

NORTH HUNTERDON HIGH SCHOOL

Dr. Richard A. Bergacs
Principal

Mr. Gregory Cottrell
Assistant Principal

Mrs. Carol Skidmore
Assistant Principal



Mr. Michael Squarcia
Director of Guidance

Mr. John Deutsch
Assistant Principal/Athletic Director

Mr. Tim Flynn
Director of Student Activities

March 1, 2017

Dear Parents, Guardians, and Students:

On Friday, March 10, 2017 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: **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 8:30 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.

North Hunterdon H.S. is the first school in the country to go through this Mind of the Athlete curriculum for the past six years. 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!