

COLD SPRING HARBOR ATHLETICS

IMPORTANT DATES AND INFORMATION

April 22

- ◆ Gains for Brains Lacrosse Fundraiser

May 30

- ◆ Spring Varsity Sports Awards

August 16

- ◆ Fall Varsity Football Begins

August 23

- ◆ All other Varsity Sports Begin

Camp Seahawk
Registration is now open!

seahawkssportscamps.com

2016-2017 HIGHLIGHTS

Bolt of Lightning	2
Grappling with Greatness	2
Gymnastics Gems	2
Running the Tables	3
Breaking the Ice	3
Holiday Toy Drive	3
Winter Sports Awards	4



The Seahawk

Highlights from the CSH Athletics, Physical Education and Health Departments

WINTER 2017

WINTER EDITION

BOLT OF LIGHTNING

Sarah Bolton first began racing at the age of eight while living in Chicago, Illinois. While attending a Saturday morning clinic hosted by GLASA (Great Lakes Adaptive Sports Association) Sarah was able to experience playing adaptive sports including track, basketball, bocce ball, hockey, and swimming for the first time. Immediately, Sarah fell in love with track. "What I enjoyed most about racing was the fact that I was able to race with people who were just like me," says Bolton. After moving to Cold Spring Harbor in 2015, Bolton still was driven to continue competing. Although she lived on Long Island, Sarah and her family commuted to New Jersey to train with the North Jersey Navigators. Sarah relished in the glory of obtaining the 60 meter national record in the under fourteen age bracket. Most importantly, she truly appreciated the community feeling of being on a team. The people she met along the way were working together to overcome a mutual obstacle.

While competing on the Cold Spring Harbor Junior High Winter Track Team, Bolton kept a positive mindset by singing while simultaneously battling through demanding workouts. Sarah achieved personal records throughout the season when competing in the 55 meter and 200 meter events. While racing at Saint Anthony's facility, Sarah had the whole stadium in an uproar! The wheels on her racing chair are at a slight disadvantage (as opposed to an outdoor track) due to the material that composes the track. But that did not deter Sarah. When reflecting upon her favorite Cold Spring Harbor Winter Track motivational moments Bolton candidly states that "I know I can do something great! And that I love it and all my friends who know me keep motivating me to do what I love. But they motivate me to get better."

If you are lucky enough to be graced by Sarah's presence, you will experience an energy unlike any other. Defeat is a feeling all athletes experience at some inevitable stage in the game. But when asked if she ever felt defeated, Sarah smirked and giggled a firm "No." This is an attribute that coaches aspire to inspire within their athletes and what athletes strive to live up to. Sarah Bolton has certainly made a true commitment to excellence and to herself because she will always have the persistence to assert "I did it!" Sarah looks forward to competing during the Junior High Spring Track Season. In true Sarah Bolton fashion, she is currently keeping busy by competing in Manhattan with the New York Rolling Fury Basketball Team.



GRAPPLING WITH GREATNESS



The Boys Varsity Basketball Team traveled to the Salvation Army to wrap gifts for needy families in the Northport community.



The team finished with an overall record of 19-3. Winning a Class A playoff game for the first time in school history. The team made it to the final 8 teams in Nassau Class A. Reese Grossman was named Co-Player of the Year.



Christian Tartaglia was a five year starter who originally began as an 8th grader with a little baby fat, but even bigger aspirations. With his strict work ethic and rigorous training, Christian was able to transform that baby fat into muscle. He would do 300 Olympic size pool laps daily over the summer, as well as working out with his older brother, Tommy, who also wrestled. Christian trained year in and year out to get better and had his brother by his side pushing him the whole way. Christian's work ethic was second to none and all of his team-

mates, coaches and opponents recognized that. He was a two time captain and Mellino award winner; an award voted on by his peers for his leadership, dedication, and work ethic in and out of school. Christian currently holds the school records for Wins (122), Matches Wrestled in a Career, and Wins in a Season (35). He was also 6th in the state, as well as a 2x county champion and 4x all county wrestler. He has helped pave the way for the younger wrestlers and has helped in setting the precedent and standard of the program. He will be wrestling at Binghamton University next year.

The team has a bright future because of guys like Christian and Jack DiMaio (attending Bucknell University) paving the way and being leaders over the past 4/5 years in and out of the room. Jack had over 75 career wins and over 40 career pins. He was also a 3x All-County wrestler and captain. The two of them have shown the others the way and it is now up to them to continue to carry that torch. The future is bright, and it is even brighter for these two young men.



He was also a 3x All-County wrestler and captain. The two of them have shown the others the way and it is now up to them to continue to carry that torch. The future is bright, and it is even brighter for these two young men.

GYMNASTICS GEMS

The Cold Spring Harbor Girls Varsity Gymnastics team finished a tremendous season. They were the Undefeated Conference 2 Champions. The team's average of 153.9375 was enough to qualify the team to Team County Championships. The last time the team reached Team Counties was in 2007. At Counties, the team had a great showing and finished in 6th place. As far as individuals, Shannon Fay, Sophia Keschnor, Katie Posillico, Caitlin Roberts, and Sophia Stearn qualified for Individual County Championships. At this competition, Katie Posillico placed 3rd on beam, 6th on floor, and 5th in the all around. Her 3rd place finish was enough to place her on the State Team which competed at Cold Spring Harbor on March 4. The team hosted the 3rd Annual Cartwheel for a Cure Competition. This year, the competition grew from five teams to eight teams. All the gymnasts in the competition raised money for the Cystic Fibrosis Foundation. Head coach Teri Kindelmann has two daughters, Matison and Charlotte who have cystic fibrosis. This competition was used to raise awareness and funds about this disease. A total of \$8,000 was raised for the Cystic Fibrosis Foundation.

RUNNING THE TABLES



January 29th, 2017 was a day for the record books for the girls track team. Attending the largest indoor high school track meet in the country, The Ocean Breeze High School Invitational, the sophomore 4x200m team walked out with a new school record and set a new meet record. The quartet of super sophomores dominated the field, winning in a time of 1:48.57, almost three seconds ahead of second place. Led off by Jaime Gatto, the Seahawks grabbed the early lead. Emma Baudo, Samantha Reim and Ellie Fox never relinquished that lead and kept widening the gap with every step. The talented sophomores carried that momentum into the County Championships, winning the 4x200m title for the second year in a row. In a race normally decided by tenths of seconds and dropped batons, the young Seahawk team displayed a focus and determination well beyond their ages, winning by four seconds over Valley Stream North.

BREAKING THE ICE

After a long hiatus, the CSH JV hockey program returned for the 2016-2017 season. And what a season it was. The team compiled an undefeated season (12-0-2) and earned first place in the JV division of the Nassau County High School League. The Seahawks led the division in goals with a staggering 80 tallies in 14 games. They were led by freshman Max Van Son who lit the lamp 19 times and had 14 assists for a total of 33 points in 14 games. The Seahawks only gave up 20 goals all season and were led by stand out goalie Isaac Herzog. The Seahawks rolled through the county semi-finals with a win against Plainview 6-1 and took on Farmingdale for the county Championship.



After being up 3-0 in the second period, the Seahawks fell 4-3 in OT. The team also qualified for the NY State Championships and made it to the semi-finals with wins against Farmingdale and St. Francis Prep. With 11 team members having played in back to back Middle School Finals and a JV Championship game, this group is ready to take the next step at the Varsity level. The future is very bright for CSH hockey.

HOLIDAY TOY DRIVE

Cold Spring Harbor student athletes participated in the Holiday Toy Drive. Two large boxes were donated to Toys for Tots and one large box was donated to the TRI-CYA. Additionally, twenty five children received presents from the Salvation Army Angel Tree Program. A special thanks to Tina Velez and the Junior Varsity Cheerleaders and Nick Fengler and the 7/8th Grade Girls Volleyball Team for their enthusiasm and generosity!

Winter Sports Awards

Congratulations to all of the teams and individuals on their Winter Awards. Good luck to the Spring teams!

Boys Basketball

Reese Grossman – Coaches
Matthew Licciardi – Coaches
John Muniyak – Coaches
Taylor Strough – Sportsmanship
Matthew Taglich – Coaches

Girls Basketball

Caroline DeBellis – Coaches
Jennifer Rosenberg – Coaches
Vera Simmons – Sportsmanship
Sophia Taglich – Coaches

Cheerleading

Nicole Ambrosino – Sportsmanship
Darby Cassidy – Coaches
Sheriden Schwertl – Coaches
Maddy Standerwick – Coaches

Fencing

Katherine Davis – Coaches
Katherine Davis – Sportsmanship
Julianna Sousa – Sportsmanship
Anna Tesoriero – Sportsmanship
Leo Trippen – Coaches
Madison Ugan – Coaches
Kyle Van Dyke – Coaches
Tyler Varacchi – Sportsmanship

Gymnastics

Grace Costa – Coaches
Gillian Drexler – Sportsmanship
Sophia Stern – Coaches

Ice Hockey

Ian Laviano – Sportsmanship
Macoy Marion – Coaches
Anthony Natoli – Coaches
Nate Schuman – Coaches
Tyler Sharinn – Coaches
Connor Starkins – Coaches
Griffin Iglesias – Coaches

Swimming and Diving

Henry Hubbell – Coaches
Peter Markotsis – Sportsmanship
Alex Robins – Coaches
Ryan Zaatari – Coaches

Boys Winter Track

Daniel Battillo – Coaches
Ezra Brody – Coaches
Albert Kirchner – Sportsmanship

Girls Winter Track

Jillian Futter – Coaches
Juliet Insinga – Coaches
Kaylie Tighe – Coaches

Wrestling

Raymond Costa – Coaches
Jack DiMaio – Coaches
Liam Kaley – Sportsmanship
Christian Tartaglia – Coaches

"If you do the bare minimum, expect bare minimum results. You want to be great, work to be great. Nothing just happens." – J.J. Watt



The next issue of THE SEAHAWK will be coming to you in the Spring of 2017