

8th GRADE OPEN HOUSE



WELCOME TO
RUMSON-FAIR HAVEN REGIONAL HIGH SCHOOL

Extracurriculars at RFH

- Welcome Class of 2028
- Athletic Department
 - Chris Lanzalotto – Assistant Principal of Athletics and Activities
 - Kim Pierson – Assistant Athletic Director
 - Alex Stein – Athletic Trainer
 - Rob Orrok – Strength and Conditioning Coach
 - Sue Wankel – Administrative Assistant



Athletics at RFH

- Fall Season:
 - Boys and Girls Cross Country
 - Girls Gymnastics
 - Field Hockey
 - Varsity, JV and Freshman
 - Football
 - Varsity, JV and Freshman
 - Boys and Girls Soccer
 - Varsity, JV and Freshman
 - Girls Tennis
 - Varsity and JV
 - Girls Volleyball
 - Varsity, JV and Freshman



Athletics at RFH

- Winter Season:
 - Boys and Girls Basketball
 - Varsity, JV and Freshman
 - Ice Hockey
 - Varsity and JV
 - Boys and Girls Indoor Track
 - Boys and Girls Swimming
 - Wrestling
 - Varsity and JV



Athletics at RFH

- Spring Season:
 - Baseball
 - Varsity, JV and Freshman
 - Boys and Girls Golf
 - Varsity and JV
 - Boys and Girls Lacrosse
 - Varsity, JV and Freshman
 - Boys and Girls Rowing
 - Softball
 - Boys and Girls Track and Field
 - Boys Tennis
 - Varsity and JV



Clubs and Activities at RFH

Academic Clubs:

- Art Honor Society
- Book Club
- Chinese Honor Society
- Computer Programming
- English Honor Society
- French Honor Society
- Math Honor Society
- Music Honor Society
- National Honor Society
- Off Leash - Literary Journal - NEW
- Science Honor Society
- Social Studies Honor Society
- Spanish Honor Society
- STEM



Clubs and Activities at RFH

Awareness Clubs:

- Cooking Club
- Environmental Club
- Ethics Club
- Global Impact Club
- Global Women Empowerment
- International Club
- Paws and Claws
- Psychology Club
- Spectrum
- Veterans Appreciation



Clubs and Activities at RFH

Competitive Clubs:

- Cheerleading
- Chess Club
- Euro Challenge
- Future Business Leaders of America
- Fed Challenge
- Flag Football - NEW
- Math League
- Mock Trial League
- Paddle Tennis
- Science League
- Squash Club
- Surf Team



Clubs and Activities at RFH

Service Clubs:

- Broadcasting Club
- Character Education
- Habitat for Humanity
- Health Career Club
- Key Club – Ridge Road Run
- Peer Leadership / Student Ambassadors
- Storytelling Club
- Student Government Association
- Tower Yearbook



Clubs and Activities at RFH

Performing & Fine Arts Club:

- Art / Photography Club
- Color Guard
- Dance Club
- Fashion Club
- Film Club
- Marching Band
- Jazz Band
- Tech Crew
- Tower Players – Fall Play and Spring Musical
- Tower Singers



Activity Highlights at RFH

Student Government Sponsored Events

- Homecoming Carnival & Spirit Week
- Powder Puff Fundraiser
- Talent Show

Empty Bowls Fundraiser – Art Club

Marching Band – Tournament of Bands

Tower Players – Count Basie Awards – Bucks County Awards

Girls Flag Football – Shore Conference Champs



Athletic Success at RFH

ShopRite Cup – Group 2 Champions



Athletic Success at RFH

2023-24 Championships

9 Division Championships

2 Monmouth County Championships (Girls Track Indoor and Outdoor)

3 Shore Conference Championships (Girls Track, Flag Football and Girls Lacrosse)

3 State Championships

- Football
- Wrestling
- Girls Track and Field



Athletic Success at RFH

2023-24 Student-Athlete Participation

Fall Season - 438 students

Winter Season - 269 students

Spring Season - 430 students



Athletic Success at RFH

2023-24 Student-Athletes playing NCAA Athletics
25 Student-athletes signed commitment letters

(Colgate, Harvard, Ohio State, Tufts, Wisconsin,...)



Athletic Success at RFH

2023-24 Strength and Conditioning Program

Head Coach – Rob Orrok

