





# Athletics Communications

## “How do I get information?”

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- \* 8<sup>th</sup> Grade Parent Night
- \* [Colonia Athletics Website](#)
  - \* This PowerPoint is posted on athletic web page
  - \* Files, Forms and Procedures Link
  - \* Athletic Information and News Link
  - \* Team Schedules and Scores Link
  - \* Athletic Check List and Important Dates
  - \* Twitter: [@coloniahssports](#)



Athletic Director



Pellegrino LaSala

Director of Health, Physical Education & Athletics

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Colonia High School  
180 East Street  
Colonia, NJ 07067



## \* **Fall**

- \* Cheerleading
- \* Cross-Country (B/G)
- \* Football
- \* Soccer (B/G)
- \* Tennis (G)
- \* Volleyball (G)

## \* **Winter**

- \* Cheerleading
- \* Basketball (B/G)
- \* Bowling (B/G)
- \* Ice Hockey
- \* Swimming (B/G)
- \* Winter Track (B/G)
- \* Wrestling



## \* **Spring**

- \* Baseball

- \* Golf

- \* Softball

- \* Tennis (B)

- \* Track (B/G)

- \* Volleyball (B)



- \*Freshman are free of any academic credit requirements during the first semester of entrance to Colonia High School.
- \*Spring sports - 2<sup>nd</sup> semester freshman must project 15 credits to be eligible to participate.
- \*As a Sophomore, to be eligible for fall and winter sports-students must have accrued 30 credits from the previous school year.



- \* Cheerleading begins: July 10th
- \* Fall Sports Practice: **Football Monday August 7<sup>th</sup>**
- \* Other Fall Sports Practice: Monday August 14<sup>th</sup>
- \* Please check the coach's Google Calendar on their Schoolwires page for the most up to date practice schedule.

[CHS Teacher Pages](#)



- \* When school is in session. Practice sessions usually take place every day after school starting at 2:45 PM.
- \* The length of practice is up to the discretion of the individual coach. In most cases, practice will run for 2-3 hours.
- \* There are Saturday practices, in rare cases sometimes Sundays (county/states); which are used for Varsity only.
- \* Note: Off Campus Practices – Time Starts





## \* Colonia Athletics Website

- \* Directions
- \* Twitter [@coloniahssports](#)
- \* Files/Forms/Procedures
- \* NJSIAA
- \* Coaches Contact Information
- \* Trainer
- \* Team Schedules and Scores



- \*Information concerning the following is available on the Colonia High School Athletics Page:
- \*In addition to a yearly physical, all athletes must print and fill out the first **three** forms before **each season** and hand them in (stapled) to **Mr. LaSala the Director of Athletics** at Colonia High School.
- \***1. Acknowledgement and Consent Form**
- \***2. Emergency/Health History Update**
- \***3. Impact Testing Form**
- \*Be sure to open and read the Sudden Cardiac Death Pamphlet and Banned Substances list below.
- \***Sudden Cardiac Death Pamphlet**
- \***NJSIAA Banned Substances**
- \*Any students participating in activities such as intramurals, conditioning and weight room will only need to complete the Emergency/Health History Update form and hand it into their head coach/advisor.
- \***Please print out a physical form and have it signed and stamped by your physician.**
- \***Physical Form**
- \*A physical is also required for participation in a sport. Physicals are good for 365 calendar days. Athletes must print out the physical form and make sure your physician stamps the four pages somewhere on the inside portion. **PHYSICALS MUST BE SIGNED, STAMPED AND DATED BY YOUR PHYSICIAN OR THEY ARE INVALID!**
- \*Physical forms are specific and need to be NJSIAA approved. **A physician's personal physical form cannot be accepted.**
- \***All paperwork is due at least 14 days before tryouts.**



- \* Football            Thomas Roarty
- \* Boys Soccer        Michael Kizoulis
- \* Girls Soccer        Stephen Carew
- \* Boys XC             Sandor Czapó
- \* Girls XC             Michael Quick
- \* Girls Volleyball    Thomas Hennessey
- \* Cheerleading        Andrea Simkowich
- \* Girls Tennis        TBA
- \* Trainer             Kasey Metta



**\* Kasey Metta**

**\* 908-930-4722**

**\* [Kasey.Metta@woodbridge.k12.nj.us](mailto:Kasey.Metta@woodbridge.k12.nj.us)**



- \* Athletic Trainers are healthcare professionals who collaborate with and work under the direction of physicians.
- \* Athletic Trainers are highly qualified, multi-skilled health care professionals licensed by the state Board of Medical Examiners.
- \* Services include injury prevention, emergency care, clinical injury evaluation, therapeutic intervention, and injury rehabilitation.
- \* Any CHS student participating on an athletic team can take advantage of CHS's Athletic Training Services





- \* Injury evaluation (day of injury or following day)
- \* Phone call home if warranted
- \* In-house orthopedic evaluations
- \* Physician's note
- \* Treatment in-house (AT rehabilitation) or out (Physical Therapy)
- \* Functional testing
- \* Return to sport (taped, braced, restrictions)



- \* Baseline ImPACT testing
- \* Protocols/Procedures (as per state law)
- \* Return to Play (6 step process as per state law)
- \* Post-Injury ImPACT testing (comparison with baseline test)
- \* Final Clearance (family physician or school physician)