



HUNTERDON CENTRAL REGIONAL HIGH SCHOOL
PARENTS/GUARDIANS OF 8TH GRADE STUDENTS
REGARDING HIGH SCHOOL PHYSICALS

***** GRADE 9 PHYSICALS ARE DUE BY SEPTEMBER 30, 2019 *****

All incoming 9th grade students must have a current physical on file at their current school that does not expire before September 6, 2019. If your child does not have a current physical at his/her school, a current physical must be submitted to Hunterdon Central High School 9/10 health office by September 30, 2019.

NEW STUDENT PHYSICALS ARE DUE WITHIN 30 DAYS OF ENTRY INTO HUNTERDON CENTRAL.

Any student who does not have a current physical on file at the Hunterdon Central 9/10 health office by September 30 will not be allowed to return to school until a current physical has been submitted.

In accordance with NJAC 6A:16-2.2 & NJSA 18A:40-4, a physical examination is required for all Grade 9 and New Students at any grade level entering Hunterdon Central Regional High School. The physical examination shall be conducted by the family physician (medical home) of the student, and a full report sent to the appropriate grade level Health Office. If a student does not have a medical home, they should contact the appropriate Health Office.

Required Physical Examination Forms for ALL students (Non-Athletes and Student Athletes alike)

Available online, here:

www.hcrhs.k12.nj.us/campus-life/health/health-forms/index.aspx

New Jersey Department of Education

ANNUAL ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION FORMS

Detailed instructions are located on the Athletic Information and Checklist page

- **Pre-participation Physical Evaluation – HISTORY FORM & PHYSICAL EXAM packet (4 pages)**
- **State of NJ – Doe – HEALTH HISTORY UPDATE QUESTIONNAIRE**

Student Athletes: One physical per year (365 days) is required for students participating in sports. Please note that a sports physical will fulfill the requirement for a freshman physical or a new student physical. The following section will address important information related to sports.

If you do not have a family physician (medical home) or have any health related questions, please feel free to contact one of the following offices:

9/10 health office: Cathy O'Neill 908-782-5727 x 5742 email: cathy.oneill@hcrhs.org
11/12 health office: Patty Mantineo 908-782-5727 x5516 email: pmantineo@hcrhs.org

HUNTERDON CENTRAL REGIONAL HIGH SCHOOL

ATHLETIC INFORMATION AND CHECK LIST

Students who wish to participate in sports at Hunterdon Central can find important information, required forms, procedures and deadlines online. Go to <http://www.hcrhs.k12.nj.us/athletics/athletics-procedures-forms>

*** IMPORTANT ATHLETIC DATES TO REMEMBER ***
CHECK THE ATHLETIC WEBSITE IN MAY FOR UPDATE ON DATES

Season	Registration and Medical Forms Submission Dates Begin:	Registration and Medical Forms DEADLINE for Submission:	First Day of Season
FALL	TBD	TBD	TBD
WINTER	Medical forms - TBD Registration - TBD	TBD	TBD
SPRING	TBD	TBD	TBD

The following must be submitted to the appropriate offices, no later than the DEADLINE for submission date:

FOR THE ATHLETIC OFFICE:

1. **Apex Registration** – All students who intend to participate MUST register through Aspen for each sport season. Registration must be done through a Parent Aspen Account; a student account cannot be used. Information on creating a Parent Aspen account is available online. On the Hunterdon Central homepage, click **quicklinks** then **aspe information**. For athletic registration, click **athletics** then **athletics registration**.
2. **ImPACT Concussion testing**: -- Freshman, juniors and new students who intend to participate in a sport this year must complete the ImPACT evaluation prior to their sport's preseason. Information on how to do ImPact testing is posted on the Athletic Registration webpage

FOR THE HEALTH OFFICE:

All paperwork must be turned in as a complete package to the grade level health office NO LATER THAN NOTED DEADLINE. Any missing information will result in the delay of your child's medical clearance; all paperwork will be returned to the parent for proper completion.

1. **Pre-participation Physical Evaluation – HISTORY FORM & PHYSICAL EXAM packet (4 pages):**
Required once per year, to reflect a medical examination within **365 days prior** of the first day current sports season.
 - HISTORY FORM – Completed, signed and dated by parent and athlete. Please make sure that the physician records the **date of exam on line 1**.
 - ATHLETES WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM, when applicable, should be completed. IF NOT APPLICABLE, please sign, date and write N/A.
 - PHYSICAL EXAM FORM must be completed in its entirety.-- Please verify that nothing is left blank before leaving the physician's office!
 - CLEARANCE FORM – must be complete in its entirety – Physician must stamp, sign and date exam portion AND must sign and date the *Completed Cardiac Assessment Professional Development Module* near the bottom of the page.
2. **State of NJ – Doe – HEALTH HISTORY UPDATE QUESTIONNAIRE:**
Signed and dated no more than **90 days prior** to first day of the current sports season. This form is a parent update that should be provided **IF** the physical exam & history forms meet the above criteria and have been previously submitted to the appropriate health office
3. **Medication Forms** – Required every school year as applicable, i.e. Asthma Inhaler, EpiPen, Medications, etc.

FOR THE BUSINESS OFFICE:

Pay to Participate (For all levels): No payment is due until teams are selected by the coaching staff. Costs associated with participation will be a one-time fee of \$100 (regardless of the number of sports), with a \$200 cap (2nd child) per family, per school year. The payment due date is posted on the athletic home page for each Season and is due one week prior to the start of the season.

If you have questions about sports participation, please contact the Athletic Department. If you have questions about health forms and physicals, please contact the appropriate grade level health office: