

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 <https://www.hcrhs.org/athletics/athletic-registration>

*** IMPORTANT ATHLETIC DATES TO REMEMBER ***

Season	Registration and Medical Forms Submission Dates Begin:	Registration and Medical Forms DEADLINE for Submission:	First Day of Season
FALL	5/14/19	7/12/19	8/12/19
WINTER	Medical forms - 8/13/19 Registration - 9/3/19	10/11/19	11/11/19
SPRING	12/9/19	2/6/20	3/6/20

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

FOR THE ATHLETIC OFFICE:

1. **Aspen 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 **aspen 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 concussion testing 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 by the submission date deadline. Any missing information will result in the delay of your child's medical clearance for participation. Incomplete paperwork will be returned to the parent for proper completion.

1. **Pre-participation Physical Evaluation – HISTORY FORM & PHYSICAL EXAM packet (4 pages):**
A medical examination is required once per year, within **365** days prior to the first day of the 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: