

Winter Sports for 6th, 7th & 8th Grades
Basketball, Wrestling & Cheerleading

PAPERWORK DEADLINES:

**ALL PAPERWORK MUST BE TURNED IN TO THE SCHOOL NURSE FOR REVIEW
BY THE FOLLOWING DATES:**

November 1, 2019: EXAM BY YOUR PRIVATE DOCTOR

***** ALL FORMS ARE REVIEWED & APPROVED BY OUR SCHOOL DOCTOR*****

**ALL STUDENTS ARE ENCOURAGED TO GO TO THEIR PRIVATE DOCTOR FOR THEIR
SPORTS PHYSICAL**

****If your child's physical is after the November 1st deadline, please come to the school doctor on the dates below for a sports physical. So the paperwork can be submitted by November 1st*****

SPORTS PHYSICAL EXAMS WILL BE HELD AT:

Ocean Township Intermediate School Nurses' Office at 2:30 pm by our school doctor:

Girls: Wednesday, October 16 2019

Boys: Thursday, October 17, 2019

SPORT PHYSICAL PAPERWORK DIRECTIONS:

1. *****ALL STUDENTS MUST CHECK WITH THE NURSE TO VERIFY THE DATE OF THEIR LAST PHYSICAL EXAM*****
2. Parents must answer questions 1-54 on page 1 of the History form. All "YES" answers to any questions on this page, must be explained along with the date or age of illness or injury.
3. Form must be completed in pen with the students name and DOB on each page.
4. Incomplete paperwork will be returned.
5. If it is indicated that your child has asthma and needs an inhaler an asthma treatment plan must be completed by doctor and signed by parent.
6. If it is indicated that your child has a food allergy requiring an EpiPen, a FARE Plan must be completed by the doctor and signed by the parent.
7. The Fare Plan and ASthma Treatment plan must be on file by the first day of tryouts in order for your child to participate
8. *****Incomplete and unanswered paperwork will be returned*****
9. **ALL SPORTS FORMS BUT BE SUBMITTED BY NOVEMBER 1ST DEADLINE THEN APPROVED AND SIGNED BY OUR SCHOOL DOCTOR BEFORE SPORTS PARTICIPATION CAN BEGIN.**

If your child's doctor does the physical exam, the NJ state physical forms must be completed by your child's doctor and the medical exam must be within 365 days prior to the first day of practice.

******PLEASE MAKE A COPY FOR YOUR RECORDS******