

Cold Spring Harbor Athletic Department

JH Spring Sports Information

"A Commitment to Excellence"

March 9th, 2015

Dear Parents/Guardians and Student-Athletes,

The JH Spring Sports season begins March 30th. I would like to communicate some important information for student athletes.

All student athletes must have a White Authorization Form. Athletes who participated in a fall, Winter I or II sport and have an up to date physical must fill out a new White Authorization Form, front and back, and submit it to the school by Tuesday, March 24th. The White Authorization Forms may be printed from the district athletic website under the link "forms". Forms are also available in the nurse's office or the athletic office.

Students who did not participate in a fall, Winter I or Winter II sport must see the school nurse and submit a completed physical along with the White Authorization Form. The school doctor will be at Cold Spring Harbor on March 3rd to see athletes who need a physical examination.

Below are important dates and a list of the sports offered during the spring season.

Junior High Athletics:

- **Spring Season – Begins March 30th**
 - 7th grade boys Lacrosse
 - 8th grade boys Lacrosse
 - 7/8 grade boys Lacrosse
 - 7th grade girls Lacrosse
 - 8th grade girls Lacrosse
 - 7/8 grade girls Lacrosse
 - 7th grade Baseball
 - 8th grade Baseball
 - 7th grade Softball
 - 8th grade Softball
 - Boys and Girls Track
 - 7th grade boys tennis
 - 8th grade boys tennis

Practice and Game Schedules:

Practice schedules will be communicated to you weekly by coaches. Other schedule information will be posted on the district website under athletics. Game schedules will be on the Section VIII website prior to the start of the season and then placed into Schedule Star for your convenience. All game changes will be noted on Schedule Star. Athletic commitment is five days and most games will begin at approximately 4:30pm.

Expectation:

Junior High sports are to be a fun, educational and rewarding experience. Commitment, dedication, tactical and skill development are of the highest priority. These teams are stepping blocks to high school athletics. All teams are an integral part of our athletic vision and success.

We are looking forward to an enjoyable and successful spring season. If you have any questions, please contact the athletic office at 631-367-6826 or via email at mbongino@csh.k12.ny.us.

Sincerely,

Michael Bongino

Director of Health, Physical Education and Athletics

“Falling in life is inevitable, staying down is optional”

- Carrie Johnson