

Cold Spring Harbor Athletic Department

JH Spring Sports Information

“A Commitment to Excellence”

February 24, 2014

Dear Parents/Guardians and Student-Athletes,

The JH Spring Sports season begins March 31st. I would like to communicate some important information for student athletes.

All student athletes must have a White Authorization card. Athletes who participated in a fall or a Winter I and have an up to date physical must fill out a new White Authorization card, front and back, and submit it to the school by Thursday March 20th. The White Authorization cards may be picked up in the nurse's office or the Athletic office.

Students who did not participate in a fall, Winter I or Winter II sport must see the school nurse and submit a completed physical along with the White Authorization card. The school doctor will be at Cold Spring Harbor on March 3rd to see athletes that need a physical examination.

- **Physical Examination – Monday March 3rd in Nurses offices at 7:45am**

Below are important dates and a list of the sports offered during the Spring season.

Junior High Athletics:

- **Spring Season – Begins March 31st**
 - 7th grade boys Lacrosse
 - 8th grade boys Lacrosse
 - 7/8 grade boys Lacrosse
 - 7th grade girls Lacrosse
 - 8th grade girls lacrosse
 - 7/8 grade girls lacrosse
 - 7th grade Baseball
 - 8th grade Baseball
 - 7th grade Softball
 - 8th grade Softball
 - Boys and Girls Track
 - 7/8 boys Tennis

Practice and Game Schedules:

Practice schedules will be communicated to you weekly by coaches. Other schedule information will be posted on the district website under athletics. Game schedules will be on the Section VIII website prior to the start of the season and then placed into Schedule Star for your convenience. All game changes will be noted on Schedule Star. Athletic commitment is five days and most games will begin at approximately 4:30pm.

Expectation:

Junior High sports are to be a fun, educational and rewarding experience. Commitment, dedication, tactical and skill development are of the high priority. These teams are stepping blocks to high school athletics. All teams are an integral part of our athletic vision and success.

We are looking forward to an enjoyable and successful winter season. If you have any questions please contact the Athletic office at 631-367-6826 or via email at mbongino@csh.k12.ny.us.

Sincerely,

Michael Bongino

Director of Health, Physical Education and Athletics

“If you want to be proud of yourself then do things which you can take pride.”

Karen Horney