

Team Preview: Cold Spring Harbor - Seahawks

2018 In Review: finished with a 10-2 in Nassau County Conference IV and then beating Shoreham-Wading River in the LIC 4

Departures: Aidan Adomaites Stony Brook Football, Ray Costa UVA Wrestling, Thomas Milana Nassau CC Student and Danny Striano Providence Lacrosse

Offense: Power I - Defense: 5-3-3

Returning Players: Richie Striano senior QB/LB 5'11 185 63 tackles is one of 3 brothers on this team al triplets, Casey Reynolds senior WR 6'3 190 16 receptions/520 yards receiving/5 td's, Dom Striano senior OL/DE 6'2 210, Ethan Burdo senior OL/LB 6'1 240, Peter Striano senior OL/DE 6'1 205 and Jacob Bruno senior RB 6'1 185.

Newcomers: A newcomer is Brady Strough senior RB/DB 5'10 180

Schedule:

Friday, 9/13, @ Carle Place/Wheatley, 6:30PM

Friday, 9/20, Locust Valley, 6:30PM

Saturday, 9/28, @ East Rockaway, 2:00PM

Saturday, 10/05, Seaford, 6:00PM

Friday, 10/11, Valley Stream South, 6:30PM

Saturday, 10/19,@ W.T. Clarke, 2:00PM

Friday, 10/25, Malverne, 7:00PM

Saturday, 11/02, @ West Hempstead, 3:00PM

Schedule is courtesy of www.secviii.org

Question Marks: Seeded 1st in Nassau County Conference IV they should repeat as Conference IV Champ if they stay focused and take one game at a time I can't see them losing.

Recruiting: Senior Casey Reynolds is their top football prospect while the Striano brothers play multiple sports and will play one of their sports in college. Seniors Ethan Burdo and Jacob Bruno will play somewhere in college not sure for what sport.

Coach's Comments: We return our entire offensive/defensive lines and we have some other good athletes so we're looking for another run.
Coach Jon Mendreski now in his 4th season