

Winter Athletic Newsletter



Winter Athletic News

As we move into the Winter athletic season, we are now using rSchool Today Activity Scheduler as our district calendar. We feel 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. There are many key features that are explained in the User Guide at www.nwjersey.com.

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Start Dates for HP Winter Athletics

Ice Hockey	November 15, 2011
Swimming	November 15, 2011
Boys Basketball	November 28, 2011
Girls Basketball	November 28, 2011
Indoor Track & Field	November 28, 2011
Wrestling	November 28, 2011

HP Winter Coaches

	HEAD COACH	ASSISTANT COACH
Boys Basketball	Todd Hartman	Bill Pedrazzi, John Biondi
Girls Basketball	Doug Wear	Dave Minsavage, Kyle Kirst
Swimming	Kristen Grahslar	Nicole Califri
Winter Track	Bill DiMauro	Jerry Brocail, Russell Smith
Wrestling	Dave Ryerson	James LaValle, Shane Mallory
Cheerleading	Sue Jackson	Christina Schiavello, Andrea Vecchione
Ice Hockey	Tom Levis	Bill Dean

NJAC Fall Athletic All-Conference

Cross Country - Girls

1st Team All-Conference – Caroline Wolfe, Francesca Petracco

2nd Team All-Conference – Kayla Parlavecchio, Emily Gibbons, Tara Szumlicz

Academic All-Conference – Caroline Wolfe

Cross Country – Boys

2nd Team – Michael Feoli, Michael LoConte

Honorable Mention – Eric Hepworth, Chukwunwike Okafor

Boys Soccer

1st Team All Conference – Dan Barreira

2nd Team All Conference – Brian Singer, Matt Ehrenburg

Girls Soccer

1st Team All Conference – Christina LoConte

2nd Team All Conference – Kate Bodnar, Erica Parlavecchio

Honorable Mention – Victoria Mapura, Raquel Mogavero

Football

1st Team All-Conference – Steve Colonnello, Brandon Infantes, Angelo Minniti

2nd Team All-Conference – Giuseppe Ottaiano, Joe Esposito, Jimmy Sivoilella, Brian Corcoran

Honorable Mention – John Cordovano, Jaquill Scott

Academic All-Conference - Steve Colonnello, Brandon Infantes, Angelo Minniti, Jimmy Sivoilella

Volleyball

1st Team All-Conference – Chloe Nevitt

2nd Team All-Conference – Trisha Pierson

Honorable Mention – Karly Bohri, Nicole Fernicola



Athletic Trainer's Corner

Attention All Non-Winter Sport Athletes:

Stay in shape during the off-season! The weight room is open Monday-Fridays from 3-4 PM to help prepare you for your next sports season. We offer a wide variety of fitness equipment, ranging from cardio (treadmills, elliptical and stationary bikes), to squat racks, free weights and benches, leg press, pull-up and nautilus equipment (pec dec, leg extension/curl machine). **ALL STUDENTS** are encouraged to use the facilities. Weight Room Permission Forms can be picked up online at www.hanoverpark.org under **FORMS** on the right hand side of the **HOME** page. Students must have a current physical (within the last year) on file in the nurse's office in order to participate.

Attention All Spring Athletes:

In order to participate on the first day of practice, all paperwork must be submitted **PRIOR** to the first day of practice. **PRACTICES ARE SCHEDULED TO BEGIN FRIDAY, MARCH 2, 2012.** Therefore:

- A. If you had a physical within 365 days from the 1st day of practice, you will need to fill out an UPDATE PACKET for ATHLETICS. UPDATE PACKETS shall be completed and submitted to the nurse's office by **Wednesday, February 29, 2012** in order to be on the Clearance List in time.
- B. If your last physical took place prior to March 2, 2011, you will need a physical in addition to completing all of the paperwork in the **ATHLETIC PHYSICAL PACKET**. To get a physical, you have the option of:
 1. Having the physical done here at the high school with our school doctor. The school doctor will be here during school hours in February to provide physicals for any student-athlete who needs it. Dates to be determined. School physicals will be announced and posted in school and online by late January/early February.
-OR-
 2. Going to your home doctor to have the physical done. If you are using your own doctor, please have all forms from this packet completed and submitted to the nurse's office by Friday, February 24, 2012. This will allow time for our School Doctor to review and sign-off on the physicals.

All Forms can be picked up in the main office, nurse's office, or athletic training room; or can be found online at www.hanoverpark.org under FORMS on the right hand-side.

Any questions, please contact Lisa Marino, School Nurse or Heather Peterson, Athletic Trainer. We look forward to seeing you in the Spring!

Athletic Trainer's Corner Ms. Peterson is available Monday – Friday from 12:00 – 8:00 PM during the winter season, as well as Saturday at most practices and contests. Any aches, pains, and injuries should be checked out by the athletic trainer to prevent those aches and pains from getting worse and/or to determine the severity of injury. If Ms. Peterson is unavailable and your child is seen by a doctor, please remember to have a doctor's note stating the diagnosis and return-to-play status.

PARENT'S CORNER



To all parents:

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