



2018-19 WINTER ATHLETICS

NEW REGISTRATION WEBSITE:
www.millburnhs-ar.schooltoday.com



Effective June 2018, all athletic forms will be completed on-line at the website listed above, except for the Pre-participation Physical Evaluation Form, the Health History Update Form and the "Optional" Cardiovascular Screening. The forms listed must be submitted in hard copy.

The Pre-participation Physical Evaluation Form and the Health History Update Form (available under the "Forms" tab) must be submitted to the Athletic Office (Room 115) by Wednesday, October 24th, to ensure the athlete will be cleared to start practice/tryouts in November.

Note: Physicals are good for one calendar year from the date the physician performs the physical, not the date he/she signs the form.

Registration directions are available under the "Quick Links" tab on the homepage of our website www.millburnhs.rschoolteams.com

Winter tryouts will begin on the following dates, but please check the website for sport specific dates:

November 5 – Ice Hockey & Swimming

November 15 – Bowling

November 19, 20, 21 – Basketball, Fencing, Track & Wrestling

The **Impact Concussion Test is mandatory** and will be administered Tuesday, October 30 from 3pm – 6pm in room 276. The athletes will be tested with their team. There will be no makeups at MHS. If an athlete misses it, they are responsible to schedule an appointment and go to Saint Barnabas Medical Center to have the test administered and will be charged a fee.

3pm - Wrestling

4pm - Girls Basketball

5pm - Boys Basketball

6pm - Ice Hockey

The optional EKG test will be administered on the same day as the Impact Concussion Test. If you complete the forms to take the Cardiovascular Screening test, the school athletic trainer will contact you with an appointment time. On the day of the appointment, the athlete should bring a check, in the amount of \$35, payable to Saint Barnabas Medical Center.

You can find all our team schedules and updates as well as news articles and photo galleries on our website www.millburnhs.rschoolteams.com.

Any questions, please call us at 973-564-7130 Ext. 10010