

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

March 1, 2013

Dear Parents, Guardians, and Students:

On Friday, March 8, 2013 all North Hunterdon High School Spring 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: Emotional Energy Management: Performance is directly linked to the amount of emotional energy we have. This program teaches us ways to conserve energy, restore our energy, and optimize our energy for better performance.



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.

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 teaches athletes how to deal with different emotional imbalances that may occur during performance. Dr. Spencer's communication style is positive, proactive, and results-focused.

Different programs have been presented for each athletic season throughout the school year. The North Hunterdon Athletic Department is committed to have Dr. Spencer continue to speak to our athletes the next couple of years with different topics. 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.



GO LIONS!