



# TRINITY HALL

*Educating and Empowering Young Women in the Catholic Tradition*

101 Corregidor Road | Tinton Falls, NJ | 07724 | [www.TrinityHallNJ.org](http://www.TrinityHallNJ.org)

June, 2019

Dear Parents and Guardians:

In compliance with New Jersey State Law, the New Jersey State Interscholastic Athletic Association (NJSIAA) and Trinity Hall school policy, a physical examination and up-to-date immunization record of all students will be required every 365 days. We anticipate many students will participate in athletics; thus, we are requesting all paperwork before the first week of fall pre-season practices: **Thursday, August 1**. In addition, class trips scheduled for the first week of school will require updated medical health forms.

### **Health Office Paperwork (ALL STUDENTS):**

All forms can be downloaded from the Trinity Hall website. Please go to the TH home page, click on Campus Life, then click on Forms. Forms are also attached in this email.

- 1) Pre-participation Physical Evaluation form (required every 365 days)
- 2) Student medical HIPAA/Insurance form

**Student Athletes** – In addition to the 2 forms listed above, the following forms need to be completed and handed in to the health office **before Thursday August 1, 2019**.

- 1) Sudden cardiac death sign off form
- 2) Concussion sign off form
- 3) Sports related eye injury form
- 4) Steroid testing policy form
- 5) Opioid sign off form

Please mail all forms to Trinity Hall Health Office: 101 Corregidor Road, Tinton Falls, NJ, 07724.

***\*\*\* If your daughter participates in a fall sport, all annual physicals must be completed between June 10 and August 1, 2019. There will be NO exceptions to this. I understand that your personal insurance may only allow a physical on or around your daughter's birthdate. You may need to incur a one-time out-of-pocket expense to get her on a summer schedule. Any student-athlete who does not turn in her physical examination paperwork before August 1, will not be allowed to participate in any practices or games until all of her paperwork is completed and turned in.***

Students who participate in more than one sport are required to fill out a medical update form every season. (Forms are held in the health office and online.)

Tryouts and mandatory fall sport practices begin on Monday August 12, 2019. I highly recommend that you schedule your daughters physical as soon as possible as most doctors' offices fill up quickly for summer physicals.

If you have any questions regarding this letter and the enclosed forms, please do not hesitate to contact me via email: [salmeida@trinityhallnj.org](mailto:salmeida@trinityhallnj.org). Have a safe and healthy summer.

Sincerely,

*Susan Almeida RN, MSN*

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