

Winter Athletic Newsletter



INSIDE THIS ISSUE:

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

Winter Athletic News

As we move into the winter athletic season, we are using a new district athletic calendar scheduling program called rSchool Today. We feel that 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.

Start Dates for WP Winter Athletics

Ice Hockey	November 15, 2011
Swimming	November 15, 2011
Girls Basketball	November 28, 2011
Boys Basketball	November 28, 2011
Winter Track	November 28, 2011
Wrestling	November 28, 2011

WP Winter Coaches

	HEAD COACH	ASSISTANT COACH
Ice Hockey	Tom Levis	Bill Dean
Swimming	Kristen Grashler	Nicole Califri
Girls Basketball	Tom Wilson	Terry Gibson
Boys Basketball	Jeff Kleinbaum	Brady Mahar, Todd Callaghan
Winter Track	Steve Manni	Brad Callahan, Ken Morris
Wrestling	Larry Levinstone	Joe Ficchi, Tom Nicolicchia



NJAC Fall Athletic All-Conference

Cross Country: 3X's State Sectional Championship, North II, Group I
Stewart Invitational Champions
Bergen County Season Opener Champions

1st Team All-Conference – Michael Parrillo, Alyssa Vassallo

2nd Team All-Conference – Alexa Gatti, Andrew Hull

Honorable Mention – Benjamin Chin, Kenneth Jones, Joan Schuman, Dina Abdeljabbar

All-Academic – Michael Parrillo, Alyssa Vassallo, Alexa Gatti, Benjamin Chin, Kenneth Jones, Joan Schuman, Dina Abdeljabbar

Field Hockey –

1st Team All-Conference – Cassie O'Connor, Brianna Cetrulo

Honorable Mention – Vienna Prato

All-Academic - Brianna Cetrulo

Football –

1st Team All-Conference – Timothy Kelly, Nicholas Falkman

2nd Team All-Conference – Joseph LaBracio

Honorable Mention – Jeffery Keating, Angelo Ciaramello

Boys Soccer – Morris County Boys Soccer Coaches Association –

Coach of the Year – Tom Wilson

Player of the Year – Tyler Raff

1st Team All-Conference – Tyler Raff, Gerard Freda, James Coiley, Anil Vegesna

2nd Team All-Conference – Tyler Lee, George Batista, Brian MacArthur

Honorable Mention – Jake Waddon, Christopher Webb

All-Academic – Anil Vegesna

3rd Team All-Morris County – Anil Vegesna

Girls Soccer –

1st Team All-Conference – Ari Roberson

2nd Team All-Conference – Dina Sheira, Lauren O'Connor

Honorable Mention – Sara Boyadjis, Courtney Simon

All-Academic – Dina Sheira, Lauren O'Connor, Sara Boyadjis, Courtney Simon

Volleyball –

1st Team All-Conference – Brittany Curran, Jamie Bergen

2nd Team All-Conference – Giselle Hernandez

Honorable Mention – Caroline Park, Samantha Tutiven

All-Academic – Brittany Curran, Caroline Park

Tennis –

Honorable Mention – Julie Guacci, Michelle Ernst

All-Academic - Julie Guacci, Michelle Ernst



Athletic Trainer's Corner

Attention All Non-Winter Sport Athletes:

Stay in shape during the off-season! The weight room is open Monday-Fridays from 3-4 PM to help prepare you for your next sports season. We offer a wide variety of fitness equipment, ranging from cardio (treadmills, elliptical, stationary bikes and rower), to squat racks, free weights and benches, cable cross-over machine, leg press, pull-up and dip machine, and nautilus equipment (pec dec, leg extension/curl machine). ALL STUDENTS are encouraged to use the facilities. Weight Room Permission Forms can be picked up online at www.whippanypark.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 FRIDAY, MARCH 2, 2012. Therefore:

- A. If you had a physical within 365 days from the 1st day of practice, you will need to fill out an UPDATE PACKET for ATHLETICS. UPDATE PACKETS shall be completed and submitted to the nurse's office by Wednesday, February 29, 2012 in order to be on the Clearance List in time.

- B. If your last physical was over a year, or prior to March 2, 2011, 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 Friday, February 24, 2012. This is 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, or athletic training room; or can be found online at www.whippanypark.org under FORMS on the right hand side.

Any questions, please contact Jan Goodman, School Nurse or Nicole Member, Athletic Trainer. We look forward to seeing you in the Spring!

Athletic Trainer's Corner. Ms. Member is available Mondays – Fridays from 12:00 – 8:00 PM during the winter season, as well as most Saturday 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 Ms. Member is unavailable and your child is seen by a doctor, please remember to have a Dr's note stating the diagnosis and return-to-play status.