

FALL SPORTS SIGN-UP FOR OCHS

Football: physical dated **5/9/22** and after
All other Fall sports: physical dated **5/13/22** and after



PHYSICAL EXAMINATION

- Must be completed within 365 days of designated NJSIAA date
- Physical from Dr. on file in nurse's office

***Confirm date with school nurse**



ONLINE REGISTRATION

- Complete the Online Registration for your Fall sport
- Only 1 sport per season

***ALL athletes must complete**



SIGNATURE FORMS

- Sign & return to nurse the Online Signature Form
- All pages must be signed or will not be accepted

***ALL athletes must complete**



IMPACT TEST

- Must have completed the Baseline ImPACT test after 11/12/2021 (required every 2 years)
- Contact athletic trainer to confirm or complete

***ALL athletes must complete**

**ALL 4 STEPS ARE REQUIRED TO PARTICIPATE IN
SUMMER AND FALL PRACTICE**

Athletic Director: Michael Pellegrino
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School Nurse: Jill Berenato
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Athletic Trainer: Kathy Moran
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