

WINTER ATHLETES

All of the following must be handed in to the NMHS Athletic Office and approved in order to be eligible to play High School sports:

1. Permission Forms Packet
2. Physical Form and Health History Form (UPDATE)

Forms Can Be Found at
www.newmilfordschools.org
-click on "High School" and then "Athletics" to download

PLEASE MAKE NOTE:

Check each form before submitting to make sure it is filled out completely and signed. Incomplete or late forms WILL delay participation and possibly jeopardize your chances of making a team.

Anyone getting a new physical must have the doctor sign that he/she has reviewed the Health History (UPDATE) portion. Make sure the doctor completes all forms, signs all forms and stamps the physical before you leave the doctor's office.

All physicals MUST be reviewed by the school nurse and school physician prior to participation clearance.

Forms handed in after 11/12/10 may delay participation.

All athletes must hand in a Health History (UPDATE) form.

Any additional medical clearances or doctor documentation (medication/allergy/asthma forms) must be submitted to and reviewed by the school nurse and school physician prior to participation.

If you have had a physical within the last 365 days, see the School Nurse to make sure it is on file or when it will expire. If one is not on file, a copy will need to be submitted to the school nurse for approval prior to participation.

A new physical and update form is necessary upon expiration.

Forms may be submitted in person or via mail:

New Milford High School

Athletic Department

One Snyder Circle

New Milford, NJ 07646