

A large rainbow arches over a school building with orange and tan walls. In the foreground, people are standing on a green lawn, some holding umbrellas. A baseball field is visible to the right.

RHHS FALL ATHLETICS NIGHT

Joseph Horvath - Athletic Director

Renee Garrahy RN, BSN - School Nurse

Andrew Abraham ATC - Athletic Trainer (Select PT)

Director of Athletics & Student Activities

Joseph Horvath

Phone: (860) 258-7721 EXT. 22219

Email: hovathj@rockyhillps.com

Office: Located in High School across from weight room.



RHHS School Nurse

Renee Garrahy RN, BSN

Phone: (860) 258-7721 EXT. 22220

Email: garrahyr@rockyhillps.com

Office: Located in High School down hallway
between pool and gym.



RHHS Athletic Trainer

Andrew Abraham LAT, ATC

Phone: (860) 258-7721 EXT. 22219

Email: abrahaman@rockyhillps.com

Office: Located in High School across from main office next to pool entrance.

Hours: Daily after school 2-5 and on site for all home games
and away varsity football games



2021 Fall Sport Offerings

Football - Richard Dance (dancer@rockyhillps.com)

Boys Soccer - Paul Horta (hortap@rockyhillps.com)

Girls Soccer - Annmarie Catania (cataniaa@rockyhillps.com)

Volleyball - Jonathan Patrei (patreij@rockyhillps.com)

Cross Country - Austin Bobrow (bobrowa@rockyhillps.com)

Cheerleading (co-ed) - Michaela Brocuglio (brocugliom@rockyhillps.com)

Girls Swimming & Diving - Lisa Cooney (cooneyl@rockyhillps.com)

Golf (co-ed) - Joshua Dinerman (dinermanj@rockyhillps.com)



Points of Emphasis

Health and Safety (Nurse & ATC)

Emergency Action Plans, Concussion/Covid Return to Play Protocols

Growth Mindset

Always improving, practice planning, positive leadership, finding the WHY?

Accountability

Attendance, preparation, eliminate excuses, leverage leaders



Handbooks/Eligibility

Coaches Handbooks: Coaches have strict guidelines to follow enforced by myself.

Student Athlete Handbooks: Please read and review with your sons and daughters!

Daily Attendance Eligibility: TBD (Based on the new A/B schedule)

Grade Eligibility: Beginning of Fall season - Determined by last year's final grades/credits (Q1 closes mid-November and grades will be checked at the end of each quarter)



Proper Communication

These are the steps to be followed for conflict resolution. They must be adhered to in all instances

Athlete – Captain → Athlete – Coach → Athlete – Director of Athletics → Parent – Coach → Parent – Director of Athletics → Parent – Principal

Parents should not contact any other administrator without first having spoken with the athletic director

Areas that will **not** be discussed include the following: **playing time, discussions about other student athletes, and game strategies.**



Travel Release Form

The travel release form can be found at the RHHS Athletics Website along with other useful information:



CIAC - RHHS Team
Information/Schedules

[RHHS Athletic Events](#)

[Athletic Registration](#)

[Maps & Directions to Member Schools](#)

Rocky Hill High School offers an interscholastic athletic program for boys and girls involving 25 varsity sports and 13 sub-varsity sports during the Fall, Winter and Spring seasons. A variety of clubs and student activities are also offered on a voluntary basis.

ANNOUNCEMENTS/IMPORTANT DATES



Athletic Registration Reminder
Reminder letter from Athletic Director Joe Horvath regarding registration.
Tue Aug 17 10:14 AM

[View All](#)

CONTACT:

Joseph Horvath

Director of Athletics & Student Activities

Phone: (860) 258-7721 EXT. 22219

[Email Joseph Horvath](#)

ATHLETIC DIRECTOR COMMUNICATIONS

[Crowd Expectations \(2021-22\)](#)

[CIAC INFORMATION](#)

[FORMS](#)

[HANDBOOKS](#)

ROCKY HILL HIGH SCHOOL TRAVEL RELEASE

Today's Date: _____

This is to certify that _____ has my permission to ride
(Student's Name)

to / from (circle one or both) the _____ athletic contest on _____ at
(Sport) (Date)

_____. I certify that I am personally transporting the above named
(Location of Contest)

student, or have arranged for transportation with an adult (non-student) of my choosing.

The reason for not riding the bus is: _____

**** REASON MUST BE SUFFICIENTLY URGENT TO FAMILY NEEDS TO JUSTIFY NOT RIDING THE BUS ****

I understand that the Rocky Hill High School Athletic Rules require that students ride the buses to and from all athletic events and a departure from this requirement will release the Rocky Hill School District from all liability for any adverse results that may occur. I agree to release the Rocky Hill School District and its employees and officers from all liability with reference to the above stated transportation.
This form must be on file in the Athletic office prior to the dismissal of school on the day of the contest.

Signature of parent/guardian

Date

Approved - Not Approved

Signature of Athletic Director/Administration

Date



SPORTS MEDICINE STAFF



ANDREW ABRAHAM LAT, ATC

SPORTS MEDICINE COORDINATOR
ROCKY HILL HIGH SCHOOL HEAD ATHLETIC TRAINER
SELECT PHYSICAL THERAPY WETHERSFIELD

NICHOLAS BESSETTE PT, DPT

TEAM PHYSICAL THERAPIST
CENTER MANAGER
SELECT PHYSICAL THERAPY WETHERSFIELD

ROCKY HILL HIGH SCHOOL ATHLETIC TRAINER

ANDREW ABRAHAM LAT, ATC



>>selectphysicaltherapy.com



ROCKY HILL HIGH SCHOOL TEAM PHYSICAL THERAPIST

NICHOLAS BESSETTE PT, DPT



>>selectphysicaltherapy.com

Nicholas Bessette, DPT, CDN, CMP



BIO

Education:

Bachelor of Science degree in Health Science from Quinnipiac University in 2014. Doctorate degree in Physical Therapy from Quinnipiac University in 2017.

Profession:

- Staff PT in Middletown 2017-2018
- Site Supervisor in Wethersfield 2019-Present
- Experienced in Plantar Fasciitis, Shin Splints, Patellofemoral Pain, ACLr rehab, hip/shoulder labral tears, Rotator Cuff tears, Impingement, LBP and neck pain

Passions:

- Excelled in soccer, basketball, and baseball in High School
- Huge Red Sox, Patriots, and Celtics fan

CLINIC



CONTACT INFORMATION



ANDREW ABRAHAM (Athletic Trainer)

Phone: 860-258-7721 ext. 22152

Email: ACAbraham@selectmedical.com

Office Hours: Hours posted on door (≈2-7 daily) (ALL GAMES)

Location: Office in front of building next to pool entrance

NICHOLAS BESSETTE (Physical Therapist)

Phone: (860) 257-7473

Email: NBessette@selectmedical.com

Office Hours: M-F 7:00 AM - 7:00 PM & Sat 8:00 AM - 12:00 PM

Address: 672 Silas Deane Highway Wethersfield, CT 06109





HARTFORD ORTHOPEDIC SURGEONS

ROCKY HILL HIGH SCHOOL TEAM PHYSICIAN

The Power of Physical Therapy™



Team Physician

Dr. Randall J. Risinger

Specialities

- Sports medicine,
- Sports-related fractures
- General orthopedics
- Advanced arthroscopic and open shoulder and knee surgery
- Shoulder and knee reconstruction
- Shoulder replacement

Team Physician

- Rocky Hill High School, 2016-present
- URI football/basketball since 2005;
- Assistant to team physicians for Chicago White Sox & Chicago Bulls 2004-2005

Medical Training

- Wake Forest University School of Medicine
- Orthopedic Surgery Residency at University of Vermont,
- Orthopedic Sports Medicine Fellowship at Rush-Presbyterian-St. Luke's Medical Center



HOS OFFICES



ROCKY HILL

111 Cromwell Avenue

Bldg. 4, Ste. 404

Rocky Hill, CT 06067

Phone:

(860) 525-4469

Hours:

M-F 8-4:30

MANCHESTER

277 West Middle Turnpike

Manchester CT, 06040

Phone:

(860) 432-4640

Hours:

M-F 8-8

Sat 9-4

AVON

31 Ensign Drive

Avon, CT 06001

Phone:

(860) 751-6039

Hours:

M-F 8-4:30



**Please follow the separate links
to your individual team
meetings!**



>>selectphysicaltherapy.com