

Montgomery High School & Upper Middle School Fall Athletic Forms Checklist

The following forms are required for a student to participate in **FALL** sports at the high school and the upper middle school. It is essential that these forms be submitted to the nurse's office by the established due date. Forms submitted after the due date may not clear the athlete in time for the first day of practice. We encourage you to turn in all forms as soon as they are completed. You do not have to wait for the due date to turn them in. Forms can be turned into the UMS or MHS nurses office up to the last day of school. After the last day of school, all forms need to be turned into the UMS or MHS main office.

FORMS ARE DUE AUGUST 1st, 2014

FORMS YOU WILL NEED: The 3 forms listed below will be distributed by the nurses during the fall sports registration period. The registration period will be May 19th thru May 30th 2014. Students must register with the nurse any day during that period.

1. **Physical Evaluation Form** (4 pages) - Required once per year.

OR

2. **Health History Update Form** (2 pages) - Required for each sports season.
When you register with the nurse, they will inform you whether to complete form 1 or 2.
3. **Athletic Parental Consent Form** (2 pages) - Required for each sports season.

IMPACT TESTING: The online ImPACT test is required once a year during your freshman & junior years before the athlete's first sport. **If you are going to be in 9th or 11th grade during the 2014-15 school year, you will need to take the Impact test.** Please download the ImPACT testing information and instructions from the athletic website at <http://www.mtsd.k12.nj.us/Page/10963>

ACTIVITY FEE: The \$100 once-a-year activity fee is required for participation in sports for athletes in grades 7 thru 12. For more information and the registration form, please go to: <http://www.mtsd.k12.nj.us/Page/10963>

DOCUMENTS YOU WILL NEED TO REVIEW: The documents listed below can be found on the athletic website at <http://www.mtsd.k12.nj.us/Page/10963>

- Sudden Cardiac Death Pamphlet
- District Athletic Insurance Information
- NJSIAA Concussion Fact Sheet
- NJSIAA Steroid Testing Policy (High School Only)
- NJSIAA Banned Drug List (High School Only)

FORMS LISTED BELOW NEED TO BE RETURNED TO THE NURSE BY AUGUST 1st, 2014

- ✓ **Physical Evaluation Form** or **Health History Update Form** (Depending on which form the nurse requires you to complete)
- ✓ **Athletic Parental Consent Form**
- ✓ **ImPACT Testing Completion Form** (High School Only): The completion form can be printed at the end of the test.

If you are having trouble viewing or printing any form or document, please stop in the nurse office or the athletic office and we will provide them for you.