



# Northern Highlands Regional High School

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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.

**Bowling, Cheer, Ice Hockey & Swim begin November 25**  
**ALL OTHER Winter Sports begin Dec 2**  
*(see details below or contact the head coach)*

**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 November 1 (the sooner the better).** For further medical clearance information please refer to our school website: [www.northernhighlands.org](http://www.northernhighlands.org)

Tentative game & scrimmage schedules are posted on the school website Athletic Overview tab with the following link: [www.schedulestar.com](http://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](http://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 - Coach Schmitt - ext. 755

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

Tryout dates are 11/25 - 11/27 for all levels (Freshman and JV/Varsity). Times for tryouts will be given at the winter sign-up meeting on October 11th. During the season, typical practices will run from 3:15-5:15 or 5:15-7:15. We will practice and/or play games 6 days a week. All players at all levels (Freshman, JV and Varsity) must attend practices/games during the holiday break as well as any other break during the basketball season. Additional information will be provided at the sign-up meeting.

**Girls Basketball:** Head Coach – Coach Kilgallen

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

Tryout dates are 11/25 - 11/27 for all levels (Freshman and JV/Varsity). Be prepared to run and bring water. Times for tryouts will be given at the sign-up meeting on 10/11 at 3:15 in the cafeteria. Once teams are established, typical practices will run from 3:15-5:15 or 5:15-7:15 on Monday-Friday and there will be Saturday morning practices as well. Additional information will be provided at the sign-up meeting.

**Bowling:** Head Coach – Coach Nadal - ext. 548

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

Tryouts will be held at Montvale Lanes in Montvale at 3:30PM on 11/20 & 11/21. Practices will run several days per week at either Bowler City, Montvale lanes or school from 3-5:30PM unless preempted by a match. The bus will leave school at 3PM each day there is practice at the alley or a match. All team members are expected to have their own reactive resin bowling ball that is drilled fingertip and their own shoes. For tryouts the alley will provide house balls and shoes, if necessary. Anyone trying out should wear comfortable clothing and have bottled water with them. NO EXPERIENCE NECESSARY!

**Competition Cheer:** Head Coach - Coach Digilio - ext. 603

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

Details on stunting and tumbling requirements will be given at sign ups on 10/11. All other communication will be sent through BAND. Open gym sessions will be an opportunity to go over skills necessary for competition team placement. There is no practice over the holiday break, however, athletes must commit to 3-4 weekend meets in January and February. Please bring a refillable water bottle and a healthy snack to all practices. Always wear cheer shoes and appropriate athletic clothing; no jewelry or long nails at any time; hair must be tied up neatly.

**Fencing:** Head Coach - Coach Patel - ext. 756

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

There are no tryouts for fencing; however a commitment to attend daily practices is required. Fencing practice begins on 12/2 promptly at 3:15PM. All practices will be held in the Main Cafe and will be Monday through Friday from 3:15-4:45PM, 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. Student should plan to attend 2-3 weekend tournaments during the season.

**Ice Hockey:** Head Coach - Coach Beswick  
[icehockey@northernhighlands.org](mailto: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 - Coach Viscardi – ext. 705  
[Viscardit@northernhighlands.org](mailto:Viscardit@northernhighlands.org)

Tryouts begin on 11/25 at 3PM. 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 & sneakers) as the students will be going to the weight room most days after practice.

**Winter Track:** Head Coach – Coach Buono – ext. 520  
[BuonoT@northernhighlands.org](mailto:BuonoT@northernhighlands.org)

A commitment to participate in daily practices regularly is required or team membership may not be permitted. Student athletes will meet after school at 3:15PM on Monday, December 2nd. 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.

**Wrestling:** Head Coach – Coach Rechain - ext. 584  
[wrestlingcoach@northernhighlands.org](mailto:wrestlingcoach@northernhighlands.org)

Practice will begin on 11/25 at 3:15PM in the Northern Highlands Wrestling gym. Student athletes should bring running shoes, sweatpants, and sweatshirts. Practices will be held Monday – Friday from 3:15-5:15PM and on Saturday from 9-10:30AM. We do run outside from time to time, so it is important that wrestlers come prepared with sweatshirts and running shoes every day. Additionally, students will need their own wrestling shoes.