

# WARDLAW + HARTRIDGE

## Athletic reminders:

The Wardlaw+Hartridge Athletic Department welcomes you to a great year of Ram sports, and we encourage you to take part in as many of our offerings as you can, both as an athlete, and as a fan, supporting your schoolmates. Before starting to practice and play, New Jersey law and New Jersey State Interscholastic Athletic Association rules require you to take the following steps. **Please note that ALL athletes must meet the medical and consent requirements (RankOne), while other requirements apply to all transfer and international students.**

1. **Medical and Consent Requirements:** All students (new and returning) need to go through the Athletic Registration process with their parents before they can play sports. All the documents they must read and approve are mandated by state law. Most steps in the registration can be done on-line at <https://www.rankonesport.com/content/> (Rank One); but there are also two steps that require downloading a paper document (the Pre-participation Physical Exam form and the Health History Questionnaire). Those forms are available for download on the main Athletic Landing page on our website WHschool.org. <https://www.whschool.org/athletics/resources-documents>
  - a. **NJ State Pre-Participation Physical Exam** - This must be completed and signed by the parent/guardian and your physician. All 5 pages are required to be filled out. If a certain section does not apply to your child, then the doctor can write "N/A." This physical is valid for 365 days from the date of the exam. You can file this document as a hard copy or virtually. If you are using a hard copy, you must give it directly to the athletic trainer or the school nurse. Or, if you choose to scan and email a copy of the physical, send it to [roliveira@whschool.org](mailto:roliveira@whschool.org) or upload it directly to Rank One. Please ensure that all 5 pages are completed and scanned in.
  - b. **Health History Update Questionnaire (HHUQ)** - This form must be completed just prior to any season your child plans to participate in when a physical is not handed in. It can be found and submitted on the Rank One Website. It needs to be filled out and signed by both parent/guardian and athlete.
  - c. **W+H Participant Signature Form** - This contains several documents that the state of NJ requires to be signed by parent/guardian and athlete. They are found again on the Rank One Website and can be submitted directly through the website. This only needs to be submitted one time per school year and needs to be done before competing in the first sport of the school year.



Rank One is our athlete eligibility and injury software. I highly encourage you to download the mobile app on your phone and create an account for yourself. It will show the most up-to-date information on your child's eligibility. It will also give you reminders if any of your forms are about to expire.

[Download the app on the iPhone app store here](#)

[Download the app on the Google Play store here](#)

2. **Transfer Students:** Any new student, transferring into W+H in the 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grade, must contact Mr. Miran so he can help you complete the required transfer form. Any student who attended a different high school in 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup> grade must register as a transfer, regardless of whether or not they played a sport at that school. The good news is that most of our transfers are immediately eligible, but still need to file the form. Parents may also be required to complete an affidavit concerning your residency.

Any new student who is **repeating a year of high school** (if, for example, they attended 9<sup>th</sup> grade at their prior school, and are registering for 9<sup>th</sup> grade at W+H) must contact Mr. Miran ASAP, as there may be some implications for their athletic eligibility in later years. (There is no need to report a repeat year from grades 1-8.)

3. **International Students:** Any student who is in the United States with an F-1 or J-1 visa must see Mr. Miran to complete the International Student Eligibility Form. We will also need the transcript from your previous school. International students who do not file this form are not allowed to compete in the state of New Jersey.

### **Getting ready to play: Summer workouts for high school athletes**

Many Ram varsity teams (US) will hold summer workouts, as allowed under NJ rules. These sessions are always optional, but we strongly encourage interested athletes to attend when they are in town and available. They are not only a great opportunity to improve your skills in preparing for future seasons, they are also a great place for a new student to introduce themselves to some of their teammates. For other sports, team workouts in the summer are not common, but the coach will have suggestions on how to prepare for the next season. Contact any of the varsity coaches below to inquire about opportunities this coming summer:

<b><u>Sport</u></b>	<b><u>Coach</u></b>	<b><u>Email</u></b>
Boys' and Girls' Cross Country	Rick Riepl	rriepl@whschool.org
Boys' Soccer	Jason Montesinos	jmontesinos@whschool.org
Girls' Soccer	Mike Romeo	mromeo@whschool.org
Girls' Tennis	Ron Haynes	rhaynes@whschool.org
Girls' Volleyball	Dave Arva	darva@whschool.org
Boys' Basketball	Brendan Wagner	bwagner@whschool.org
Girls' Basketball	Mike Howell	mhowell@whschool.org
Cheerleading	Tanda Tucker	ttucker@whschool.org
Boys' and Girls' Track & Field	Jamaal Burden	jburden@whschool.org
Baseball	Chris Parisi	cparisi@whschool.org
Golf	Jim Howard	jhoward@whschool.org
Softball	John Childs	jchilds@whschool.org
Boys' Tennis	Ron Haynes	rhaynes@whschool.org

### **Improving Athletic Skills for Lower and Middle School Athletes**

Three opportunities exist for younger athletes to participate in organized athletic activities at W+H:

- a. Ron Haynes Tennis Camp in June: open to LS and MS students. Contact rhaynes@WHSchool.org
- b. Swim clinic for LS and MS students—late spring/early summer, according to student interest. Contact Coach Shane Tonery stonery@whschool.org
- c. Middle School Cross Country summer workouts – information is kept up-to-date on Coach Riepl's blog: <http://ramrunners2015.blogspot.com>

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