

NORTH HUNTERDON HIGH SCHOOL

Michael P. Hughes
Principal

John P. Hahola, Jr.
Assistant Principal

Dr. Richard Bergacs
Assistant Principal



Patricia Raleigh
Director of Guidance

John Deutsch
Administrator/Director of Athletics

Carol Skidmore
Dean of Students/Math Supervisor

December 1, 2011

Dear Parents, Guardians, and Students:

On Friday, December 16, 2011 all North Hunterdon High School Winter Athletic teams will have the opportunity to attend a presentation through the Lions Athletic Leadership Academy. We are fortunate to have Jarrod Spencer, Psy.D. visit our school and speak to our athletes on the following topic: "Mind of the Athlete: Clearer Mind, Better Performance." Topic: Sleep: The #1 factor in performance is sleep. Drawing upon a wealth of research in medicine, psychology and sports, this program explains the psychology of sleep. Students learn practical skills to improve the quality of sleep.

Individual teams will be scheduled throughout the day from 7:30 a.m. to 2:30 p.m. Staff will release teams throughout the day following the approved schedule. This program will teach student athletes how the mind works in correlation with their emotions. Dr. Spencer's communication style is positive, proactive, and results-focused.

Different programs will be presented for each athletic season throughout the school year. The "Mind of the Athlete" program will be placing a major focus on sports psychology content, goals, time management, team play, etc.

It is our sincere hope that between these activities and discussions you have with your children, we will be able to build a better understanding of the positive effects of team sports in a student's life and maintain an atmosphere of positive athletic comradery in our school and community.

If you have any questions regarding our planned activities, please do not hesitate to contact my office.

Sincerely,

Principal
Michael P. Hughes

Athletic Director-Administrator
John Deutsch

Jarrod Spencer, Psy.D.
Mind of the Athlete, Inc.



Dr. Jarrod Spencer is a Sports Psychologist who is passionate about improving the emotional health of athletes. He is a trusted authority on the mind of today's athlete.



GO LIONS!