

Winter Athletic Newsletter



Winter Athletic News

INSIDE THIS ISSUE

Winter Athletic News	1
Start Dates- Winter Sports	1
Winter Coaching Contacts	1
Fall Post-Season Honors	2
Athletic Trainer's Corner	3

Mr. Thomas J. Callanan
Principal

Mr. Sergio Silva
Assistant Principal

Mr. Michael Menditto
Assistant Principal
Athletic Director



As we continue our 2019 – 2020 Winter athletic season, we would like to remind you that you are able to access all of Hanover Park's athletic events utilizing the rSchool Today Activity Scheduler, which is accessible on our webpage. We feel it will provide significant advantages to our school community. Because it is web-based, we can provide instant access to the most up-to-date information at all times. All changes are reflected instantly as soon as they are made. There are many key features that are explained in the User Guide at www.nwjersey.com.

Up Coming Dates for HP Winter Athletics

Ice Hockey at Mennen Sports Arena February 19th

Swimming at Gloucester County Institute of Technology February 29th

Boys Basketball (away) vs. DePaul Catholic February 10th

Girls Basketball (home) vs. Cranford February 11th

Indoor Track & Field (away) at Toms River February 14th

Wrestling (away) vs. Lenape Valley February 10th

HP Winter Coaches

	HEAD COACH	ASSISTANT COACH
Boys Basketball	Todd Hartman	Joe Blauner, Robert Merle
Girls Basketball	Tara Kelly	Heather Sobieski, Doug Wear
Swimming	Greg Mills	Sarah Teklinski
Winter Track	Bill DiMauro	Rachel Maggioncalda, Dan Gregory
Wrestling	Tyler Branham	James Lavalley, Dan Glinko
Cheerleading	Carly Marcketta	Giovanna Lomio, Michele DeFillippes

National District of Character

Caring – Citizenship – Fairness – Respect – Responsibility - Trustworthiness



FALL 2019 AWARDS

New Jersey Super Football Conference

1st Team Offense American-White Division

Matt Tuli
Ethan Gayle
Kyle Junda
Peter Sodano

1st Team Defense American- White Division

Luca Zirpoli
Eddie Luzniak
Owen Feldman

2nd Team Offense American-White Division

Justin Tuli
John Borrello

2nd Team Defense American- White Division

Ryan O'Malley
Carlo Forgione
Brett Behre

Honorable Mention

Ryan Dominguez

Girls Soccer

Divisional Champs

All-State Honors by NJGSA

Kiera Haemmerle
Sophia Rafanello
Hailey Scaff

Morris county Top 20

Sophia Rafanello

3rd Team All-Group 2

Kiera Haemmerle

1st Team Independence

Sophia Rafanello
Kiera Haemmerle
Hailey Scaff

2nd Team Liberty Division

Ashley Alfano
Grace Mochnal

Honorable Mention Liberty Division

Ava Gallo

Boys Soccer

1st Team Independence Division

George Nisbet

2nd Team Independence Division

Ryan Quiogue

Boys Soccer Cont.

Honorable Mention Independence Division

Sean Welby

All County

George Nisbet- 3rd Team
Sean Welby- Honorable Mention
Ryan Quiogue- Honorable Mention

Girls Tennis

Division Champs

1st Team Independence Division

Hailee Posnock
Lauren Shiffman
Karina Gao

2nd Team Independence Division

Andrea Zeien

Honorable Mention

Agnes Fenelus
Audrey Hoffman

Volleyball

1st Team Liberty Division

Katie Piedade
Kristi Brokaw

2nd Team Liberty Conference

Devon Fagan

Honorable Mention Liberty Division

Sophia Fortier

Boys Cross Country

2nd Team Independence Division

Spencer Miller

Honorable Mention Independence Division

Thomas Bartlett

Girls Cross Country

1st Team Independence Division

Isabel Ramos
Victoria Boze

2nd Team Independence Division

Tessa Joseph
Megan Lowinger

Honorable Mention Independence Division

Alexandra Anderson

**Congratulations Coach Erin Fulton for being awarded NJGSA
Girls Soccer Coach of the Year for the North 2 Section!**

**Attention All Non-Winter Sport Athletes:**

Stay in shape during the off-season! The weight room is open Monday-Fridays from 3-4 p.m. to help prepare you for your next sports season. We offer a wide variety of fitness equipment, ranging from cardio (treadmills, elliptical and stationary bikes), to squat racks, free weights and benches, leg press, pull-up and nautilus equipment (pec dec, leg extension/curl machine). **ALL STUDENTS** are encouraged to use the facilities. Weight Room Permission Forms can be picked found online at www.hanoverpark.org under **FORMS** on the right hand side of the **HOME** page. Students must have a current physical (within the last year) on file in the nurse's office in order to participate.

Attention All Spring Athletes:

In order to participate on the first day of practice, all paperwork must be submitted **PRIOR** to the first day of practice. **PRACTICES ARE SCHEDULED TO BEGIN MARCH 6, 2020** Therefore:

- A. If you wish to participate in a spring sport you will have to of had a physical within 365 days from the first day of practice, along with filling out an Athletic Physical Packet. Packets should be completed and submitted to the nurse's office by **February 25, 2020** in order to be on the Clearance List in time.
- B. If your last physical took place prior to **March 5, 2019** you will need a physical in addition to completing all of the paperwork in the **ATHLETIC PHYSICAL PACKET**. To get a physical, you have the option of:
 1. Having the physical done here at the high school with our school doctor. The school doctor will be here during school hours in February to provide physicals for any student-athlete who needs it. Dates to be determined. School physicals will be announced and posted in school and online by late January/early February.
-OR-
 2. Going to your home doctor to have the physical done. If you are using your own doctor, please have all forms from this packet completed and submitted to the nurse's office by **February 25, 2020**. This will to allow time for our School Doctor to review and sign-off on the physicals.

All forms can be picked up in the main office, nurse's office, athletic training room, or can be found online at www.hpreg.org under FORMS on the right hand-side.

Any questions, please contact Lisa Marino, School Nurse or Joe Frasciello, Athletic Trainer. We look forward to seeing you in the spring!

Athletic Trainer's Corner Mr. Frasciello is available Monday – Friday from 12:00 – 8:00 p.m. during the winter season, as well as Saturday at most practices and contests. Any aches, pains, and injuries should be checked out by the athletic trainer to prevent those aches and pains from getting worse and/or to determine the severity of injury. If Mr. Frasciello is unavailable and your child is seen by a doctor, please remember to have a doctor's note stating the diagnosis and return-to-play status.