

COLD SPRING HARBOR ATHLETICS



The Seahawk

VOLUME 1, ISSUE 1

JULY 2014

IMPORTANT DATES AND INFORMATION

Aug. 18th

- ♦ V/JV Football Begins
- ♦ Sports Physicals 7:45AM Nurses Office

Aug. 25th

- ♦ HS Sports Begins
- ♦ Sports Physicals 7:45AM Nurses Office

Sept. 8th

- ♦ JH Sports Begins

Sept. 3rd

- ♦ High School Code of Conduct at 7PM in the PAC

Sept. 17th

- ♦ Junior High Code of Conduct at 7PM in the PAC

2013-2014 HIGHLIGHTS

Golf 2
Champion

Crew Reaches 2
Nationals

Gymnastics 2
Undeclared

Girls Hoops 3
Reach Final

Track Stars 4
on the Rise

Swim & Div. 5
Reach States

Scholar - 6
Athletes

GIRLS LACROSSE REACH STATE FINAL

Since 1993, the Girls Lacrosse Team has not won the Long Island Championship. On June 1st Coach Skakandi pulled the team into the Field House and asked them to look around at the banners. The girls only saw a banner from 1993 (a year that no one on the team was born yet). Making history was in the grasp of reality. That afternoon step one was taken when the Seahawks defeated Bayport-Bluepoint 12 to 11 in overtime. After the excitement settled in that the team was Long Island Champions, it was time to plan the trip to Cortland for the State Final Four. June 5th the team departed for Cortland. The Semi-Final game was scheduled for 12pm June 6th vs Bronxville.

This was a team on a mission. Collectively, with crisp offense solid defense and goalie play, the Seahawks stormed past Bronxville 16 to 4, setting up a State Final against Skaneateles. The



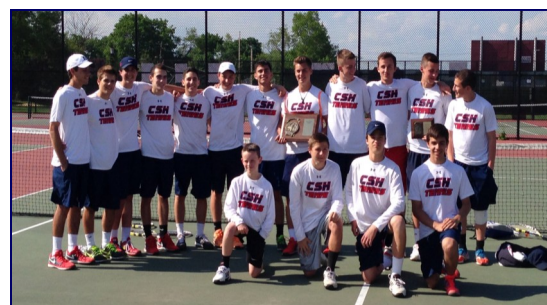
Picture Above:
2014 Long Island Champions

State Final was a game for the ages, with everything one can hope for in excitement. This game was back and forth and the

girls could not have given more of themselves. Any time Skaneateles took control the Seahawks bounced back. Each of the girls was prepared and you saw it in their eyes. In the second half the Seahawks took an 8 to 5 lead. A State Championship was so close. Unfortunately an unlucky bounce landed in the stick of a player from Skaneateles and her first goal of the game turned out to be the winning goal. With three seconds left on the clock the Seahawks realized the amazing run had come to an end. Through it all, what really happened was they developed a sense of determination, confidence and commitment to returning next year that will continue to build inside each of them until next season.

7 TIME NASSAU COUNTY TENNIS CHAMPS

A dynasty has been developed. Tennis in Nassau County has been dominated by CSH at least for the past 7 years. People might think this sport is individual but that is far from the truth with this team. Each player contributes to each win. This is a team that reloads each year.



Chris Gabriele Nassau Golf Champ



Chris taking some practice putts.

There is no better way to end your high school athletic career than to win a championship. That is what Chris Gabriele did in 2014. At County Championships, Chris was the number one golfer. This individual has never lost. Chris was also the captain of the 2014 Golf Team which went undefeated and captured the Conference 4 Championship.

"It makes sense that Chris is a

top competitor, as he always had a unwavering work ethic." Mr. Renart, Chris's Varsity Swimming Coach, was excited to see how well Chris performed. Renart also notes, "Chris spoke about his goals in Golf on the bus to the swim meets, and then relentlessly swam for us to support a win." Chris had an outstanding career. He was a member of the Varsity Golf Team for 6 years.

A remarkable accomplishment is that Chris was undefeated in individual matches for his career, never tasting defeat on the golf course while at Cold Spring Harbor. Chris has earned All County, All Long Island and All State honors. It was a pleasure watching Chris play golf. He plays with poise, self-control and has the mental toughness for the challenging game of golf.



Boys Crew Boat Make Nationals

Teamwork, strength, commitment, and rigorous, are some words to describe the sport of Crew. But these young men have mastered their craft. Buck Andrews, Gerard Brogan, Christian McGeough and William Saffran qualified for Nationals this year. It is quite an accomplishment and these boys have set the standard for others to follow.

In the Fall, the Crew Team was invited to The Head of Charles, which is a very prestigious regatta. In the Spring, Coach Mendreski and Staff hosted Cold Spring Harbor's first regatta. Bayshore and Syosset joined CSH and competed in this event. Next year our vision is even larger.



Gymnastics Undefeated Season

One year ago the Gymnastics Team struggled. In 2013-2014 the Gymnastics Team went undefeated and won the Conference 3 Championship. This program has good leadership and the girls showed commitment to the sport and team. During the season the team

honored long time Coach Jim Barish, who passed away. He was someone who was truly dedicated and passionate about the sport of Gymnastics. First year head coach Teri Kindelmann and assistant coach Paige Ehlers have a lot to be proud of with what this

team accomplished. The future is very bright for CSH Gymnastics and a banner will be hanging from the rafters in the fall acknowledging the undefeated Conference Championship.

TRACK STARS ON THE RISE



Winter Girls Track captured the Conference 4B Championship. The team had some exceptional individual achievements. Two specific girls that have had an impact on the county, island, state and nation are Daniela LoCastro and Isabelle Harouche. Both girls return next year, which will make the team extremely strong and with a strong commitment individual accolades will be many and often. Both girls put countless hours into training. They helped bring CSH track to the forefront. This year the boys and girls team hosted the Seahawk Invitational. Almost 23 teams from Long Island participated. Girls Track had the opportunity to compete in the PR Panther Invitational in Virginia. Some of the girls shined against competition from around the country.

"There are only two options regarding commitment. You're either in or you're out. There is no such thing as life in between." -Pat Riley

GIRLS HOOPS REACH COUNTY FINAL

Class B or Class A, it doesn't matter. The Girls Basketball Team got better and better each day. The end result - a county final match up with North Shore. The journey for the team began with share of the Conference Championship but it only landed them a #6 seed in the County Play-offs. What this meant was a match-up at Floral Park. The Seahawks had been tested during the season with games and scrimmages against Har-

borfields, North Shore and Mepham. Coach Malone and Coach Cacioppo had this team hitting its stride at the right time. The game was played in front of a packed gymnasium and both teams were prepared to battle. Back and forth the game went. Neither team took a lead of more than 6 points. Team effort was needed. Bench play was extremely important when trouble set in. Fundamentals made the difference, such as re-

bouncing, no turnovers, and poise. The girls believed and together, with all the parts functioning as one, the Seahawks knocked off the #2 seed Floral Park. In the semi-final game the girls took care of business, which set up a final vs North Shore. It was a final that built confidence but also disappointed. But the team and coaches have much to proud of about their efforts.

SWIMMING AND DIVING QUALIFY FOR STATES

Two years in a row, Kyle Rooney has proven to be one of the best divers on Long Island and in NYS. This year he was selected to Captain the State Team. Joining him at the States was Russell Nickey. This team had a lot of great accomplishments and many school records were broken.

Kyle Rooney finished out his Senior year diving for Cold Spring Harbor,

achieving fourth in the county with 439.20 points. In addition to Kyle being honored as a State Team Captain, he was also named All County and All Division. Rooney finished 32nd in the State and will continue diving at Cornell University.

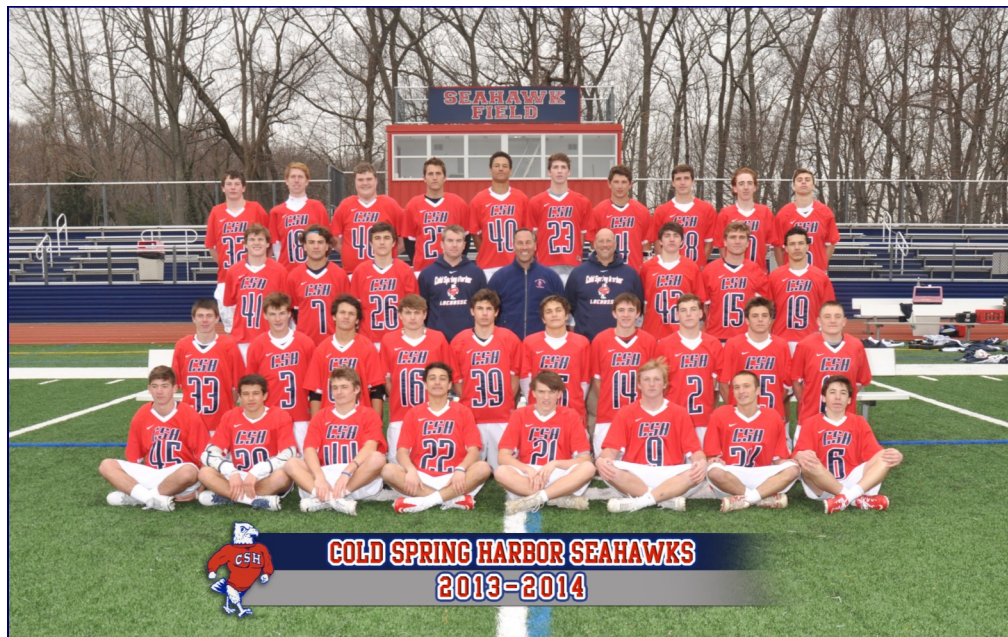
Russell Nickey presents as a well-versed swimmer for Varsity. Qualifying for States in his Junior year for

the 500 free, Nickey posted an impressive 454.12 and finished 37th in the state. Coach Renart was thrilled to see Nickey and Rooney represent the school in Ithaca, NY and looks forward to next year's state Championships.



Boys Lax NYS Scholar-Athlete #1 Team

This is quite an accomplishment. The Boys Lacrosse Team held a 95.64 average as team. This earned them the title of State Champion NYS Scholar-Athlete Team. These young men are dedicated on the lacrosse field, six days a week at approximately three hours a day and manage to exemplify a student-athlete. This team has talent on the field and in the classroom. The boys earned a Conference 4 Championship and the #1 seed in the County playoffs. It is a fantastic accomplishment to earn this honor and a banner in the field house will be hanging from the rafters this summer. This team has made history and it will live on each day.



Cold Spring Harbor Athletic Department

"A COMMITMENT TO EXCELLENCE"



COLD SPRING HARBOR ATHLETICS AN ORGANIZATION OF INTEGRITY, EXCELLENCE AND SUCCESS

Competitive Greatness

Perform at your best when your best is required. Your best is required each day.

Commitment

Complete focus on what makes one great, 100% mentally and physically all of the time.

Confidence

It is a strong foundation and trust in an individual and team. It is earned, not given.

Attitude

Leadership reflects one's character. Power and strength come from a mindset and believing in oneself.

Discipline

Self-Control on and off the athletic venue.

Sportsmanship

Always show your opponent respect. A real winner learns from a mistake.

Team

Family, all stakeholders function as one, to achieve a common goal.

Preparation

Attention to detail, organization to be one step ahead of your opponent.

Enthusiasm

Live each day to the fullest, play each second like it's the last.

Adversity

See it as an asset, overcome obstacles and strength will develop.



The next issue of THE SEAHAWK will be coming to you in the Fall of 2014!