



# Northern Highlands Regional High School

---

Mike Koth, Assistant Principal | Athletics

To access more information regarding our programs, please return to the main menu and click on Athletics and/or Events/Dates. The most up-to-date Game Schedules are found by clicking on the link for [www.schedulestar.com](http://www.schedulestar.com) on the Athletic webpage.

**REMINDER:** All Physical forms must be received electronically and **approved** by the school nurse AND school doctor **before** participation in any of our Athletic programs. All spring sports medical forms must be submitted by **February 23**. For further medical clearance information please refer to the Athletic Information Packet on the school website: [www.northernhighlands.org](http://www.northernhighlands.org)

**Spring Sports begin March 11 for Boys Tennis.  
All other sports begin March 14.**

Tentative Game and Scrimmage schedules are posted on the school website Athletic Overview tab with the following link: [www.schedulestar.com](http://www.schedulestar.com). Coaches will also forward schedules to all families via email and will communicate all tryout and practice schedule changes directly to the student athletes. Please note that all schedules are subject to change. Additionally, all scrimmage and game changes will be on [Athletic Management Platform: Schedules, Registration, Eligibility](#), updated on the school's website and all registered parties will receive an email message from [www.schedulestar.com](http://www.schedulestar.com) regarding these changes – **please remember to register for these alerts!** See individual sport information below.

**BOYS BASEBALL:** Head Coach - Mr. Paul Albarella x. 524  
[albarellap@northernhighlands.org](mailto:albarellap@northernhighlands.org)

Tryouts will begin Monday, March 11 for pitchers and catchers ONLY, from 3:15-5:15 for all levels. All other positions will begin Thursday, March 14, from 3:15-5:15. Sundays will be utilized if necessary. Practices will run every day after school from 3:15-5:15 and on weekends as announced unless there is inclement weather. The schedule is subject to change based upon the weather. Please bring all equipment and clothing for indoor and/or outdoor practices daily. **The schoolwires page on the school website for Coach Albarella will have a tab for baseball that will be the main source for all team information.**

**GIRLS SOFTBALL:** Head Coach – Ms. Maria LaBarbiera  
[nhsoftball@northernhighlands.org](mailto:nhsoftball@northernhighlands.org)

Tryouts will begin Monday, March, 11th from 3:15-5:15 for pitchers and catchers ONLY. All other position players will begin practice on March 14th. Practices will run every day after school from 3:15-5:15 and on weekends. The schedule is subject to change based upon the weather. Please bring all equipment and clothing for indoor and/or outdoor practices daily. Attendance is required at practices, games, and Spring Break. **The schoolwires page on the school website for Coach LaBarbiera will have a tab for softball that will be the main source for all team information.**

**BOYS LACROSSE:** Head Coach – Mr. Kyle Ojakian  
[boyslacrosse@northernhighlands.org](mailto:boyslacrosse@northernhighlands.org)

Tryouts will begin March 14 for all levels. **The schoolwires page on the school website for Coach Ojakian will have a tab for boys lacrosse that will be the main source for all team information.**

**GIRLS LACROSSE:** Head Coach – Mr. Mike Menzella x. 659  
[menzellam@northernhighlands.org](mailto:menzellam@northernhighlands.org)

Tryouts will begin on Thursday, March 14 from 3:15-5:00 for all levels. We will meet outside the back gym before each session. The schedule is subject to change based upon the weather. Practices will start every day after school at 3:15, unless there is inclement weather. Games begin the week of April 1 and continue through June.

**BOYS TENNIS:** Head Coach – Mr. John Quinn x. 707  
[quinnj@northernhighlands.org](mailto:quinnj@northernhighlands.org)

Tryouts will begin March 11 @ 3:15 for all levels. Practices will run every day after school from 3:15-5:30. There may be some weekends needed for practice. Attendance is required at all team events. **The schoolwires page on the school website for Coach Quinn will have a tab for Boys Tennis that will be the main source for all team information.**

**BOYS GOLF:** Head Coach - Mr. Dean Rayside x. 692  
[raysided@northernhighlands.org](mailto:raysided@northernhighlands.org)

Boys tryouts will begin Thursday, March 14 @ 3:15 for all levels. We will look to go to a local driving range and golf simulators located in the Paramus area. Students are encouraged to practice on their own before March 14. Practices will run after school from 3:15-4:30 unless there is inclement weather. A schedule will be handed out at the preseason meeting and emailed to all players and parents for interested players. Coach Rayside will keep parents and players updated via email throughout the preseason.

**GIRLS GOLF:** Head Coach - Mr. Tom Bailey  
[baileyt@northernhighlands.org](mailto:baileyt@northernhighlands.org)

Girls tryouts will begin March 14 @ 3:15. We will look to go to a local driving range and golf simulators located in the Paramus area. Students are encouraged to practice on their own before March 14. Practices will run after school from 3:15-4:30 unless there is inclement weather. A schedule will be handed out at the preseason meeting and emailed to all players and parents for interested players. Coach Bailey will keep parents and players updated via email throughout the preseason.

**SPRING TRACK:** Head Coach - Mr. Tom Viscardi x. 705  
[viscardit@northernhighlands.org](mailto:viscardit@northernhighlands.org)

There are no tryouts for Spring Track; however, daily attendance at practice. Practices will run every day after school from 3:15-5:15, unless there is inclement weather. **The schoolwires page on the school website for Coach Viscardi will have a tab for spring track that will be the main source for all team information.** [www.nhtrack.weebly.com](http://www.nhtrack.weebly.com)

**SPRING SEASON INDOOR/INCLEMENT WEATHER/WHEN GRASS FIELDS ARE CLOSED –  
PRACTICE SCHEDULE FRAMEWORK:**

The following schedule does not preclude coaches from adjusting times, days, etc. based on need and/or each program's overall schedule, weather, etc. NOTE: coaches will strongly consider releasing sub-varsity teams/athletes in order to maximize GYM time and space on days that practices must be indoors. SUNDAY practices are announced by each coach/program.

<b>DAY</b>	<b>BACK GYM</b>	<b>FRONT GYM</b>	<b>STADIUM / TURF/ TRACK</b>	<b>PARKING LOT</b>
<b>Monday</b>	Baseball (3:15-4:30)	Softball (3:15-4:30)	Softball (3:15-4:45) Baseball (3:15-4:45)	Softball & Baseball (3:15-4:15)
	Boys Lacrosse (4:30-6:30)	Girls Lacrosse (4:30-6:30)	Boys & Girls Lacrosse (4:45-6:45)	Girls & Boys Lacrosse (4:15-dark)
	Track (6:30-8:30)	Track (6:30-8:30)	Track (6:45-8:45)	N/A
<b>Tuesday</b>	Girls Lacrosse (3:15-5:30)	Boys Lacrosse (3:15-4:30)	Boys & Girls Lacrosse (3:15-4:45)	Boys & Girls Lacrosse (3:15-4:15)
	Track (5:30-8:30)	Softball (4:30-6:00)	Track (4:45-6:15) Softball (4:45-6:15)	Baseball & Softball (4:15-dark)
	Track (5:30-8:30)	Baseball (6:15-8:30)	Baseball (6:15-8:30)	N/A
<b>Wednesday</b>	Track (3:15-5:15)	Baseball (3:15-5:15)	Track (3:15-4:45) Baseball (3:15-4:45)	Baseball & Softball (3:15-4:15)
	Boys Lacrosse (5:15-6:15)	Boys Lacrosse (5:15-6:45)	Softball & Boys Lacrosse (4:45-6:30)	Boys & Girls Lacrosse (4:15-dark)
	Softball (6:15-8:30)	Girls Lacrosse (6:45-8:30)	Girls Lacrosse (6:30-8:30)	N/A
<b>Thursday</b>	Track (3:15-5:30)	Baseball (3:15-4:45)	Track (3:15-4:45) Softball (3:15-4:45)	Softball & Girls Lacrosse (3:15-4:15)
	Girls Lacrosse (5:30-7:30)	Softball (4:45-6:30)	Baseball & Girls Lacrosse (4:45-6:30)	Baseball & Boys Lacrosse (4:15-dark)
	Girls Lacrosse (5:30-7:30)	Boys Lacrosse (6:30-8:30)	Boys Lacrosse (6:30-8:30)	N/A
<b>Friday</b>	Girls Lacrosse (3:15-4:45)	Softball (3:15-5:15)	Softball & Girls Lacrosse (3:00-4:45)	Softball & Girls Lacrosse (3:15-4:15)
	Boys Lacrosse (4:45-6:15)	Girls Lacrosse (5:15-6:30)	Baseball & Boys Lacrosse (4:45-6:30)	Baseball & Boys Lacrosse (4:15-dark)
	Track (6:15-8:30)	Baseball (6:30-8:30)	Track (6:30-8:45)	N/A
<b>Saturday</b>	Track (7:30-10:00)	Track (7:30-10:00)	Track (7:30-9:30)	Track (7:30-9:00)
	Girls Lacrosse (10:00-12:00)	Softball (10:00-12:15)	Girls Lacrosse (9:00-11:00)	Girls Lacrosse (9:00-10:30)
	Girls Lacrosse (10:00-12:00)	Softball (10:00-12:15)	Softball (11:00-12:00)	Softball (10:30-12:00)
	Boys Lacrosse (12:15-2:30)	Baseball (12:30-2:30)	Baseball (12:00-1:00)	Baseball (12:00-1:30)
	Boys Lacrosse (12:15-2:30)	Baseball (12:30-2:30)	Boys Lacrosse (1:00-3:00)	Boys Lacrosse (1:30-3:00)

**Schedules are subject to change due to fields being closed/unplayable, weather issues & coaches trading practice/gym times, etc. Coaches will inform student athletes directly regarding all changes & cancellations. Please note that many sub varsity practice sessions will be canceled if practices need to be conducted indoors.**