



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 uploaded **before** participation in any of our Athletic programs. **All winter sports medical forms MUST be uploaded no later than October 20 (the sooner the better).** For further medical clearance information please refer to the Athletic Information Packet on the school website: www.northernhighlands.org

Tentative game & 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 & will communicate all practice schedule changes directly with the student athletes. Please note that all schedules are subject to change. Additionally, all scrimmage & game changes will be updated on the school's website & all registered parties will receive an email message from www.schedulestar.com regarding these changes – **please remember to register!** Coaches can be contacted at 201-327-8700 and/or their email addresses below:

Boys Basketball: Head Coach - Mr. Jim Ponchak
boysbasketball@northernhighlands.org

Tryout dates are Monday, 11/22 - Wednesday, 11/24 for all levels. Be prepared to run and bring water. Times TBD

Girls Basketball: Head Coach – Mr. Justin DeFeo
girlsbasketball@northernhighlands.org

Tryout dates are Monday, 11/22 - Wednesday, 11/24 for all levels. Be prepared to run and bring water. Times TBD

Bowling: Head Coach – Mr. Robert Tschinkel
bowling@northernhighlands.org

Tryouts will be held at Montvale Lanes in Montvale at 3:30PM on the following dates: Monday, 11/8, Tuesday, 11/9 & Wednesday, 11/10. Practices will run several days per week at Bowler City from 3:30 – 5:30PM unless preempted by a match. The bus will leave school at 3:00PM each day there is practice or a match. All bowlers are expected to have their own reactive resin bowling ball that is drilled fingertip and their own shoes. The alley will provide some balls and shoes, if necessary. Equipment (balls and shoes) may be limited this year because of Covid. Anyone trying out should wear comfortable clothing and have bottled water with them.

Winter Cheer: Head Coach - Mrs. Jessica Hummel - ext. 591
wintercheer@northernhighlands.org

Please bring water and/or Gatorade, have hair pulled back and neat. Wear comfortable clothing, preferably in school colors, hair bow if you have it and sneakers. Do not wear jewelry. Tryouts begin on Monday, 11/22 @ 3:15-5PM. Practices will be held Monday - Thursday from 3:15 - 5 however please plan for this to shift during competition weeks. Additional information will be given during tryouts.

Fencing: Head Coach - TBD - ext.
fencing@northernhighlands.org

There are no tryouts for fencing; however a commitment to attend daily practices is required. Fencing practice begins on Monday 11/29 promptly at 3:15PM. All practices will be held in the Main Cafe and will be Monday through Friday from 3:15-4:30PM (with some variance), unless preempted by a fencing meet. Student athletes should bring their own equipment, water, sneakers, snacks, etc. and be ready to start on time. There will be no practices on observed holidays except as otherwise noted.

Ice Hockey: Head Coach - Mr. Jason Beswick
icehockey@northernhighlands.org

Coaching staff will communicate directly regarding dates & times. Student athletes should bring their own equipment, water, etc. and be ready to start on time.

Swimming: Head Coach - Mr. Tom Viscardi – ext. 705
swimming@northernhighlands.org

Tryouts begin Monday, November 8th at 2:00PM. Please see the pool schedule on *nhs swim.weebly.com* for additional information, as well as the pool times for the rest of the week. Athletes need to bring goggles, a towel, a swimsuit, and water. They should also bring workout clothes (sweats and sneakers) as the students will be going to the weight room most days after practice.

Winter Track: Head Coach – Mr. Thomas Buono – ext. 520
wintertrack@northernhighlands.org

There are no tryouts for Winter Track; however, a commitment to attend daily practices regularly is required. Student athletes will meet after school at 3:15PM on Monday, November 29 before going outside to practice. Athletes should dress appropriately to practice outside each day during the winter and should bring their own water/sports drinks to practice. Daily practices are typically 3:15 – 4:45PM with some variance based on training, event group and weather. Saturday practices are held in the morning typically held between 8:00 – 10:00AM.

Wrestling: Head Coach – Mr. Daniel Rehan - ext. 584
wrestlingcoach@northernhighlands.org

Practice will begin on 11/22 at 3:15PM in the Northern Highlands Wrestling gym. Student athletes should bring running gear and sweats. Practices will be held Monday – Friday from 3:15 - 5:15PM and on Saturday from 9:00 -10:30AM. We do run outside from time to time, so it is important that students come prepared with sweatshirts and running shoes every day. Additionally, students will need their own wrestling shoes.