
Northern Highlands Regional High School

Mike Koth, Assistant Principal for 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 on the Athletic Overview webpage.

REMINDER: All Physical forms must be received electronically by the Athletic Office **and** approved by the school nurse **and** school doctor before participation in any of our Athletic programs. All fall sports medical 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

Football & Tennis begin August 9 **ALL OTHER Fall Sports begin on or after August 16** **(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. 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 and game changes will be corrected on the school's website and all registered parties will receive an email message from 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 **7/31 through 8/8/21**. Each year, Northern Highlands also encourages all families and sports to provide for a long July 4 holiday.

Cheerleading: Head Coach – Ms. Celina Poggiogalle - ext. 603
cheer@northernhighlands.org

Practice for tryouts will be held on **August 16, 17 & 18 from 10:30AM-12:30PM** in the wrestling gym or outside on the front lawn, weather permitting. Tryouts in front of a panel of judges will take place on **August 19 at 11:30AM** in the back gym. There may be an optional Summer camp for returning cheerleaders August 23-26, there will be practice that week for all freshmen and girls who do not go away to camp. Cheerleaders who make the fall squad will have mandatory practices beginning August 24. No practices will be held over Labor Day Weekend. Please bring water/Gatorade and a snack to all practices. Wear sneakers and comfortable clothing; pull your hair away from your face and no jewelry.

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

destaso.j@northernhighlands.org

There are no tryouts for Cross Country – Student athletes will meet at the track at **9AM on August 16**. 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

Student athletes will begin Field Hockey preseason tryouts on **August 16**, reporting at **3 PM** to the outdoor entrance of the locker room area. Preseason tryouts will run from **4-6pm** from **August 16-20**. Team selections for the Varsity, Junior Varsity, and Freshman team levels will be determined on **August 20**. Preseason practices will start on **August 23**, practice times will vary for each team. 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, goggles, mouthguards, shin guards, sneakers, and cleats (optional) are required for each tryout/practice session. Field hockey sticks are available to be borrowed. All student athletes will be **OFF** on **August 23, August 30, September 5-6, and September 7** (JV/Freshman Teams ... Varsity practice @ 6:30pm). Additional off days will be determined during preseason. Preseason concludes and the official season begins on **September 8**.

Football: Head Coach – Mr. Greg Russo

Football@northernhighlands.org

Student athletes will meet in the locker room at **7AM on August 9**. **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. Please see the calendar via the link: [Football Calendar](#); 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

All upperclassmen wishing to try out will meet at the track at **6AM on Monday, August 16th** 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 20th. All freshmen wishing to try out please meet at the turf field at **5:30PM on Monday, August 16th** ready to go. Freshman tryouts will last for 3 days. The freshman team will be selected after our final freshman tryout on Wednesday, August 19th. 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

Student athletes will meet for preseason tryouts beginning at 9:45AM on **Monday, August 16**. Tryouts and practices will include some double sessions, as well as daily walkthroughs through August 31. The times for tryouts and practices will vary. Beginning the first week of September, practices will begin at 3:15PM 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 teams will be given time off between Saturday afternoon on 9/5 until Tuesday, September 8 (Labor Day Weekend). The specific time off will be announced for each team in August. All programs have opening regular season game day on September 9th (9th grade on September 8th).

Girls Tennis: Head Coach - Mr. Chris Broking – ext. 504
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

Tryouts will begin on **Monday, August 16** from **9:30AM – 12:30PM in the front gym**. On August 18, 19, and 20, there will be different try-out groups, but still reporting between 9:30-12:30. Regular practice/scrimmage schedule will start August 21 and continue through the remainder of August for all levels. Student athletes should bring snacks and beverages such as water and/or Gatorade. Note: Students will have Sunday and Monday of Labor Day weekend off. 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.