

# 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. Robert Pellechio**  
**Mrs. Carol Skidmore**

2019-2020

Dear Parents, Guardians, and Students:

On Friday, September 13, 2019, 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 - Mind of the Athlete: Clearer Mind, Better Performance – The key to “**Better Performance**” in athletics and academics is having a clearer mind. This program explains a model of how the mind works and will provide a five-step process to gaining a clearer mind. Dr. Spencer’s communication style is positive, proactive, and results-focused.



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 7:45 a.m. to 2:25 p.m. Staff will release teams throughout the day following the approved schedule.

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 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,

Dr. Gregory Cottrell  
Principal

John Mattes  
Assistant Principal/Athletic Director

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