

## **NORTHERN HIGHLANDS ATHLETICS** **GENERAL SPORT DETAILS and DESCRIPTIONS**

Please note: Each sport is listed in alphabetical order. For more detailed information about Northern Highlands athletics and expectations, please see the Athletic Information Packet.

Coaches set practice schedules and will communicate that information with student athletes. Many coaches have team websites. Additionally, the fall and spring seasons have inclement weather/indoor practice schedules; all schedules are subject to change on late notice.

Game/Scrimmage schedules are updated online. We currently use Schedule Star to maintain game/scrimmage schedules. Families are strongly encouraged to register to receive email/text updates via the scheduling website.

Please note that parents are responsible for most transportation on weekends and during vacation periods; as well as for certain sports throughout the entire season (e.g. swimming, golf, ice hockey).

User fee payments are required for all sport participation. Payments are made during the FamilyID registration process. These fees are collected to offset costs associated with running the athletic program including, but not limited to: uniforms; referees and tournament entries.

### **BASEBALL**

<b>ELIGIBILITY:</b>	Any interested boy in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
<b>SEASON:</b>	Spring. Preseason organizational and registration meeting normally takes place in mid-January.
<b>TRYOUTS/ROSTERS:</b>	Tryouts and cuts typically occur in this sport. Roster sizes are normally 14 players per level.
<b>MEETING PLACE AND TIME:</b>	Outdoors on the baseball fields at 3:15PM - weather permitting or indoors in the wrestling gym (indoor times will vary –TBA). Weekend times will vary. Practices usually last 2 and 1/4 hours.
<b>DESCRIPTION:</b>	Baseball is offered on three levels: Varsity, Junior Varsity, and Freshman. The teams compete in the Big North Conference. The Varsity team competes in 24 games and the sub-varsity in approximately 20 games. Additional tournament games may be scheduled; typically these games will be played on weekends. Most weekday games are played at 4:15PM. Saturday games are usually at 10AM or 2:30PM. Tournament games are played on weekends. The

opportunity to play baseball is extended into the summer recreation program, which continues until mid-July. Baseball players are responsible to furnish their own cleats, gloves, protective cups, practice gear, equipment bags and bats. There is a \$50 participation/user fee for this sport.

## **BASKETBALL - BOYS**

- ELIGIBILITY:** Any interested boy in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
- SEASON:** Winter. Preseason organizational and registration meeting normally takes place in mid October.
- TRYOUTS/ROSTERS:** Tryouts and cuts typically occur in this sport. Roster sizes are normally 10 players per level.
- MEETING PLACE AND TIME:** Practice sessions are held in the gymnasium for approximately 2 1/4 hours each day on school days. Practices will normally start at 3:15PM or 5:30PM. (The amount of practice time will vary on vacation days.) Tryouts will begin on the Monday before Thanksgiving. Teams are off for the four day Thanksgiving weekend. Practice sessions will begin on the Monday after Thanksgiving and last until early March. Weekend times will vary.
- DESCRIPTION:** Basketball is offered on three levels: Varsity, Junior Varsity, and Freshman. The teams compete in the Big North Conference. The Varsity will participate in approximately 22 games including a Holiday Tournament. Sub-varsity teams compete in approximately 18 games. Additional tournament games may be scheduled; these tournament games are played on weekends. Freshman games are typically scheduled for 4:00PM, Junior Varsity at 5:30PM and Varsity at 7:00PM or 4PM. Many varsity contests will begin at 4:00PM. The opportunity to play basketball is extended into summer recreational leagues. Basketball players are responsible to furnish their own sneakers, practice gear and equipment bags. JV and Varsity Squads may need to purchase a warm up suit for pre-game warm-ups. There is a \$50 participation/user fee for this sport.

## **BASKETBALL - GIRLS**

- ELIGIBILITY:** Any interested girl in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

SEASON:	Winter. Preseason organizational and registration meeting normally takes place in mid October.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 10 players per level.
MEETING PLACE AND TIME:	Practice sessions are held in the gymnasium for approximately 2 1/4 hours each day on school days. Practices will normally start at 3:15PM or 5:30PM. (The amount of practice time will vary on vacation days.) Tryouts will begin on the Monday before Thanksgiving. Teams are off for the four day Thanksgiving weekend. Practice sessions will begin on the Monday after Thanksgiving and last until early March. Weekend times will vary. will vary.
DESCRIPTION:	Basketball is offered on three levels: Varsity, Junior Varsity, and Freshman. The teams compete in the Big North Conference. The Varsity will participate in approximately 22 games including a Holiday Tournament. Sub-varsity teams compete in approximately 18 games. Additional tournament games may be scheduled; these tournament games are played on weekends. Freshman games are typically scheduled for 4:00PM, Junior Varsity at 5:30PM and Varsity at 7:00PM or 4PM. Many varsity contests will begin at 4:00PM. The opportunity to play basketball is extended into summer recreational leagues and open gyms. Basketball players are responsible to furnish their own sneakers, practice gear and equipment bags. JV and Varsity Squads may need to purchase a warm up suit for pre-game warm-ups. There is a \$50 participation/user fee for this sport.

### **BOWLING – BOYS AND GIRLS**

ELIGIBILITY:	Any interested student in grades 9-12 who meets the Eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Winter. Preseason organizational and registration meeting normally takes place in mid-October.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 5 players per gender on the varsity level and 3 players per gender on the junior varsity level.
MEETING PLACE AND TIME:	Depart from NHRHS at 3:00PM to bowl at various local bowling alleys. The team will primarily compete at the Parkway Lanes in Elmwood Park, Bowler City in

Hackensack or at the Holiday Bowl in Oakland. Return time is approximately 6:30PM.

**DESCRIPTION:**

Bowling is open to all male and female students in grades 9-12 who are interested in improving their bowling skills and enjoy bowling competitively. Highlands offers bowling on the Varsity level for both girls and boys, as well as a coed Junior Varsity team. The team competes in the Big North Conference and in several weekend tournaments. Students must supply their own bowling ball and shoes. A participation fee of \$100 - \$125 to cover bowling lane rentals is also required.

**CHEERLEADING (Fall)**

**ELIGIBILITY:**

Any student (male or female) who is interested may participate in try-outs.

**SEASON:**

Fall preseason tryouts take place in mid-August. An organizational/registration meeting normally takes place in early June.

**TRYOUTS/ROSTERS:**

Tryouts and cuts typically occur in this sport. Roster size is normally about 18 students for the varsity and/or competition squad. In the fall we have had squads as large as 40. There are no sub-varsity levels, but depending on interest students may cheer at home sub-varsity games and/or work alongside the varsity squad at home varsity games.

**MEETING PLACE AND TIME:**

Cheerleaders practice four to five days a week. The Varsity squad will attend all home and away Varsity football games. Meetings and practices are held outdoors when the weather permits and indoors when space is available. Practice typically takes place from 3:15PM to 5:15PM.

**DESCRIPTION:**

Cheerleading is a competitive and most demanding activity because of the length of the season. Cheerleaders represent the school whenever they perform and are expected to do so in a very positive and sportsmanlike manner. Additionally, Cheerleaders may compete at local invitational competitions. Northern Highlands usually participates in two competitions during the Fall season. Stunting and participating in competitions, games and practices are a mandatory and integral part of being a member of the cheerleading squad. Cheerleaders are required to purchase their own footwear, rain gear and practice clothing. There is a \$50 participation/user fee for this activity.

## **CHEERLEADING (Winter) – Competition Squad**

ELIGIBILITY:	Any student (male or female) who is interested may participate in try-outs.
SEASON:	Winter. Preseason tryouts and an organizational/ registration meeting normally take place in early November.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. The winter season roster size is normally about 14-18 students for the competition squad. There are no sub-varsity levels.
MEETING PLACE AND TIME:	Cheerleaders practice four to five days a week. They will attend some home varsity basketball games. Practices are held in the cafeteria or in the gymnasium when space is available. Practice typically takes place from 3:15 to 5:15PM, but occasionally a night practice is needed.
DESCRIPTION:	Cheerleading is a competitive and demanding activity due to the length of the season. Cheerleaders represent the school whenever they perform and are expected to do so in a very positive and sportsmanlike manner. Additionally, Cheerleaders compete at local invitational competitions. Northern Highlands participates in four or more competitions during the winter season. Stunting and participating in practices, games and competitions are a mandatory and integral part of being a member of the cheerleading squad. Cheerleaders are required to purchase their own footwear and practice clothing. There is a \$50 participation/user fee for this activity.

## **CROSS COUNTRY - BOYS AND GIRLS**

ELIGIBILITY:	Any interested student in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Fall. Preseason organizational and registration meeting normally takes place in early June.
TRYOUTS/ROSTERS:	There are currently no tryouts or cuts in this program, but the number of participants is limited for all competitions.
MEETING PLACE AND TIME:	Weekdays the team will meet at the bleachers by the baseball field at 3:15PM. Practices typically last 2 hours and include early Saturday morning practices.
DESCRIPTION:	Cross-country is a challenging individual sport that also

competes as a team. The season typically begins on the third Saturday in August and runs until the third week in November. There are invitational meets every Saturday and Big North Conference dual/triangular meets during the week.

Each race is 5K (3.1miles). Most meets start at 4:15PM on weekdays and 9:00AM on weekends. Students are responsible to furnish their own footwear, warm-ups, practice and rain gear. There is a \$50 participation/user fee for this sport.

## **FENCING - BOYS AND GIRLS :**

### **ELIGIBILITY:**

Any interested student in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

### **SEASON:**

Winter. Preseason organizational and registration meeting normally takes place in mid-October.

### **TRYOUTS/ROSTERS:**

There are currently no tryouts or cuts in this program, but the number of participants is limited for all competitions.

### **MEETING PLACE AND TIME:**

Fencing meets every weekday at 3:15PM to 5:15PM in the main cafeteria.

### **DESCRIPTION:**

Fencing is primarily offered on the Varsity level. Some Novice competition does take place. Fencing is a competitive girls and boys sport at Highlands. Team selection is usually completed by the end of the second week in December. The teams compete against various schools from Bergen and Passaic County. Additional tournaments will be scheduled. Most tournaments take place on weekends. Sunday competitions do occur and weekend events usually last all day. Weekday matches start at 4:15PM and weekend start times will vary. Students are responsible for purchasing their own fencing equipment (approximately \$175.00), practice gear and footwear. A \$100 participation/user fee is required.

## **FIELD HOCKEY**

### **ELIGIBILITY:**

Any interested girl in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

### **SEASON:**

Fall. Preseason organizational and registration meeting normally takes place in early June.

TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 15 players per level.
MEETING PLACE AND TIME:	Field Hockey meets every day after school at 3:15PM and on Saturday mornings for practice on the fields - weather permitting or in the gym (indoor times will vary-TBA). The season begins in mid-August and lasts until early November. Due to space issues, some night practices are required.
DESCRIPTION:	Field Hockey is a competitive girls sport at Highlands that competes in the NEFHL. The girls play teams from Bergen and Passaic County. The varsity team competes in at least 16 games, the junior varsity in 14-16 and freshman 10-12 games. Additional tournament games may be scheduled. Tournament games are played on weekends. Field Hockey is offered on all three levels: Varsity, Junior Varsity and Freshman. Weekday games usually start at 4:15PM and weekend times will vary. Please note, Junior Varsity competes immediately after the completion of Varsity contests. Students are responsible to furnish their own cleats, shin guards, practice gear, equipment bags and sticks. There is a \$50 participation/user fee for this sport.

## **FOOTBALL**

ELIGIBILITY:	Any interested student in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Fall. Preseason organizational and registration meeting normally takes place in early June.
TRYOUTS/ROSTERS:	There are currently no tryouts or cuts in this program, but the number of participants is limited for all competitions.
MEETING PLACE AND TIME:	Practice: Weekdays from 3:15-5:45PM. Weekends - TBA Games: Frosh - Friday at 4:00PM or Saturday at 9:00AM. JV - Monday at 4:00PM or 6:15PM. Varsity - Saturday at 1:30 or 2:30 PM; Friday 6:00 or 7:00PM. <b>Due to space issues, some night practices are required.</b>
DESCRIPTION:	Football is a contact sport played on 3 levels: Varsity, Junior Varsity and Freshman. These different levels provide an opportunity for all students to play. The football program provides a wholesome environment for any student wishing to play a competitive sport. At the present time, approximately 80 boys are participating in the football program. The varsity season may last into early December; sub-varsity competition ends in mid-November. Football

players are responsible to furnish their own cleats, mouth guards, gloves, protective cups, girdles, some practice gear and equipment bags. There is a \$50 participation/user fee for this sport.

### **GOLF - BOYS AND GIRLS:**

**ELIGIBILITY:**

Any interested student in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

**SEASON:**

Spring. Preseason organizational and registration meeting normally takes place in mid-January.

**TRYOUTS/ROSTERS:**

Tryouts and cuts typically occur in this sport. Roster size is normally 8-10 players per team. There are separate teams for boys and girls.

**MEETING PLACE AND TIME:**

Practice and matches are held after school on weekdays at various county golf courses. Golfers are primarily transported to the courses by parents.

**DESCRIPTION:**

Competition primarily takes place on the Varsity level. A couple of sub-varsity matches are also scheduled. The Varsity golf team competes in the Big North Conference. Practice begins in mid-March, weather permitting, with competition beginning in April. There are league, district, county, and state tournaments held in May. Participants furnish their own equipment: shoes, rain gear, clubs and balls. There is a \$50-\$100 participation/user fee for this sport. Parents provide transportation for many events.

### **ICE HOCKEY**

**ELIGIBILITY:**

Any interested student in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

**SEASON:**

Winter. Preseason organizational and registration meeting normally takes place in early October.

**TRYOUTS/ROSTERS:**

There are currently no cuts from the program; however, participants tryout in order to make the varsity team. Varsity rosters cannot exceed 18 players. Additionally, the number of participants is capped for all competitions.

**MEETING PLACE AND TIME:**

Practices will be held either at Sport-O-Rama or at the high school. Practices times will vary. All Home games are



played at Sport-O-Rama. Game days and times will also vary.

**DESCRIPTION:**

Competition is typically offered on the Varsity and Junior Varsity level. Practice begins on/or around November 10 (pending NJSIAA annual calendar) and League competition will begin during the first week of December. The Varsity team competes in the BIG NORTH CONFERENCE and plays a 22-24 game schedule. Additional tournament games may be scheduled. The Ice Hockey Parent Association funds ice time/rink rental and other costs associated with the ice hockey program. A fee of \$900 to \$1100 is required. Fundraising efforts occur throughout the year to help offset the required fee. All required equipment is supplied by the student athlete/parent.

**LACROSSE – BOYS:**

**ELIGIBILITY:**

Any interested boy in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

**SEASON:**

Spring. Preseason organizational and registration meeting normally takes place in mid-January.

**TRYOUTS/ROSTERS:**

Tryouts and cuts typically occur in this sport. Roster sizes are normally 16-18 players per level. Try-outs begin in early March with team selection completed by approximately March 20 or sooner.

**MEETING PLACE:**

On weekdays, both Varsity and Junior Varsity will be meeting on the NH turf, grass fields or at Crestwood Lake Field behind the red barn at 3:15PM.- weather permitting or indoors in the gym (indoor times will vary –TBA). Weekend practices times will vary, but all weekend practices are conducted at NH. Due to space issues, some night practices are required.

**DESCRIPTION:**

Boys Lacrosse is a competitive interscholastic sport at Northern Highlands. Boys lacrosse is offered on the Varsity and Junior Varsity levels. Varsity weekday games start at 4:30/5:00 or 6:30PM with Junior Varsity immediately after the completion of the earlier Varsity contest or at 5:00PM – prior to the 6:30PM Varsity game. Saturday game times will vary. The Varsity competes in 15 regular season games with the Junior Varsity playing approximately 12. Additional weekend tournament games may be scheduled. A participation/user fee of \$135 is required. All required equipment and uniforms are supplied by the student athlete/parent and/or the Highlands Lacrosse Association.

## **LACROSSE – GIRLS:**

ELIGIBILITY:	Any interested girl in grades 9-12 who meets the eligibility requirements of NJSIAA and The Northern Highlands Board of Education.
SEASON:	Spring. Preseason organizational and registration meeting normally takes place in mid-January.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 16-18 players per level. Try-outs begin in early March with team selection completed by approximately March 20 or sooner.
MEETING PLACE AND TIME:	On weekdays, both Varsity and Junior Varsity will be meeting on the NH turf, grass fields or at Crestwood Lake Field at 3:15PM - weather permitting or indoors in the gym (indoor times will vary –TBA). Weekend practices times will vary, but all weekend practices are conducted at NH. Due to space issues, some night practices are required.
DESCRIPTION:	Girls Lacrosse is a competitive interscholastic sport at Northern Highlands. Girls lacrosse is offered on the Varsity and Junior Varsity levels. Varsity weekday games start at 4:30/5:00PM or 6:30PM with Junior Varsity immediately after the completion of the early Varsity contest or at 5:00PM prior to the 6:30PM Varsity game. Saturday game times will vary. The Varsity competes in 15 regular season games with the Junior Varsity playing approximately 12. Additional weekend tournament games may be scheduled. A participation/user fee of \$100-125 is required. All required equipment and uniforms are supplied by the student athlete/parent and/or the Highlands Lacrosse Association.

## **SOCCER - BOYS**

ELIGIBILITY:	Any interested boy in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Fall. Preseason organizational and registration meeting normally takes place in early June.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 16-18 players per level.
MEETING PLACE AND TIME:	After school at 3:15PM and weekend mornings on the soccer fields - weather permitting or indoors in the gym (indoor times will vary –TBA). The varsity team may practice on

Sunday evenings. Due to space issues, some night practices are required.

**DESCRIPTION:**

Boys are given the opportunity to compete on three levels: Varsity, Junior Varsity and Freshman. They compete in the Big North Conference with the Varsity playing 15 games and the sub-varsity teams playing approximately 13 games. Additional tournament games may be scheduled; typically these tournament games are played on weekends including many Sundays. Most weekday games are played at 4:15PM or 7:00PM Saturday games are usually at 10AM or 3 PM. Students are responsible to furnish their own cleats, shin guards, practice gear, and equipment bags. There is a \$50 participation/user fee for this sport.

**SOCCER – GIRLS:**

**ELIGIBILITY:**

Any interested girl in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education is welcome to try out for the team.

**SEASON:**

Fall. Preseason organizational and registration meeting normally takes place in early June.

**TRYOUTS/ROSTERS:**

Tryouts and cuts typically occur in this sport. Roster sizes are normally 16-18 players per level.

**MEETING PLACE AND TIME:**

After school at 3:15PM and weekend mornings on the soccer fields - weather permitting or indoors in the gym (indoor times will vary –TBA). Due to space issues, some night practices are required.

**DESCRIPTION:**

Girls Soccer at Northern Highlands is a sport that competes at the highest level of competition in the state of New Jersey. Varsity and Junior Varsity and Freshman squads are offered. They compete in the Big North Conference with the Varsity playing 15 games and the sub-varsity teams playing approximately 13 games. Additional tournament games may be scheduled; typically these tournament games are played on both Saturdays and Sundays. Most weekday games are played at 4:15PM or 7:00PM. Saturday games are usually at 10AM or 3 PM. Students are responsible to furnish their own cleats, shin guards, practice gear, and equipment bags. There is a \$50 participation/user fee for this sport.

## **SOFTBALL**

ELIGIBILITY:	Any interested girl in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Spring. Preseason organizational and registration meeting normally takes place in mid-January.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 13 players per level.
MEETING PLACE AND TIME:	Outdoors on the softball fields at 3:15PM - weather permitting or indoors in the back gym (indoor times will vary – TBA).
DESCRIPTION:	Softball is normally offered on two levels: Varsity & Junior Varsity. The teams compete in the Big North Conference. The Varsity team competes in 24 games and the sub-varsity in approximately 20. Additional tournament games may be scheduled; typically these tournament games are played on weekends. Most weekday games are played at 4:15PM. Saturday games are usually at 10AM or 2:30PM. The opportunity to play softball is extended into the summer recreation program, which continues until mid-July. Softball players are responsible to furnish their own cleats, gloves, practice gear, equipment bags and bats. There is a \$50 participation/user fee for this sport.

## **SWIMMING - BOYS AND GIRLS:**

ELIGIBILITY:	Any interested student in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Winter. Preseason organizational and registration meeting normally takes place in mid-October.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 22-24 players per gender or a maximum of 48 athletes.
MEETING PLACE AND TIME:	Practice begins in mid-November. All practices are held at the Wyckoff Y and run Monday through Saturday. Practice times will vary from right after school to 8:00-9:30PM.
DESCRIPTION:	The swim team participates in the Big North Conference. The meet schedule begins in early December and runs until

the late part of February. The Wyckoff Y will be used as the site for all home meets. Swim meet start times will vary. Swimmers are responsible to furnish their practice gear, swimsuits and goggles. There is a \$250-\$300 participation/user fee for this sport. Parents drive to most practices and events.

### **TENNIS – GIRLS:**

#### **ELIGIBILITY:**

Any interested girl in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

#### **SEASON:**

Fall. Preseason organizational and registration meeting normally takes place in early June.

#### **TRYOUTS/ROSTERS:**

Tryouts and cuts typically occur in this sport. Roster sizes are normally 8 -10 Varsity and 8-12 JV players. There is no Freshman team.

#### **MEETING PLACE AND TIME:**

Practices are held daily at the tennis courts from 3:15-5:15PM. Matches are scheduled to start at 4:15PM but usually begin earlier depending on travel time. The tennis season runs from approximately August 15 through the end of October with a county tournament being played on two weekends in mid-September. At the end of the season, state tournaments take place for qualifiers for the team, as well as at 1<sup>st</sup> singles and 1<sup>st</sup> doubles.

#### **DESCRIPTION:**

The tennis team plays a schedule of 16 Big North Conference matches, 10 of which are Divisional. A Varsity match consists of 3 singles and 2 doubles matches. In early October, there are state tournaments for teams, singles and doubles. Qualification/eligibility required. The competition is the best in North Jersey and each member of the team has a chance to develop and improve her tennis skills. Additional tournament games may be scheduled. Students are responsible to furnish their own sneakers, rackets, practice gear and equipment bags. There is a \$50 participation/user fee for this sport.

### **TENNIS – BOYS:**

#### **ELIGIBILITY:**

Any interested boy in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

SEASON:	Spring. Preseason organizational and registration meeting normally takes place in mid-January.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 8-10 Varsity and 8-12 JV players. There is no Freshman team.
MEETING PLACE AND TIME:	An organizational meeting is held in mid-January. Try-outs begin in early March. The varsity match campaign runs from early April through late May. Practices are held daily at the tennis courts from 3:15-5:15PM and weekends TBA. Matches are played at 4:15PM. County tournaments matches are played on weekends – times will vary. At the end of the season, state tournaments take place for qualifiers for the team, as well as at 1 <sup>st</sup> singles and 1 <sup>st</sup> doubles.
DESCRIPTION:	The tennis team plays a schedule of 16 Big North Conference matches, 10 of which are Divisional. A Varsity match consists of 3 singles and 2 doubles matches. The competition is the best in North Jersey and each member of the team has a chance to develop and improve his tennis skills. Additional tournament games may be scheduled. Students are responsible to furnish their own sneakers, rackets, practice gear and equipment bags. There is a \$50 participation/user fee for this sport.

**TRACK (Spring) - BOYS AND GIRLS:**

ELIGIBILITY:	Any interested student in grades 9-12 who meet the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Spring. Preseason organizational and registration meeting normally takes place in mid-January.
TRYOUTS/ROSTERS:	There are currently no tryouts or cuts in this program, but the number of participants is limited for all competitions. Daily attendance is required to maintain status as a member of the team.
MEETING PLACE AND TIME:	Daily and Saturday (Track & Field Facility) Monday-Friday: 3:15PM – 5:30PM Saturday: 8:00A.M. - 2:00PM Early March - June 10 Due to space issues, some night practices are required.
DESCRIPTION:	Spring Track is a competitive interscholastic sport at Northern Highlands. Running and / or conditioning prior to

the season is highly recommended. There is a \$50 participation/user fee for this sport.

**Spring Track participates in:**

Big North Conference Dual Meets  
Big North Conference Varsity League Meet  
Big North Conference Frosh/Novice League Meets  
Bergen County Championships (both relay and indiv.)  
Bergen County Championships for Frosh  
Varsity – State Sectional (on Memorial Day weekend)  
State Championships (first weekend of June)  
Track events - 100M thru 3200M plus hurdles  
Field Events – shotput, discus, javelin, high jump, long jump, triple jump and pole vault

**TRACK (Winter) - BOYS AND GIRLS**

**ELIGIBILITY:** Any interested boy or girl in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.

**SEASON:** Winter. Preseason organizational and registration meeting normally takes place in mid-October.

**TRYOUTS/ROSTERS:** There are currently no tryouts or cuts in this program, but the number of participants is limited for all competitions.

**MEETING PLACE AND TIME:** Depending on the weather, the team will meet on 2nd floor lobby or at the track at 3:15PM and practice will last until 4:30PM. Portions of practices will take place outdoors despite inclement and cold weather. Saturday morning practices are from 8:00AM to 10:30AM and will begin in the back gym. A couple times each week practices are held off campus; typically at the NYC Armory and at the Arena in Paramus.

**DESCRIPTION:** Winter track is for students who want to stay in shape all year, despite the pitfalls of the winter elements. There are varsity and sub-varsity competitions. Events include hurdles, dashes, middle and long distances, and field events. Most meets are held either at Fairleigh Dickinson University, the 168<sup>th</sup> Street Armory in NYC, Jersey City Armory, The Bennett Center in Toms River, or at Garfield High School. The team will send students to highly competitive meets such as the Yale Classic. Students are responsible to furnish their own footwear, rain and practice gear. There is a \$50-\$100 participation/user fee for this sport.

## **VOLLEYBALL - GIRLS**

ELIGIBILITY:	Any interested girl in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Fall. Preseason organizational and registration meeting normally takes place in early June.
TRYOUTS/ROSTERS:	Tryouts and cuts typically occur in this sport. Roster sizes are normally 10 players per level.
MEETING PLACE AND TIME:	Monday through Friday (3:30-6:00PM.) and Saturday mornings in one of the gymnasiums. On inclement weather days the practice time will rotate; this schedule is posted on the school website. The season runs from mid-August through mid-November.
DESCRIPTION:	An extra-curricular activity that incorporates fun with competitiveness. The girls learn to develop the necessary skills to play high school volleyball. We have a Varsity, Junior Varsity and Freshman program. Normally, contests are played at 4:15PM or 5:30PM; it varies at each site. The teams compete in the BIG NORTH CONFERENCE and will play approximately 18-22 games. Students are responsible to furnish their own footwear, kneepads and practice gear. There is a \$50 participation/user fee for this sport.

## **WRESTLING**

ELIGIBILITY:	Any interested student in grades 9-12 who meets the eligibility requirements of the NJSIAA and the Northern Highlands Board of Education.
SEASON:	Winter. Preseason organizational and registration meeting normally takes place in mid-October.
TRYOUTS/ROSTERS:	There are currently no tryouts or cuts in this program, but the number of participants is limited for all competitions.
MEETING PLACE AND TIME:	The wrestling room from the Monday before Thanksgiving through early March. Every weekday from 3:15PM-5:45PM. Once a week the team may practice from 4:40PM to 6:30PM. Weekend times will vary.
DESCRIPTION:	Wrestling is a unique sport that incorporates skill, mental toughness, and a high degree of fitness. It is an individual sport in a team context. It is a very demanding sport, and requires a special dedication on the student's behalf. The wrestling team competes in approximately 28 dual/tri/quad



matches and various tournaments. Students are responsible to furnish their own footwear, mouth guards and practice gear. There is a \$50 participation/user fee for this sport.