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
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
<table>
<thead>
<tr>
<th>Sport</th>
<th>Head Coach</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>Cheerleading</td>
<td>Sabrina Presti</td>
<td><a href="mailto:spresti@mlschools.org">spresti@mlschools.org</a></td>
</tr>
<tr>
<td>Cross Country</td>
<td>Vicki Allison</td>
<td><a href="mailto:vallison@mlschools.org">vallison@mlschools.org</a></td>
</tr>
<tr>
<td>Cross Country</td>
<td>Susan Bessin</td>
<td><a href="mailto:sbessin@mlschools.org">sbessin@mlschools.org</a></td>
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<tr>
<td>Field Hockey</td>
<td>Coleen Buckley</td>
<td><a href="mailto:cbuckley@mlschools.org">cbuckley@mlschools.org</a></td>
</tr>
<tr>
<td>Football</td>
<td>Darrell Fusco</td>
<td><a href="mailto:dfusco@mlschools.org">dfusco@mlschools.org</a></td>
</tr>
<tr>
<td>Soccer Boys</td>
<td>Mark Walters</td>
<td><a href="mailto:mwalters@mlschools.org">mwalters@mlschools.org</a></td>
</tr>
<tr>
<td>Soccer Girls</td>
<td>Steve Luke</td>
<td><a href="mailto:sluke@mlschools.org">sluke@mlschools.org</a></td>
</tr>
<tr>
<td>Tennis Girls</td>
<td>Ginny O'Donnell</td>
<td><a href="mailto:modvlbod@optonline.net">modvlbod@optonline.net</a></td>
</tr>
</tbody>
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COACHES CERTIFICATIONS

All of our coaches are certified in:

• Concussion awareness and prevention
• Heat acclimatization
• First Aid
• CPR- AED
• Fundamentals of Coaching
INTEGRITY
RESPECT
SPORTSMANSHIP
GRIT
COMPASSION
CONFLICT RESOLUTION
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](http://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](http://www.mlschools.org) athletic tab
- iPhones – 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](http://www.nfhslearn.com) resources for parents
- [www.nfhsnetwork.com](http://www.nfhsnetwork.com) streams games from Wilkins Turf
- [www.njsiaa.org](http://www.njsiaa.org) start dates and questions
- [www.nj.com](http://www.nj.com) scores and results, all county and state teams
- [www.mlschools.org](http://www.mlschools.org) athletic schedules, links to NCAA
- [www.positivecoach.org](http://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