

MORRIS HILLS HIGH SCHOOL
520 West Main Street • Rockaway, New Jersey 07866

Claire Herman
Athletic Director
Supervisor of Student Services



Phone: (973) 664-2307
Fax: (973) 664-1079
Email: cherman@mhrd.org

Dear Student-Athletes,

Student-athletes who demonstrate good sportsmanship are positive role models within our school and community. Athletic competition builds character and shapes lifetime attitudes. You, in turn, experience additional educational and leadership benefits that come from participation in sports.

Integrity, fairness and respect are inherent principles of good sportsmanship. With them, the spirit of competition thrives, fueled by healthy rivalry, courteous relations and graceful acceptance of the results.

As an athlete at our school, your sportsmanship goals should include:

- developing a sense of dignity under all circumstances
- respecting the rules of the games, the officials who administer the rules, and their decisions
- respecting opponents as fellow students refraining from engaging in all types of disrespectful behavior; specifically taunting, trash talk and other forms of intimidation
- looking at athletic participation as a potentially beneficial learning experience, whether you win or lose
- educating other students and fans to understand the rules of the game, and value of sportsmanship

You are the spokesperson for your school when you represent us in athletic competition. Your actions are viewed by family and friends, opposing fans, the local community and the media. Your display of good sportsmanship will show the most positive things about you and our school.

I hope the upcoming season is a rewarding one for you.

Go Scarlet Knights!

Claire Herman

Claire Herman