



Governor Livingston High School Athletic Department

175 Watchung Blvd. Berkeley Heights, NJ 07922

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Dear Parents/Guardians:

Welcome to Governor Livingston High School Athletics! For some of you this is your first experience with interscholastic athletics. As the athletic director of both the middle school and high school, there is a great need to share with parents of all grades information pertaining to our athletic programs.

We hope the information provided will help guide you to a better understanding of high school athletics and its' involvement. To help better prepare students and parents for the high school student athletic experience, we have created "The Athletic Transition". This will assist any parent or student to the high school experience and the commitment expected at the high school level.

One constant always remains; the athletic department strives to provide a positive experience for your son/daughter. We believe that athletics is an extension of the classroom, where competition, team work, handling disappointments, experiencing successes, overcoming challenges and character building are being taught. We believe that athletics teaches some of life's most important lessons. The athletic experience can at times be challenging, yet it provides the ability to build confidence, commitment and discipline. Please take a few minutes to review the highlights we feel are important.

One of the most important highlights to remember is that any student, who does not have an updated physical completed in time for tryouts, will not be able to participate until all forms are completed and submitted to the nurse's office. All due dates for physicals (for each season) are indicated on the sports registration packet form. The website is located on the Berkeley Heights Board of Education Website under Governor Livingston and Athletics link: <http://www.bhpsnj.org/Page/4979>. Please read the entire physical form to ensure that all paperwork is completed in time for preseason and that an updated physical is on file in the nurse's office. No exceptions will be made for students who are not medically cleared in time for tryouts. Should you have any questions or concerns regarding athletics at any level, please do not hesitate to contact the athletic department at (908) 464-3100 ext. 2545

Go Highlanders!

Ann Clifton, Director of Health, Physical Education and Athletics

Governor Livingston High School Student Athlete Transitional Information

Governor Livingston High School is a member of the New Jersey State Interscholastic Athletic Association and the Union County Conference. As an existing member of the NJSIAA, our schools are required to abide by all rules and regulations put forth by the state athletic association and from our Berkeley Heights School District. This packet has been created to help parents and students understand the requirements at the high school. We hope the information provided below will give you a head start as you prepare for high school athletics.

Academic Eligibility: According to NJSIAA, in order for a student to be eligible to participate they must meet the academic credits requirements.

For a student who is interested in participating in a fall or winter sport, they must pass 30 credits from the preceding academic year.

A student who is interested in participating in a spring sport, must pass 15 credits at the close of the preceding semester.

Athletic Sports Registration Packet: No student will be permitted to practice without a full medical clearance from our health office staff (Nurse and Athletic Trainer) and all student activities fees paid. **It is your responsibility to complete the forms in a timely fashion and to adhere to deadlines.** New in 2017-2018 is an Online Sports Registration system. Please check the Governor Livingston High School and/or the Columbia Middle School after April 1st for links to registered and submit sports registration packets.

Athletic Season Start Dates: It is expected that ALL student-athletes are present during the tryout period for their sport in order to be given consistent and fair consideration. All pre-season practice start dates are included in this packet. Please review the dates and times for each program. Should you have any questions or concerns, please contact the coach from the directory.

Tentative Fall Sport Practice Start Dates:

Football	Varsity and JV 8/8/18 and Freshman 8/13/18- Tentative
Boys Soccer	8/13/18 9:00am-12:00noon Monday-Saturday
Girls Soccer	8/15/18 9:00am-12:00noon Monday-Saturday
Field Hockey	8/13/18
Cross Country (Girls)	8/13/18
Cross Country (Boys)	8/14/18
Girls Tennis	8/15/18
Volleyball	8/14/18 Tryouts Tuesday-Friday and regular practice begins 8/20/18
Cheer	T.B.A.

The official NJSIAA scheduled start date for the fall athletic season is Monday, August 13 2018, except for football which is Wednesday, August 8, 2018. According to the NJSIAA, students must have six practices completed before they are eligible to compete in a scrimmage.

Winter Athletics: (specific dates will be announced by head coach and the dates post are the permissible by NJSIAA)

Ice Hockey will begin tryouts/practice on Monday, November 5, 2018

Swimming will begin tryouts/practice on Monday, November 5, 2018

Wrestling/Girls'Boys' Basketball will begin tryouts/practice on Monday, November 19-21, 2018

Cheerleading will begin practice on Monday, November 26, 2018- or at a later date to be determined by coach

Indoor Track will begin practice on Monday, November 26, 2018- or at a later date to be determined by coach

Most winter athletic programs will compete in a holiday tournament over the school districts winter break. The winter season ends early March depending upon NJSIAA State Qualification.

Spring Athletics: (specific dates will be announced by head coach and the dates post are the permissible by NJSIAA)

Baseball/Softball will begin tryouts/practice on Friday, March 1, 2019

Girls'Boys' Lacrosse will begin tryouts/practice on Friday, March 1, 2019

Girls'Boys' Track & Field will officially begin practice on Friday, March 1, 2019 or at a later date to be determined by coach

Golf will officially begin practice on Friday, March 1, 2019- may be a later date due to course conditions

Boys' Tennis will officially begin practice on Friday, March 1, 2019

If you have any specific questions about individual sports you may contact the head coach of the program.

2018-19 Coaching Directory- TENTATIVE

(changes and or new recommendations may occur for the 2018-2019 school year)

FALL

FOOTBALL

Head Coach Daniel Guyton dguyton@bhpsnj.org

BOYS SOCCER

Head Coach Bruno Somma bsomma@bhpsnj.org

GIRLS SOCCER

Head Coach Michael Roof mroof@bhpsnj.org

GIRLS TENNIS

Head Coach Phil Acosta pacosta@bhpsnj.org

FIELD HOCKEY

Head Coach Gina DeLauro gdelauro@bhpsnj.org

CROSS COUNTRY

Head Coach Chris Coughlin ccoughlin@bhpsnj.org

CHEERLEADING

Head Coach Emily Stecher estecher23@gmail.com

VOLLEYBALL

Head Coach Dana Hilaire dana.hilaire@gmail.com

WINTER

WRESTLING

Head Coach Rick Ortega rortega@bhpsnj.org

BOYS BASKETBALL

Head Coach Chris Loeffler cloeffler@bhpsnj.org

GIRLS BASKETBALL

Head Coach Chris Eckert ceckert@bhpsnj.org

ICE HOCKEY

Head Coach Michael Criscitello mcriscitello@npsdnj.org

INDOOR TRACK

Head Coach Daniel Guyton dguyton@bhpsnj.org

FENCING

Head Coach Michael Wang wang29@tcnj.edu

SWIMMING

Head Coach David Closs dcloss@bhpsnj.org

CHEERLEADING

Head Coach Emily Stecher estecher23@gmail.com

SPRING

BASEBALL

Head Coach Chris Roof croof@bhpsnj.org

SOFTBALL

Head Coach Mike Roof mroof@bhpsnj.org

BOYS LACROSSE

Head Coach Mike Provenzano mpropaint@aol.com

GIRLS LACROSSE

Head Coach Chloe Griffin cgriffin@bhpsnj.org

OUTDOOR TRACK

Head Coach Daniel Guyton dguyton@bhpsnj.org

BOYS TENNIS

Head Coach Phil Acosta pacosta@bhpsnj.org

GOLF

Head Coach Sharon Leahy sleahy@bhpsnj.org

Additional Reminders: All student athletes must have an up to date physical on file in the nurse's office. Participation physicals are required each year for all students who are participating in sports. Please see enclosed information.

1. Student-athletes will not be eligible to participate in a sport if they do not meet the academic requirements as stated by NJSIAA and school district. If there are any concerns, please contact the athletic director.
2. Unlike the Columbia Middle School athletic experience, the high school athletic programs participate in practices and games during the holiday break, school closings and half days. Games/practices may be held in the evenings, including Saturdays and Sundays.
3. High school practices are typically held six days a week.
4. Although not mandatory, it is common practice for coaches to begin their pre-season training (conditioning programs, camps) before the official start date of the season. Athletes are also encouraged to join team/individual camps and to utilize the weight room.
5. As per the NJSIAA rules, all student-athletes must complete six practices under the supervision of a coach before being eligible to participate in the first scrimmage or game.
6. The high school athletic experience is more competitive and driven to succeed, with the expectation of providing an educational experience through athletics.
7. We are fortunate to provide freshman teams in various sports, however playing time is not guaranteed nor is it equitable.
8. It is athletic policy in the event of a conflict that the student athlete meets with the coach first, if a solution is not rendered the student athlete and their parent/guardian should arrange a meeting with the coach and finally if a solution is not found, the student athlete, parent/guardian and coach will meet with the Director of Athletics to procure a solution. It is important to empower our student athletes to follow this protocol. If there are any questions, please contact the athletic office.

It is a great experience to compete in a Highlander uniform and we strive to uphold our student athletes to the highest standards of sportsmanship and hard work!

Any questions and/or feedback please contact:

Ann Clifton

Director of Athletics

Governor Livingston High School

908-464-3100 ext. 2545

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