

Cold Spring Harbor Athletic Department

Winter Sports Information

“A Commitment to Excellence”

October 5th 2015

Dear Parents/Guardians and Student-Athletes,

The Winter Sports season is quickly approaching and I would like to communicate some important information for student athletes.

All student athletes must have a White Authorization form. Athletes who participated in a fall sport and have an up to date physical must fill out a new White Authorization Form and submit the form to the school nurse by Friday, October 30th. The White Authorization Forms may be printed from the website under athletics and then the link “Forms”.

Students who did not participate in a fall sport must have an updated physical. All forms are on the website under athletics. All physical forms must be submitted to the school nurse along with the white authorization form.

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

Sports Physicals:

- Friday October 30th – 7:45am in the nurses office
- Friday November 6th – 7:45am in the nurses office

Junior High Athletics:

- Winter Season I – Begins Wednesday, November 4th – Boys Basketball, Girls Volleyball, Boys Swimming, Boys and Girls Winter Track.
- Winter Season II – Begins Tuesday, January 19th – Wrestling, Boys Volleyball, Girls Basketball
- The first day of Junior High Sports will be an organizational meeting to discuss expectations, tryout/practice times, and attendance.

High School Athletics:

- Winter Season Begins Monday, November 9th – Boys and Girls Fencing and Wrestling
- Winter Season Begins Monday, November 16th – Boys and Girls Basketball, Boys Swimming and Diving, Boys and Girls Winter Track, Girls Gymnastics, and Cheerleading

Practice and Game Schedules:

Practice schedules will be communicated to you weekly by coaches. 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.

Expectation:

The High School Winter Season spans three school vacations. Winter sport athletes must understand the commitment that they are making to their respective teams. The high school teams will practice and play games over the Thanksgiving holiday, including Friday and Saturday. Practices, games and tournaments will take place over the December break. Playoffs for winter sports occur over the February break. Winter sport athletes are expected to be at all practices and competitions.

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 Athletics, Health, and Physical Education

“Good teams become great ones, when the members trust each other enough to surrender the “me” for the “we”.

- Phil Jackson