

## COLD SPRING HARBOR ATHLETICS

### IMPORTANT DATES AND INFORMATION

Aug. 11, 18 & Sept. 6

- ◆ Sports Physicals  
7:45am - Nurse's Office

August 15

- ◆ Varsity and JV Football begin

August 22

- ◆ All other Varsity and JV sports begin

September 6

- ◆ JH sports begin

October 22

- ◆ Homecoming

### 2015-2016 HIGHLIGHTS

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# The Seahawk

Highlights from the CSH Athletics, Physical Education and Health Departments

SPRING 2016

SPRING EDITION

## WE ARE TOO GOOD FOR DRUGS



Our fourth, fifth and sixth graders have been practicing skills that will prepare them to make healthy choices and resist unhealthy behaviors. Learning the facts about the dangers of tobacco and alcohol use reminds students to keep their goals and values within sight. Frequent discussions and activities about the importance of making smart choices help students to visualize bright futures for themselves. Our conversations often involve discussing current events and stories students have heard. We talk about choosing good friends and being strong when a peer tries to engage us in risky behaviors. We share stories about people in the news whose dreams

have been sidetracked or even destroyed because they have made poor choices. Drug addiction is a real problem here on Long Island, and students learn that addiction can happen to anyone. Once the decision to try a drug is made, the risk of abuse and addiction increases. The importance of family, good role models and good friends cannot be measured. As a school and community, we must continue to set clear rules, standards and discipline regarding tobacco, alcohol, and other drug use. Through the use of discussion, games, role play, home assignments, etc., we are practicing and learning about the ways that we can keep ourselves safe, happy and healthy!

## GIVING BACK

The seniors on the girls Varsity Lacrosse team spent the afternoon in NYC at the Stephen D. Hassenfeld Children's Center. This visit was set up by the Making Headway Foundation which is an organization that supports children with brain and spinal cord cancers. Our varsity girls hosted a showcase in April to raise money for Making Headway. The founders thought it was a great idea for our students to visit the center and spend time with some of the children. It was an arts and crafts kind of day and our girls got creative with some of the patients while they were receiving their treatments. Coach Castellane said, "Our team plans to host this showcase called 'Gains for Brains' again next year. We are excited to build a relationship with this center so our athletes can continue to visit and show support for this great cause."



# FORE SCORE



The Girls Varsity Golf Team, led by Jenny Rosenberg (Jr), Hailey Albers (Jr), and Eliza Noesen (Sr), qualified as a team for the Nassau County Girls Tournament at Bethpage State park for the first time this season. The qualifying team was rounded out with Julie Russo (Jr), Julia Amoruso (Jr), and Kathryn Kaye (Jr). Ella Warren (Fr) was an alternate. The girls' team took fourth place in Nassau County out of seventeen teams competing. For individual play, Hailey Albers tied for tenth in the county tournament. Jenny Rosenberg took first place in the county tournament with a record low score of 144 for two days. In the state tournament, also at Bethpage State Park, Jenny placed sixteenth out of eighty four of the best players in the state. Congratulations on a successful season!



CSH Students Learning CPR



Varsity Golf Practicing In Our Very Own Sand Pit

# SUPER HERO TRAINING

Super Hero trainer to the stars Don Saladino came to Lloyd Harbor to work with students in grades 2-6. Super Hero posters were displayed prominently in the hallways and school staff proudly wore Super Hero t-shirts. Saladino, who has worked with Hollywood stars like Ryan Reynolds, Hugh Jackman, and Scarlett Johansson, talked to students about his experiences and the importance of sleep, food in moderation, and activity. He also emphasized drinking water first thing in the morning. Students were then put through a physical workout and finished the class with a question and answer period.



# ACTION TEAM

The Varsity Baseball team, along with the Major League Baseball Players Trust, held a school-supply drive. Students in the junior high school cleaned out their lockers and donated all gently used school supplies. The boy's baseball team organized the supplies and packaged them for shipping to a school in need. Donations filled nearly ten boxes this year. The baseball team is a Major League Players Trust Action Team. They are part of a national effort that organizes and implements opportunities for classmates to give back to their school and local community. Coach Rich Greeney and Captains Luke Doyle and Austin McCormack rallied the team as they stayed after school on the last day of classes.



# BACK TO BACK

Back-to-back state titles is an unbelievable accomplishment! It is something that is challenging to do on any level. The CSH Varsity Boys Lacrosse Team did just that! The team put Cold Spring Harbor lacrosse in elite company. These boys accomplished this unbelievable championship with hard work, determination, teamwork and sense of pride. This team set their sights on greatness and accomplished it as a complete team. They came at their opponents in many ways and made it extremely difficult to game plan for the Seahawks. On June 11, 2016 vs Penn Yan Academy, the Seahawks put a complete team game together. This team thrives off pressure and expectation. Each time their backs were up against the wall, they found a way to bounce back. Offensively and defensively, the Seahawks were nearly perfect and captured the second straight NYS Championship. This was the third championship in school history and puts the program in an elite category. The coaches are so well prepared and detailed in the game plans. Each of them brings strength to the program and they are masterful at motivating these young men .

**Congratulations to the 2016 NYS Class "C" State Champions**



# PROJECT ADVENTURE

Project Adventure is a full year elective course taught through the Physical Education Department. Students have the opportunity to select this class as their physical requirement in grades 9 – 12. The curriculum is designed to challenge our students' minds. Project Adventure develops problem solving skills, teamwork, leadership, and most of all, develops confidence. Mr. Cacioppo usually teaches two to three sections of this class. The students culminate the curriculum with rock climbing, using the ropes course and learning how to put on a harness and belay while their classmates are climbing. Students have commented on how their self-esteem has grown through activities in this class. Students have the opportunity to use their minds, create ideas and challenge their physical ability. Project Adventure creates a positive learning environment and the students gain knowledge and confidence through ac-



# PE AWARDS

**Congratulations to our 6<sup>th</sup> grade students Nassau and Suffolk Zone Award Winners.**

Lloyd Harbor School (left)  
 Charles Tauckus, Jessica Wang,  
 Ethan Kobus and Kate Posillico  
 West Side School (right)  
 Caitlin Roberts, Nicholas DiScala,  
 Sara Mazzei and Michael Degnan



These awards are presented to students who demonstrate citizenship, sportsmanship, civility, good character and positive influence on his or her peers. These students value a healthy lifestyle and have a passion for learning through activities.

# Spring Sports Awards

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

## Boys Baseball

David Avallone – Coaches  
Michael Harkins – Coaches  
John Schuman – Coaches

## Crew

Morgan Cody – Coaches  
Daniel Marino – Coaches  
Spencer Woods – Sportsmanship

## Boys Golf

Daniel Crosson – Sportsmanship  
Max Van Son – Coaches

## Girls Golf

Katherine Kaye – Coaches  
Eliza Noesen – Sportsmanship  
Ella Warren – Coaches

## Boys Lacrosse

Matthew Amendola – Coaches  
Edward Fox – Coaches  
James Kessler – Coaches  
Mason Marion – Coaches  
Tommy Vavassis – Coaches  
Michael Visconti – Coaches

## Girls Lacrosse

Caroline Atkinson – Coaches  
Caroline DeBellis – Coaches  
Sophia DeRosa – Coaches  
Jillian Futter – Sportsmanship

## Softball

Wendy Logan – Sportsmanship  
Sabrina Odierno – Coaches  
Sophia Patti – Coaches

## Tennis

Thomas Campbell – Coaches  
Oscar Como – Coaches  
Sean Mullins – Coaches  
Nicholas Sica – Coaches

## Boys Track

Daniel Battillo – Coaches  
Ezra Brody – Coaches  
Connor Lynn – Coaches  
Joseph Marascuillo – Coaches

## Girls Track

Alexia Insinga – Coaches  
Daniela LoCastro – Coaches  
Gianna Missano – Coaches

*"He who is not courageous enough to take risks will accomplish nothing in life". –Muhammad Ali*



The next issue of THE SEAHAWK will be coming to you in the Fall of 2016