

COLD SPRING HARBOR ATHLETICS



The Seahawk

Highlights from the CSH Athletics, Physical Education and Health Departments

SPRING EDITION

JUNE 2015

IMPORTANT DATES AND INFORMATION

August 17

- ♦ JV and Varsity Football Begins

August 24

- ♦ All other JV and Varsity Sports Begin

September 2 @ 7pm

- ♦ High School Code of Conduct meeting - PAC

September 8

- ♦ All Junior High Sports Begin

September 16 @ 7pm

- ♦ Junior High Code of Conduct meeting - PAC

October 17 @ 2pm

- ♦ Homecoming vs Roslyn

SPRING HIGHLIGHT

Gains for Brains 2
Showcase

Rosenberg Drives 2
For Success

Harouche Finishes 2
Strong

Health Education 3
News

Roadtrip 3
Challenge at
Lloyd Harbor

Healthy Tips for 3
Summer

Seahawk 4
Accomplishments

BOYS LAX BRINGS HOME STATE TITLE

The 2015 Boys Varsity Lacrosse season was a magical ride! The tone for our off-season workouts was set by the devastating loss to Locust Valley in the 2014 Nassau County Championship Game. Our players worked extremely hard not only in the weight room, but also at our weekly winter indoor practices at the HUB. Following the first indoor practice, you could see that this team had the talent to win the State Championship! What remained to be seen was if the team's chemistry would develop, not to mention if we would be lucky enough to remain injury-free which is always a concern to a coach. The five captains did a wonderful job of blending together the seniors, juniors, sophomores, and freshmen players into one cohesive unit. It was a team where each player followed our motto of: "KNOW your job, DO your job". This team was extremely well-balanced. It seemed not only that they became a better team each week, but each week was more enjoyable. The culmination of winning the New York State Championship is something that each and every person associated with the Seahawk program will take with them for the rest of their lives! The coaches thank everyone for their unwavering support throughout the season...but most of all they thank our players for their passion and love of being a Seahawk lacrosse player!



DYNAMIC DUO RALLIES TO STATES



After an extremely successful season dominating the top two singles spots for the Cold Spring Harbor Boys Tennis team, Sean Mullins and Patrick Hannity teamed up to take on the best teams in New York in the State Championships. After breezing through the opening rounds with their traditional aggressive and high energy hitting, Sean and Patrick found themselves battling it out in the State Championship final. The team they were playing had picked off two of the favorites for the title already in getting to the final so Sean and Patrick knew they had a tough opponent in front of them. A tough and long first set of highly entertaining tennis saw the boys down 5-7, only the second set they had dropped all tournament. The dynamic duo continued to press and fight for every ball in true Cold Spring Harbor style, but in the end they fell just short dropping the second set and the match 5-7 3-6. Despite the loss, the season for the boys as a whole was a huge success and coming in 2nd place in the entire state of New York, even at such an early stage in their high school careers was really the icing on the cake. A massive congratulations to Sean and Patrick for an amazing run to the final. Next year we are sure they will go one better and bring the title home.



*Students during
West Side's Field Day*



*Baseball after winning the
Conference Championship*



*Isabelle Harouche will
continue her track career
at Wake Forest.*

GAINS FOR BRAINS SHOWCASE

On April 18, 2015, twelve of the top girls lacrosse teams in the tri state area came to play in our first ever Gains for Brains Lacrosse Showcase. This event was a fundraiser benefiting the Making Headway Foundation, which supports children who face brain and spinal cord tumors. Andrew "Raff" Rapaport from News 12, came up with this idea in honor of Courtney Tomkin, who lost her battle with brain cancer at the age of 17. Andrew, along with MSG Varsity and our Cold Spring Harbor lacrosse family, jumped at the chance to host this event and raise money for the charity that supported Courtney. We are excited to have this unique opportunity and are already looking forward to next year. Save the Date - April 16, 2016.



ROSENBERG DRIVES FOR SUCCESS

Jenny Rosenberg started the season taking second place at the Masters Drive, Pitch and Putt competition at Augusta National Golf Course in Augusta, Georgia. She won six of her eight matches during the season. Jenny finished the year tying for second as an individual player in the Nassau County Girls Golf Championships. She went on to the State Championship held at SUNY Delhi and placed fifth in the state as an individual player. Jenny possesses the character and leadership all athletes should strive for. In the heat of competition she doesn't hesitate to help a struggling competitor and she consistently shares her knowledge of golf with her teammates.



HAROUCHE FINISHES STRONG

Four members of the girls track team competed at the High School National Championships in Greensboro, NC on June 20 & 21. The Distance Medley Relay team of Daniela LoCastro (1200m), Alexia Insinga (400m), Katherine Wells (800m) and Isabelle Harouche (1600m) set a new school record (12:26.39) and finished 19th overall in the US.

Isabelle Harouche capped off her high school career with an amazing anchor leg, moving the team up 5 places and running the second fastest 1600m leg of the race. Isabelle finishes her CSH Track career as the most decorated runner in school history and will be taking her talents to Wake Forest University.

Isabelle Harouche CSH Accomplishments: 2x Ranked USA Top 30 in the Mile, 3x All State, 8x County Champion (4x Indoors, 4x Outdoors), 9x All County (5x Indoor, 4x Outdoor), 7 Indoor School Records, 6 Outdoor School Records

HEALTH EDUCATION NEWS

Setting and Achieving Goals, Making Healthy Decisions, Learning about Good Communication Styles, Choosing Good Friends and Being a Good Friend, Peer Refusal Strategies and Coping with Stress and Managing Emotions have been some of the very important skills students are learning. The Health Curriculum in grades 4, 5 and 6 complement each other, while building awareness of healthy life skills and promoting unity throughout the schools. Students practice their social and emotional skills through small group activities and role playing. These activities foster “teachable moments” and promote healthy bonding and socialization among the students. Classroom activities allowed every child to participate! Discussions and health related games allowed students to ask questions as well as to reinforce and clarify their understanding of various health related topics. Students loved learning about their bodies, about growing up, and about how to take care of themselves. Most importantly, they enjoyed learning how to make healthy choices!



ROADTRIP CHALLENGE AT LLOYD HARBOR



Students in grades 2-4 participated in the Lloyd Harbor School Road Trip Challenge this year in their Physical Education classes. The Road Trip Challenge was used as motivation to get the students to be physically active outside of their Physical Education classes. The goal was to make a trip from Lloyd Harbor School to Hollywood, California, based on the physical activity of the students. Every time the student performed an hour of physical activity outside of school they would earn three miles toward Hollywood. They would fill out a sneaker sheet that showed what activity they did and would hand the sheet into Mr. Toscano or Mr. Lynch. Whichever class finished with the most total miles was declared the winner. We submitted our Road Trip Challenge to the Nassau County AAPHERD “Get Moving Contest” and placed 3rd in all of Nassau County.

HEALTHY TIPS FOR SUMMER

Pair your grilling with fruits or vegetables- Watermelon, Pineapple, Honey Dew, Cantaloupe, and Oranges are great alternatives to chips, potato/macaroni salad or coleslaw.

Pick the right burger- Choose a burger with around 80% lean meat. Also, skipping the cheese could save you 115 calories and up to 9 grams of fat.

Hydrate often- Drink lots of water throughout the hot summer days. When exercising for 45 minutes or more, split a sports drink with water.

Stay protected from the sun- Make sure to wear a hat to protect your scalp from sunburn. Apply sunscreen every two hours when you are in the sun for an extended period of time.

Exercise at least 30 minutes a day- Exercising at least 30 minutes of moderate to vigorous activity can help improve physical and mental well-being. Try to exercise in the early morning or late evening to avoid the hottest parts of the day.

Use your pool for laps- Lap swimming is a great full-body workout to do in the summer. Swimming keeps you cool and can burn up to 500 calories per hour.

Have fun- Get involved in leisurely activities like Bean Bag Toss, Kan-Jam, Horseshoes, Ladder Toss, Bocce or Spike Ball. These games are great to enjoy with friends and family of all ages.



SEAHAWK ACCOMPLISHMENTS IN 2014-2015

OUR TEAMS ACHIEVED HIGH LEVELS OF SUCCESS

Playoff bound in 25 out of 27 programs
Qualified for State Championships in Track and Field, Crew, Wrestling
Qualified for County Championships in Gymnastics and Fencing
Played in 6 County Finals
Played in 2 Long Island Championship Games
Won 5 Conference Championships
Won 1 County Qualifying Tournament
Won 2 County Championships
Won 1 Long Island Championship
Won 1 State Championship



Hopefully these accomplishments keep the fire burning inside to continue the tradition of excellence at Cold Spring Harbor.



*"Most look up and admire the stars. A champion climbs a mountain and grabs one."
-H. Jackson Brown Jr.*



The next issue of THE SEAHAWK will be coming to you in the Fall of 2015!