

WINTER SPORTS SIGN-UP

Swimming: physical dated 11/20/2022 and after
All other Winter sports: physical dated 11/27/2022 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 Winter 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 11/21/2021 (required every 2 years)
- Contact athletic trainer to confirm or complete

***ALL athletes must complete**

**ALL 4 STEPS ARE
REQUIRED TO PARTICIPATE
IN WINTER SPORTS**

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