



# NORTH ATHLETICS



**Freshmen and Parent Information**

**Welcome to North Hunterdon HS**



# NORTH ATHLETICS



## ***NORTH HUNTERDON HIGH SCHOOL ADMINISTRATION***

***Richard Bergacs, EdD  
Principal***

***John P. Hahola, Jr.  
Assistant Principal***

***Greg Cottrell  
Assistant Principal***

***John Deutsch  
Admin/Athletic Director***

***Mike Squarcia  
Guidance Supervisor***

***Carol Skidmore  
Dean of Students/Math  
Supervisor***

## ***NORTH HUNTERDON HIGH SCHOOL ATHLETIC OFFICE***

***Sue Landgraf  
Athletic Secretary***

***Karen Ellis  
Bookeeper-Specialist***



# NORTH ATHLETICS



Athletics is a very integral part of your education at North Hunterdon High School either as a spectator or participant. Athletics is an extension of the school day where the learning process still continues.

We encourage our students to become involved in as many programs as possible. North Hunterdon High School serves as a community center due to the geographics of our sending Districts.

We have an excellent staff of coaches who take an interest not only in the student athlete's performance on the field, but his or her academic and social performance as well.

Communication is so very important in conducting a successful program. Please address the coaching staff with your concerns or problems. They are but a phone call or e-mail away. Utilize their service and expertise.

### Membership Affiliation

- New Jersey State Interscholastic Athletic Association - Group IV North II
- Skyland Conference - Delaware Division
- Hunterdon/Warren County Athletic Association



# NORTH ATHLETICS



## Athletic Required Paperwork:

Athletic Paperwork website:

<http://www.nhvweb.net/nhhs/athletics/athletic-medical-forms/>

Ask the Trainer website:

<http://www.nhvweb.net/nhhs/athletics/athletic-medical-forms/ask-the-trainer/>

North Hunterdon Regional High School requires a baseline Impact neurocognitive test for each student-athlete for athletic clearance. If a concussion has been sustained the student-athlete will need to re-take the Impact test. The student is required to return to all baseline testing levels for return to play. The student-athlete may need to be seen by the school doctor before being returned to play.

Please check the athletic website 2 months prior to the sport you want to participate in for updates to required medical paperwork. Emails are sent out to all parents each season with the required medical, tryout and Impact information.



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All of our information including contacting coaches is on the Athletic website:

Athletic Website: [Athletic website: http://www.nhvweb.net/nhhs/athletics/index.php](http://www.nhvweb.net/nhhs/athletics/index.php)

Fall Sports: <http://www.nhvweb.net/nhhs/athletics/fall/>

Winter Sports: <http://www.nhvweb.net/nhhs/athletics/winter/>

Spring Sports: <http://www.nhvweb.net/nhhs/athletics/spring/>





# NORTH ATHLETICS



## PARENT MUST FOLLOW THE EIGHT CHAIN OF COMMAND STEPS:

- Athlete to immediate coach,
- Athlete to immediate coach / Head Coach,
- Parent and Athlete to Assistant Coach or Head Coach,
- Parent and Athlete to Assistant Coach or Head Coach / AD,
- Parent and Athlete to Assistant Coach or Head Coach / AD / Assistant Principal,
- Parent and Athlete to Assistant Coach or Head Coach / AD / Assistant Principal / Principal,
- Parent and Athlete to Assistant Coach or Head Coach / AD / Assistant Principal / Principal / District Office,
- Parent and Athlete to Assistant Coach or Head Coach / AD / Assistant Principal / Principal / District Office / BOE



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## Guidelines for Athletes

- Student athletes are expected to be in regular school attendance. Athletes must be in school prior to 11:35 am to be eligible to practice or participate in a contest. The only exception will come from the Principal, Assistant Principal, or the Director of Athletics.
- Conduct unbecoming an athlete and the High School will result in a conference with the head coach and Director of Athletics. This includes vulgar language, obscene gestures and disrespectful behavior toward coaches, officials, or other athletes. Such conduct could lead to suspension and possible expulsion.
- Possession or use of drugs (including alcohol) will result in immediate suspension and possible expulsion from the team.



# NORTH ATHLETICS



## Guidelines for Athletes

- Possession or use of Tobacco will result in a conference with coach and possible suspension and/or expulsion from the team.
- Vandalizing or stealing will require restitution and may result in expulsion from all teams. This includes material from our school as well as any other high school.
- Bus misbehavior will result in a conference with the Director of Athletics and coach and may result in suspension and or expulsion from the team.
- All athletes will automatically miss all practices and contests occurring during the time that an athlete is serving an out-of-school suspension.
- At the beginning of each sport season, the coach will advise his/her athletes of what constitutes an unexcused absence.





# NORTH ATHLETICS



## Code for Sportsmanship

### **For Players**

Recognize that you represent your school and that any reflection on your conduct is a reflection on your school. Keep faith with your school, your coach, your comrades, and yourself. Follow your coach's instructions, be respectful to officials; accept adverse decisions. Try that much harder.

### **For Students**

Remember you represent your school the same as the athletes. Encourage good sportsmanship, courteous treatment of visitors, and absolute fairness under all conditions. We ask you to make your visitors feel welcome and to see that proper standards of sportsmanship are followed. Become familiar with the rules of eligibility and support your team, especially when it is losing and needs you most.

### **For Spectators**

Regard the playing of the game as an art and appreciate and enjoy it as such. Show respect for officials, respect for players, respect for boys and girls, and respect for yourself. These are essential for raising the standards of good sportsmanship. Become familiar with the rules of the game, and you will enjoy it much more.

The spectator also has a role in the program. If the program is going to continue to be successful, the spectators must encourage good sportsmanship, courteous treatment of visitors, and absolute fairness under all conditions.

Be Cooperative - Don't walk on any playing area. Let the coach's coach, players play, and officials officiate.

### **For All**

Sportsmanship is simple. It is merely controlling strength, being courageous and weakness, keeping the rules, playing the game, and being on the level with adversaries and yourself.

Check out the North Hunterdon website for more information

<http://www.nhvweb.net/nhhs/athletics/>



# NORTH ATHLETICS



## **NJSIAA Eligibility Rules for Participation**

NJSIAA requirements state: *An athlete becomes ineligible for high school athletics if he/she attains the age of 19 prior to September 1.*

*However, any athlete attaining the age 19 on or after September 1 shall be eligible for the ensuing year.*

As an incoming student from grammar school (8th grade) there are no credit requirements for the Fall or Winter season; however, to be eligible for the second semester (Spring season) a student must be passing 15.0 credits at the conclusion of the first semester (January 30).



# NORTH ATHLETICS



## NJSIAA Eligibility Rules for Participation

Students in grades 10, 11, and 12 are eligible for athletic participation during the Fall and Winter seasons if they pass 30.00 credits during the immediate preceding academic year.

To be eligible for the Spring season, a student must be passing 15.0 credits at the conclusion of the first semester (January 30). If a student is eligible at the start of a sports season, he/she remains eligible for that entire sports season regardless of his/her grades at the end of a marking period.

A student becomes ineligible for high school athletics when the class in which he/she was originally enrolled has graduated.



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## Sports at NHHS by Season

During the current scholastic year, we will compete in the following interscholastic Sports:

**Fall Season** - Football\*, Boys' Soccer, Girls' Soccer, Boys' Cross Country, Girls' Cross Country, Cheerleading\*, Girls' Field Hockey, Girls' Tennis, Girls' Gymnastics, Girls' Volleyball

**Winter Season** - Boys' Basketball, Girls' Basketball, Boys' Fencing, Girls' Fencing, Boys' Indoor Track, Girls' Indoor Track, Cheerleading\*, Wrestling\*, Girls' Swimming, Boys' Swimming.

**Spring Season** – Boys' Baseball, Girls' Softball, Boys' Lacrosse, Girls' Lacrosse, Golf\*, Boys' Tennis, Boys' Track, Girls' Track,

\* Coed

Note: No new sports will be offered until further notice





# NORTH ATHLETICS



## Student Insurance

The Board of Education has purchased insurance coverage to protect all students against accidental injury. Coverage is provided for virtually all school sponsored and supervised activities Participating in school sponsored and supervised activities.

Please have your child report **any injuries immediately to the school nurse and/or trainer**. Accident reports will be provided by the school, but it will be the parents' responsibility to collect all medical bills and submit them to the Insurance Company. Questions regarding the policy coverage or about specific claims should be directed to **Markel Insurance Co. 800-445-3126**.

**Note: This policy is an excess policy. Thus parents must use their own insurance first.** this policy will usually cover those bills no covered by your own insurance up to the limit of the policy. If you do not have insurance for medical expenses, this policy will go into effect immediately. the insurance company will not be liable for medical expenses incurred beyond fifty-two (52) weeks immediately following the date of the accident.





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## SCHEDULE STAR INSTRUCTIONS

<http://schedules.schedulestar.com/North-Hunterdon-HS-Annandale-NJ>

- “Today’s events” comes up first. Below “today’s events” is the current week’s schedule. If you place your cursor on the listed game the facility and transportation information is shown.
- Below the week is “Click here to view the month”. This shows the entire month’s schedule of all sports. Use the cursor to view facility and transportation information for any contest shown on the monthly schedule.
- To view the entire season’s schedule for any one team scroll down to below the monthly chart. On the left is: “Select by Team.”  
Go to the “Sport by Team” dropdown box. Choose a team from the list. Then go to the “Year” dropdown box. Select the current year and hit “View schedule”. The schedule for that team will come up. The scores are also shown on the right so this is a good way to check to scores that are missing. In addition you can get Map Quest directions to away contests by clicking on the opponent’s underlined name.
- Opponents schedules: You can get schedules for any opponent who uses the Schedule Star system by just choosing that school in the above directions. Not all schools in The Skyland Conference use the Schedule Star system.



# NORTH ATHLETICS



## NHHS SPORTS BOOSTER CLUB

The purpose of the North Hunterdon Booster Club is to encourage and support the North Hunterdon High School Interscholastic Athletic Philosophy and all athletic activities through fund raising and volunteer efforts.

The Athletic Department encourages parents to join the NHHS Booster Club. There are many benefits to joining, such as:

- Commercial Liability Insurance
- Senior athlete gifts
- Senior scholarships
- Team equipment
- “Spirit Kits” for each family!
- Senior Athletic Awards Night in June each year.

Feel free to email the Boosters with any questions: [nhhsbc@gmail.com](mailto:nhhsbc@gmail.com)



# NORTH ATHLETICS

Thank you

**GO LIONS!**

**"Sports are a privilege not a priority.  
Remember to have fun"**

John Deutsch

North Hunterdon Regional High School

A Blue Ribbon School of Excellence

Director of Athletics

<http://www.nhvweb.net/nhhs/athletics/index.php>

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