

# NORTH HUNTERDON HIGH SCHOOL

**Dr. Richard Bergacs**  
Principal

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

**Greg Cottrell**  
Assistant Principal



**Patricia Raleigh**  
Director of Guidance

**John Deutsch**  
Assistant Principal /Director of Athletics

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

February 5, 2015

Dear Parents, Guardians, and Students:

On Friday, March 6, 2015 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 – “**Confidence**”: Confidence is a byproduct of positive experiences. This program fosters individual confidence by teaching athletes how to mentally reframe their performance through a more positive analysis. This program will also cover education on the psychological aspects of being confident as a student athlete, as well as drawing upon current research in the field of sports psychology.



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 10:15 a.m. to 2:25 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, positive student and parent roles, 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  
Dr. Richard Bergacs

Athletic Director-Administrator  
John Deutsch

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



**GO LIONS!**