

# RIPPLES FROM THE HARBOR



SEPTEMBER 2012

Your Monthly Newsletter from  
Cold Spring Harbor Junior/Senior High School

## COMMUNITY ORGANIZATIONS

### ARTS BOOSTER CLUB

Please see attached flyer.

### SEPTA



The new board of your Cold Spring Harbor Special Education Parent Teacher Association wishes to welcome you back to school with a host of exciting programs sure to enhance the educational experience of our children. Our first general meeting will be held Monday, September 10<sup>th</sup> where we will be discussing the Lunch and Learns for parents, Homework Help for kids and co-sponsored PTG meetings. General meeting topics will support such current issues as SAT/ACT anxiety and preparation, transitions (to next school), IEPs/AIS/resource lexicon, etc. Lunch and Learns offer parents a venue for airing creative ways to meet our children's social, emotional and educational needs. Homework Help means your children's education is reinforced with after school help. We look forward to seeing you at September 10<sup>th</sup> at 10am at the CSH Library for our first meeting. We will also see you at Back to School nights and our Welcome Back Event on October 10<sup>th</sup> at 7:30. Welcome back!

## DISTRICT NEWS


- Board of Education Meeting –Tues., September 11, 2012 at 8:00 PM, Location -TBD.

## SCHOOL NEWS

### *Join the CSH rowing team*

There will be a meeting Wednesday, September 5<sup>th</sup> at 2:45 in cafeteria B for anyone student interested in rowing. The first day of practice is Thursday, September 6<sup>th</sup>. There will be two buses that will be transporting the rowers to and from the boathouse. The buses will be picking the rowers up in front of the field house by 2:45. They will be returning the rowers to the high school by 5:45.

Please visit our website [www.cshrowing.com](http://www.cshrowing.com) to register. If the complete registration information is not received, students will not be able to participate. You also need to obtain, complete and submit, directly to the High School, the usual medical clearance form required by the school nurse to participate.



The Directors & Officers of Cold Spring Harbor's

*Arts Booster Club*

invite you to a

*Back-to-School Breakfast*

Friday, September 14th

from 10 a.m. to Noon

in the District Office Conference Room

75 Goose Hill Road in Cold Spring Harbor

If you have a student studying Art, Music, Creative Writing or Theater , you'll want to join us to learn about our programs for the coming year. You'll also have an opportunity to join any of our committees.

Click this invitation to R.S.V.P.



# WHAT IS THE ONE THING THAT ALL PUBLIC SCHOOLS IN THE TOP 100\* HAVE THAT CSH DOESN'T?

***UNTIL NOW...***

*Introducing*



## FIND OUT MORE & GET INVOLVED

**Website**      [www.cshedfoundation.com](http://www.cshedfoundation.com)

**LIKE us on Facebook**      [www.facebook.com/cshedfoundation](http://www.facebook.com/cshedfoundation)

**Email**      [cshedfoundation@gmail.com](mailto:cshedfoundation@gmail.com)

\* Newsweek's 2012 "America's Best High Schools"

**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.