WHRHS Athletic Department Staff

**Athletic Director**
Daniel Root

**Athletic Trainers**
Therese Marcazo  Michelle Armonda

**Coaching Staff**
33 Head Coaches, 92 Total Coaches

**Administrative Assistant**
Lisa Martins
<table>
<thead>
<tr>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheerleading</td>
<td>Basketball-Boys</td>
<td>Baseball</td>
</tr>
<tr>
<td>Cross Country, Boys &amp; Girls</td>
<td>Basketball-Girls</td>
<td>Golf-Boys &amp; Girls</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Bowling-Boys &amp; Girls</td>
<td>Lacrosse-Boys</td>
</tr>
<tr>
<td>Football</td>
<td>Fencing-Girls &amp; Boys</td>
<td>Lacrosse-Girls</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Ice Hockey</td>
<td>Softball</td>
</tr>
<tr>
<td>Soccer-Boys</td>
<td>Indoor Track, Boys &amp; Girls</td>
<td>Tennis-Boys</td>
</tr>
<tr>
<td>Soccer-Girls</td>
<td>Swimming, Boys &amp; Girls</td>
<td>Spring Track-Boys &amp; Girls</td>
</tr>
<tr>
<td>Tennis-Girls</td>
<td>Winter Cheer</td>
<td>Ultimate Frisbee-Boys &amp; Girls</td>
</tr>
<tr>
<td>Volleyball-Girls</td>
<td>Wrestling</td>
<td>Volleyball-Boys</td>
</tr>
</tbody>
</table>
Watchung Hills Athletics aims to provide a competitive athletic environment that strives to maximize the development of our student-athletes in the areas of personal growth, positive team experiences and individual responsibility. The athletic department supports an atmosphere that embraces school spirit, honors tradition and nurtures the development of productive members of society. In order to achieve this, we promote competitive excellence, resilience, leadership, integrity and teamwork.
AFFILIATIONS

NJSIAA~N.J. State Interscholastic Athletic Association

A voluntary, non-profit organization consisting of 425 accredited public, private and parochial high schools in the state representing high school athletics.

SCIAA~Somerset County Interscholastic Athletic Association

Under the umbrella of the NJSIAA, this association represents 16 high schools competing throughout Somerset County.

Skyland Conference

The Skyland Conference is a New Jersey high school sports association under the jurisdiction of the NJSIAA. It is represented by 25 schools throughout our area.
NJSIAA ACADEMIC ELIGIBILITY

**Freshmen Only**
- Fall and Winter seasons - Eligible
- Spring season - must have 15 credits at the end of the 1st semester

**Sophomores, Juniors and Seniors**
- Fall and Winter seasons - Must have 30 credits from the previous school year to be eligible
- Spring season - must have 15 credits at the end of the 1st semester

- Inform your guidance counselor of your interest to participate in athletics.
Tryouts, Practice, and Playing Time

- Fall practices may begin August 12 or 14. Tryouts are incorporated in the practice dates.
- Coaches carefully evaluate each athlete’s playing ability.
- Coaches make the decision as to who makes the team.
- Playing time is earned by the athlete.
- Playing time is awarded only by the coach.
- Practices and competitions are regularly scheduled on Saturdays, school holidays and school vacations.
- Athletes may not practice or compete if there is an unexcused absence the day of the event.
SPORTSMANSHIP

Represent the school and community honorably.

Players play
Coaches coach
Officials officiate
Spectators enjoy
ADDRESSING CONCERNS

- Athletics afford students the opportunity to grow and develop skills that will help them deal with the challenges that they will encounter in competition.
- Be patient and support your child as they go through the highs and lows of sports participation.
- Encourage your child to address issues on their own.
Information provided on our webpage includes:

- A live version of the athletics schedule as changes occur.
- Team pages
- Physical forms and information
- Travel Release forms (requires a 2 business day notice please)
- Follow us on Twitter: @WHRHS_Athletics
Mrs. Angela Valerio, RN, BSN, CSN

Health Office summer hours are located on the school website (whrhs.org) under Health Office and Athletics.
Sports Physicals and Required Documents

- Full Sports Physical Packets due June 22 for all incoming freshman. Cheer physicals are due May 20.
- All physicals and required documents must be hand delivered to the health office by the parent or student for each season. Physicals must be completed in full including vision.
- Physicals can only be submitted via hand delivery to the health office by the student or parent.
- Each season requires one of two paperwork submissions (Health History Update or a complete physical). Please check with the nurse’s office if you are not sure which paperwork you need to submit for each season you wish to participate.
- Parent Access-Online Consents/Forms submitted for each school year.
- Parents should provide an individual care plan when necessary for each season and sport their child participates.
Mandatory Sport Physicals

NJ State Law mandates sports physicals performed within 365 days of the first day of the sports season.

All forms are located on the Athletic Dept. page of the school website (whrhs.org) and must be submitted to the health office in person a minimum of 2 weeks prior to the start of your season’s try out/practice period.

Parents and athletes: Please do not forget to accept the online consents located in Parent/Student Access.
Medical Clearance Issued in Genesis

- Student Genesis accounts will be updated by the health office indicating whether or not a student is medically cleared to participate in athletics.
- There will be a checkmark “medically cleared to participate in (current season) athletics” that will confirm you have been cleared by the health office.
- Without this notification, students are not cleared or eligible to participate.
- Students should be prepared to show their coach this clearance notification.
Concussions

- Impact Concussion Test (instructions are located on the Athletics page www.whrhs.org).
- Athletic Trainers
- Medical Professionals
- Mandated Training for Coaches
- www.nfhslearn.com “Concussion in Sports-what you need to know”
Things to do...

- Paperwork submission due dates (a minimum of two weeks prior to the first day of practice/tryouts).
- Paperwork hand delivered in person to the health office only.
- Sports Physical Packet submitted if physical is more than 365 days old from the first day of practice/tryouts.
- Health History Update submitted if physical is less than 365 days old from the first day of practice/tryouts.
- IMPACT Testing-completed in both the freshman and junior school year.
- Care Plans-submitted to health office and for coach’s information.
- Inhalers/Epi Pens- ensure student carries with them at all times including practice and competitions.
THANK YOU

● For trusting us with your son or daughter
● For maintaining good sportsmanships at all times
● For supporting a healthy and positive lifestyle for your son or daughter
● For maintaining a proper perspective of high school athletics
● For supporting Watchung Hills Athletics