



# 2019-20 ATHLETICS REGISTRATION



## IMPORTANT DATES:

**First Day of Fall Sports:** August 12, 2019 (all fall sports)

**First Day of Winter Sports:** November 11, 2019 (Bowling, Ice Hockey, Swimming)

November 25, 2019 (Basketball, Fencing, Winter Track, Wrestling)

**First Day of Spring Sports:** March 6, 2020 (all spring sports)

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## **Online Registration for Fall sports opens July 1, 2019**

- website: <https://millburnhs-ar.rschooltoday.com/>

## **Physical Forms handed in to athletic office deadline: July 16, 2019**

- This guarantees athlete will be cleared to play for August 12<sup>th</sup>.
- All physicals handed in after July 16<sup>th</sup> are not guaranteed to be cleared by August 12<sup>th</sup>.

## **Impact Concussion Test**

- **Football - August 12, 2019** at Millburn High School from 8:00am – 10:00am.
- **All other sports - August 19, 2019** at Millburn High School from 8:00am – 12:00pm.
- Mandatory for sports: Football, Boys & Girls Soccer, Field Hockey & Girls Volleyball
- Optional for sports: Girls Tennis, Boys & Girls Cross Country
- The athletes will be tested with their team. There are 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 from St Barnabas.
- The concussion test is valid for 2 years. (example: If you took it as a freshman, you need to retake it as a junior).

## **Optional EKG test will be administered if enough athletes sign up for it on the same day as the Impact Concussion Test.**

- If you complete the forms to take the Cardiovascular Screening test, please contact the school athletic trainer to setup 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.

## **Team Requirements - all athletes must contact the coaches for team requirements before the season starts.**

You can find all our team schedules and updates as well as news articles and photo galleries on our website [www.millburnhs.rschooteams.com](http://www.millburnhs.rschooteams.com).

Under schedules, you can see our calendar of daily events for all sports with field location addresses, bus times and comments for the coaches and athletes.

## **We also recommend signing up for Notify Me on our website.**

This will set you up to receive automatic text and email notifications for schedule changes and reminders for those activities you want to track.

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

# INSTRUCTIONS

## SIGNING UP FOR A SPORT

### Part 1 – ONLINE REGISTRATION

- Register at <https://millburnhs-ar.schooltoday.com/>
- Click the **MILLBURN ATHLETICS ICON** (center of page) to begin registration
- Create a **NEW** account or **LOG IN** to previous account if athlete was registered in previous season.
  - You need to complete all 5 steps of online registration.
  - You need to check/acknowledge and digitally sign all the forms under Step 5 to complete and submit your registration. By checking/acknowledging all the forms, it ensures you read all the information given to you.
  - These forms are required by the NJSIAA organization to participate in all high school sports. It is not Millburn specific.
  - You must click **SUBMIT** at the very end to complete your registration. If you do not see Submit, then there is something you did not fill out and you will have to review each step to fill in any missing information.
  - Step by step visual instructions are available in the following pages and can be found on the website under “Quick Links”.

### Part 2 – PHYSICAL FORMS

- **Physicals Deadline for Fall Sports is July 16, 2019.** These must be handed in to the athletics office. This is to guarantee an athletes clearance to begin on August 12<sup>th</sup>.
- Download physical forms from <https://millburnhs-ar.schooltoday.com/> under the FORMS Tab.
  - **Pre-Participation Physical Evaluation and History Form**
    - This is a 4 page form.  
Pages 1 & 2 need to be filled out and signed by a parent/guardian of the athlete.  
Pages 3 & 4 need to be filled out and signed by the athlete’s doctor.
    - All pages need to be signed even if the questions are non-applicable to the athlete.
    - Physicals are valid for 1 year from the physical date.
  - **Health History Update Questionnaire**
    - This is a 1 page form.  
This needs to be filled out and signed by a parent/guardian of the athlete **IF** the date of physical is older than 3 months prior to the start of the season. For example: Fall sports starts August 12<sup>th</sup>. If the physical date of the athlete is before May 12<sup>th</sup>, 2019 than this form needs to be completed and handed in. If the physical date of athlete is after May 12<sup>th</sup>, 2019 then this form is not needed.
- Process for Athletic Clearance can take 2-3 weeks from when we receive it.
  - **1st clearance** - Physicals are reviewed by our school nurse.
  - **2nd clearance** - Physicals are sent to St. Barnabas school doctor for review and approval.
  - **Final clearance** - Athletic Director reviews any issues from school eligibility, doctor’s concerns & any pre-existing injuries of athletes. He then sends out an approval of athletes who are medically cleared to play to the coaches.

**When Part 1 & Part 2 are completed, the athlete is cleared through the athletic office.**

- On the first day of practice a **MANDATORY EMERGENCY CARD** is required for the athlete to play. It needs to be filled out and returned to the coach.