



MIDDLETOWN HIGH SCHOOL NORTH  
Athletic Participation & Physical Information

## Athletic Paperwork Procedures

### 🐾 Do not staple forms together 🐾

- 🐾 Write your name on the outside of the envelope
- 🐾 Write your name and grade on all sheets where indicated
- 🐾 Complete and sign (student and parent/guardian where indicated) all forms
- 🐾 Return paperwork to your coach by deadline
- 🐾 Do not write “on file” on any forms, if not needed return the form for future use

### Forms required for athletic participation:

1. **A Physical.** Physicals must be completed on the New Jersey Department of Education form. Part B. Physicals are valid for 365 days. If you have a valid physical return the form, **BLANK**. If you are unsure of the validity of your physical please check with the coaching staff or the list posted outside of the athletic training room.
2. **Health history questionnaire: Part A.** To be completed 60 days before the first practice or tryout. **If you have a valid physical only the parent/guardian must complete the form.** New physicals must have physician review questionnaire at the time of exam. **Part A is required EACH SEASON.**
3. **Random Drug Consent / Assumption of risk and permission to participate.** Required each and for each sport. Student and parent must sign this form.
4. **Emergency Contact Sheet:** required each season. Please review this form if it is from a previous season, check if any corrections are needed, then initial and date. New forms will be used each school year.

The physical (Part B) and health history questionnaire (Part A) required by the New Jersey Department of Education were revised for use beginning January 2008. Any Student requiring a new physical for the upcoming season must use the new form. At the time of your exam your physician must also review the health history questionnaire.

Consent for steroid testing will be required if the team qualifies for the state tournament.