

COLD SPRING HARBOR ATHLETICS

IMPORTANT DATES AND INFORMATION

December 29-30

- ♦ Hoops on the Harbor

January 19

- ♦ JH Winter II Sports Starts

January 23

- ♦ Battle at the Harbor

Coming Soon to CSH

- ♦ College Commitments DI-III

February 24

- ♦ Winter Sports Awards- Feb. 24th 2016

2015-2016 HIGHLIGHTS

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The Seahawk

Highlights from the CSH Athletics, Physical Education and Health Departments

DECEMBER 2015

FALL EDITION

LEAVING A LEGACY

The mere fact that Alex Kaley is a 4-year varsity football player lays the foundation for who AK is and what he means to those around him. The first day of football practice we talked about how, at successful programs, every time a back or receiver touches a ball he scores! It doesn't matter how far away or where on the field, the player doesn't stop until he crosses the goal line. From that day on, Alex did that exact thing. He ran until he crossed the goal line, jogged back, and if he had the ball on the next play he would again run hard to the end zone. By the end of the next practice, each of his teammates did the same. It became the unwritten rule - excelling became habit. As driven as this young man is, there is nothing more important to him than his team and his teammates. He sees each obstacle as a way for him to excel and his team to transcend. There are countless stories of his going beyond; getting teammates to stay longer in the weight room with him; imploring them to run the hill holding nothing back. His desire to achieve and succeed is his pendulum that never stops influencing those who see him attacking life.



TENNIS CLAIMS CONFERENCE CHAMPIONSHIP



The Varsity Girls Tennis team had an excellent season this year. The team finished with a record of 13-1 securing the title of Conference 2A Champions. This placement allowed the team to compete in the new playoff ladder system which allows for an overall county team winner to be crowned. The girls fought their way through three matches against Conference I teams and landed them in the finals against Manhasset, a team that was undefeated throughout conference play. Unfortunately, they lost 5-2 in that final match placing them as the Nassau County Semi-Finalists for the 2015 season.

The team's success can be attributed in part to the addition of some new faces this year. One standout

was 8th grader Merri Kelly Hannity. Merri Kelly's conference play of 12-2 gave the team the depth it has been lacking. Miss Hannity went on to represent CSH in the Nassau County tournament placing 2nd overall, securing her a spot to compete in the State Tournament. The State Tournament took place over Halloween weekend and once again Merri Kelly represented CSH with the composure and tenacity of a player much older than her years. She competed in five matches giving her the title of 3rd in New York State.

Crew Adds Mod Squad



Cross Country strikes a pose after a meet



Camille Roberts preparing for her next dive



Merri Kelly Hannity placed 3rd in the NYS Tennis Tournament

This past fall, the Seahawk Crew team churned up some whitecaps in Cold Spring Harbor. Our season started off with our first race being canceled but, even though the team didn't get to race until mid October, we kept busy! This season, we had several 7th and 8th graders try out for the team for our very first middle school rowing program (Modification Team or Mod Squad). In just a few short days, the young rowers were able to show off their new rowing skills at a successful Boathouse Open House, in which parents and families members were able to jump into a coach boat and watch the rowers scrimmage amongst themselves. Parents were excited to get the chance to be up close to their children racing and they captured the moment through pictures and speaking with coaches and other rowing families. It was a beautiful day out on the harbor!



Our season ended with the Head of the Fish regatta in Saratoga on Halloween weekend. Our varsity team did a wonderful job holding off and beating all of their Long Island competition. When asking the girls varsity 4 coxswain, senior Cailey Brogan, about her race she said, "It was powerful, cohesive and a great way to end my last high school fall season." The coaching staff is very proud of the strokes the team took out on the water and are excited to watch the rowers gain strength and power during winter training!

Nassau Zone PE Award Winners



Congratulations to Caroline Kiernan and Spencer Starr on their outstanding Physical Education Awards. Nassau Zone selects one male and one female who demonstrate NYS learning standards for Health and Physical Education. These NYS standards include living a physically active lifestyle, high level of fitness during testing, and exceptional achievement within physical education class. These two students have also shown tremendous leadership, sportsmanship, character and lifelong learning throughout their careers at CSH.



Students Take The Lead

In High School Physical Education we have our students teaching our teachers. In Mrs. Castellanes' Dance Movement and Fitness class, the teachers of Cold Spring Harbor went through a step aerobics class that was developed by the students. The students invited the teachers and administrators and most everyone gladly accepted. It was great to see the students create their routines and execute the lessons using the teachers as students.



NASSAU COUNTY HALL OF FAME

Wally Szczerbiak was a two sport star at Cold Spring Harbor High School. By the time he graduated in 1995, everyone knew him. His athleticism and intelligence on the baseball diamond and basketball court paved his way to success. Wally played varsity baseball at Cold Spring Harbor for four years, tearing the cover off the ball. He batted .520 for his career, and finished 18-1 as a pitcher. He led the Cold Spring Harbor Seahawks to the 1994 New York State title. Jay Hegi, who coached Wally in baseball, said that the major league baseball scouts came down to watch Wally play, but he had to inform them that Wally's heart was in basketball. Szczerbiak put up spectacular numbers in baseball, but even those paled in comparison to what he did on the basketball hardwood.

Coached by Kevin Culhane, Wally was selected as an All-County, All-State and All-American athlete. He was Newsday's "Basketball Player of the Year", averaging 37 points, 15 rebounds, four assists, and two blocks per game. He led Cold Spring Harbor High School to its only Long Island basketball championship, pouring in 58 points against Center Moriches High School. Szczerbiak put Cold Spring Harbor basketball on the map. He scored 1,709 career points, and held the Nassau County single season scoring mark with 805 points. Coach Culhane said, "Sure, he was a great player, but he was also a great teammate and leader as well." Wally was respected for his outstanding sportsmanship and respect for the game's officials, coaches and players. It's no surprise that his #32 jersey was retired by his high school.

Wally continued his basketball career at Miami University (Ohio). As a Redhawk, Wally led his team to a Sweet 16 appearance and was named MAC player of the year. In 1999, he was named a first team All-American by Sports Illustrated. Later that year, Wally achieved his dream and was selected with the 6th overall pick by the Minnesota Timberwolves. In 2002, he was considered one of NBA's elite by being named to the All-Star team. This year, Wally was inducted into the Nassau County High School Athletics Hall of Fame



WESTSIDE SETS THE BAR HIGH



Caitlin Roberts and Christian Insinga on the bar and Carolyn Gavalas and Christina Sabella on the pegs

The new peg board and pull-up bar has been a huge hit. So far the peg board has been dominated by the girls, especially 6th graders Carolyn Gavalas and Christina Sabella, and 3rd graders Ava Joy Coco and Megan Jasinski. The Mazzei boys, Andrew (4th) and Michael (2nd) are nipping at their heels. Our fitness theme for September focused on the Fitnessgram and the always popular PACER. Our grade level leaders were:

6th grade: Christian Insinga (100 laps) and Gillian Will (60 laps)

5th grade: CJ Reilly (86 laps) and Nicolette Loeffler (70 laps)

4th grade: Luke Roberts (78 laps) and Gianna Marino (52 laps)

The 4th, 5th and 6th grade enjoyed some early fall time outside on our Soccer Golf course (SOLF.) Here at West Side we have a challenging 4 hole par 14 course. On the boys side it came down to two 5th graders, Jack Hinick and Jack Jusko, both playing to a 1 under par. Not to be outdone by her little brothers climbing strength, 6th grader Sara Mazzei put on a skills clinic on the girls side, playing to an even par.

Fall Sports Awards

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

Boys Cross Country

Robert Becker – Coaches
Ryan Burns – Coaches
Connor Lynn – Coaches

Boys Soccer

Matthew Amendola – Coaches
Dante Polsinelli – Coaches
James Schubauer – Coaches
Timothy Sherlock – Sportsmanship

Cheerleading

Amanda Amodeo – Sportsmanship
Lindsay Herling – Coaches
Francesca Polsinelli – Coaches
Carlie Shammah – Coaches
Alexa Spinnato – Coaches

Crew

Martine Brechter – Sportsmanship
India Hamilton – Coaches
Mikayla Hubner – Coaches
John Sepanski – Coaches
William Sepanski – Coaches
Kathleen Tuveson – Coaches
Devin Wenger – Sportsmanship
Spencer Woods – Coaches

Field Hockey

Samantha DeBellis – Coaches
Mikaela Hawkinson – Coaches
Paige Herling – Sportsmanship
Lauren Paolano – Coaches
Kylie Tsotsos – Coaches

Football

Devin Burdo – Coaches
Alexander Kaley – Sportsmanship
Joseph Marascuillo – Coaches
Michael Visconti – Coaches

Girls Cross Country

Fiona Haegeland – Coaches
Daniela LoCastro – Coaches

Swimming and Diving

Kaitlyn Coughlin – Sportsmanship
Emily Krusos – Coaches
Camille Roberts – Coaches
Maya Zaatari – Coaches

Girls Soccer

Caitlin Hooks – Coaches
Sarah Lastig – Coaches
Nicole Lebedin – Coaches
Lauren Spinnato – Coaches

Tennis

Julia Amoruso – Sportsmanship
Molly Bechand – Coaches
Olivia Howell – Coaches
Alexandra Pomper – Coaches

Volleyball

Rebecca Coster – Sportsmanship
Victoria Lizak – Coaches
Tatiana Polsinelli – Coaches
Vera Simmons – Coaches

"One of the most important keys to success is having the discipline to do what you know you should do, even when you don't feel like doing it."



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