RHS Freshman Parent Night

A guide for all those new to high school athletics at Ridgewood High
Contact information

Athletic Director - Keith Cook, kcook@ridgewood.k12.nj.us

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Department website - www.ridgewoodathletics.com

Twitter - @Maroon_Sports

RHS Student-Athlete and Parent Guidebook
Fall Coaches

- Football, Chuck Johnson **RHS PE Department**
- Girls Volleyball, Ron Knott **RHS PE Department**
- Girls Tennis, Joe Staunton **Hawes 4th Grade**
- Gymnastics, Karen Mendez **RHS Business Department**
- Girls Soccer, Paul Cronk (Frosh Coach) **Hawes Art Department**
- Boys Soccer, Aidan McCluskey **Village Resident** (all children attended RPS)
- Girls Cross Country, Steve Opremcak **IHA Science Supervisor**
- Boys Cross Country, Pat Ryan **NVDM Social Studies**
- Cheer, Rob Anfang **Becton HS PE Department**
Important Dates

- 2018 Summer Non-Contact Period
  Saturday July 28th through Sunday August 5th.

- Varsity & JV Football begin Monday 08/06

- The majority of fall sports will begin Monday 08/13
Who are we?

- We offer 31 interscholastic athletic programs w/ 83 levels combined (Fr, JV, V)
  * use 18 different facilities to train and call home

- Big North Conference (41 schools), Freedom Division (7 schools)

- Section: North I A (along with 21 other schools)

- Group IV school (largest category based on 9th-11th pop.)
The Value of High School Athletics

- *It’s all about the student experience.*

- Character development through life lessons.

- Look to reinforce athletics and community involvement,
  At times we have a differing philosophy than club teams (and that’s okay).
Freshman Level Philosophy

Student-athletes at any level are expected to demonstrate:
- desire
- dedication
- self-respect
- proper sportsmanship

Focus for our freshman student-athletes
- skill development
- sport specific strategies
- individual maturity in a team setting
RHS Student-Athlete commitment

- Different than recreation and junior travel programs
- Practice 5-6 days a week
- Seasons last 12-14 weeks
- Play through vacations
- Off-season strength & conditioning expected
Paperwork

1) **Pre-participation Physical Evaluation form**
   - must be submitted in person to the school nurse
   - once per year

2) Collection after the close of the school year dates:
   - Wednesday July 18th and Thursday July 19th from 8:00 AM – 12:00 PM
   - Wednesday July 25th and Thursday July 26th from 8:00 AM -12:00 PM
   - Monday August 6th and Tuesday August 7th from 8:00 AM – 12:00 PM
   - Monday August 13th from 8:00 AM – 12:00 PM

3) All **Athletic forms** will be accessible electronically in August via Skyward
RHS Concussion Policy

- IMPACT baseline testing given to freshmen & juniors in contact sports.
  * this is just one of the diagnostic tools we use (not end all, be all).
  * parents can request to have student-athlete tested

- Return to Learn protocol (6 days)

- RHS Athletic Trainers have the final say in clearing a student-athlete.
Athletic Trainers

- Frank Giannantonio
- Nik Nicolaides
- They are here for the benefit of your children
- Invaluable resource
Housekeeping items

- Please leave your dogs at home :(
  * BOE and Village ordinance

- This applies to all BOE fields and facilities in any municipality

- Please do not park illegally at any venue
Summer Fitness Center hours

- RHS Fitness Center will be open every M, W, & F
  
- Morning hours 9:00 am - 12:00 pm
  
- Afternoon hours 3:00 pm - 6:00 pm
  
- Register through the Community School
  
 https://register.communitypass.net/reg/cat_program_class_detail.cfm?season_id=18502&program_id=820439
How to handle an issue...

- **24 Non-contact Period**
  Parents and coaches are not to communicate following a competition

- Communication protocol is the same as we use in the classroom
  1. Athlete to Coach
  2. Parent & Athlete to Coach
  3. Parent & Athlete to Athletic Director
  4. Parent to Athletic Director & Principal
What is your role in all of this?

- Let your child own their experience
- Be positive and supportive
- Talk about relevant topics:
  Social media, training, proper habits (studying, eating, & sleeping)
- Set a good example and get involved!
Fall Coaches

- Football, Chuck Johnson room 118
- Girls Volleyball, Ron Knott room 199
- Girls Tennis, Joe Staunton Campus Center Courtyard
- Gymnastics, Karen Mendez room 140
- Girls Soccer, Paul Cronk Campus Center middle section
- Boys Soccer, Aidan McCluskey Learning Commons
- Girls Cross Country, Steve Opremcak Cafeteria
- Boys Cross Country, Pat Ryan Cafeteria
- Cheer, Rob Anfang room 116