

Hillsborough Middle School Athletic Program



Hillsborough Township Public Schools

Director of Athletics:

Mr. Davis

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908-431-6600 extension 2628

3 seasons, 11 sports, 16 teams...

Fall Sports- September & October

- Boys Soccer (A & B)
- Girls Soccer (A & B)
- Boys Cross Country
- Girls Cross Country
- Field Hockey (A & B)
 - Field Hockey is for female students only



What is Cross Country?

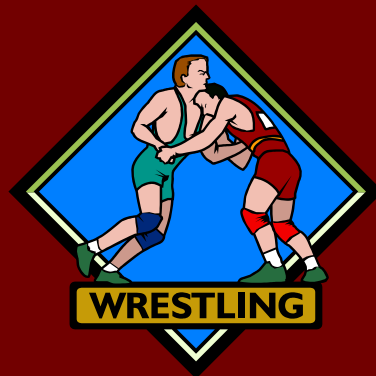


- Cross country is a sport where your goal is to run a distance of 1.5 to 2 miles (depending on the course) at the middle school level as fast as you can.
- How far is 2 miles? Imagine running from ARIS to HMS and back.
- It's expected for you to train over the summer so you arrive on the first day of practice as physically fit as possible. This will help prevent injury (Summer Run Plan).
- A time trial will be used to determine the traveling roster.
- You will run in practice and you will run in meets against other schools.



Winter Sports

- Winter- November through February
 - Boys Basketball (A & B)
 - Girls Basketball (A & B)
 - Wrestling



Spring Sports



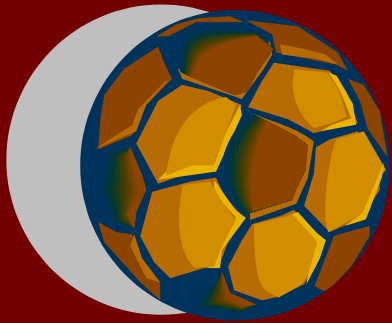
■ Spring- March through May

- Boys Lacrosse
- Girls Lacrosse
- Softball



Experience level for each sport

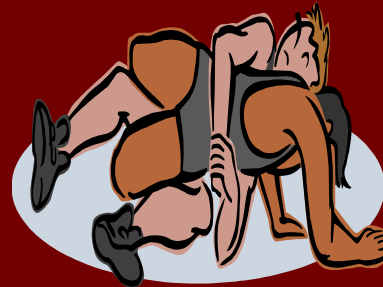
- HMS does not discourage any student from trying out for a team. But since most sports have cuts, it's important to have realistic expectations during tryouts. Understand there are several student-athletes trying out for limited spots.



- Boys & girls soccer, boys & girls basketball, boys lacrosse, & softball

Experience level for each sport

- HMS sports that don't require experience because these sports are newer to many middle school students:



- Boys & girls cross country, field hockey, wrestling, & girls lacrosse

- Please understand that although experience isn't necessary in these sports, they still require a strong level of desire, dedication, commitment & work ethic.

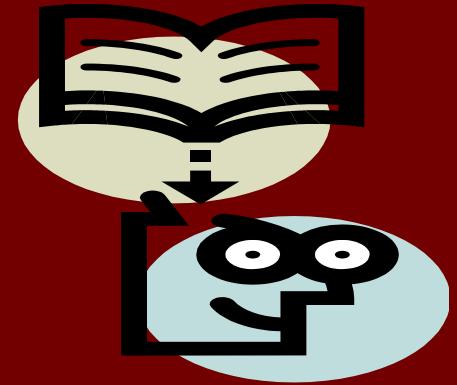
Interested in trying out for a winter or spring sport at HMS?

If you're interested in a winter or spring sport, you do not have to submit any paperwork until next school year!



Commitment

- Practice and/or game every weekday of the season
- 3:15-5:30- time frame each day
- HMS team- first commitment; other teams second
- No weekend games or practices except WRESTLING
- Academic/Behavior- monitored throughout the year via Genesis Gradebook/teacher feedback (student first; athlete second)





Tryouts & Cuts

- Most of the teams have cuts because of the large numbers
- Numbers game...some good players won't make the team
- Perseverance through cuts...some students get cut at the middle school and make the high school team
- You may only tryout for 1 sport per season unless circumstances allow it...
(ie- wrestling)

HMS Athletic Website

- Anything you need to know about HMS athletics, go to the HMS athletic website.
- www.htps.us
 - Click on Hillsborough Middle School
 - Click on Athletics
 - Choose desired information
 - Athletic forms, contact info for athletic director and coaches, schedules, HHS summer camp information, directions to away games, strength & conditioning program, daily sports announcement, etc.





HHS Summer Camps



- Information is now available on HMS athletic website.
- Variety of sport camps offered throughout the summer as well as an excellent strength and conditioning program.
- If interested, print out registration form and send it completed with payment to the coach conducting the camp (address will be on the brochure).
- Do not send registration forms and/or payments to Hillsborough Middle School!

2019 HMS Fall Sports

What you need to know...

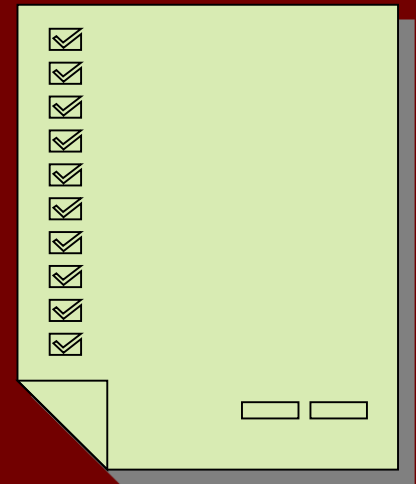
Begin on the 1st Day of School – Thursday September 5th, 2019

- *Specific times and locations will be on the one-page information sheet located on the HMS Athletic Website!
- *Pay attention to the grade per tryout session.
- *If you can't make a tryout date for any reason, contact the coach. It is expected for all tryout candidates to attend all tryout sessions unless otherwise stated.



Family ID & the Physical Update Form: Must submit in order to tryout...

- Mandatory paperwork to become eligible to tryout
 - Family ID
 - Physical
 - Make Copies of Paperwork
- It is important to submit the correct paperwork in a prompt fashion.
- Submitting paperwork doesn't hold you to anything...change of heart, no problem.



Fall sports 2019



■ Deadlines

- **Physical Paperwork & Physical Update Form:** due no later than August 23rd:
 - May take a little longer because a physical examination from your doctor is required
 - Please submit ALL of the forms together.
 - Please include a self-addressed envelope when you submit the pre-participation forms.
 - The **PHYSICAL UPDATE FORM** is needed only if the student's physical examination was completed more than 90 days prior to the first practice session.
- **Registering on Family I.D.:** due no later than August 23rd:
 - Get registered as soon as possible. It takes 15 minutes...
 - Registering on Family I.D. prior to 6/13 will ensure you receive a tryout # which will be posted outside ARS gymnasium
 - Registering on Family I.D. does not have to be done at the same time as the other forms.

Fall sports 2019

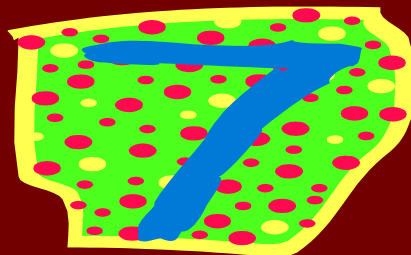


■ Where to send paperwork:

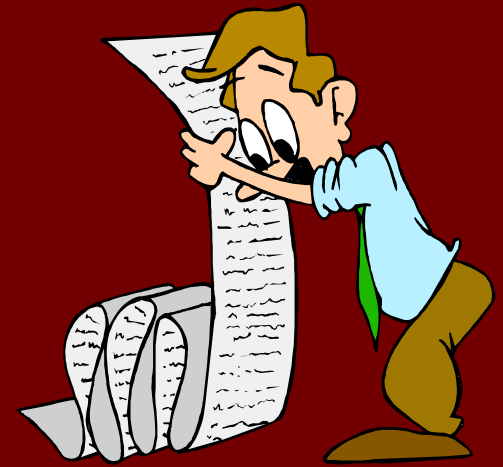
- Please submit all medical forms (along with the Physical Update Form if necessary) to the HHS nurse's office. Please provide a self-addressed envelope when submitting the pre-participation forms.
- Hours 8 AM-2 PM

■ How to fill it out (i.e.- grade entering)

- Write the grade you're entering in the fall of 2019...7th grade



Fall Sports 2019



■ Tryout list- when & where it will be posted

- Friday June 14th outside of gyms at ARIS (exception...Cross Country...this sport DOES NOT use tryout numbers)
 - If your name is not on the list, it means you were not registered on Family I.D. by the June 13th deadline. Contact the Athletic Director to resolve any issues. There is still time to register, however, students may not have tryout number prior to school dismissing
 - Please makes sure your tryout number is clearly visible on the front and back of an old t-shirt!
- *Using a permanent marker is recommended. Taping or pinning your tryout number to a t-shirt is not recommended.

Medical form due August 23rd:

- Bring medical forms along with a self-addressed envelope directly to the nurse's office at Hillsborough High School by August 23rd, 2019.
 - Time is needed for the school doctor to review the physical forms before final clearance is given. No participation of any kind is permitted without medical clearance from the school doctor.
- You can mail them as well to:

Hillsborough High School
Attention: School Nurse's Office
466 Raider Boulevard
Hillsborough, NJ 08844

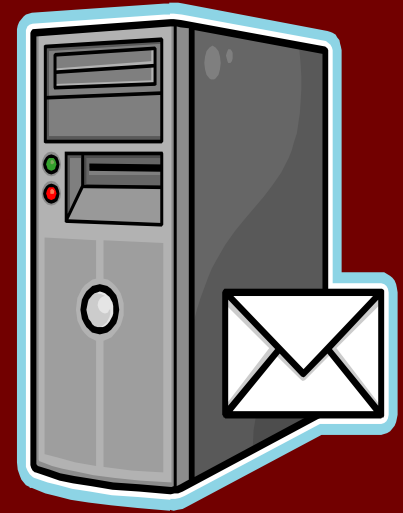


Medical Concerns

- Please contact the nurse (Mrs. Williams) at HMS with any questions, you will be dealing with her throughout the year.

Any questions...

- Sport specific tryout questions:
 - Email the coach directly
- Tryout procedures & paperwork questions:
 - Email the athletic director
- Time permitting: Any questions?



www.https.us

- Click on Schools
- Choose Hillsborough Middle school
- Click Athletics

This contains information to any HMS sports-related question you may have.