

# PARENT MEETING

#EAT

BRIDGEWATER-RARITAN FOOTBALL



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[www.brhspantherfb.org](http://www.brhspantherfb.org)



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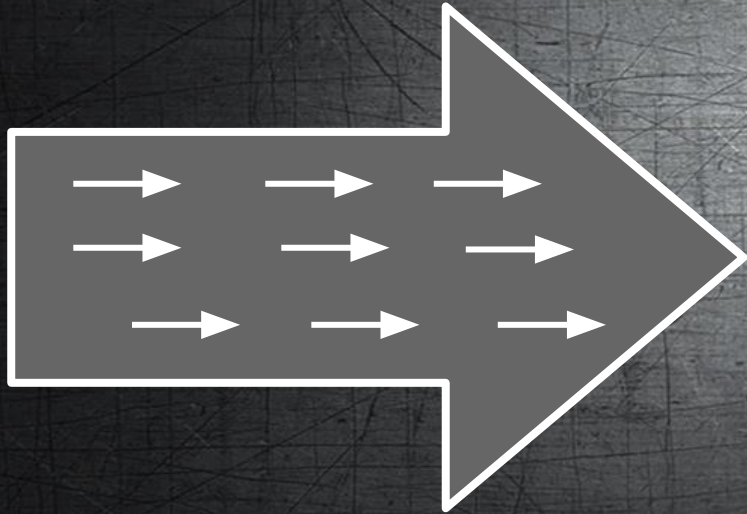


BRHSPANOTHERSFB

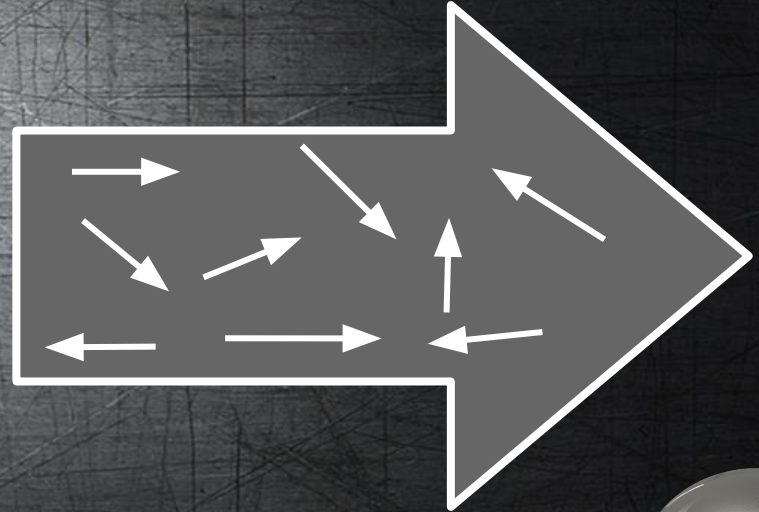


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# ELITE TEAM



# AVERAGE TEAM



# MISSION STATEMENT

TO BE THE BEST  
PUBLIC SCHOOL  
FOOTBALL  
PROGRAM IN  
NEW JERSEY

BR

#EAT

# ***CULTURE***

## **CORE BELIEFS:**

- **EFFORT**
  - **4-6 A TO B AS HARD AS YOU POSSIBLY CAN**
- **ATTITUDE**
  - **POWER OF UNIT & COMPETITIVE EXCELLENCE**
- **TOUGHNESS**
  - **DISCIPLINE**



# ***WHEN YOU'RE IN THIS PROGRAM***

- **ACCOUNTABILITY**
  - **ABOVE THE LINE BEHAVIOR**
  - **ACADEMICS**
- **HIGH STANDARDS = BE THE BEST VERSION OF THEMSELVES**
- **OVERCOMING ADVERSITY**
- **LEADERSHIP DEVELOPMENT**



# CALENDAR

IMPORTANT DATES



#EAT



# JUNE 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	1	
2	3 2:20pm - Lift	4 2:20pm - Lift	5	6 2:20pm - Lift	7	8	
9	10 2:30pm - Practice	11 2:30pm - Practice	12 2:30pm - Practice	13 2:30pm - Practice	14	15	
16	17 2:30pm - Practice	18 2:30pm - Practice	19	20	21 2:30pm - Practice	22 Rutgers 7on7 Invite	
23	24 9am - Practice	25 9am - Practice	26 9am - Practice	27 9am - Practice	28	29	
30	1 Football- No Practices						2
						3	
						4	
						5	
						6	



# JULY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
Football- No Practices						
7	8	9	10	11	12	13
Football- No	9am - Practice 12pm - Frosh 5pm - 7x7 vs St.	9am - Practice 12pm - Frosh	9am - Practice 12pm - Frosh	9am - Practice 12pm - Frosh		
14	15	16	17	18	19	20
	1pm - Frosh 3pm - Practice 6:45pm - 7x7 vs St.	1pm - Frosh 3pm - Practice	1pm - Frosh 3pm - Practice	1pm - Frosh 3pm - Practice		
21	22	23	24	25	26	27
	9am - Practice 12pm - Frosh	9am - Practice 12pm - Frosh	9am - Practice 12pm - Frosh	9am - Practice 12pm - Frosh		
28	29	30	31	1	2	3
	9am - Practice	9am - Practice	9am - Practice	Stevenson	Stevenson	Stevenson





# AUGUST 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	9am - Practice	9am - Practice	9am - Practice	Stevenson	Stevenson	Stevenson
4	5	6	7	8	9	10
No Practice						
11	12	13	14	15	16	17
No Practice	7am - Training	7am - Training	7am - Training	7am - Training	7am - Training	7am - Training
18	19	20	21	22	23	24
	10am - Practice W/T	7am - Training	7am - Training	7am - Training	4pm - Scrimmage @	7am - Training
25	26	27	28	29	30	31
					6pm - Away vs.	

# IMPORTANT DATES

**6/10 – Start Summer Practice**

**6/13 – Vertical Raise**

**6/15 – Impact testing (9th & 11th Graders)**

**6/22 – Rutgers 7on7 (Invitation only)**

**7/8 – Freshmen Start Summer Practice**

**7/19 – Physicals Due (Hand to Health Office)**

**8/1-3 – Stevenson Camp**

**8/12 – Training Camp Start**

**\*FormReLeaf will now be done through powerschool  
more info to come (Mid July)**



# STEVENSON UNIVERSITY CAMP

**DATES:** Thursday, August 1st – Saturday, August 3rd.

**DEPARTURE:** Players should arrive at Basilone Field no later than 6:00am on Thursday, August 1st for a 6:30 AM departure to Stevenson University in Owings Mills, MD – Transportation will be provided by PAC via chartered buses.

**RETURN:** Players will return to Basilone Field between 3:30PM – 4:00PM on Saturday August 3rd – Transportation will be provided by PAC via chartered buses.

**COST:** \$235 per player (plus \$10 registration fee)



# SUMMER PRACTICE (JUNE & JULY)

- **NOT MANDATORY BUT NECESSARY**
  - LEARNING OUR O/D/K SYSTEM & POSITIONAL TRAINING
  - ABILITY TO CONNECT & COME TOGETHER AS A TEAM
  - HIT THE GROUND RUNNING IN AUGUST
- **PLAYERS NEED TO COMMUNICATE MISSING PRACTICE**
- **PLAYERS NEED TO TAKE OWNERSHIP OF SCHEDULE**
- **MOST PRACTICES IN MORNING TO AVOID CONFLICT**



# PHYSICALS

- **If physical examination was completed more than 90 days prior to the first day of official practice, a health history update questionnaire needs to be completed**
- **If physical is not turned in by 7/19 players may miss first practice. Must have 6 practice days before first scrimmage**



**601 W. Union Ave  
Bound Brook, NJ 08805  
732-469-3627**

# IMPACT TEST

- **Hard Copy Directions Up Front**
- **20–25 minute baseline test for incoming Freshman & Juniors or new players to the program**
- **Please read directions to ensure a valid test**
- **Link is on team website or go to [www.impacttestonline.com/schools](http://www.impacttestonline.com/schools)**
- **ID Code is 50DF27742A**





BRIDGEWATER RARITAN

# SCHEDULE

#EAT

■ HOME  
■ AWAY

8.30



NOTRE DAME

9.6



PISCATAWAY

9.14



MORRIS KNOLLS

9.20



HUNTERDON CENTRAL

9.27



RIDGE

10.4



ELIZABETH

10.10



HILLSBOROUGH

10.19



WESTFIELD

10.25



PHILLIPSBURG

# INJURIES

**POLICIES & RESOURCES**



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# ***INJURY PREVENTION***

- **DRINK WATER!!**
- **HEALTHY FOODS**
- **COOL DOWN CIRCUIT AFTER PRACTICE**
- **ANKLE BRACES STRONGLY ENCOURAGED, WILL BE AVAILABLE ON STORE**
- **ICE TUBS AVAILABLE AFTER PRACTICE**



# ***INJURIES***

- **COMMUNICATE WITH COACH & TRAINERS**
- **EXPECTATION IS TO BE AT PRACTICE IN THE DAYS ATTIRE**
- **COACHES WILL ENFORCE APPROPRIATE LIMITATIONS & ADJUSTMENTS PROVIDED BY TRAINERS / DOCTOR.**
- **GOAL IS TO FIND A WAY TO GET BETTER EVEN WITH PHYSICAL LIMITATIONS.**
- **PLAYERS WILL BE REQUIRED TO WEAR A GUARDIAN CAP FOR GAMES WHEN COMING BACK FROM A CONCUSSION.**
- **IF REQUIRED TO SEE A DOCTOR PLEASE USE A SPORTS ORTHOPEDIST**

# RESOURCES

**STEVE ALBERALLA**



**Office Number (732) 868-9018**

**Stephen earned his Bachelor of Science in Kinesiology from Pennsylvania State University in 2010 and his Doctorate in Physical Therapy from Touro College in 2017. He is a certified McKenzie MDT clinician and has also completed coursework in vestibular and concussion rehabilitation. Stephen enjoys treating patients of all ages and diagnoses. Stephen is an avid runner and triathlete, in hopes of completing his first Ironman.**

# POLICIES

COMMUNICATION CHAIN



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# ***HOW TO CONTACT***

- **EMAIL ONLY TO SCHEDULE MEETING OR PHONE CALL**
- **NO WAITING BY FENCE**



# ***CONCERNS***

## ***APPROPRIATE***

***EMOTIONAL SUPPORT***

***ACADEMICS***

***PROBLEMS IN SCHOOL***

***PROBLEMS AT HOME***

## ***INAPPROPRIATE***

***PLAYING TIME***

***(CAN BE DISCUSSED WITH PLAYER PRESENT)***

***OTHER STUDENT ATHLETES***

***STRATEGY OF COACH***



# ***HOW TO HELP***

- **THE PROGRAM COMES FIRST**
- **LET THEM GROW**
- **BE POSITIVE**
- **BE EXTENSION OF COACHES, LET COACHES BE EXTENSION OF YOU**
- **VOLUNTEER**



**DRIVE THE CULTURE**

**DO NOT DIVIDE IT**

*#EAT*



# ***SOPHOMORES***

- **BIG JUMP – CULTURE SHOCK**
- **HIGHER EXPECTATIONS & STANDARDS**
- **MOST IMPORTANT YEAR OF DEVELOPMENT**
- **THEY CAN DO IT!!!**



# ACADEMICS

**POLICIES & EXPECTATIONS**



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# ***ACADEMICS***

- **High School Athletics are an extension of the classroom (from grades to behavior).**
- **If the players succeed in the classroom, they'll do the same on the field.**



# ***ACADEMICS***

## **WHAT IS IT I DO??**

- Check player grades weekly. Are they doing work? How are they performing in class? Does the player need additional academic resources to be successful in the classroom?
- Conduct player academic check-ins as needed (What's going on in Spanish? Do you not understand the content or are you just not doing your work?)
- If a player is failing one class consistently or failing multiple classes, a progress report is sent to the student's teacher(s) and is linked to my academic spreadsheet so the coaching staff is aware. This also allows me to see any progression or regression via teacher feedback.



# ***ACADEMICS***

## **TEAM GOAL**

**75% OR MORE PLAYERS  
WILL ATTAIN ALL A's & B's**



# ***ACADEMICS***

## **MANDATORY**

### **BLOCK LUNCH STUDY HALL**

- **2024-2025 Marking Period 1 ALL players will be assigned a Block Lunch study hall on either A,B,C, or D Day (labs are reviewed before scheduling).**
- **At the mid-marking point of MP1 (progress reports), if a player has a 75% or better in all of their classes they will be excused from study hall. If at any point grades slip, they will be placed back in.**



# RECRUITING

WHAT YOU NEED TO KNOW



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# HOW TO BE RECRUITED

- MUST BE SIGNIFICANT VARSITY CONTRIBUTOR
- MUST MEET PHYSICAL CRITERIA
- MUST MEET ACADEMIC CRITERIA
- MARKET YOURSELF (HIGHLIGHT, SOCIAL, CAMPS, QUESTIONNAIRES)

## Twitter Recruiting Template

**Professional Twitter Handle. Easy to Remember. Easy to find. NOT. @HandsLikeFeet69. @SWAGyoMaMa or @XboxGod**

**Your REAL current Location**

**Most Recent \*\*UPDATED\*\* HUDL Link.**

**WHO you Follow is IMPORTANT. Follow "FOOTBALL" accounts, trainers, coaches, team accounts, recruiters etc...**

**Make sure you are able to receive Direct Messages**

**Recommend using a Camp / Combine Photo. (Helmet Off) Helps recognize you at other events.**

**Use your REAL NAME!**

**BIO at a minimum should have the following:**

- GPA ACT/SAT Scores
- C/o (Class of): 2022, 2023 etc
- Position: DB/OB/PR List both OFF/DEF/ST positions.
- High School: Spell it OUT! (There are thousands of SHS)
- Any Other Team Affiliations: 7on7 Team, Other HS Sports
- Highly Recommended: Ht/Weight \*\*STARS\*\* Zip Code ESPN/247/Scout Rank

**When you hit the "LIKE" button, you're telling the WORLD that you endorse this tweet. Which is a reflection on your character.**

**BE CAREFUL!**

**2022 VARSITY YEAR SEASON**



# ***CAMPS / EXPOSURE***

- **COACHES WILL COME THROUGH SCHOOL**
  - **30+ SCHOOLS THIS YEAR**
- **SERIOUS INQUIRES COME FROM TEXT / PHONE**
- **CHOOSE CAMPS WISELY – NO MORE THAN 4**
  - **NAME BRANDS, BIG SCHOOLS**
  - **SMALL SCHOOL – IF INTERESTED IN SPECIFIC SCHOOL**
- **DO NOT NEED RECRUITING SERVICES**

# ALUMNI CURRENTLY PLAYING



# VOLUNTEER

THE REAL MVP'S



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# ***VOLUNTEERS***

- **VERTICAL RAISE** – Stacey Krizan (JUNE 13th)
- **MEDIA GUIDE** – Jacquie Zeiman
- **DISCOUNT CARD** – Kristy Crovelli (JULY)
- **SPONSORSHIPS** – Lisa DiEsso & Nancy Barbiero (MAY – JULY)
- **SPIRIT WEAR & ZOO CREW THEME** – Carol Confalone
- **SENIOR NIGHT & BANQUET** – Heather Kronengold, Danielle Grant, Rose Tierney
- **FALL RAFFLE** – Lisa Bratus



# ***GRADE LEVEL COMMUNICATION***

- **SENIORS – Rose Tierney**
- **JUNIORS – Lisa Bratus**
- **SOPHOMORES – Kristy Crovelli**
- **FRESHMEN – Christine McCandless**



# THE STAFF

INTRODUCTIONS



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**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **CRAIG MILLER**

**ACADEMIC COORDINATOR**

## **COACHING CAREER**

Middlesex HS - 2009-210

Monroe HS - 20016-20017

Bridgewater Basketball - 2011-2021

Bridgewater Football - 2023- present

## **PLAYING CAREER**

South River 1998-2002

State Champions 2000 & 2001

Rowan Basketball 2002-2004



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **KYLE MURPHY**

**HEAD FRESHMAN COACH**

## **COACHING CAREER**

**1 Year as Freshmen football Coach at Watchung Hills Under Superbowl Champion Rich Seubert**

**Enter 3rd year as Head Wrestling Coach - BRHS**

## **PLAYING CAREER**

**3 Years of BR Pop Warner Football**

**2X NJ State Wrestling Placer - BRHS**

**4 D1 Wrestling Starter - Bloomsburg University**



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**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **NICK COSTANZO**

**ASSISTANT FRESHMAN COACH**

## **COACHING CAREER**

**Bridgewater-Raritan Freshman Coach - 2021 -  
Present**

## **PLAYING CAREER**

**Bridgewater-Raritan High School  
2013-2017**



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **JOE CAHILL**

**OFFENSIVE COORDINATOR**

## **COACHING CAREER**

**2022- Bridgewater Raritan High School**  
**Special Teams Coordinator**  
**Wide Receiver Coach**  
**Cornerbacks Coach**

**2020-2021 Bridgewater Raritan High School**  
**Wide Receivers Coach**  
**Defensive Backs Coach**

**2018-2019**  
**Freshman Head Coach**

## **PLAYING CAREER**

**2005-2008 Wilkes University**

**2002-2005 Bridgewater Raritan High School**



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **MARK SZCZEGINA**

**ASSISTANT COACH**

## **COACHING CAREER**

**2022 - Bridgewater-Raritan High School Football**

**2014-2016 - Hillsborough Junior Raiders Football**

## **PLAYING CAREER**

**1990- East Stroudsburg  
University Football - WR**

**1988 - Wilkes University  
Football - WR**

**1984-1987 - Manville High  
School Football - WR**



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **EVAN FROMBERG**

**ASSISTANT COACH: DIRECTOR OF OPERATIONS**

## **COACHING CAREER**

2022- Present - Assistant Coach  
-Bridgewater-Raritan H.S.

2011-2018- Coach- Bridgewater Football  
League

## **PLAYING CAREER**

1996- Brown University

1992- Abraham Lincoln H.S.  
(Brooklyn, NY)



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**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **KYLE PAUSTIAN**

**ASSISTANT COACH OL/LB**

## **COACHING CAREER**

**.2020 - 2022 - Defensive Coordinator / Special  
Teams - Franklin High School**

**2017 - 2019 - Defensive Coordinator -  
Bridgewater-Raritan High School**

**2015 - 2017 - Tight-End / Linebacker Coach -  
Bridgewater-Raritan High School**

## **PLAYING CAREER**

**2007 - 2010 Bridgewater-Raritan  
High School**



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# VINNY DISTEFANO

**ASSISTANT COACH: DL / OL**

## COACHING CAREER

2020-2021: Def coordinator BRHS

2018-2019: Freshmen Bridgewater-Raritan H.S.

2011-2017: Def coordinator Bound Brook H.S.

2008-2010: Def coordinator Pascack Valley H.S.

2007-2008: Asst. Def coordinator Pascack Valley H.S.

## PLAYING CAREER

2000-2004: William Paterson University

1996-2000: Bergen Catholic



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# SEAN NUNN

**ASSISTANT COACH: DL / OL**

## **COACHING CAREER**

**2022 Freshman Defensive coordinator/ Assistant D-Line Coach**

**2019 Central Jersey Knights D-Line/ O-Line Coach**

## **PLAYING CAREER**

**2006-2007 Wilkes University**

**2004-2005 Hudson Valley**

**2000-2004 Franklin High School**



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**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **BRETT STIBITZ**

**ASSISTANT COACH: CB'S / RB'S**

## **COACHING CAREER**

- 2022 - 2023 - Part-Time Volunteer Coach - Bridgewater HS**
- 2016 - 2022 - DB Coach - Somerville High School**
- 2015 - 2016 - Linebackers Coach - Somerville High School**
- 2014 - 2015 - Defensive Coordinator - Somerville High School**
- 2009 - 2013 - Defensive Coordinator New Jersey Snaple Bowl Game**
- 2009 - 2013 - Head Football Coach / Defensive Coordinator - Middlesex High School**
- 2005 - 2009 - Head Football Coach / Defensive Coordinator - Manville High School**
- 2005 - 2010 - NFL High School Player Development Coach**
- 1998 - 2004 - Defensive Coordinator - Manville High School**





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **BRANDON T. MEYERS**

**ASSISTANT COACH TE'S**

## **COACHING CAREER**

**Bridgewater-Raritan Freshman Coach -  
2024 - Present**

## **PLAYING CAREER**

**Rutgers: 2018 - 2022**  
Letterwinner at Tight End  
2021 Big Ten distinguished scholar  
3x academic all big ten selection

**Bridgewater-Raritan High School: 2014-2018**  
Letterwinner at Tight End  
first team all state group v selection  
first team all area selection  
first team all conference selection  
2x conference champion  
3x state championship finalist at metlife stadium  
31-5 record



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# JOE PULEIO

**ASSISTANT COACH WR'S / DB'S**

## COACHING CAREER

2019-2020 Student assistant Rowan Football  
LBs

2020-2021 TEST football academy intern

2016-2021 Rutgers football intern helped  
with WRs summers

2021-2022 Randolph football DBs / WRs JV OC

2022-2023 Towson football assistant WR  
coach

2023-2024 Randolph football WRs / DBs  
CO-OC

2024-Present Bridgewater WRs PGC

## PLAYING CAREER

MONTGOMERY HIGHSCHOOL - 2012-16

ROWN UNIVERSITY - 2016-2018



**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **DOMINIC MULIERI**

**SPECIAL TEAMS COORDINATOR**

## **COACHING CAREER**

**Head Football Coach, Indian Hills High School, May 2019 to December 2023**

**Assistant Football Coach, Indian Hills High School, September 2015 to May 2019**

## **PLAYING CAREER**

**Indian Hills High School 2005-2009**





***THANK YOU***

**PLEASE VISIT OUR WEBSITE**

**WWW.BRHSPANTHERFB.ORG**