

NORTH HUNTERDON HIGH SCHOOL

Dr. Gregory Cottrell
Principal

Mrs. Carol Skidmore
Assistant Principal

Mr. Timothy Flynn
Assistant Principal



Mr. Christopher Schumann
Assistant Principal

Ms. Yulee Kim
Assistant Principal

Mr. John Deutsch
Assistant Principal-Athletic Director

August 15, 2017

Dear Parents, Guardians, and Students:

On Friday, September 1, 2017 all North Hunterdon High School Fall 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: **Communication:** Good communication skills are the foundation of effective interpersonal success. Where technology has de-emphasized face-to-face communication, this program helps teammates to develop solid one-on-one verbal skills. This program explains the physiology of communication anxiety and teaches psychological skills to modulate the fight-or-flight response.



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 8:44 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.

North Hunterdon H.S. is the first school in the country to go through this Mind of the Athlete curriculum for the past seven 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 athletic 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
Gregory Cottrell, Ed.D

Athletic Director-Administrator
John Deutsch

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



GO LIONS!

The North Hunterdon High School Athletic Department is extremely proud to be awarded the highest level Exemplary Level by the National Interscholastic Athletic Administrators Association (NIAAA) National Quality Program for 2016-2017. North Hunterdon is the first NJ High School to receive this National honor. North Hunterdon also won the State "Athletic Program of Excellence" Award for 2015-2016.