

MLHS ATHLETICS



Athletic Information for
School year 20-21

ATHLETIC DEPARTMENT CONTACTS

Principal- Mr. Rick Mangili, VP TBA

- AD, Patrick Brunner– pbrunner@mlschools.org

Office phone: 973-335-4481

- Katina Britton– Athletic Assistant - kbritton@mlschools.org
- Paul Bongiorno - Athletic Trainer - pbongiorno@mlschools.org
- Follow us on TWITTER @MLHS_Athletics



Laker Athletics

- 26 NJSIAA Sports
- Members of NFHS, NJSIAA, NJAC, SFC, NJILL, NJIGLL, MCSSIHL, NJISR





Mission Statement

MLHS Athletic Department Mission Statement

MLHS Athletics is dedicated to providing a wide range of opportunities for any student-athlete who is willing to dedicate his or her time and energy in a positive way to a particular sport or team. Athletics at MLHS provide a means for student-athletes to learn, to grow and to excel. Our teams provide opportunities for student-athletes to learn the values of mutual respect, sportsmanship, leadership, teamwork, dedication, healthy competition and overall fitness.

We believe

Athletics is an extension of the classroom.

Playing multiple sports has the greatest benefit to the individual athlete and to the entire MLHS Athletic program.

Participation is the hallmark of "Laker Pride" and a key reason for success in us Athletic programs.

In promoting athletics for the physical and emotional well-being for our student-athletes now and as life-long learners.

Athletics is a vehicle for student-athletes to grow through setting goals and working to achieve them, individually and collectively.

Grit, determination and teamwork are essential for athletic success.

COVID 19 Information

- Please refer to the Athletic page of district website for most up to date information

or refer to following link

- <https://www.njsiaa.org/covid-19-resources>



MLHS ATHLETICS FALL HEAD COACHES

CHEERLEADING
CROSS COUNTRY
CROSS COUNTRY
FIELD HOCKEY
FOOTBALL
SOCCER BOYS
SOCCER GIRLS
TENNIS GIRLS

SABRINA PRESTI
VICKI ALLISON
SUSAN BESSIN
COLEEN BUCKLEY
DARRELL FUSCO
MARK WALTERS
STEVE LUKE
GINNY O'DONNELL

spresti@mlschools.org
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dfusco@mlschools.org
mwalters@mlschools.org
sluke@mlschools.org
modvlbod@optonline.net



COACHES CERTIFICATIONS

All of our coaches are certified in:



- Concussion awareness and prevention
- Heat acclimatization
- First Aid
- CPR- AED
- Fundamentals of Coaching



GRIT

COMPASSION

CONFLICT
RESOLUTION

INTEGRITY

RESPECT

SPORTSMANSHIP



PERSEVERENCE

RELATIONSHIPS

TEAMWORK

EDUCATION
BASED ATHLETICS

In person practices begin on 9/14 FALL OPENING DATES

Girls Tennis	October 1
Girls Soccer	October 1
Boys Soccer	October 1
Field Hockey	October 7
Cross Country	October 1
Football	October 2



PAPERWORK

- Final Forms Initiative
- www.mountainlakes-nj.finalforms.com
- Training Rules sign off
- COVID 19 **sign off new this year**
- All forms electronically signed by parent and athlete
- Paper copies of Physical and Health History update questionnaire are turned into nurse
- When your column is all green you are cleared
- Needed for each season of participation



CONCUSSIONS IN SPORTS

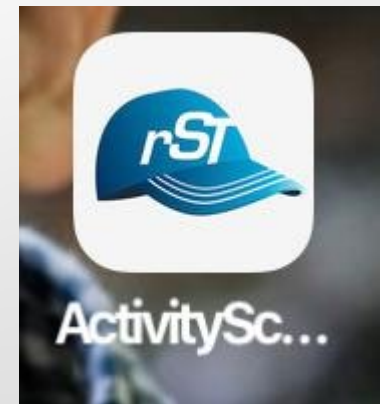
- NJSIAA Concussion Policy
- ImPact Testing done by Mr. Bongiorno- done as Freshman and Jrs.
- Resource: “ Concussion in Sports” What you need to know...
www.nfhslearn.com





How to Access Schedules

- Refer to www.mlschools.org athletic tab
- I phones – App Store
- Droids- google Play
- Download- Activity Scheduler- see icon



Open Lines of Communication



Encourage our athletes to communicate with coaches, check emails, check Final forms etc..

Important websites

- www.nfhslearn.com resources for parents
- www.nfhsnetwork.com streams games from Wilkins Turf
- www.njsiaa.org start dates and questions
- www.nj.com scores and results , all county and state teams
- www.mlschools.org athletic schedules, links to NCAA
- www.positivecoach.org more parent resources



Interesting Fact

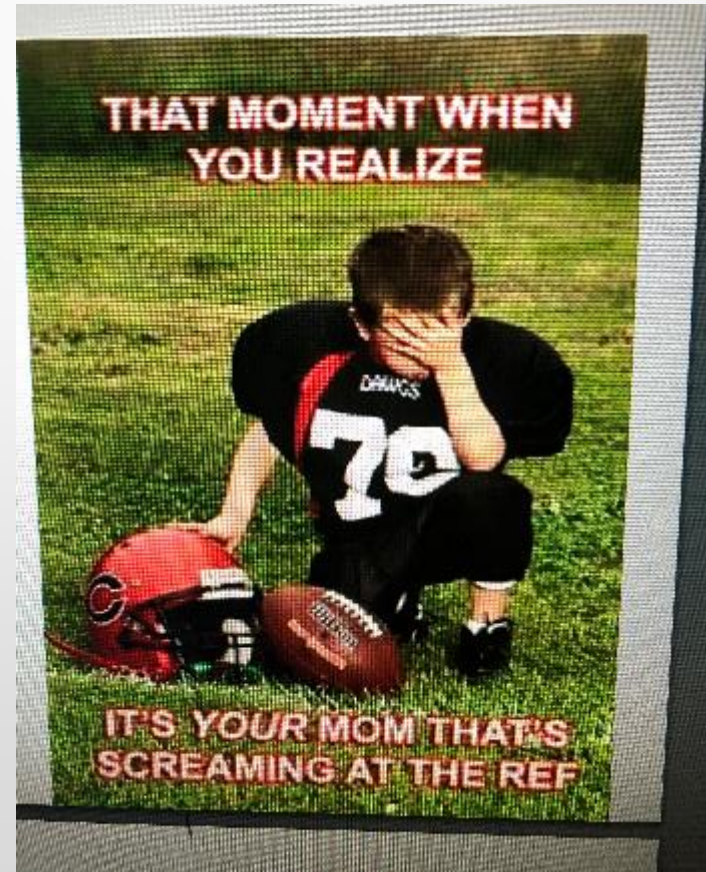
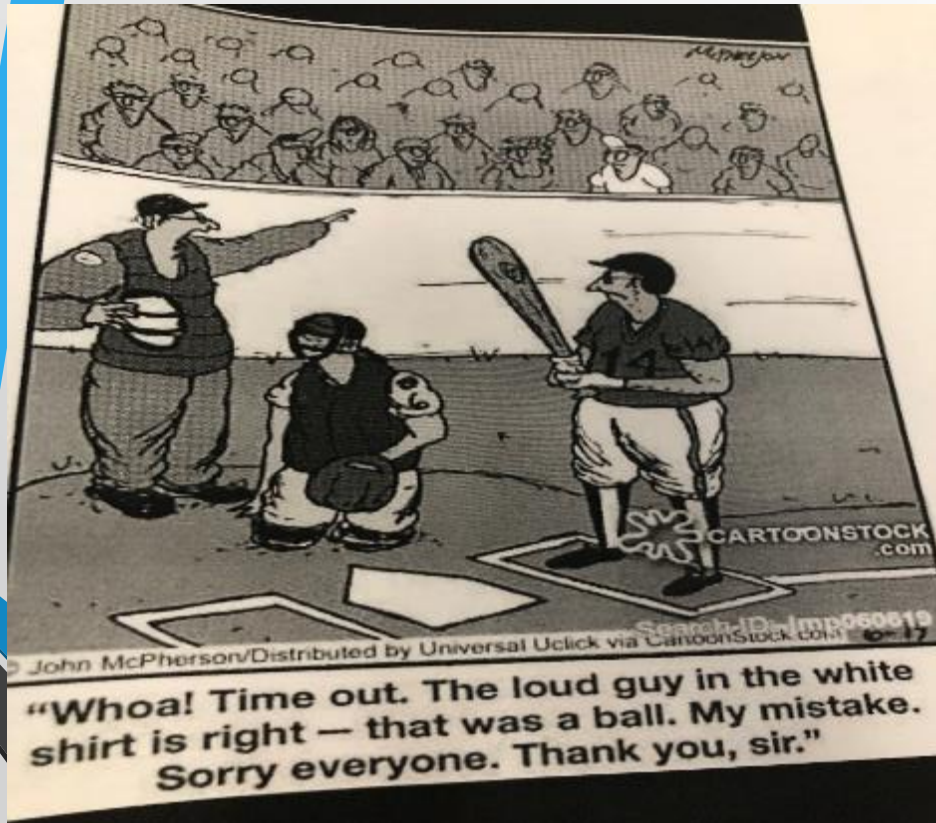
- The thought that interscholastic athletics is the world's biggest classroom
- 95% of fortune 500 executives played HS sports
- 47% of fortune 500 executives were members of the NHS



Gentle reminders:

Sportsmanship is key..

Refrain from engaging with refs,
opposing fans or athletes.



LAKERS SPORTS CLUB

Some recent items purchased thru LSC

Just this past year alone..

Protective netting at Wilkins Turf

Baseball Bleachers installation

Dryland swim apparatus

Hockey and Wrestling supplies

Track and Field Agility equipment

Weight Room equipment

Helmet Fit Protective system

Girls Lacrosse Tough Box

And more..

See link for membership and Ad
information located on Athletic page

<https://hs.mlschools.org/athletics>



College Signing Days



- We have 2 signing days sponsored by MLHS and Lakers Sports Club
- First-Scholarship D1 and D2 NLI Day in November
- Second- Legacy Banner Signing – all college athlete bound MLHS athletes in June

