

Lakeland Regional High School **ATHLETIC INFO NIGHT**

Wednesday, August 30, 2023

Home of the Lancers!



Athletic Department

- 32 Varsity athletic teams offered
- 70 total athletic teams are offered
- Our NJSIAA General Classification is **NORTH I / GROUP II**
- Classification is based on previous year enrollment of grades 9 - 11 (#665)
- Most of our athletic programs compete in the Big North Conference
- Football competes in the Super Football Conference
- In a few sports we co-op with other schools
 - ★ Hockey - Waldwick & Hawthorne
 - ★ Swim - West Milford



LRHS ATHLETIC PHILOSOPHY

Prioritize:

- Good Sportsmanship, Teamwork & Citizenship
- Student-Athlete Responsibility
- Supporting An Education-Based Athletic Department

<https://www.njsiaa.org/resources/sportsmanship-appreciation-series>

<https://bignorth.powermediallc.org/sportsmanship/>



Lakeland Stadium Athletic Field

LRHS Board of Education

LRHS Administration

Field Turf

Land Tec



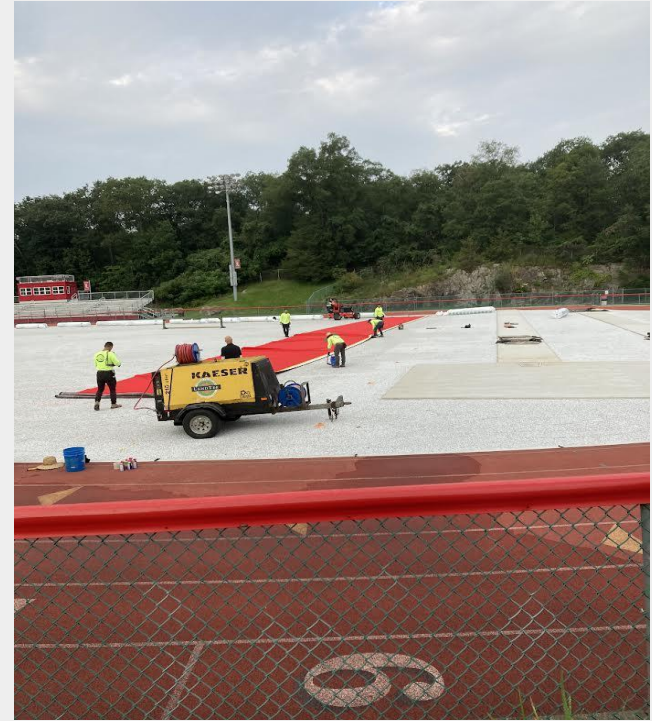
Early Stages



Early Stages



Intermediate Stage



Nearing Completion



**THEN: WEDNESDAY, JULY 26 &
NOW: WEDNESDAY, AUGUST 30**



PARTICIPATION REQUIREMENT

MEDICAL CLEARANCE

The NJSIAA believes that the health and safety of all student-athletes is an essential component of its education-based philosophy. In its decision-making, the NJSIAA, along with its Medical Advisory Committee, applies evidence-based health data to ensure the health and safety of all student-athletes, while maintaining the integrity of the sport and participation equity for all.

<https://www.njsiaa.org/health-safety/athlete-medical-clearance>

LRHS - Sports Packet

<https://www.lakeland.k12.nj.us/page/athletics-physical-permission-forms>



OTHER PARTICIPATION REQUIREMENTS

Academic Eligibility

- Semester 1 - 30 credits (grades 10 - 12) earned from previous school year.
- Semester 2 - Earned equivalent to 15 credits from Semester 1 of current school year (all grades).

Attendance

- Based on full year and half year courses
- Loss of credit based on attendance = Not allowed to participate

Code of Conduct

- Student can not participate if ejected from NJSIAA contest
- District points system, student **can not** participate if accumulates **25 points**



FALL 2023

Starts - AUGUST

- 8/12 (Football)
- 8/14 (Girls Tennis)
- 8/24 (Field Hockey)
- 8/26 (all other sports)

Ends - NOVEMBER

- 11/12 (all sports)
- 11/26 (Football)

WINTER 2023-'24

Starts - NOVEMBER

- 20 (Bowling, Ice Hockey, Swim)
- 27 (Basketball, Fencing, Track & Wrestling)
- **3 day optional tryout period for all sports Monday - Wednesday before Thanksgiving.**

Ends - March 3

SPRING 2024

Starts - MARCH

- 11 (Boys Tennis)
- 14 (all other sports)

Ends - June 9

2024 SUMMER RECESS PERIOD

JUNE 10 - AUGUST 31 - Official NJSIAA Summer Period

JULY 27 - AUGUST 4 - DISTRICT'S NO CONTACT WEEK

****Enjoy the summer but be ready to go at the start of the fall season! Sports Packets are due by August 1!!!***

2024 Fall Sports start August:

- 8/12 (Football)
- 8/14 (Girls Tennis)
- 8/24 (Field Hockey)
- 8/26 (all other sports)



GOALS FOR IMPROVEMENT

- Currently, the athletic department is looking to revamp our athletic website to provide a more effective way for parents and the community to view our sports calendar and to receive notifications of upcoming events and timely changes to athletic events with a downloadable APP.
- Switching most of our Sports Packet documents to on-line and paperless process. The actual Sports Physical must remain on paper and submitted as a hard copy.
- Improving our livestream of events with NFHS.
- Introducing E-Tickets at LRHS athletic events.



Check current LRHS Website & Athletic Website that has sports calendar.

<https://www.lakeland.k12.nj.us/>

<http://www.lakelandathletics.org>

Each athletic program has a google classroom that Coaches communicate with their student-athletes.

Follow us on Twitter/X @LakelandRHSNJ



ATHLETIC DEPT. CONTACT INFO

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