

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

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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!"

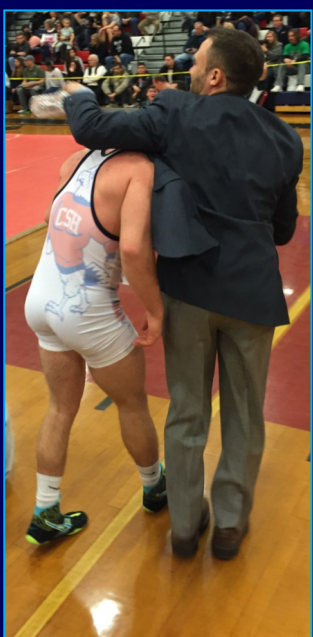
Senior Center Todd Hindman, who helped organize and wrap hundreds of toys, added "It feels great to be able to pitch in and help out. Today was a lot of fun." Come Support CSH basketball as they try to make the playoffs for the third year in a row.



A LEISURELY DAY

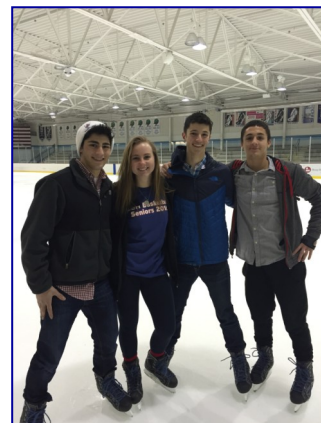


CSH Gymnasts
at Individual Championship



County Champion
Christian Tartaglia with
Coach Mike Ferrugiari

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 2nd place, for two years in a row, is Hailey Shulsinger, followed by Kaitlyn Jasinski in 3rd place. Finishing 1st among 6th graders was Ava Tighe. Congratulations to all of our Heart Healthy Jumpers!

Our 6th 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

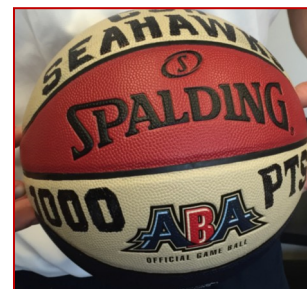
The Seahawks Wrestling Team entered twelve wrestlers in the Syosset tournament "Battle for the Belt" and had four finalists and three champions. It is the first time Cold Spring Harbor has had more than one champion. The team finished third and missed first by only eighteen points. Not bad for a team 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