All League

Alison Croasdale Unsung Hero

Varsity Girls Soccer

Teresa Fazio All County

Katie Hudson All Class

Alicia Roy All Class

Brooke Jensen All Class

Lauren Spinnato All Conference

Varsity Girls Swimming

Abby Hudson, Christine Collins, 4x100 Relay- 19th in the County

Rachel Johnson, & Kirsten Morgan

Varsity Girls Diving

Kirsten Morgan 7th in County

Emma Katovitz 16th in County

Varsity Girls Tennis

Jaclyn Albers	All County, All League
Caroline Faria	All County, All League
Katherine Faria	All League
Isabella Ramjeet	All League
Daniella Rizos	All League
Victoria Rizos	All League

Varsity Girls Volleyball

Julie Watson	All County
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Varsity Girls Cross Country

Daniela LoCastro	County Champion, All Conference, All Division, State Qualifier
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Physical Education and Health:

Comments about "Open Gym Night" that was held Thursday November 14th 2013.

A special thank you to Danielle Skakandi and the Leaders Club for a wonderful "Open Gym" night for the Junior High School Students. Thank you to Steve Cacioppo, Terri Tini, Christian Lynch, and Rory Malone for your help, support and involvement is making "Open Gym" a success. All your efforts are greatly appreciated.

Nov. 14th "Open Gym" Event for the Junior High School students was fantastic. It was well attended, organized and you provided a variety of activities for the students. It is a credit to your preparation and planning. The students had the Project Adventure swing, soccer, football, Kan Jams, Frisbees and finished the night with capture the flag. The music and playing under the lights creates a wonderful environment. Providing these opportunities for our students demonstrates your passion for Physical Education and activity. It also provides a social environment for our Junior High and High School students to interact with each other. Observing the interaction and the smiling faces is evidence of a great event.

An extended thank you to the HS students "Leaders Club" for their participation. Each of them were involved with the activities and engaged with the Junior High Students. This activity demonstrates leadership, a sense of community and is a great tradition in Cold Spring Harbor.

You all are an asset to the school and the students truly benefit from all you do.

Events such as the above are run by:

The Varsity Leaders Club is comprised of students who have earned a varsity letter and are still participating in a varsity sport.

- 45 Varsity Leaders attended the "Open Gym Night" event.

Membership is open to any student who has earned a varsity letter in athletics during the previous school year and is or will be a member of a varsity team during the current school year.

The goals of the Varsity Club include:

1. Encouraging and fostering a sense of community.
2. Promote leadership qualities with Cold Spring Harbor athletes as role models in the community

Nassau Zone Physical Education Award Recipients:

These two students were selected by a committee for outstanding character, teamwork, commitment and achievement in Physical Education.

Female: Victoria Campbell

Comments: Victoria is one of those students who you have enjoyed in class since middle school. She is a hard worker not only in Physical Education, but also in her academic classes. Victoria is a 2 sport athlete, captain in softball. She is the starting goalie on the soccer team and is a scholar athlete award winner.

Male: Gregory Suter

Comments: Greg is the type of student who is determined to do well. He is always prepared, constantly participating and working collaboratively with other students in the class. On the athletic field he is a pleasure to coach and is a natural leader.

Victoria and Gregory will attend a dinner on December 16th to be honored as this year's Nassau Zone Physical Education Award Winners.

The Athletic, Physical Education and Health Department would like to wish everyone a Happy Holiday and Healthy New Year.

"A Commitment to Excellence"