

## **2018-19 FALL ATHLETICS**

### **NEW ATHLETIC WEBSITE IN 2018/19:**

**[www.millburnhs.rschooteams.com](http://www.millburnhs.rschooteams.com)**

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

The ***Preparticipation Physical Evaluation Form*** and the ***Health History Update Form*** must be submitted to the Athletic Office (Room 115) by **Monday, July 23**, to ensure the athlete will be cleared to start practice/tryouts in August.

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

Fall tryout can begin on the following dates, but please check the website for sport specific dates:

August 8 – Football

August 13 – Soccer (boys & girls)

Field Hockey

Tennis (girls)

Volleyball (girls)

Cross Country (boys & girls)

The **Impact Concussion Test** will be administered on August 7, 2018. The athletes will be tested with their team (boys & girls soccer, field hockey and football).

The **optional** EKG test will be administered between the hours of 9:00-11:00 am August 7<sup>th</sup>. 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 SBMC.

***PLEASE REMEMBER TO CHECK THE WEBSITE OFTEN FOR SCHEDULE UPDATES AND NEW INFORMATION!!***