

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

***September 2012***      **OBSERVATION & COMMENT FROM THE DIRECTOR**

**Welcome** back to everyone, Student-Athletes, Parents, Teachers, and Staff. I hope everyone had a very nice summer vacation.

Sports began very early this year with Football beginning on August 15<sup>th</sup> and the other varsity and JV Fall Sports beginning on August 27<sup>th</sup>. Each year the Varsity and JV Football season begins earlier and earlier.

Our tennis courts have been repaired and they look terrific. Thank you to our Board of Education and our Director of Buildings and Grounds, Mark Margolies. Additional thanks to our Head of Buildings and Grounds Joe Amendolare and his staff and of course our Head Custodian Frank Channing, Joe Servidio and his staff for getting our school ready for a smooth opening.

**Athletic Office Staff:** New to our office will be Miss Jennifer Derner working part-time from 3:00pm-6:30pm. Miss Derner will begin on September 5<sup>th</sup>.

**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.

**FALL COACHES:**

**Football:**

Dennis Bonn- Head Varsity Football Coach; Assistants: John Mendreski and John Foley.

Ben Zuk-Head JV Football Coach; Assistant Louis Santoli

Nick Woll and Mike Ferrugiari- Modified Football

**Boys Soccer:**

Ed Moeller-Head Soccer Coach; Assistant Christian Lynch

Kevin Culhane and Rory Malone- JV Soccer Coaches

Gary Franklin (8<sup>th</sup> grade) and Ryan Conroy (7<sup>th</sup> grade)-Modified Coaches

**Girls Soccer:**

Steve Cacioppo-Head Coach; Assistant Theresa Mercer

Ryan Towers-JV Coach

Alicia DeFino (8<sup>th</sup>) and Michelle Ceraso (7<sup>th</sup>) Modified Coaches

**Field Hockey:**

Danielle Skakandi-Head Coach

Gina DiPaolo-JV Coach

Karissa McGrory (8<sup>th</sup>) and Stephanie Lange (7<sup>th</sup>) Modified Coaches

**Cross Country:**

Kevin O'Rourke-Head Coach

Jaclyn Schaub-Modified Coach

**Golf Boys:**

Jamie Lawlor-Head Coach

Peter Gregorchuk-JV Coach

**Tennis (Girls)**

Melissa McLees-Varsity Coach

Patricia Connolly-JV Coach

Ramsey Erickson-Modified Coach

**Swimming (Girls):**

Eve Brown-Head Coach; Assistants: Gary Renart and Kim Como (Diving)

Dan Kelly-Modified Coach

**Varsity Girls Volleyball:**

Emily Wildermuth-Head Coach and Asst. Michelle Gaufman

**Ice Hockey:**

Sean Considine-Head Coach; Mike Marino-Asst. Coach

**Fall Crew:**

Melissa Meinel; Lauren Schulz, Beth Herman, Liz Brennan

**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 <sup>th</sup> Grade:	COLD SPRING HARB 7 WHITE
Jr. HS Girls Soccer 8 <sup>th</sup> Grade:	COLD SPRING HAR 8 RED
Jr. HS Field Hockey 7 <sup>th</sup> Grade:	COLD SPRING HARB 7 WHITE
Jr. HS Field Hockey 8 <sup>th</sup> Grade:	COLD SPRING HAR 8 RED
Jr. HS Field Hockey 7 <sup>th</sup> Grade:	COLD SPRING HARB 7 WHITE
Jr. HS Boys Soccer 8 <sup>th</sup> Grade:	COLD SPRING HAR 8 RED
Jr. HS Boys Soccer 7 <sup>th</sup> 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

**DISTRICT APPROVED ATHLETIC HANDBOOK:**

*Please see attachments:*

*VARSITY PROGRAM EXPECTATIONS*

*JUNIOR VARSITY & 9<sup>TH</sup> GRADE EXPECTATIONS*

*MODIFIED SPORTS PROGRAM EXPECTATIONS*

*EXPECTATIONS OF PARENTS*

*EXPECTATIONS OF STUDENT-ATHLETES*

**SPORTS PARENTING: *See attachment***

**CHECK OUT NEW SIGN:** last year one of our former student-athletes Amy Roche sent me a great quotation. We included it in our Athletic Dinner Programs last year. We have made a sign of that wonderful quote and as you walk down the hallway leading to the field house just past the new gym you can see it hanging on the wall. Hope everyone enjoys reading it.

**Quote of the Month:**

**"The only race you have to win is the race against yourself - there will always be someone faster and stronger but there will never be another you, so look within and push your own personal boundaries." – Unknown**

**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.