



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 on the Athletic Overview 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 **January 31**. For further medical clearance information please refer to the Athletic Information Packet on the school website: www.northernhighlands.org

**Spring Sports Tryouts Begin March 7 for LAX, Golf & Track.
March 8 for Baseball & Softball. March 11 for Boys Tennis.**

Tentative Game and Scrimmage schedules are posted on the school website Athletic Overview tab with the following link: 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 regarding these changes – **please remember to register for these alerts!** See individual sport information below. Coaches can be contacted at 201-327-8700 (see phone ext and email below)

BOYS BASEBALL: Head Coach - Mr. Paul Albarella - x. 524
baseball@northernhighlands.org

Tryouts will begin Tuesday, March 8, for pitchers and catchers ONLY, from 3:15-5:15pm for all levels. All other positions will begin Friday, March 11, from 3:15-5:15. Sundays will be utilized if necessary. Practices will run every day after school from 3:15-5:15pm 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 – Mrs. Jackie Forte
nhsoftball@northernhighlands.org

Tryouts will begin Tuesday, March 8th from 3:15-5:15pm for pitchers and catchers ONLY. All other tryouts will begin Friday, March 11th. Tryouts will continue Saturday March 12th at 10:00 AM. Sundays will be utilized if necessary. Practices will run every day after school from 3:15-5:15pm 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. Attendance is required at practices and games. **The schoolwires page on the school website for Coach Forte 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

Tryouts will begin Monday, March 7 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
girlslax@northernhighlands.org

Tryouts will begin on Monday, March 7 from 4:30-6:00pm 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 4:30 pm, unless there is inclement weather. Games begin the week of March 31 and continue through June 1. **The schoolwires page on the school website for Coach Menzella will have a tab for girls lacrosse that will be the main source for all team information.**

BOYS TENNIS: Head Coach – Chris Broking - x. 704
boystennis@northernhighlands.org

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

BOYS GOLF: Head Boys Coach: Dean Rayside - x. 692
boysgolf@northernhighlands.org

Boys tryouts will begin Monday, March 7th @ 3:15pm 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 7. Practices will run after school from 3:15-4:30pm 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 Girls Coach: Karla Idunate - x.699
girlsgolf@northernhighlands.org

Girls tryouts will begin Monday, March 7th @ 3:30pm. 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 7. Practices will run after school from 3:30-4:30pm 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 Idunate will keep parents and players updated via email throughout the preseason.

SPRING TRACK: Head Coach - Mr. Tom Viscardi - x. 705
springtrack@northernhighlands.org

There are no tryouts for Spring Track; however, daily attendance at practice. Practices will run every day after school from 3:15-5:15PM, 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

**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.

DAY	BACK GYM	FRONT GYM	STADIUM / TURF/ TRACK	PARKING LOT
Monday	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
Tuesday	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
Wednesday	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
Thursday	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
Friday	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
Saturday	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.