

Warren Hills Regional School District Athletic Department

Nicholas Holgash, Director of Athletics
908-689-3050, ext. 3030

41 Jackson Valley Road
Washington, NJ 07882

Spring 2007

Dear Parent/Guardian:

It's time to get ready for the 2007-2008 school year. I would like to take this opportunity to welcome you and give you some very important information about school physical requirements and athletic eligibility.

Every new student entering the Warren Hills District and every freshman, whether he or she plans to play a sport or not, is required to have a physical during the first school year he or she is enrolled. The yellow forms in this packet have been issued by the State Department of Education and are the ONLY forms that may be used for this purpose. Please be sure to take these forms with you to your child's next physical. Please keep these forms stapled together to return. It is recommended that you return these forms to the athletic office at the above address even if your child is not playing a sport. Forms will be recorded then routed to the appropriate nurse's office. Please do not discard these forms, even if it isn't time for your child to have a physical.

We are proud of our sports programs and coaches and believe that athletics can be a very strong and positive part of your son's or daughter's school life. We hope your son or daughter might find an activity that will be both challenging and self-satisfying. We plan to offer middle school programs in the following: FALL-boys' and girls' soccer, and girls' field hockey; WINTER-boys' and girls' basketball, cheerleading and wrestling; SPRING-boys' and girls' track, girls' softball, and boys' baseball. We plan to offer high school programs in the following: FALL-cross country, football, girls' field hockey, boys' and girls' soccer, cheerleading, girls' volleyball, and girls' tennis; WINTER-boys' and girls' basketball, boys' and girls' swimming, cheerleading, boys' and girls' bowling, and wrestling; SPRING-boys' and girls' track, boys' tennis, golf, girls' softball, and boys' baseball.

In order for your child to be eligible to participate in any of these programs, the following is required:

- (1) Pre-participation physical exam performed by your child's doctor within 365 days of the start of the season. These are the same yellow forms mentioned above. *Please keep these forms stapled together to return. The first page, the health history questionnaire is to be completed (both sides) by the parent and signed and dated.* (A re-evaluation form may also be required if the physical is not within 60 days of the start of the season. This form will not need to be completed by the physician.) Physicals are no longer offered at school. If this creates a financial hardship, please call the school nurse for further information. (Please note: Students planning to participate in Wilderness will also need a current physical.)
- (2) The medical authorization form will be duplicated for use by our athletic trainer and your child's coach in case of injury or illness. Please print clearly in dark ink on this form.
- (3) The permission slip must be signed by you and your child. By checking off the sport(s) and returning this completed form, your child is also signing up to tryout for that sport(s).
- (4) The drug testing response form. Please read about this program on the enclosed form and call my office before completing this form if you have any questions. Additional details about our

drug and alcohol policy are contained in the student handbook. Your child will receive a copy on the first day of school. If you would like this information prior to that time, please contact my office.

- (5) The green Summer Activity Permission Form is required for participation in summer activities with our staff. A current physical (within the past 365 days) is also required for participation. If your child has had an injury or illness since their last physical it is your responsibility to notify the school nurse and obtain any necessary clearance note from your physician. The dates and times of summer activities will be available after June 1st and will be posted on our website at www.warrenhills.org - then click athletics. The summer activities offered to grades 7-12 will be posted on this page. Please note: This form is not required for participation in team camps or the middle school summer recreation program.
- (6) A weight room permission slip is required annually to be allowed to use the weight room. This form is available to interested athletes in the athletic office and the middle school nurse's office. A current physical (within the past 365 days) is also required for participation. Incoming seventh graders should not plan to participate in summer weight room.
- (7) *It is important to pay close attention to your academic performance. All high school students must meet academic eligibility requirements.* Students presently in grades 9-11 must have earned 27-1/2 credits in the previous school year (2006-07) to be academically eligible to participate in the fall or winter season. If you do not have the necessary credits, it is your responsibility to explore your options for summer school. All high school students must earn 13-3/4 credits in the first semester to participate in spring sports. If you have any questions about academic eligibility, please contact the athletic director or refer to the student handbook.
- (8) For those students presently in grades 8 through 12 who are interested in FALL HIGH SCHOOL CHEERLEADING only: Tryouts will be held in May for the high school fall squads. If you plan to tryout and are not currently in the Warren Hills School district, please call the athletic office to let us know you are interested and give us your phone number so the coach can contact you with the tryout information as it becomes available. If you are in the school district, listen to announcements for a team meeting to sign up. Your physical form and/or a reevaluation form and permission slip will be required before you will be allowed to try out.
- (9) Return your forms by the deadline as follows:

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| HIGH SCHOOL CHEERING TRYOUTS | Deadline is May 1, 2007 |
| SUMMER SESSION (all students) | Deadline is June 1, 2007 |
| FALL SEASON (high school students) | Deadline is August 1, 2007 |
| FALL SEASON (middle school students) | Deadline is August 30, 2007 |
| WINTER SEASON (high school swimmers) | Deadline is November 1, 2007 |
| WINTER SEASON (all other students) | Deadline is November 10, 2007 |
| SPRING SEASON (all students) | Deadline is February 14, 2008 |
| STUDENTS WHO WILL BE IN 7TH OR 9TH GRADE <u>but not playing a sport</u> - | Deadline is June 1, 2008 |

We, at Warren Hills, want your son or daughter to have a positive experience in our athletic program. If we can be of any help, please feel free to call me at 689-3050, ext. 3030 or my secretary, Joan Duryea, at ext. 3047.

Yours in sports,

Nick Holgash, Director of Athletics