

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

July 20th, 2015

Dear Parent/Guardian:

I hope everyone has been enjoying a healthy and relaxing summer. The Fall 2015 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 17th
 - All other High School Varsity and JV Sports (including cheerleading) – August 24th
- **Sports Physicals:**
 - August 14th at the Jr/Sr. High School Nurses Office – 8am
 - August 21st at the Jr/Sr. High School Nurses Office – 8am
- **Forms (REQUIRED TO TRYOUT AND COMPETE):**
 - On the District Website under Athletics & the tab *Forms*
- **Code of Conduct Meeting:**
 - **ALL Athletes: Fall, Winter & Spring**
 - High School Code of Conduct – September 2nd at 7pm in the PAC
 - Please be prompt

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

Day	Date	Sport	Time	Location
Monday	August 17th	Varsity & JV Football	9:00am	New Gym
Monday	August 24th	Varsity & JV Boys Soccer	9:00am	Field House
Monday	August 24th	Varsity & JV Girls Soccer	9:00am	Field House
Monday	August 24th	Varsity & JV Field Hockey	9:00am	Field House
Monday	August 24th	Varsity & JV Girls Volleyball	9:00am	New Gym
Monday	August 24th	Varsity & JV Girls Tennis	9:00am	Field House
Monday	August 24th	Varsity & JV Boys Golf	9:00am	Field House Loft
Monday	August 24th	Girls Swimming & Diving	8:00am	TBA
Monday	August 24th	Varsity & Novice Crew	9:00am	Field House
Monday	August 24th	Varsity Cross Country (boys & girls)	9:00am	Field House
Monday	August 24th	Varsity & JV Cheerleading	12:00pm	Field House

- **Varsity Ice Hockey – First meeting will take place September 2nd following the Code of Conduct Meeting.**

Junior High School Fall Sports

- **Junior High School Fall Sports Starting Date:**
 - September 8th – Meeting in the New Gym
 - September 9th – First Day of Practice
- **Sports Physicals:**
 - September 9th 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*
- **Code of Conduct Meeting:**
 - **ALL Athletes: Fall, Winter & Spring**
 - Junior High School Code of Conduct – September 16th 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 th	7/8 Football (1 Team)	2:30pm	New Gym
Monday	September 8 th	7 th grade Boys Soccer	2:30pm	New Gym
Monday	September 8 th	8 th grade Boys Soccer	2:30pm	New Gym
Monday	September 8 th	7/8 grade Boys Soccer	2:30pm	New Gym
Monday	September 8 th	7 th grade Girls Soccer	2:30pm	New Gym
Monday	September 8 th	8 th grade Girls Soccer	2:30pm	New Gym
Monday	September 8 th	7/8 grade Girls Soccer	2:30pm	New Gym
Monday	September 8 th	7 th grade Field Hockey	2:30pm	New Gym
Monday	September 8 th	8 th grade Field Hockey	2:30pm	New Gym
Monday	September 8 th	7 th grade Girls Tennis	2:30pm	New Gym
Monday	September 8 th	8 th grade Girls Tennis	2:30pm	New Gym
Monday	September 8 th	7/8 grade Girls Swimming & Diving (1 Team)	2:30pm	New Gym
Monday	September 8 th	7/8 Cross Country (boys & girls)	2:30pm	New Gym

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

Important Information

- For those students who completed the school physical in June, the Coach's Authorization Form and the Health Update should be completely filled out and returned to the School Nurse by Friday, August 14th.
- 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 Form and the Health Update and is due to the School Nurse by Friday, August 14th.
- If you have not had a sports physical, the school doctor will be available on the dates below. The sports physicals are valid for 1 year.
 - Monday, August 14th at 8:00 am
 - Monday, August 21st at 8:00 am
 - Tuesday, September 9th at 7:45 am
- Students having the sports physical done by the school doctor will only need the Authorization Form.
- **COACH'S AUTHORIZATION AND CODE OF CONDUCT FORM:**
 - This form contains important emergency information and verifies parent's consent. The form is sport specific - a separate form is required for each sport. Please fill out all of the information accurately and legibly. Forms with incomplete information or cards that have not been signed by the parents or a legal guardian can not be accepted.
 - A signed Code of Conduct must be returned to the Athletic Office prior to the start of the season.
- **Mandatory Code of Conduct Meetings** are held in the fall for **all** Fall, Winter and Spring Sports at the High School and Junior High level. Attendance at these meetings is mandatory for student-athletes and their parents or guardians.
 - Only ONE Code of Conduct Meeting will be held for High School Athletes and ONE for Junior High Athletes. Any individual **MUST** attend the Code of Conduct in order to compete in Athletics. Please contact the Athletic Office if you have a specific conflict. One make-up session will be offered each season. Dates to be determined.
 - High School Date: September 2nd at 7pm in the PAC
 - Junior High School Date: September 16th at 7pm in the PAC
- Information about Schedule Star and Game Schedules
 - Please see the Website under Athletics and link for Schedules
- Communication throughout the school year
 - School Website
 - Electronic Sign Board
 - Email
 - Twitter – follow @CSHathletics
 - Athletic Newsletter – The Seahawk
 - Highlights and special articles
 - Follow Cold Spring Harbor Athletics
 - Instagram: CSHathletics
 - YouTube: Cold Spring Harbor Sports Videos

I hope you enjoy the remainder of the summer. I look forward for another exciting and successful school year. Please call the Athletic Office (631-367-6826) if you have any questions.

Sincerely,

Michael Bongino
District Director of Health, Physical Education and Athletics