

A Note From the District Physician:

Dear parents and students,

I am excited to be working with all of you in the upcoming sports seasons!

Team sports and extra-curricular activities are a great way to build relationships, improve physical and mental health, enhance problem-solving skills, boost confidence, and encourage independence. My goal is to have as many students participate in school sports as possible. As always, my number one priority is **SAFETY**.

With that in mind, please note the following:

1. Each practitioner that performs a New Jersey Preparticipation Physical Evaluation is required to complete an online Cardiac Assessment Module. Please be sure that they have signed and dated the line indicating their completion on the physical form.
2. For each "yes" answer, please be sure to explain with a little more detail, including dates when possible.
3. If an injury prevented participation and required a physician/practitioner's note to return to activity, kindly attach it to the physical if it was recent.
4. In order to help expedite the process of reviewing physicals and to help prevent participation delay, please pay close attention to the due dates for each sports season to allow sufficient time for review prior to the start of the season.
5. From the time I receive a physical, I am requesting approximately 48-72 hours to ensure proper review prior to returning it to the school's athletic trainers.
6. Please note that I keep in close contact with the school's athletic trainers and they will direct any inquiries or concerns about physicals or participation to me.

Be sure to have fun and enjoy the sports season!