

# Bergen County Technical Schools



## THE KNIGHTS ATHLETIC DEPARTMENT

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Dear Parents and Guardians:

Welcome to the Knights Athletic Community! The Athletic program is looking forward to the start of the Fall 2018 Sports Season. The **NJSIAA requires all athletes to have a complete physical once a year in order to participate in an athletic program.** Physicals are good for 365 calendar days. A district Physical form and Health History Update form (must be filled out each season) can be downloaded at [www.bergen.org/athletics](http://www.bergen.org/athletics). Physicals will be offered on the Academy Campus, 200 Hackensack Ave, Hackensack on Thursday, July 26<sup>th</sup> and Friday, July 27<sup>th</sup> 2:00pm-3:00pm in the nurse's office. The athlete must have parental consent and the Health History Form of the Physical completed prior to the physical. If you prefer, your child/children can have the forms filled out by your personal physician. The physician, APN or PA must certify the form with a stamp and signature. They also shall sign the certification statement on page four (Clearance Form) of the PPE form attesting to the completion of the Cardiac PD module. A summer physical will prove to be sufficient for each of the three 2018-2019 sports' seasons and is kept on file. **An athlete will not be permitted to participate IN ANY SPORT without a physical, parent permission, and emergency form (generated from the online registration).**

**Sports Non-Contact Period:** All student athletes are required to have a 10-day non-contact period during the summer months. During the non-contact period coaches can correspond with athletes in regards to registration paperwork, schedules and upcoming events, however, they are not allowed to have sport specific contact with their athletes (i.e. practices, workout sessions, games).

The non-contact period for Bergen Tech will begin on **Friday, July 27 at 5:00pm and end on Monday, August 6th at 7:00am.** For athletes competing in a fall sport this is an ideal time to plan family vacations, schedule yearly appointments and conduct personal business which otherwise might interfere with your participation commitment.

Please continue to check **[www.bergen.org/athletics](http://www.bergen.org/athletics)** for updates and changes. Our Fall online registration portal will open on May 10.

Sincerely,

Will Muller  
Supervisor of Athletics

## Online Registration Instructions and Information:

We are excited to announce that we are now offering the convenience of online sports registration for our sports programs through FormReleaf. FormReleaf is a secure registration platform that provides you with an easy, user-friendly way to register for our programs and helps us to be more administratively efficient.

Fall Online Sports Registration will **open May 10 and close July 31**. Please check your emails and [bergen.org](http://bergen.org) for updates.

*Be sure the school nurse has the student-athlete's **current physical on file (Physicals are good for 365 days)** and you have the following information handy:*

1. Student I.D. number (**not applicable to incoming Freshmen**). Otherwise, it's the 7-digit number located on PowerSchool and begins with the Grad Year)
2. Doctor Information and last PE Exam Date
3. Health Insurance Information

**BEGIN YOUR ONLINE REGISTRATION using this link to FormReleaf:**

<https://www.formreleaf.com/organizations/bergen-county-technical-schools>

1. Signup for your FormReleaf account by entering your name, e-mail address and password.
2. Fill out the required information for your registration form. You will receive confirmation from FormReleaf once completed.
3. If you need help, you can call FormReleaf support at **(844) 367-6735**.

\*\*\* At any time you can log back into FormReleaf.com to update your information for the programs, which you are registered in "Registration History."

**Registration Ends July 31**

**Physical Forms must be submitted to the nurse no later than July 31**

We, at Bergen County Technical Schools, are excited about this program and hope that you will enjoy the ease of registering your students for high school sports. Go Knights!

William Muller  
Supervisor of Athletics

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## SUMMER PHYSICALS

Physicals will offered 2:00pm-3:00pm on Thursday, July 26<sup>th</sup> and Friday, July 27<sup>th</sup>  
Bergen County Academies, Nurse's Office, 2<sup>nd</sup> Floor, Room 211  
200 Hackensack Ave, Hackensack, in the nurse's office.

Physical forms and Health History Update forms can be downloaded at [www.bergen.org/athletics](http://www.bergen.org/athletics)

Please fill out BOTH forms, prior to the physical examination and bring it with you.

# KNIGHTS SPORTS PARENTS BOOSTER CLUB

*Supporting Bergen Tech Athletics and Keeping Its Families Informed*

\*If your child is considering playing a sport or cheerleading this year, please send in your membership form NOW so that we can provide you with important information about the athletic program.\*

**Our goal is 100% participation by all sports families.**

## Your membership helps us to:

- Connect you to our athletics community via e-mail updates, our team parent program & “Planning Meetings” with coaches at the start of each season.
- Help our teams excel by providing funding for team training, tournaments, & equipment not covered by the school athletics budget.
- Promote school spirit at all three BCTS Campuses.
- Award scholarships to outstanding graduating student-athletes.

To be eligible for a Knights Booster Scholarship, student-athlete’s family must be a Booster Member.

## SUPPORT OUR SCHOOL AND SPORTS PROGRAMS!

**Membership Fee: Only \$30 per family & includes family admission to home games.** Please send the bottom of this form with your check made payable to “**Bergen County Technical Schools**” to the Athletic Office. 200 Hackensack Ave, Hackensack NJ 07601

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*Please print clearly.*

Student’s Name(s): \_\_\_\_\_

CAMPUS: Hackensack\_\_\_\_ Teterboro\_\_\_\_ Paramus\_\_\_\_ Applied Tech\_\_\_\_\_

Year of Graduation\_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ E-mail address\_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Address: \_\_\_\_\_ City:\_\_\_\_\_ Zip:\_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone(s): \_\_\_\_\_

\_\_\_\_ Enclosed is our \$30 Membership. \_\_\_\_ We’ve enclosed an additional donation of \_\_\_\_\_

\_\_\_\_ I’d like to be a team parent representative for my child’s team. Parent’s name: \_\_\_\_\_



# **FALL 2018 SPORTS STARTING DATES**

**\*\*\*\* PLEASE CONTINUE CHECK BERGEN.ORG FOR UPDATES\*\*\*\***

## **FOOTBALL:** Coach Lynch: [ryalyn@bergen.org](mailto:ryalyn@bergen.org)

Official Practices begin **August 6**, 7:15 am-1:00 pm Hackensack Campus **Mini-Camp** (for current students): June 20, 21, 22 3:30-5:30 BCA. Summer Workouts (including incoming freshmen): July 2. Calendar posted on [www.bergen.org/athletics](http://www.bergen.org/athletics)

## **GIRL'S VOLLEYBALL:** Coach Kuzmik: [chrkuz@bergen.org](mailto:chrkuz@bergen.org)

Tryouts at BCA: **August 13, 14, 15** Freshmen: 8:00am -10:00am, Sophomores, Juniors and Seniors: 10:00 am-12:00pm. Practices begin at BCA: **August 16** Freshmen: 8:00 am- 9:30 am, Sophomores, Juniors, and Seniors 10:00 am -11:30 am. **Summer Camp** July 16-July 19. **Open Gym:** July 5, July 12 and July 24 at BCA Gym.

## **BOY'S SOCCER:** Coach Ramirez: [nelram@bergen.org](mailto:nelram@bergen.org)

Official tryouts/practices begin **August 13**, Returning players: 4:00 pm at BCA, Incoming Freshmen 6:00-8:00 pm at BCA. **Summer Workouts** (Grades 10-12) Starting July 5, Monday through Friday

## **GIRL'S SOCCER:** Coach Zweben: [danzwe@bergen.org](mailto:danzwe@bergen.org)

Official tryouts begin **August 13**, 8:00 am- 10:00 am at BCA

## **GIRL'S TENNIS:** Coach Yselonia: [johyse@bergen.org](mailto:johyse@bergen.org)

Official tryouts begin **August 13**, Phelps Park, 1000 River Road, Teaneck  
Returning players: 8:00 am-10:00 am, New Players and Incoming Freshmen: 10:00am-12:00pm

## **CROSS COUNTRY:** Coach Chomin: [miccho@bergen.org](mailto:miccho@bergen.org) Coach Cevoli: [kencev@bergen.org](mailto:kencev@bergen.org)

Official tryouts begin **August 13** 4:00, BCA.

## **FOOTBALL CHEERLEADING**

**Try-Out Evaluations:** Tuesday June 5 & Wednesday June 6 from 5:00pm-7:00pm in the BCA Gymnasium

**Try-Outs:** Thursday June 7 from 5:00pm to 7:00pm in the BCA Gymnasium

Coach Kara & Coach Theresa: [btcheer@bergen.org](mailto:btcheer@bergen.org)

**SPORTS NO-CONTACT PERIOD:** **Friday, July 27 at 5:00pm and end on Monday, August 6 at 7:00am**

## **FREE SPORTS' PHYSICALS**

Physicals will offered on **Thursday, July 26 2:00pm-3:00pm and Friday, July 27 2:00pm-3:00pm**  
at BCA, 200 Hackensack Ave, Hackensack, in the nurse's office.

Download Physical Forms at: [www.bergen.org/athletics](http://www.bergen.org/athletics)

Follow us  **@BT\_Knights**

## **WINTER SPORTS OFFERED:**

BASKETBALL, COMP CHEER, BOWLING, FENCING,  
INDOOR TRACK

## **SPRING SPORTS OFFERED:**

BASEBALL, SOFTBALL, LACROSSE, TRACK &  
FIELD, GOLF, BOYS VOLLEYBALL, BOYS TENNIS