

NORTH HUNTERDON HIGH SCHOOL

Dr. Gregory Cottrell
Principal

Mr. John Mattes
Assistant Principal
Athletic Director



A NATIONAL SCHOOL
of
EXCELLENCE

Assistant Principals
Mr. John Deutsch
Mr. Timothy Flynn
Ms. Yulee Kim
Mr. Christopher Schumann
Mrs. Carol Skidmore

August 6, 2018

Dear Parents, Guardians, and Students:

On Friday, September 7, 2018 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: **Better Choices:** Underlying higher risk behaviors (substance abuse, hazing, and acts of aggression) are often moments of poor judgment. This program fosters ways to improve decision-making by understanding how the mind works best.



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 8:37 a.m. to 12:47 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 eight 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 Mattes

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.