

# Fall Athletic Newsletter



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## Summer Athletic News

We are now using rSchool Today Activity Scheduler as our district athletic calendar. We feel that it will provide significant advantages to our school community. Because it is web-based, we can provide instant access to the most up-to-date information at all times. All changes are reflected instantly as soon as they are made. Here are some of the key features:

1. Click on any date within the month.
2. Jump to any month in one click.



3. Click once to view the whole week.
4. You can set yourself up for automatic e-mail reminders or text messages as well as print maps for locations.

Please go to [www.nwjerseyac.com](http://www.nwjerseyac.com) to discover other features of the program that could be beneficial to you.

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## Start Dates for HP Fall Athletics

Football	August 9, 2011
Tennis	August 24, 2011
Cross Country	August 29, 2011
Volleyball	August 22, 2011
Boys Soccer	August 15, 2011
Girls Soccer	August 15, 2011
Cheerleading	August 29, 2011





*We are looking for parents and/or alumni who are willing to serve on committees to enhance our student athletic, extra-curricular and academic programs.*

*If you are interested, please e-mail your contact information to Mary Jo Sodano at [msodano@hpreg.org](mailto:msodano@hpreg.org)*

## Impact Testing

The Hanover Park High School District will continue to implement the Impact Program for our student athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries. It is a computerized exam used to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, Impact is used to determine the severity of a head injury and determine when the injury has fully healed.

This non-invasive test is set up in a “video-game” type format and takes 25-35 minutes to complete. It tracks information such as memory, reaction time, speed and concentration. It is not an IQ test and this test will not be placed in a student’s academic file. This test will be given once every other year for the following sports:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Football	Wrestling	Boys/Girls Lacrosse
Boys/Girls Soccer	Boys/Girls Basketball	Baseball
Field Hockey	Ice Hockey	Softball
Cheerleading		Pole Vault
Volleyball		High Jump

The continuation of this program is important to the Hanover Park Regional High School District. We are striving to keep our student athlete’s health and safety at the forefront of his/her athletic experience. If you have any questions regarding this program, please feel free to contact Heather Peterson, Athletic Trainer, at 973-887-0330 x2274.

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## HP Fall Coaches

	<b>HEAD COACH</b>	<b>ASSISTANT COACH</b>
Cross Country	Chris Mello	Joe Cuff
Boys Soccer	Brian Evans	Brian Propfe
Girls Soccer	Kate Daidone	Michelle Enderle
Football	Gerry Moore	Doug Wear, Tom Capra, John Lenczuk, Frank Franco, Todd Pivnik, Joe Ippolito
Girls Tennis	Colleen Harvan	
Volleyball	Megan Wilson	Kristen Hogan
Cheerleading	Sue Jackson	Christina Schiavello, Andrea Vecchione

## Athletic Award Guidelines

It is important that student-athletes be recognized for their hard work and efforts when participating in the Hanover Park Regional High School District athletic programs. At the conclusion of every season, coaches will conduct end of the season ceremonies/banquets for the purpose of recognizing these student-athletes in the presence of their teammates, families and friends. The athletic department has established awards that are distributed to qualifying athletes. The criteria for the disbursement of these awards are different from sport to sport and are listed in the "Specific Sport Requirements" section. Our purpose is to recognize as many athletes as possible, with the highest accolades that can be given to them.

### Awards Procedure

In the opinion of the awarding coach, if a student athlete's performance has met the established criteria and merits recognition, he/she may receive an award. A copy of the criteria will be kept on file in the athletic office.

### Awards

#### **Freshmen:**

- Certificate of Participation

#### **Junior Varsity:**

- Certificate of Participation

#### **Varsity:**

- **First year** – Certificate of Participation, Pin, Letter\*
- **Second year** – Certificate of Participation, Pin
- **Third year** – Certificate of Participation, Pin
- **Fourth year** – Certificate of Participation, Pin, Silver Bowl/Plaque\*\*

*\*Only one letter is issued per athlete. For example, if an athlete receives a varsity letter in a fall sport and achieves varsity status in a winter sport, he/she will not receive another letter.*

*Student-athletes must complete the entire season to be considered for an award.*

*\*\*Must have lettered four consecutive years.*

### Special Considerations

- Seniors who have not met award requirements will receive a varsity letter at the discretion of the head coach and discussion with the Athletic Director.
- Award list(s) must be approved by the Athletic Director.
- An athlete who has participated on a varsity level for three years, and who has not met the individual criteria **may** be awarded a varsity letter at the discretion of the coach and after consultation with the Athletic Director.
- Any other special considerations will be at the coach's discretion and after consultation with the Athletic Director.

### End of the Year Awards

The award winners are selected by the head coaches at a meeting arranged by the Athletic Director at the end of the spring sports season.

- Most Improved Athlete – male/female
- Coaches Award – most coachable/unselfish team player – male/female
- Most Outstanding Athlete (M.V.P.) – male/female
- Scholar Athlete – letter in three sports in the senior year and be in the upper 10% of his/her class – male/female
- Sportsmanship Award – male/female

### Meritorious Service and/or Accomplishment Awards

- Team Managers and Statisticians shall each receive service awards in the form of a Certificate of Participation at the end of their respective athletic seasons.

## Specific Sport Requirements for Awards

<b>Baseball</b>	<u><i>Players other than pitchers;</i></u> play in ½ the total number of innings played by the team. <u><i>Pitchers:</i></u> Pitch to at least one batter in 1/3 of the total number of games played by the team.
<b>Basketball</b>	Compete in ½ the total number of quarters played by the team.
<b>Cross Country</b>	Be a member of the scoring team in at least ½ of the meets in which the school competes.
<b>Field Hockey</b>	Compete in ½ total numbers of halves played by the team.
<b>Football</b>	Compete in ½ of the total number of quarters played by the team.
<b>Golf</b>	Compete in ½ the total number of matches played by the team.
<b>Ice Hockey</b>	Compete in ½ the total number of periods played by the team.
<b>Lacrosse</b>	Compete in ½ of the total number of quarters played by the team.
<b>Soccer</b>	Compete in ½ of the total number of games played by the team.
<b>Softball</b>	Compete in ½ of the total number of innings played by the team.
<b>Tennis</b>	Compete in ½ the total number of matches played by the team.
<b>Volleyball</b>	Compete in ½ the total number of matches.
<b>Wrestling</b>	Compete in 5 matches (including tournaments) during the season.

Letters will be awarded in the following sports based upon a point system. Points will be awarded based upon finishing in a specific contest.

When competing as an individual:	When competing in a Relay Event every member of the relay will earn:
1 <sup>st</sup> place finish            6 points	1 <sup>st</sup> place finish            2 points
2 <sup>nd</sup> place finish            4 points	2 <sup>nd</sup> place finish            1 point
3 <sup>rd</sup> place finish            3 points	3 <sup>rd</sup> place finish            ½ point
4 <sup>th</sup> place finish            2 points	
5 <sup>th</sup> place finish            1 point	
<b>Spring Track</b>	Earn a point total equal to twice the number of dual meets in the season minus one. -Points scored in the County Freshman/Sophomore Championship Meet shall count towards a varsity letter. -Any student finishing first, second or third in an individual or team event in a Conference, County or State Championship Varsity Meet will earn an automatic varsity letter.
<b>Winter Track</b>	Earn at least one point in any invitational meet. -Points earned in the County Freshman/Sophomore Championship meet shall NOT count towards a varsity letter.
<b>Swimming</b>	Earn at least 20 points for season.