

**COLD SPRING HARBOR HIGH SCHOOL**  
**DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND ATHLETICS**  
**“A COMMITMENT TO EXCELLENCE”**

---

July 21, 2014

Dear Parent/Guardian:

I hope everyone has been enjoying a healthy and relaxing summer. The Fall 2014 Athletic Season will be upon us very shortly. This letter will provide you with VERY IMPORTANT information that your son/daughter will need in order to be prepared for the upcoming tryouts.

**High School Fall Sports**

- **High School Fall Sports Starting Dates:**
  - Varsity and JV Football – August 18<sup>th</sup>
  - All other High School Varsity and JV Sports – August 25<sup>th</sup>
- **Sports Physicals:**
  - August 18<sup>th</sup> at the Jr/Sr. High School Nurses Office – 7:45am
  - August 25<sup>th</sup> at the Jr/Sr. High School Nurses Office – 7:45am
- **Forms (REQUIRED TO TRYOUT AND COMPETE):**
  - On the District Website under Athletics & the tab *Forms*
  - Forms may be picked up from the Athletic Office beginning July 21<sup>st</sup> until August 18<sup>th</sup> from the hours of 8am to 2pm.
- **Code of Conduct Meeting:**
  - High School Code of Conduct – September 3<sup>rd</sup> at 7pm in the PAC
  - Please be prompt

**High School Fall Sports Start Dates and Meeting Locations for the First Day**

<b>Day</b>	<b>Date</b>	<b>Sport</b>	<b>Time</b>	<b>Location</b>
Monday	August 18th	Varsity & JV Football	10:00AM	New Gym
Monday	August 25th	Varsity & JV Boys Soccer	10:00am	Field House
Monday	August 25th	Varsity & JV Girls Soccer	10:00am	Field House
Monday	August 25th	Varsity & JV Field Hockey	10:00am	Field House
Monday	August 25th	Varsity & JV Girls Volleyball	10:00am	New Gym
Monday	August 25th	Varsity & JV Girls Tennis	10:00am	Field House
Monday	August 25th	Varsity & JV Boys Golf	10:00am	Field House Loft
Monday	August 25th	Girls Swimming & Diving	8:00am	TBA
Monday	August 25th	Varsity & Novice Crew	10:00am	Field House
Monday	August 25th	Varsity Cross Country (boys & girls)	10:00am	Field House
Monday	August 25 <sup>th</sup>	Varsity & JV Cheerleading	10:00am	Field House

- Varsity Ice Hockey – First meeting will take place September 3<sup>rd</sup> following the Code of Conduct Meeting.

## Junior High School Fall Sports

- **Junior High School Fall Sports Starting Date:**
  - September 8<sup>th</sup>
- **Sports Physicals:**
  - September 8<sup>th</sup> in the Jr/Sr High School Nurses Office at 7:45am
- **Forms (REQUIRED TO TRYOUT AND COMPETE):**
  - On the District Website under Athletics & the tab *Forms*
  - Forms may be picked up from the Athletic Office beginning July 21<sup>st</sup> until August 18<sup>th</sup> from the hours of 8am to 2pm.
- **Code of Conduct Meeting:**
  - Junior High School Code of Conduct – September 17<sup>th</sup> at 7pm in the PAC
  - Please be prompt

### Jr. High School Fall Sports Start Dates and Meeting Locations for the First Day

DAY	DATE	Sport	Time	Location
Monday	September 8 <sup>th</sup>	7/8 Football (1 Team)	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	7 <sup>th</sup> grade Boys Soccer	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	8 <sup>th</sup> grade Boys Soccer	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	7 <sup>th</sup> grade Girls Soccer	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	8 <sup>th</sup> grade Girls Soccer	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	7 <sup>th</sup> grade Field Hockey	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	8 <sup>th</sup> grade Field Hockey	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	7/8 grade Girls Tennis (1 Team)	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	7/8 grade Girls Swimming & Diving (1 Team)	2:30pm	New Gym
Monday	September 8 <sup>th</sup>	7/8 Cross Country (boys & girls)	2:30pm	New Gym

- **Junior High Ice Hockey – First meeting will take place September 17<sup>th</sup> following the Code of Conduct Meeting.**

## **Important Information**

- For those students who completed the school physical in June, the Coach's Authorization Card and the Health Update should be completely filled out and returned to the School Nurse by Friday, August 8<sup>th</sup>.
- For those students who have been or will be examined by their private family physician, the completed Health Examination Form will be necessary in addition to the Coach's Authorization Card and the Health Update and is due to the School Nurse by Friday, August 8<sup>th</sup>.
- If you have not had a sports physical the school doctor will available on the dates below. The sports physicals are valid for 1 year.
  - Monday, August 18<sup>th</sup> at 7:45 am
  - Monday, August 25<sup>th</sup> at 7:45 am
  - Tuesday, September 8<sup>th</sup> at 7:45 am
- Students having the sports physical done by the school doctor will only need the Authorization Card.
- **COACH'S AUTHORIZATION AND CODE OF CONDUCT FORM:**
  - On the back of the Authorization Card is the Code of Conduct Form. Both sides of this card must be filled out completely and signed by the student-athlete and parent and/or guardian.
  - This card contains important emergency information and verifies parent's consent. The card is sport specific - a separate card is required for each sport. Please fill out all of the information accurately and legibly. Cards with incomplete information or cards that have not been signed by the parents or a legal guardian can not be accepted.
- Mandatory Code of Conduct Meetings are held in the fall for all Fall & Winter Sports at the High School and Junior High level. Attendance at these meetings is mandatory for student-athletes and their parents or guardians.
  - High School Date: September 3<sup>rd</sup> at 7pm in the PAC
  - Junior High School Date: September 17<sup>th</sup> at 7pm in the PAC
- Information about Schedule Star and Game Schedules
  - Please see the Website under Athletics and tab for Schedules
- Communication through out the school year
  - School Website
  - Electronic Sign Board
  - Email
  - Twitter – follow @CSHathletics
  - Athletic Newsletter – The Seahawk
    - Highlights and special articles

I hope you enjoy the remainder of the summer. I look forward to seeing you on the sidelines. Please call the Athletic Office (631-367-6826) if you have any questions.

Sincerely,

Michael Bongino  
*District Director of Health,  
Education and Athletics*