

## COLD SPRING HARBOR ATHLETICS

### IMPORTANT DATES AND INFORMATION

#### March 7

- ♦ High School Spring Sports begin

#### March 14

- ♦ Girls Golf and Boys Tennis begin

#### March 29

- ♦ JH Spring Sports begin

#### April 9, April 28

- ♦ Seahawk Invitational

#### April 16

- ♦ Gains for Brains Lacrosse Fundraiser

#### June 1

- ♦ Spring Varsity Sports Awards

### 2015-2016 HIGHLIGHTS

A Leisurely Day 2

West Side PE News 2

Cartwheel for a Cure 2

Leaps and Bounds 3

Battle for the Belt 3

Big Score 3

Winter Sports Awards 4



# The Seahawk

Highlights from the CSH Athletics, Physical Education and Health Departments

MARCH 2016

WINTER EDITION

## ANOTHER YEAR OF MATURATION

The Maturation Talk. This is the biggest day of some students' schooling so far! The day awkward mysteries are solved. The day myths are squashed. The day realities seem to make sense. At West Side and Lloyd Harbor schools, knowledge is conveyed to many inquisitive 5th and 6th graders. The Maturation Talk is presented by Ms. Christine Parent and Mr. Chris Homer. Mr. Homer's mother taught Sex Education at Adelphi University for over 34 years and, as he shared, "She was always available to me for answers. I remember growing up and hearing things from my peers and wondering, 'Is that true?' I had a wonderful gift in having a parent I could ask anything. It is great to see the looks of understanding on the students' faces. I let everyone know... accept your body! Whatever is normal for you is normal. Do not judge others."

Ms. Parent has been having "the talks" for the past 30 years. She added, "We continue the conversations about growing up in our Health classes. We discuss friendships, our emotions, new responsibilities and our goals for the future. Part of growing up also involves learning how to manage stress in healthy ways. Good communication skills, breathing exercises, physical activity and talking to trusted adults are encouraged. We urge students to bring the conversation home, too, so that family values and beliefs may be shared. To all of the parents reading this... ask your child, 'What's going on in health class this week?' Let the conversations begin!"

## GIVING BACK

The Cold Spring Harbor Boys Varsity Basketball team spent a day giving back to the community before a big week of games. On December 16th, the team went to the Salvation Army in East Northport and prepared gifts for needy families in the community.

The toy drive directly touches 310 families and is responsible for making sure 710 children have a toy on Christmas morning. The Recreation director Ralph Rossetti said "It's refreshing to have CSH basketball take time to demonstrate such good character and help us."

Coach Mercurio and his staff were all in attendance as well. "It was a great afternoon for our kids today. I'm so glad we were able to help. We are building a close basketball family and anytime we have the opportunity to help others in our community, we will jump at the opportunity!"

Senior Center Todd Hindman, who helped organize and wrap hundreds of toys, added "It feels great to be able to pitch in and help out. Today was a lot of fun." Come Support CSH basketball as they try to make the playoffs for the third year in a row.





CSH Gymnasts  
at Individual Championship



County Champion  
Christian Tartaglia with  
Coach Mike Ferrugieri

## A LEISURELY DAY

On the 9th of February, Mr. Phelan's leisure time classes went on a field trip to the Dix Hills Park Ice Rink. The students excitedly left the school at around 9:20 in the morning, and once they arrived at the rink, had the opportunity to skate for 3 hours. After the students were done skating, they all went into the back room to eat pizza and garlic knots that Mr. Phelan had kindly ordered for them. There were many boxes of pizza ordered, and many students helped themselves to a second slice. Students then arrived back at school in time for the end of 8th period, at around 1:20 pm. Being the first field trip that a gym class has offered in Cold Spring Harbor High School, this one proved to be a great success. Many students had an enjoyable time ice skating. While it is uncommon for most gym classes to go on field trips, leisure time offered this opportunity to CSH students this year. In addition to going on this field trip, students taking Mr. Phelan's leisure time class are presented with various activities such as biking, roller blading, and even cross country skiing. The class proves to be a unique experience to high schoolers and is an ideal PE class to take. – By Katie Tuveson



## WEST SIDE PE NEWS

West Side School wrapped up 2015 with the school-wide Jump Rope Championship of the Universe! Students were given the opportunity to qualify for the championship during Physical Education class, with the top jumpers competing during morning assembly. West Side School's Jump Rope Champion of the Universe 2015 is Kati Cotek. Finishing in 2<sup>nd</sup> place, for two years in a row, is Hailey Shulsinger, followed by Kaitlyn Jasinski in 3<sup>rd</sup> place. Finishing 1<sup>st</sup> among 6<sup>th</sup> graders was Ava Tighe. Congratulations to all of our Heart Healthy Jumpers!

Our 6<sup>th</sup> graders recently competed in a grade-wide hockey tournament. After playing a round robin style tournament during class, the grade was split into a Monday Championship bracket and a Tuesday Championship bracket. The Monday Champion was team "Ladies Man" made up of Will DiMaio, Logan Vitagliano, Mackenzie Murray, Heather Baxter and Paige Thompson. Our Tuesday Champion was team "Dabbers" made up of Peter Moynihan, Paola Jimbo, Ashley Ecker, Christian Insinga, Fraser Lincott, and Jennifer Papa. Congrats!!

## CARTWHEEL FOR A CURE



On January 18th, the Cold Spring Harbor Girls Varsity Gymnastics team hosted the 2nd Annual Cartwheel For A Cure Competition. Cold Spring Harbor along with Bethpage, Plainview - Old Bethpage, Great Neck South, and North Shore Varsity Gymnastics teams participated in this fun event. All gymnasts raised money. At the conclusion of the competition, participants were timed for three minutes to see how many cartwheels they could do. A total of \$5,500 was raised for the Cystic Fibrosis Foundation.



## LEAPS AND BOUNDS

The Cold Spring Harbor Boys Varsity Winter Track Team has made huge leaps and bounds both in participation and performance. Just a few years ago, the team averaged a half dozen boys and placed at the bottom of conference standings. In 2015-16, the team is currently challenging for the Conference Championship with thirty boys participating. This season the team has posted five new school records in the 55 meter hurdles (Ezra Brody), 600 meter (Daniel Battillo), 1000 meter (Connor Lynn), 4x400 relay (Tyler Seccafico, Spencer Starr, Max Harouche, Gus Kasper) and the 4x800 relay (Daniel Battillo, Justin Relf, Robert Becker, Connor Lynn).



Nine boys received All-Conference honors with Ezra Brody (Pole Vault) and the 4x400 and 4x800 relay teams being named Conference Champions. Due to their excellent performances throughout the season, many of the boys are now awaiting their selection to the County and State Championships. With attendance and performances improving every season, the Varsity Boys Track Team is a force to be reckoned with in future Conference and County competitions.

## BATTLE FOR THE BELT

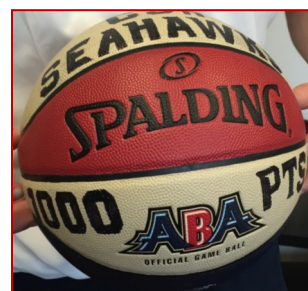
The Seahawks Wrestling Team entered twelve wrestlers in the Syosset tournament "Battle for the Belt" and had four finalists and three champions. It is the first time Cold Spring Harbor has had more than one champion. The team finished third and missed first by only eighteen points. Not bad for a team that had half the amount of guys competing in the tournament. Everyone is very happy with the results. It is the best finish ever for the team at Syosset. Hewlett and Manhasset beat us out for first and second place. Christian Tartaglia also knocked off the third ranked wrestler in the state, Owen Bachelder of Hewlett, in the final seconds of the match with a take-down. He finished with four wins and three pins. Eric Hansen also gave up no points in the tournament and finished with a technical fall and two pins. Jack DiMaio had the most exciting match bringing the crowd to their feet the entire match. Christian Hansen was the first ever 7th grader for Cold Spring Harbor in the finals.

99 Christian Hansen 2nd  
106 Gaven Bell 4th  
113 Raymond Costa 3rd  
145 Christian Tartaglia 1st  
160 Jack DiMaio 1st  
170 Eric Hansen 1st  
182 Joe Libretti 4th  
195 Joe Marasciullo 6th

## BIG SCORE



Senior Varsity basketball player Caroline Kiernan scored the 1,000th point of her four-year varsity career against East Rockaway. The game was stopped and her parents joined her on the court to celebrate this milestone. Director of Athletics, Michael Bongino said, "This is a remarkable accomplishment, and we are all so excited for her."



# Winter Sports Awards

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

## Boys Basketball

Matthew Iacone – Coaches  
Matthew Taglich – Coaches  
Thomas Vavassis – Coaches  
Andrew Weld – Sportsmanship

## Girls Basketball

Hailey Albers – Sportsmanship  
Caroline Kiernan – Coaches  
Nicole Mormile – Coaches  
Chloe Seccafico – Sportsmanship

## Cheerleading

Brooke Mohr – Sportsmanship  
Darby Cassidy – Coaches  
Claudia Glassman – Coaches  
Kristen Jaspers – Coaches  
Gianina Nappi – Coaches

## Fencing

Colleen Curry – Coaches  
Katherine Davis – Coaches  
Katherine Davis – Sportsmanship  
Maxx Kippnes – Coaches  
Zachary Martin – Coaches  
Madison Ugan – Coaches  
Tyler Varacchi – Coaches  
Tyler Varacchi – Sportsmanship

## Gymnastics

Grace Costa – Coaches  
Shannon Fay – Coaches  
Lindsay Herling – Sportsmanship  
Lily Hetherington – Coaches

## Ice Hockey

Jeffrey Colon – Coaches  
Griffin Iglesias – Coaches  
Matthew Rossman – Coaches

## Swimming and Diving

Henry Hubbell – Coaches  
Peter Markotsis – Coaches  
Kevin Yao – Coaches

## Boys Winter Track

Daniel Battillo – Coaches  
Ezra Brody – Coaches  
Connor Lynn – Coaches  
Spenser Starr – Sportsmanship

## Girls Winter Track

Ellie Fox – Coaches  
Bethany Hodgson – Coaches  
Gianna Missano – Coaches

## Wrestling

Jacob Bruno – Sportsmanship  
Raymond Costa – Coaches  
Jack DiMaio – Coaches  
Eric Hansen – Coaches  
Christian Tartaglia – Coaches

*"Relationships are what it is all about. You have to make players realize you care about them and they have to care about each other". -Greg Popovich*



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