



LYNDHURST HIGH SCHOOL

ATHLETIC DEPARTMENT

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JOSEPH DECORSO
Superintendent of Schools

LAURA VUONO
Principal

FRANK VENEZIA
Assistant Principal

JEFF RADIGAN
Supervisor of Athletics

January, 2023

Dear Parents/Guardians of L.H.S. Student Athletes:

SUBJECT: **Spring Sports**

The online registration site is now open for anyone interested in participating in a spring sport. All athletes are required to complete the 2022-2023 sports participation packet for the spring season and have a completed Athletic Physical prior to the **March 1st deadline**. Please refer below for instructions on how to navigate the online forms.

All student athletes are required to have an Athletic Physical within the last calendar year. Physicals are to be dropped off to the school nurse after completion. These documents will then be sent to the district doctor for clearance. This process can take up to a week and the student cannot participate until they are cleared.

For further information about meetings, try-outs, and practices, please reach out to the coach.

Sincerely,

Jeff Radigan
Supervisor of Athletics
Lyndhurst High School

NAVIGATING THE ONLINE FORMS

- Go to Lyndhurst High School Home Page
- Click on Athletics
- Click on Sports Participation Forms on the righthand side under Resources and Links
- Enter your login information. Do not create a NEW USER unless this is your first time registering.
- **Once registered, you must log back in and complete the sports participation packet 1-10 step process.** This includes acknowledging that you understand policies, complete the questionnaire section, and sign the athlete & parent/guardian signatures, etc.
- **Please print out and complete all Physical Forms and bring to your physical.**
- In order to participate in Athletics, **completing forms are due every year and every sports season must be updated.**

Supervisor of Athletics: Jeff Radigan

Jeffreyradigan@lyndhurst.k12.nj.us

If you have a question about on-line registration and the sports participation packet, please contact our Athletic Trainer. All questions pertaining to sports physicals, please contact our Nurse.

Athletic Trainer	Tom Thomas	Tomthomas@lyndhurst.k12.nj.us
Nurse	Vanessa Nowinski	VanessaNowinski@lyndhurst.k12.nj.us

Winter Sport	Head Coach	Email
Baseball	Pat Auteri	patrickauteri@lyndhurst.k12.nj.us
Softball	Diana Auteri	dianaauteri@lyndhurst.k12.nj.us
Boys Track	Tom Shoebridge	Tshoe44@aol.com
Girls Track	Rich Tuero	richtuero@lyndhurst.k12.nj.us
Boys Volleyball	John Lisella	johnlisella@lyndhurst.k12.nj.us
Boys Lacrosse	Chris Amato	chrisamato@lyndhurst.k12.nj.us