



Mahwah Thunderbirds

Department of Athletics - 50 Ridge Road - Mahwah, NJ 07430
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Dear Student-Athletes and Parents,

The summer months have evolved to a very critical time for student-athletes. Many student-athletes are involved in numerous activities in order to better prepare for the upcoming sports season. Sports camps have become an increasingly popular choice for individuals and teams alike to better their skills and physical conditioning.

Participation in off-season training is encouraged to all student-athletes who intend to vie for a position on a Mahwah High School interscholastic team, no matter the sport. This training, if executed properly, will have a multi-fold affect for the student-athlete. First, the student-athlete that is well conditioned will be less likely to incur injury due to athletic participation. Secondly, athletes will be more likely to improve his/her performance and greater individual success which leads to the ultimate benefit of *team success*, which should be the main goal of all of our student-athletes.

With that being said, participation in sports camps, while strongly encouraged and worthwhile, is voluntary. Student-Athletes will not be penalized if they choose not to participate or choose to attend a specific camp. Evaluations of participants will begin with the first official practice of the season and will in no way be tied to off-season conditioning programs and/or camps.

Sincerely,

Roger Pelletier

Roger Pelletier
Athletic Director