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# 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 Clubs/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 Overview webpage.

**REMINDER:** All Physical forms must be received electronically via the parent portal in Genesis and approved by the school nurse / school doctor **before** participation in any of our Athletic programs. All fall sports forms **must be submitted electronically no later than July 20** (*the sooner the better*). For further medical clearance information please refer to the Athletic Information Packet on the school website: [www.northernhighlands.org](http://www.northernhighlands.org)

**Football begins August 10, Tennis begins August 17**  
**ALL OTHER Fall Sports begin on or after August 22**  
*(see details below or contact the head coach)*

Tentative Preseason Scrimmage schedules are posted on the school website Athletic Overview tab within the following link: [www.schedulestar.com](http://www.schedulestar.com). Coaches will also forward schedules to all families via email and will communicate all practice and walkthrough schedule changes directly with the student athletes. Please note that all schedules are subject to change. Additionally, during the school year, all scrimmage / game changes will be corrected 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!** All days when school is in session, practices begin at 3:15PM or later. Coaches can be contacted at 201-327-8700 or via email (*see phone extensions and/or email addresses below*).

Many teams have workouts during the summer. Coaches will share summer workout, camp, clinic and recreational league information directly with athletes.

The Big North Conference has adopted a summer shut down/no contact period. As Northern Highlands has done for many years, our coaches/programs will not offer any athletic workouts during the shutdown period. The shut down period for this year is **7/30 through 8/7/22**. Each year, Northern Highlands also encourages all families and sports to provide for a long July 4 holiday.

**Cheerleading:** Head Coach – Mrs. Celina Digilio - ext. 603  
[cheer@northernhighlands.org](mailto:cheer@northernhighlands.org)

Tryouts will take place on **August 22 & 23 from 9 AM to 1 PM**. Day 1 will be a cheer, dance, and skill clinic on the front lawn. On Day 2, tryouts will be held in front of a panel of judges in the back gym. Daily practice for both squads begins on **August 24**. There will be additional Varsity practice hours with a cheer gym, dates TBD. An optional NCA sleep away camp for all returning athletes will take place **August 14-17** and optional summer workouts will be offered to prepare for camp and tryouts. No practice will be held over Labor Day Weekend (however, there is a Varsity pre-season game on Friday 9/2). Please bring water and snacks/light lunch to all summer practices. Always wear sneakers and athletic clothing; no jewelry or long nails at any time; hair must be tied up neatly.

**Cross-Country:** Head Coach - Mr. Joel DeStaso – ext. 643

[destaso@northernhighlands.org](mailto:destaso@northernhighlands.org)

There are no tryouts for Cross Country – Student athletes will meet at the track at **9AM on August 22**. Most August practices will begin at 9AM. Please bring water and/or Gatorade. Returning Runners should be prepared to run 5 or more miles and newcomers 2 miles. Note: Students will have Sunday and Monday of Labor Day weekend off.

**Field Hockey:** Head Coach – Ms. Jordan Paton

[fieldhockey@northernhighlands.org](mailto:fieldhockey@northernhighlands.org)

Student athletes will begin Field Hockey preseason tryouts on **August 22**. Tryout times will be released at a later date. Preseason tryouts will run from **August 22-24**. Team selections for the Varsity, Junior Varsity, and Freshman team levels will be determined on **August 24**. Preseason practices will start on **August 25**, practice times will vary for each team and determined by each respective coach. Please bring a filled water jug and/or gatorade and be prepared to run daily (approximately 3 miles, including sprints and long distance). Field hockey sticks, mouthguards, shin guards, sneakers, and cleats (optional) are required for each tryout/practice session. Field hockey sticks are available to be borrowed. Preseason concludes and the official season begins on **September 8**. If your athlete is an incoming ninth grader, click [here](#) to be added to the NHFH mailing list for further information about the 2022 season.

**Football:** Head Coach – Mr. David Cord

[football@northernhighlands.org](mailto:football@northernhighlands.org)

Student athletes will meet in the locker room at **7AM on August 10**. **Equipment distribution will take place prior to the blackout period**. During the pre-season, the football program will have some double practice sessions and will also have walkthrough sessions daily. Coaches will communicate the specific schedules and corresponding dates. Please bring water and/or Gatorade. Lunch most likely will be provided on days that there are double sessions. The Football program will workout during the summer; this will include film review, walk-throughs, workouts and weight training. Labor Day weekend schedule: Saturday 7AM - 10AM, Sunday off & Monday 5PM - 8PM. 9th Graders are off Sunday & Monday of Labor Day weekend.

**Boys Soccer:** Head Coach - Thomas Orbacz

[boysoccer@northernhighlands.org](mailto:boysoccer@northernhighlands.org)

All upperclassmen wishing to try out will meet at the track at **6AM on Monday, August 22** ready to go for the fitness test. Report back to the turf at 5:30pm for actual tryouts. Tryouts will last for 3 days with the JV and Varsity teams being selected after our 3rd day of tryouts on Wednesday, August 24th. All freshmen wishing to try out please meet at the turf field at **5:30PM on Monday, August 22** ready to go. Freshman tryouts will last for 3 days. The freshman team will be selected after our final freshman tryout on Wednesday, August 24th. Please bring water/Gatorade, snacks and a positive attitude (bring sneakers for running at each tryout day). The varsity boys soccer fitness requirements require a student athlete to be able to run two-miles in 12 minutes, 3 timed 300yard sprints in 58 seconds or less, and must be able to complete 100 push ups and 200 sit ups (not consecutively or timed, just need to be completed). Labor Day weekend Varsity schedule: Friday: normal practice schedule, Saturday: morning practice, Sunday: OFF, Monday: OFF Tryouts and practices will include some double and triple sessions through the week, as well as daily walkthroughs, classroom and film sessions all the way through to the first day of school.

**Girls Soccer:** Head Coach - Tara Madigan - ext. 614  
[madigant@northernhighlands.org](mailto:madigant@northernhighlands.org)

Student athletes will meet for preseason tryouts beginning on **Monday, August 22**. Our tryout period will include both single and double session practices. The times for tryouts and practices will vary. Student-athletes and parents will be notified about exact practice times for Monday, 8/22 the week prior. Tryouts will run from 8/22 through 8/27. From 8/27 through 9/5, practice times for each level will vary. Beginning on 9/6 (first day of school), practices will begin at 3:00pm or later. For the tryout period, please bring water and/or Gatorade, and snacks. Players should be prepared for fitness tests each morning of tryouts. All players should bring sneakers, cleats, indoor soccer shoes (if you have them) and shin guards to each session. All programs have the first game on Thursday, September 8th. For the most up to date information, please check our website at <http://nhgs.weebly.com/> and please be sure to follow us on Twitter @NHGVSoccer

**Girls Tennis:** Head Coach - Mr. Chris Broking – ext. 504  
[brokingc@northernhighlands.org](mailto:brokingc@northernhighlands.org)

On **August 17th** student athletes will meet at the varsity tennis courts at the times designated on Coach Broking's NH school wires page. There will be try-out groups reporting at different times throughout the day. Student athletes trying out should bring one can of tennis balls, beverages/snacks, and appropriate tennis gear. Please be flexible during the try-out process as we want to provide a fair opportunity for all student athletes to compete. Please refer to the coach's school wires page for all information concerning clearance from the Athletic Director's office, try-out guidelines, and scheduling. The school wires page will be updated the weekend before tryouts begin in order to have the most up to date cleared list and correct groups listed with their specific tryout report times.

**Volleyball:** Head Coach – Ms. Caryn Schanstine – ext. 544  
[schanstinc@northernhighlands.org](mailto:schanstinc@northernhighlands.org)

Tryouts will begin on **Monday, August 22** from **9:30AM – 12:30PM in the front gym**. . On August 23, 24, and 25, there will be different try-out groups, but still reporting between 9:30-12:30. Regular practice/scrimmage schedule will start August 26 and continue through the remainder of August for all levels. Student athletes should bring snacks and beverages such as water and/or Gatorade. For the most up to date information, please refer to the coach's schoolwires web page concerning clearance from the Athletic Director's office, try-out guidelines, and scheduling. Note: Students will have Sunday and Monday of Labor Day weekend off.