

Team Preview: Cold Spring Harbor - Seahawks

2014 In Review: The Seahawks finished with a 10-1 record in Conference IV losing in the County Championship to Seaford

Departures: Hunter Guarneri Nassau CC Lacrosse, Teddy Bentley Washington & Lee Lacrosse, Joey Libretti Union Football and Connor Cassidy Nassau CC Football.

Offense: the Seahawks run a Power I offense and have the following players returning; Thomas Milana senior WR 5'11 180, Aidan Adomities senior TE 6'4 205, Casey Reynolds junior WR 6'2 180, Kolton Gagnon junior OL 6'2 210, Richie Striano junior FB 5'11 185 and Dom Striano junior OL 6'0 210. A newcomer is Danny Striano junior RB 6'0 170.

Defense: they play a 5-3-3 defense and have the following players returning; Thomas Milana DB, Aidan Adomities DE, Casey Reynolds DB, Kolton Gagnon DL, Richie Striano LB and Dom Striano DL. A newcomer is Danny Striano DB.

Special Teams: To be decided in camp

Schedule:

Friday, 9/07, @ Island Trees, 6:30PM
Friday, 9/14, Carle Place/Wheatley, 7:00PM
Friday, 9/21, Locust Valley, 7:00PM
Saturday, 9/29, @ East Rockaway, 2:00PM
Saturday, 10/06, @ Seaford, 6:00PM
Friday, 10/12, Malverne, 7:00PM
Friday, 10/19, West Hempstead, 6:00PM
Saturday, 10/27, W.T. Clarke, 2:00PM

Schedule is courtesy of nassauboces.org

Question Marks: Ranked 2nd in the Nassau County Pre-Season Conference IV. Coming off a tremendous season they lost many starting players however they have many players returning and many of them are underclassmen.

Recruiting: Seniors Thomas Milana and Aidan Adomities will play somewhere in college but not sure what sport. There are also many rising juniors that if they have good years could become prospects.

Coach's Comments: We still have plenty of talent from last years' 10-1 team and we expect to make it back to the County IV Finals. Coach Jon Mendreski now in his 3rd season