

RIDGE



RED DEVILS

ATHLETICS AT RIDGE HIGH SCHOOL

A GUIDE FOR PARENTS AND STUDENT-ATHLETES

2022-23

Ridge High School
Bernards Township School District
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INTRODUCTION

This handbook has been written to enhance communication among parents, student-athletes, coaches, and school administrators. Parents and athletes are asked to familiarize themselves with the contents of this booklet. Any concerns or questions may be directed to Richard Shello, Director of Athletics.

The purpose of our athletic program is to permit the student-athlete an opportunity to compete, in cooperation with teammates and coaches in an educational based athletic program in cooperation with teammates and coaches designed to provide opportunities to exhibit traits of self-discipline, responsibility, decision making and social, emotional, and intellectual growth. The program is solely intended to satisfy the student's desire to perform in an active physical manner and enhance positive social values through a worthwhile experience. The development of useful citizenship is at the forefront of our program goals.

By design, athletic participation is filled with many challenges. It provides a highly charged emotional setting in which student-athletes and coaches must perform under what is at times intense pressure. Winning is everyone's goal, but striving to win is the most important value instilled in athletics. The process is truly more important in the long run than the outcome. "Winning is for a day, sportsmanship ethics are for a lifetime: is a significant philosophy in the development of the student-athlete. Parents can make a big difference in the success of the athletic program by encouraging their student-athletes, and by supporting the coaches and officials.

Ridge High School is held in high esteem throughout the state as a school that is successful in athletics and academics while promoting the values of sportsmanship. Athletes are expected to uphold the tradition by exhibiting the highest level of competition and sportsmanship.

We welcome you to the Ridge athletic family.

BERNARDS TOWNSHIP SCHOOL DISTRICT RIDGE HIGH SCHOOL

ATHLETIC PROGRAM GOALS

The Bernards Township School District Board of Education endorses these goals to be achieved through the participation in the district's educationally based athletic programs.

The Ridge High School athletic program is an integral part of the total educational program and all students should have an opportunity to become involved. The program is as extensive as the facilities, staff, and finances can adequately support.

We believe:

1. Athletes should be required to maintain academic standards consistent with our eligibility policy and the natural potential of the individual.
2. Participation in interscholastic athletics is a privilege and not a right.
3. Athletes must learn to abide by the rules, regulations, and decisions associated with the particular sport. The coach has the responsibility to determine an athlete's ability and talent, who shall make the team, and coaching techniques and strategies that will be employed.
4. There must be mutual respect for all who are involved in the competition - teammates, opponents, coaches, and officials.
5. Participation helps develop character, resolve, poise, cooperation, and moral and ethical values that lead to useful citizenship.
6. Participation teaches a student that discipline and self-sacrifice are necessary ingredients for teamwork.
7. Through participation, the student-athlete will develop a healthy body, sound mind, and an appreciation for individual differences.
8. Participation leads to a better understanding of ethics, sportsmanship, integrity, and fair play.
9. Valuable life lessons are learned in the course of competition, both winning and losing and in preparing for competition. These help student-athletes to mature and to prepare for a healthy life.
10. The Board of Education, administration, faculty, members of the athletic staff, student-athletes, and parents should work collaboratively to promote the athletic program and to create an atmosphere of learning that is in the best interests of the students and the community.

THE VALUE OF ATHLETICS

Research of secondary schools in the United States has indicated the following attributes among student-athletes.

- Athletes have better grades than those not involved and athletes in season have better grades than out of season
- Athletes have better attendance in school than the general student population.
- Athletes have a much lower drop-out rate than their fellow students.
- Athletes have a better chance of succeeding in college.
- Athletes take more average to above average courses than non-participants.
- Athletes tend to focus more on long-term goals than on short-term goals.
- Athletes tend to be more self-assured.
- Ninety five percent (95%) of Fortune 500 executives participated in school athletics while forty seven percent (47%) were members of the National Honor Society.

THE RESPONSIBILITY OF SPORTSMANSHIP

The athletic program is an integral part of the education of many of our students. Although the students and their coaches are the major focus of an athletic program, the officials, spectators, event workers, visiting opponents, and parents all contribute in maintaining high standards. It is the responsibility of all involved to promote good sportsmanship under all conditions. Be mindful that athletics are designed to be a pleasurable educational experience. Behavior at sporting events is a reflection on Ridge High School and the community of Bernards Township.

- Be courteous to the teams, officials, and other spectators.
- Be enthusiastic - by rooting for your team - not booing opponents or officials.
- Be fair - have confidence in the integrity and honesty of the officials. They are neutral and are not concerned with who wins. You are partisan.
- Be cooperative - don't walk on the court or field. Stay back from the sidelines.
- Be supportive - don't criticize players, coaches, or officials.
- Enjoy the game - it's about the kids, not the adults.

Examples of poor conduct at sporting events include the following:

- The use of vulgar or inappropriate language.
- Taunting or trash talking of opponents, their cheerleaders, or their fans.
- Making noise to distract an opposing player during a foul shot, serve, or similar act.
- Yelling or chanting derogatorily at players or coaches
- Displaying anger in reaction to an official's call.

A LETTER TO PARENTS

Being a parent is often very challenging. This effort and responsibility is frequently complicated by being the parent of an athlete. In your role as a parent, you obviously care about your child and are concerned for his or her welfare. You enjoy the successes of your child immensely and suffer with each faltering along the way. These successes and faltering are all part of the process of growing up. Athletics provides an opportunity for your child to experience these emotional ups and downs, to learn from them and to grow.

The player-coach relationship is a very critical one in athletics. You as a parent can have a pronounced effect on this relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion to or in front of your child you need to remember that he or she will return to practice the very next day and may carry along your convictions. Your child will then have to interact with this coach in a relationship that should be based on trust. You, as the parent, can greatly affect this delicate trust.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions or games. No matter how strong your background is in your child's sport you are not the coach. It is better to learn the systems and techniques that are being employed and to reinforce them at home. Refrain from coaching your son or daughter before, during, and after contests as well as during halftime. Your child is part of the team and should remain in all warm ups, discussions, and activities with the team that are associated with the contest until all players have been dismissed. Many coaches will debrief with the team after a game whether it be a win or loss. Athletes should not pause to speak to parents or friends immediately after games. These meetings are essential to the learning process involved in athletics.

Being positive and supportive of your child's participation in athletics is extremely important. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous studies, it has been determined that most athletes participate for enjoyment and fun. Excessive pressure, expectations, or anger can alter this most fundamental reason for playing.

When you speak with your child after a contest, don't dwell on his or her play, how many points they scored or if they started. Instead, first ask how the team did. Did your son or daughter play hard and have a good experience? Reinforce the value of being a team member and not an individual part of the team.

GOVERNANCE OF ATHLETICS

Ridge High School is a member of the New Jersey Interscholastic Athletic Association (NJSIAA), the governing body of athletics in New Jersey under the auspices of the New Jersey Commissioner of Education. We are classified as a Group IV school by population in the North Jersey Section II of the state, one of four state sections.

Ridge High School is also a member of the Somerset County Interscholastic Athletic Association and competes for county championships in the following sports: boys and girls soccer, field hockey, girls tennis, boys and girls cross country, girls volleyball, gymnastics, competitive cheerleading, boys and girls basketball, wrestling, boys and girls indoor track, boys and girls swimming, boys and girls fencing, baseball, softball, boys and girls lacrosse, boys and girls track and field, boys tennis, and boys volleyball.

Ridge High School is also a member of the Skyland Conference which consists of 23 schools in Somerset, Hunterdon, and Warren Counties. Schools are in a divisional structure based on size, strength of program and the number of schools that offer a specific sport.

In total, Ridge High School provides 34 Varsity sports, 21 Junior Varsity sports, and 12 Freshmen sports. Approximately 60 percent of recent graduates have earned a Varsity letter before graduating and approximately 70 percent of Ridge students will play at least one interscholastic sport in a given year.

ACADEMIC ELIGIBILITY TO PARTICIPATE IN ATHLETICS

In order to participate in interscholastic athletics a student must meet all criteria as described below. Regulations for eligibility are determined by the New Jersey Interscholastic Athletic Association and the Bernards Township Board of Education.

1. A student must not have reached the age of 19 prior to September 1 of the school year.
2. A student must have passed one quarter of their graduation requirements (30 credits) during the previous school year in order to be eligible during the Fall and Winter seasons. Freshmen are automatically eligible during these two seasons.
3. In order to participate in a spring sport a student must have passed the equivalent of 12.5 percent of their graduation requirements (15 credits) during the first semester.
4. No student is eligible after the completion of 8 academic semesters following entrance into 9th grade.

5. Classified students who do not pass the required number of credits, but do meet their Individual Education Program requirements are eligible.
6. Transfer students are eligible immediately if the transfer is due to a change of residence by the parents provided a transfer waiver has been completed.
7. A student that transfers from another school and has competed at the varsity level at any time with no change of residency is ineligible to compete at any level for a period of 30 days beginning with the opening game. A transfer waiver form must be completed.

SIGN UP AND REGISTRATION

Coaches conduct pre-season meetings to register students for participation and to explain procedures and policies and to inform team prospects of important team related information and requirements. These meetings are announced in school and are generally held late in the preceding season. Students and parents must complete required registration information on-line through Genesis. The registration includes the following:

- Parent Permission to participate in the sport
- NJSIAA Steroid Testing Consent
- Concussion Acknowledgement

MEDICAL EXAMINATIONS

No students will be permitted to try out for a team, practice, or compete without having turned in a Pre-participation Physical Examination Form completed by a physician and approved by the school physician. The examination must be completed on the New Jersey mandated form and must have been completed within 365 days of the start of practice. In cases where a physical examination has been done within less than 365 days before the start of practice but outside of 90 days prior an updated Medical History Questionnaire form must be completed by the parents before a student may begin practice. The physical examination is required by law and is done to determine the athlete's general fitness for participation in athletics. It should not be viewed as a comprehensive medical evaluation for determination of the presence of illness or disease.

ACCIDENT/INJURY

There is a risk of injury in all athletics. Injuries are an unavoidable part of most sports. School personnel shall attempt to minimize and prevent injuries through alert supervision and safety procedures. When a student-athlete is injured, he/she should report the injury to their coach as well as the athletic trainer. The athletic trainer is highly qualified in the treatment of sports injuries and can assess the severity of the injury, determine if further medical attention is necessary, and provide a rehabilitative program. However, if there is any doubt as to the

severity of the injury, parents and student-athletes are advised to exercise caution and to seek medical attention.

The RICE principle is recommended in order to promote healing of musculo-skeletal injuries.

- R Rest of the injured area.
- I Ice the injured areas to reduce swelling.
- C Compress the injured area with an elastic wrap.
- E Elevate the injured area.

MEDICAL INSURANCE

Ridge High School provides limited insurance coverage for all students participating in athletics. This insurance is secondary to the parents' insurance coverage. Bills are to be submitted to the parents' insurance company first. When the parent's insurance coverage has reached the limit for coverage or there is not insurance coverage, the parent should contact the school nurse to initiate the school policy.

START OF PRACTICES/TRY-OUTS 2022-23

Fall Season	August 10: Football August 17: Girls Tennis August 22: Soccer, Field Hockey, Cross Country, Girls Volleyball, Gymnastics
Winter Season	November 21: Ice hockey, Boys/Girls Swimming November 28: Basketball, Wrestling, Fencing, Indoor Track, Ski Racing
Spring Season	March 16: Baseball, Softball, Lacrosse, Track & Field, Golf, Boys Tennis, Boys Volleyball

PRACTICE

Practice sessions are held in most sports every day after school or in the evening for 1-3 hours depending on the sport and present circumstances. Most sports will have practices and contests on Saturdays and occasional practices may be held on Sundays. Fall pre-season practices begin prior to the start of school. During this time, multiple practices may be held on scheduled days as well.

Practices may be held on religious holidays. It is understood that students may have a responsibility to their religious commitment. When an athlete does not attend a practice for religious observance it is understood that their status on the team will not be affected and there will be no repercussions for the missed session. It is the responsibility of the athlete to inform the coach ahead of time

VACATION

Scheduled contests and practices are held during school vacations. Student-athletes are expected to attend all practices and games held during vacation. Should a student miss time for vacation, a general guideline that coaches employ is that the athlete will not participate in one scheduled contest for each practice or game missed.

BOARD OF EDUCATION EXTRA-CURRICULAR ATTENDANCE PROCEDURES

Attendance shall be required of all students enrolled in extra-curricular athletic activities. No student whose absence or excuse has been approved by the principal or designated staff member shall be deprived of an award or eligibility to compete for an award due to his/her absence.

The Board shall require the parent or guardian of each child or from an adult-emancipated student who has been absent from scheduled activity session for any reason, a written statement of cause for such absence or tardiness. The Board, through the school administration, reserves the right to verify such statements and to investigate the cause of each absence of more than three days duration or repeated unexplained absence or tardiness.

For mutual guidance of parents, pupils, and school officials the Board lists the following reasons as acceptable for excused absence or tardiness.

1. Exclusion from school of all persons with uncovered weeping lesions - whether or not the person has been screened for HIV.
2. The pupil's illness.
3. A death or critical illness in the pupil's immediate family.
4. Quarantine.
5. Observation of the pupil's religion on a day approved for that purpose by the Board of Education.
6. The pupil's required attendance in court.
7. Interviews with a prospective employer or with an admissions officer or an institution of higher education required and restricted by the institution to a specific date.
8. Examination for a driver's license.

9. Necessary and unavoidable medical or dental appointments that cannot be scheduled at a time other than the school day.

The Board of Education recognizes the importance of visitation to post-secondary institutions of learning and employment interviews. The Board regards these as excused absences when written notice is provided to the athletic director and the coach/advisor at school at least one week prior to the absence. The Board, through the school administration, reserves the right to reject requests where a pattern of excessive previous requests or unexcused absences exists. The Board, through the administration, also reserves the right to reject requests for student absences on competition and performance days and on critical meeting, rehearsal, and practice days. These critical days are to be limited and announced in writing to the pupils prior to the beginning of a season.

No other reasons for student absence are deemed to be appropriate by the Board of Education. Where extreme circumstances create the necessity of a student absence due to any other reason, a written request must be submitted at least one week in advance to the athletic director and coach/advisor. This request must delineate the special circumstances which support the need for an excused absence other than the aforementioned Board-recognized reasons.

ATTENDANCE IN SCHOOL AND PARTICIPATION IN ATHLETICS

A student who is absent from school may not practice or compete in any contests on that day. When practices or games are held on a non-school day the student must be in school on the previous day in order to participate. In cases where a student arrives late to school or is issued an early dismissal the student must be present in school for a total of four (4) hours.

SUSPENSION FROM SCHOOL

Students who are suspended from school will not be allowed to practice or play on the day of a suspension. In instances where a suspension ends on a day before a non-school day the student may not practice or compete on the next day.

HAZING, INTIMIDATION, BULLYING

The Board of Education believes that harassing, bullying, and hazing are inconsistent with the educational process and such acts are prohibited at any time within a school sponsored activity or function. Any person that believes that he or she has been the victim of HIB or has knowledge of such behavior shall report the alleged acts immediately to an appropriate school official.

Hazing is considered to be any activity that intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in or affiliation with any

school activity related organization. StudentS involved in any hazing activities will face serious disciplinary action.

DISQUALIFICATION

An athlete who displays unsportsmanlike and flagrant physical or verbal misconduct will be removed from the game by an official. This type of ejection carries a two-game suspension following the ejection in all sports except football which carries a one game suspension as per the regulations of the NJSIAA.

Disqualification is often a judgment call by an official; it is final and cannot be appealed.

A disqualified player may not be present at any contest in that sport during the period of disqualification (not to be present in the locker room, on the bus, on the sidelines, or in the stands before, during, or after the event). Failure to comply with this regulation can result in forfeiture of the contest.

Any player disqualified a second time during a 365 day period from the first disqualification may face sanctions from the NJSIAA.

UNIFORMS AND EQUIPMENT

The school will provide uniforms and equipment for game competition. Shoes, personal items, and practice clothing are usually the responsibility of the athlete. The care and security of issued equipment is the responsibility of the athlete during the season. If equipment is lost or stolen, the athlete is responsible for paying the cost to replace the equipment. All equipment will be collected at the conclusion of the season by the coaching staff.

SECURITY

Every effort is made to provide proper security in the locker room and team storage areas, however it is impossible to prevent theft from occurring. Student-athletes are encouraged to lock up all belongings when not in use and are discouraged from bringing valuable items into the locker rooms or storage areas.

PARTICIPATION

Once an athlete has begun participation in official practice sessions for a team, he/she has committed to being a member of that team. Any athlete who leaves the team or is dismissed from the team for disciplinary reasons may not participate in another sport that season. Any student that is cut from a team may try out for another team with consent of the coach of the

second team. In certain situations, this practice may be waived with the consent of all of the coaches involved.

TRANSPORTATION

Transportation to and from all away contests is provided. Students must ride the bus provided for all away contests unless prior authorization has been obtained.

The following procedure is to be followed for authorization of alternate transportation.

1. The parents must make in advance a request in writing for the release of their child to themselves or other parents. Students will not be allowed to drive to away events or travel with other student drivers.
2. The note is to be received by the athletic director or coach one day prior to the trip whenever possible.

MAKING THE TEAM

The number of participants in some athletic teams is limited due to the nature of the sport, facility constraints, and the number of students that attempt to make the team. This means that some prospective participants must be eliminated from the squad following a try out period based upon the determination of the head coach and/or the team level coach. It is an unfortunate part of athletics and one that no coach enjoys. However, coaches make every effort to evaluate all players who try out objectively and often must make difficult decisions regarding who makes the team. Parents and students are asked to respect the decision of the coach. It is fair to ask the coach to inform the parents or student athlete of the strengths and weaknesses of the student and how he or she can improve their ability.

It is the responsibility of the coach to put forth the best team possible. At times a younger player such as a freshmen may make the team when an older player that has been in the program for multiple years does not. In such instances, the coach will weigh carefully a variety of factors such as safety, maturity of the student, playing ability, and team morale when making the decision to keep a younger player on a squad.

PLAYING TIME

It is the immediate goal of all teams to win each game as it is played. Players will compete in practice for playing positions on each team under the continual direction and observation of the coaching staff. Coaches will make the decision as to who will play at a given time and who will not. Things such as ability, physical conditioning, attendance at practice, attitude and effort are

all involved in the decisions made by the coach. As they should, all players want to play in games. At the same time every player and coach wants to win. It is impossible for a coach to play each player in every game equally and still strive to win. The coach has a responsibility to the team and the integrity of sport to make sure that the team is given the best chance of winning within the rules of the game. When opportunities present themselves, coaches are encouraged to use as many players as possible in games to reward them for their efforts in practices.

There may be times when a freshman or sophomore earns playing time in front of an older player. Certainly this can be a difficult situation and one in which the coach must examine closely when making such a decision. However, age or length of time in a program does not entitle an older player to earn playing time.

At times, players may be required to play a position that they do not feel is their best. These decisions are made by coaches in the best interest of the team and there are times where a player must sacrifice his or her self for the team. Such ideas as where a player might play in college do not come into play in deciding where a student is to play in high school. These decisions are based only on what is best for the team.

The emphasis on winning is certainly more significant at the Varsity level than the Junior Varsity and Freshmen levels. However, the immediate goal at all levels is to win the contest. The sub-varsity levels also serve to develop players and teams for the future. Coaches at the sub-varsity levels are encouraged to utilize more players than a varsity squad might use, however the team is still striving to win. Players will play at the sub-varsity levels that give the squad the best chance for victory. When opportunities to play others are presented, coaches will strive to utilize as many players as possible in a game.

Again, it is the duty of the coaching staff to decide who will or will not play at any one time. Sometimes it may not be clear to the observer as to why some playing time decisions are made. However, parents and students are encouraged and expected to respect the decisions of the coach.

AWARDS

The following awards are presented to team members at the conclusion of each season.

Freshmen	Certificate
Junior Varsity	Certificate
Varsity First Year	Certificate and Chenille Letter "R"
Varsity Second Year	Certificate and Pin
Varsity Third Year	Certificate and Pin
Varsity Fourth Year	Certificate and Pin

PARENTAL COMMUNICATION WITH A COACH

As a parent if you have a question or concern to address you are welcome to contact the coach. Those coaches that are employed as staff members by the Bernards Township School District have a district email address where they can be reached. Out of district coaches should provide you with a daytime phone number or email address.

Experience in athletics can be the most rewarding of any experience a student receives while in high school. It is also important to understand that there may also be times when things do not go as your son or daughter wishes. At these times discussion with the coach is encouraged. Appropriate subjects include the treatment of your child, ways to help your child improve, concerns about your child's behavior, and the future of your child athletically beyond high school. Discussion of the amount of playing time of your child should only include an explanation of your child's role on the team, not a demand or expectation for increased playing time. Parents are encouraged to have their son or daughter first speak to the coach in a mature and calm manner on the subject of playing time.

Subjects such as team strategy, play calling, or other team members are not appropriate subjects to discuss with the coach.

Before or after a game or contest is not the time to approach a coach with a concern regarding the program or your son or daughter. This is often an emotionally charged time that will not provide a productive forum for open discussion. Parents are encouraged to call and speak to the coach or to ask for an appointment to meet with the coach at a specific time.

Situations may arise that will require a conference with a coach, athletic director, and the parent. If the parent has met with the coach and feels that the situation needs further resolution then the parent may meet just with the athletic director. It is important that all parties involved have a clear understanding of the other's position if an agreement or consensus cannot be reached.

ATHLETICS IN COLLEGE

College athletic programs are governed by the NCAA (National Collegiate Athletic Association) or the NAIA (National Association for Intercollegiate Athletics). Most programs fall under the auspices of the NCAA which has established rules on eligibility, recruiting, and financial aid.

Students interested in playing a sport at the collegiate level should review the NCAA Guide for the College Bound Student Athlete from their website at www.ncaa.org.

The NCAA has developed three membership divisions - Division I, Division II, and Division III. Membership to a division is based on the size and scope of the athletic program and whether the school provides athletic scholarships or not.

Any student wishing to play a sport in college at the Division I or II level must be certified by the NCAA Eligibility Center. This may be done through the Counseling Office. The Eligibility Center will analyze a student's academic information and determine if he or she meets the initial eligibility requirements.

More information is available through the Counseling or Athletic Office.

THE RECRUITMENT PROCESS

Recruitment of the "blue chip" or highly regarded athlete is often initiated by the college or university at the Division I or II level. Other athletes that wish to play a sport in college must often initiate the process themselves or have it initiated by a coach. Student-athletes are encouraged to put together a resume that will include contact persons, physical attributes, sport specific data, unofficial transcripts, and playing experience to include with a letter of interest to a college coach when making contact. Once contact has been made with the college coaching staff the college coaches will review the student's academic and athletic abilities. If the college coaches are interested at this point they will conduct a more intense evaluation by viewing game films, onsite evaluation of games, practices, camps, or club teams, and through contact with trustworthy personnel.

If the athlete is still a candidate, visits are usually arranged by the college coach and the family. A student is allowed a total of five official visits to colleges that are paid for by the college and an unlimited number of unofficial visits or those paid by the student.

If the athlete is to be offered a scholarship is often done during a visit in the presence of a head coach of the college. The prospective player then signs a letter of intent and accepts the athletic scholarship.

SCHOLARSHIPS, GRANTS, AND LOANS

A scholarship is money given by the college or university that does not have to be repaid. Scholarships may be full or partial and can cover the costs of books, tuition, room, and board. At the Division I and II levels, scholarships may be renewed on an annual basis. Multi year scholarships are not issued. However, if a student-athlete remains in good standing within the program the scholarship is normally renewed.

Grants, like scholarships, do not have to be repaid. Often the two terms are used interchangeably. Grants are not awarded for athletics, however, they may be issued to athletes that meet other criteria.

Loans, another form of financial aid, require a variety of repayment plans. They are available both privately and publicly.

Work study programs vary from college to college. In many cases they are financed by the federal government and are part of a financial award.

To obtain supplemental funding as above, it is necessary to file the FAFSA (Free Application for Federal Student Aid) form which is available on line from the Federal government.

COLLEGE OR UNIVERSITY SELECTION

The final selection of what school to attend will ultimately fall upon the student-athlete and his or her family. Factors that affect the selection include academic rigor, selection of a major, size of the school, location of the school, demography of the school, student interests, expense and athletic program. The decision should not be based solely on the athletic program. College provides the student with an opportunity to prepare him or herself for life as an adult. It is not an end in itself. Very few high school athletes become successful professional athletes. Therefore, the academic portion of the college selection process is extremely important.

RIDGE HIGH SCHOOL ATHLETIC PROGRAM 2022-23

The following athletic programs are offered at Ridge High School as indicated.

FALL SEASON

SPORT	VARSITY	JV	FRESHMEN
Cheerleading	X	X	
Competition Cheerleading	X	X	
Boys Cross Country	X		
Girls Cross Country	X		
Field Hockey	X	X	X
Football	X	X	X
Gymnastics	X		
Boys Soccer	X	X	X
Girls Soccer	X	X	X
Girls Tennis	X	X	X
Girls Volleyball	X	X	X

WINTER SEASON

Boys Basketball	X	X	X
Girls Basketball	X	X	X
Cheerleading	X	X	
Competition Cheerleading	X	X	
Boys Fencing	X		
Girls Fencing	X		
Ice Hockey	X	X	
Boys Ski Racing	X	X	
Girls Ski Racing	X	X	
Boys Swimming	X		
Girls Swimming	X		
Boys Winter Track	X		
Girls Winter Track	X		
Wrestling	X	X	

SPRING SEASON

Baseball	X	X	X
Boys Golf	X	X	
Girls Golf	X	X	
Boys Lacrosse	X	X	X
Girls Lacrosse	X	X	X
Softball	X	X	X
Boys Tennis	X	X	
Boys Track & Field	X		
Girls Track & Field	X		
Boys Volleyball	X	X	

Football may also have a sophomore team.

In cross country, winter track, fencing, and track and field novice or sub-varsity meets are held.

**RIDGE HIGH SCHOOL
ATHLETIC HEAD COACHES
2022-23**

FALL SEASON

**Cheerleading
Competition Cheerleading
Boys Cross Country
Girls Cross Country
Field Hockey
Football
Gymnastics
Boys Soccer
Girls Soccer
Girls Tennis
Girls Volleyball**

**Julia Mueller
Dominic Vignali
Nicole Gilhuley
Elizabeth Braga
Kimberly Clark
Andrew West
Jennifer DiGuiseppe
Enzo Minicozzi
Katie Donahue
Chad Griffiths
Teresa Staats**

WINTER SEASON

**Boys Basketball
Girls Basketball
Cheerleading
Competition Cheerleading
Boys Fencing
Girls Fencing
Ice Hockey
Ski Racing
Swimming
Boys Winter Track
Girls Winter Track
Wrestling**

**Brian Feath
Tyler McKinnon
Julia Mueller
Dominic Vignali
TBD
Glen Pernia
Tim Mullin
John Fico
Melanie DuPuis
Nicole Gilhuley
Elizabeth Braga
Roy Dragon**

SPRING SEASON

Baseball
Boys Golf
Girls Golf
Boys Lacrosse
Girls Lacrosse
Softball
Boys Tennis
Boys Track & Field
Girls Track & Field
Boys Volleyball

Tom Blackwell
Greg Zande
Laura Phillips
Ken Marsh
Kennon Broadhurst
Brian McCarthy
Chad Griffiths
Nicole Gilhuley
Elizabeth Braga
Teresa Staats

Athletic Trainers

Scott Hoagland

Administrative Assistant
Director of Athletics

Aimee Mitchell
Judee Schroeder
Richard Shello

RIDGE BOOSTER CLUB

The Ridge Booster Club is a volunteer organization that supports every athletic team at Ridge High School. The club offers scholarships, awards, and support to the complete athletic program. Recent purchases have included scoreboards, training aids, gymnasium banners, and appliances for the concession stand. The club has been instrumental in the start of the fencing, volleyball, and gymnastics teams.

Your support in financial and volunteer efforts to this organization is greatly needed and appreciated. Meetings are held monthly. Contact the athletic office for more information.

RIDGE SPORTS FOUNDATION

The Ridge Sports Foundation is a volunteer organization that supports capital improvement efforts for the athletic program. The foundation was responsible for the installation of the original synthetic turf on Lee Field and the construction of the current strength and fitness training center. Each facility has greatly benefitted the many student-athletes at Ridge as well as students in Physical Education classes and youth programs in the community.

In addition, the foundation has supported a scholarship entitled the Pride and Passion Award that is given annually to a graduating senior.

SPORT SPECIFIC PARENT ORGANIZATIONS

Many teams have parent volunteer organizations that support the team through fundraising and/or volunteer efforts. Many are highly organized with a constitution, elected officers, and tax deductible status. These organizations are invaluable in their support through the purchase of equipment, organizing banquets, and upgrading facilities. Some of the organizations have links on the Ridge High School athletic web page found at www.bernardsboe.com.