

PARK RIDGE HIGH SCHOOL ATHLETICS



2 Park Avenue
Park Ridge, New Jersey, 07656
www.parkridge.k12.nj.us
201-573-6000 ext. 5600 or 5610

Middle School Athletic Program

Middle School Athletics returned to Park Ridge in the 2013 and listed below is important information you will need to know if your child is interested in participating.

Middle School Athletic Philosophy

The goal of our Middle School Athletic program is to provide our students with an opportunity to participate in interscholastic athletics while maintaining a sense of pride and respect for the game they play, against the opponents they compete. Our Coaches, Student Athletes and Fans should represent both the town and school in a positive manner.

Sports Offered

Fall – Boys Soccer, Girls Soccer, and Volleyball
Winter – Boys Basketball, Girls Basketball, and Bowling
Spring – Baseball, Softball, and Track

When do the seasons start?

Fall Tryout Period – September 9-12
Winter Tryout Period – December 4-6
Spring Tryout Period – March 18-20

What does my child need to do to participate in Middle School Sports?

Attend Informational Meeting (Held prior to start of season)
Have an up to date Physical on file with the nurse
Fill out Sports Participation packet - ONLINE

Where do I find this paperwork?

Paper-work can be found on the Park Ridge website -
www.parkridge.k12.nj.us - go to Athletics / Forms

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What is a tryout period?

A tryout period is approximately 3 days long, and is an opportunity for all students to display their physical skills in their sport of choice.

Will there be cuts?

This will be decided based on the number of players who attend the tryout period. Most sports will be capped between 15-20 spots due to appropriate supervision. The exceptions will be Bowling and Track

When do the teams practice / play games?

Middle School teams normally practice weekdays immediately after school. They play their games at 4pm

How many games and whom do we play?

The average Middle School schedule is between 10-12 games and our teams will compete against local Bergen County Middle School teams

How do I get more information about Middle School Athletics?

Should you have further questions – please contact

Chris Brown – Athletic Director

chrisbrown@parkridge.k12.nj.us

201-573-6000 ext 5610

Park Ridge Website – www.parkridge.k12.nj.us

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@PRowlsathletics