



PARSIPPANY TROY-HILLS PUBLIC SCHOOLS

Athletic Department
Parsippany, NJ 07054



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TO: Parsippany Hills and Parsippany High School Winter Athletic Parents

FROM: Mr. Richard Fonti and Mr. David Hayes

DATE: September 24, 2010

SUBJECT: Winter Physical Information

Each student-athlete coming out for a winter season high school athletic team will need to have a few items of paperwork filled out before they will be cleared to participate in practices or contests. Each student-athlete will need to have the following turned in to the school nurse by **Tuesday, October 19, 2010**:

- A. **Yellow Athletic Emergency Medical Information Card**
(filled out on both sides and signed by parent/guardian on the front)
- B. **White Parsippany-Troy Hills Certification of Student Athletic Health History Update**
(If the student's physical is on file in the Health Office and dated after Nov. 15, 2009)
or
- C. **Athletic Pre-Participation Examination Form**
(If no Fall Sport has been played.)
 - a. Part A: Health History Questionnaire (3 pages) (filled in and signed by parent/guardian)
 - b. Part B: Physical Evaluation Form (4 pages) (filled in and stamped by the physician)
- D. **Parsippany Troy-Hills Permission Form and Parent/Student-Athlete Contract for Interscholastic Sports** (read and signed by both parent/guardian and student-athlete)
- E. **NJSIAA Steroid Testing Policy**
(read and signed by both parent/guardian and student-athlete)
- F. **NJSIAA Parent/Guardian Concussion Policy Acknowledgement Form**
(read and signed by both parent/guardian and student-athlete)

No student-athlete will be able to practice until all of the above required paperwork has been submitted and approved.

If you have any questions about the physical process, please call the nurse at your high school. *Parsippany High School* (973) 263-7001 ext. 2302 or *Parsippany Hills High School* (973) 682-2815 ext. 2402.

*****IF FORMS ARE NOT TURNED IN BY OCTOBER 19TH STUDENTS WILL NOT BE PERMITTED TO PRACTICE UNTIL CLEARED BY THE DISTRICT MEDICAL EXAMINER.*****

“Achieving Athletic & Academic Excellence”