



Columbia High School Wants You to Become a Cougar !!!

CO-CURRICULAR SPORTS SIGN UP NOTICE 2024

For all 9th, 10th, 11th and 12th graders

Hello SOMSD Families,

My name is Rich Porfido and I am the Supervisor of Athletics and Student Activities for Columbia High School (CHS). We look forward to welcoming you to our historic athletic program and are excited about the 24-25 school year.

We want to inform families of incoming Columbia High School students that registration for CHS athletic programs. The information shared below outlines registration information for all fall, winter and spring sports offered at CHS.

If your child is interested in participating in a co-curricular activity for the upcoming school year, we encourage you and them to review the information shared below and register and ensure your athletic physical information is up to date.

1. **REGISTER: All Athletic Registrations MUST BE DONE ONLINE at:**
<https://columbia-ar.schooltoday.com/>
2. **ATHLETIC PHYSICALS (Updated change from NJ 24-25)**
3. **Bring both the [Preparticipation Physical Evaluation](#) and [Updated NJ Athletic Physical Form](#) to your student-athlete's medical professional.**
4. **Athletes with Disabilities Form: Supplement to the Athlete History [Athletes with Disabilities Form](#)**
5. **Once completed at your health care provider, bring this form to the school nurses office: [Medical Eligibility Form \(Return to nurses office\)](#)**
6. Please ensure all paperwork including the special needs form is signed, dated (day/month/year) by the student-athlete and parent/caregiver. **It is due by July 15th.**
7. **If your child's physical is current, then an update form must be completed and handed in hard copy.**
[Updated Health History Questionnaire](#)

Once it is completed, the HARD COPIES should be delivered to the nurses office during school hours as soon as it is completed by your physician. Summer hours will be communicated as the time approaches.

Sport specific questions should be communicated to the appropriate coach.

Sincerely,

Rich Porfido, Supervisor of Athletics and Activities



WE ENCOURAGE FAMILIES/STUDENTS TO PLEASE READ/REVIEW THE FULL CORRESPONDENCE AS IT PROVIDES IMPORTANT INFORMATION AND ANSWERS A LOT OF FAQs.

SPORTS

Season	Sport Offerings	Other Notes/Start Dates
Fall Sports	→ Football, Girls Tennis, Girls Soccer, Boys Soccer, Boys Cross Country, Girls Cross Country, Cheerleading, Girls Volleyball, Field Hockey, Marching Band	<ul style="list-style-type: none">● Due by the 3rd Monday in July-Register and HAND IN ASAP● NJSIAA Fall Start Dates
Winter Sports	→ Wrestling Boys, Wrestling Girls, Girls Basketball, Boys Basketball, Boys Swimming, Girls Swimming, Ice Hockey (co-op with Nutley), Boys Fencing, Girls Fencing, Boys Indoor Track, Girls Indoor Track, Cheerleading	<ul style="list-style-type: none">● Due on or before the 3rd Monday in October● 2024 NJSIAA Winter Start Dates
Spring Sports	→ Baseball, Softball, Boys Tennis, Girls Track, Boys Track, Boys Lacrosse, Girls Lacrosse	<ul style="list-style-type: none">● Due on or before the 2nd Monday in February● 2024-25 NJSIAA Spring Start Dates

[Click here for the Sports FAQ section](#)



I. STEPS FOR SPORTS REGISTRATION and ATHLETIC PHYSICALS for 2024-25. (Please note this process has changed as per direction from the New Jersey Department of Education)

Step 1:	<ul style="list-style-type: none">Register your child online: CHS ONLINE REGISTRATION
STEP 2:	<p>FORMS/Links:</p> <ol style="list-style-type: none">ATHLETIC PHYSICALS (Updated change from NJ 24-25)Updated NJ Athletic Physical FormAthletes with Disabilities Form: Supplement to the Athlete History Athletes with Disabilities FormOnce completed at your health care provider, bring this form to the school nurses office: Medical Eligibility Form (Return to nurses office)Please ensure all paperwork including the special needs form is signed, dated (day/month/year) by the student-athlete and parent/caregiver. It is due by July 15th.If your child's athletic physical is current, then an update form must be completed and handed in hard copy. Updated Health History QuestionnaireCHS Athletic Permission FormIf your child would like to assist with team management they need to submit the Manager Form- No physical is needed. <hr/> <p>Additional notes:</p> <ul style="list-style-type: none">→ No One Can Practice without prior clearance from the CHS Medical Staff.→ You can submit the physical paperwork at the time your child has their annual physical. There is no need to wait until the deadline.

ALL PARTICIPATION / PHYSICAL FORM PAPERWORK MUST BE COMPLETED AND TURNED INTO The box in the CHS Nurses Office during school hours. For any questions regarding athletic registration and/or physicals, please reach out to Mr. Odubayo (CHS Athletic Trainer,in July)



IV. Contact Information:

Each head coach will be sending out information to all who sign up. Coaches email addresses are listed below for all sports at CHS so if you have any questions about a specific program please reach out to them and they will be happy to assist you.

Rich Porfido, Supervisor of Athletics and Activities:

rporfido@somds.k12.nj.us

Mr. Yusuf Odubayo, Athletic Trainer: (July 1)

Fall Coaches	Boys Soccer - Ryan Muirhead - rmuirhea@somds.k12.nj.us Girls Soccer - - TBD Football - Gary Mobley - gmobley@somds.k12.nj.us Girls Tennis - Steve Reichenstein - sreichen@somds.k12.nj.us Cross Country Boys -Alex Simon, asimon1@somds.k12.nj.us Cross Country Girls - Michael Johnson, Coach Johnson Cheerleading - Aliyaah Lindsey alindsey@somds.k12.nj.us Girls Volleyball - Juan Bas - jbass@somds.k12.nj.us Field Hockey - Stephanie Rivera - srivera@somds.k12.nj.us Cougar Marching Band - pbauer@somds.k12.nj.us
Winter Coaches	Wrestling - Mike Freedman - Coach Freedman Boys Basketball - Deon Mingo- Coach Mingo Girls Basketball - Aaron Breitman Coach Breitman Boys Fencing -Daryl White: dwhite@somds.k12.nj.us Girls Fencing -TBA Boys Swimming - Maggie Keenan - Coach Keenan Girls Swimming - Maggie Keenan - Coach Keenan Cheerleading - tba Girls and Boys Indoor Track - Alex Simon - Coach Simon Ice Hockey - Dave Macri - dmacri16@gmail.com
Spring Coaches	Baseball - Ryan Muirhead: rmuirhea@somds.k12.nj.us Softball - Cliff Smith: csmith@somds.k12.nj.us Boys Track -Alex Simon: asimon1@somds.k12.nj.us Girls Track -Mike Johnson: mjohnso1@somds.k12.nj.us Boys Tennis - Steve Reichenstein: sreichen@somds.k12.nj.us Girls Lacrosse - Steve Ramos: sramos@somds.k12.nj.us Boys Lacrosse - Ryan Downey: rdowney@somds.k12.nj.us



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V. SPORTS FAQs

1. Can I sign up for 2 sports in the same season?

Yes you can sign up at this time **BUT** you **CAN NOT** participate in 2 sports in one season. If you are **unsure** of which sport you may want to participate in at this time you should sign up for both sports you are interested in. The only way to get clarification is to get information on both sports. You will receive information from the coaches of both sports so that you can make an informed decision **but** once tryouts start you must **choose one sport** or the other.

2. Am I eligible for athletics? The NJSIAA provides requirements for student-athletes to participate in athletics at the high school level. Academics: Student-Athletes are required to have successfully completed 30 credits the previous school year for fall and winter sports. For Spring Sports, student-athletes are required to be successfully passing 15 credits in the first semester. Student-Athletes cannot be age 19 or older on September 1st. For additional eligibility information, please click on: [NJSIAA Eligibility Information](#)

3. Do I need previous experience in a sport?

No you do not need any previous experience, however, high school athletics are designed to be competitive.

4. Can I sign up and then decide I do not want to do what I signed up for?

Sure, sign up and gather all of the information from the coach and even share an email from you to the coach to discuss more about what the program is about. Do not be afraid to contact a coach. Even if you do not decide to participate in that sport our coaches just want you to get involved in something. All good do not worry.

5. Roster Deadlines: At times, student-athletes ask to come out late for a team. If a team does not have a roster selection process (cuts), a student-athlete can ask to come out late up until 6 days after the first official practice.

6. Is there a cost to play?

We also want to remind parents that **there are no mandatory membership dues, participation fees, or financial obligations of any kind to participate in any CHS team, club, or activity.** Extracurricular opportunities are part of the educational experience at CHS and are open to all students, in accordance with the District's Access and Equity policy. Please read [this letter from our H&SA](#) that reiterates this policy. We want to make sure nothing stands as a hurdle between our students and the valuable extracurricular activities we offer here at Columbia!

7. Do I have to tryout ?

Yes, in most, if not all programs, there is a tryout process. The team selection process is difficult for both student-athletes and coaching staff members. If your paperwork and athletic physical are not handed in on time, there is a strong possibility you will be unable to try out



8. **Are there weekend games and or practices?**

Yes. In addition, practices, scrimmages, and games are held during school breaks. Teams have attendance requirements.

9. **If I make the team, do I have to stay on the team?**

It is encouraged that all stay out for the team. There may be exceptions to the rule. Hopefully all make it through the season but there may be circumstances which negate that from happening. Please communicate with the coaching staff as soon as your decision is made.

10. **Is this a commitment for time and a decision to give participation 100% if I make the team?**

Yes there is a commitment and one should understand that the seasons are long. Fall goes from August till the end of November. The Winter Season begins the week of Thanksgiving and is scheduled to end depending on the sport, the end of February/early March. Please be advised that teams practice and compete during scheduled school vacations.

11. **I have questions regarding Option 2.**

Students can apply for one quarter per competitive sport and two sports/quarters per school year. See [application](#) for more information. Students will have access to the Google Form through their school account to apply each season. An Email is sent to all students each time the form opens.

Fall Sport = Quarter 1 (Except Driver Ed) - Form opens at the end of August.

Winter Sport = Quarter 2 (Except Health 12) **OR** Quarter 3 (Except Health 11) - Form opens mid-October.

Spring Sport = Quarter 4 (Except Health 9) - Form opens at the end of March.

Additional questions? Please contact: Ms. Monfasani, Sup. of Health, PE and Nursing nmonfasa@somsd.k12.nj.us

12. **Summer Information for handing in paperwork:** Summer information will be communicated as the time approaches for dropping off and communicating.