

# IMPORTANT INFORMATION ON MEDICAL ELIGIBILITY FOR SCHOOL SPORTS

## MANASQUAN ELEMENTARY SCHOOL

Please see the updated information regarding our new online sports application process on our MES Athletics website. Following, you can find additional information regarding the medical paperwork portion of the sports application.

It is required that all students in grades 6-8 who wish to participate in any athletic program at MES have a current and approved physical on file prior to tryouts. Physicals only need to be done once per year and are valid for 365 days. **Once the physical form packet is submitted the nurse reviews the information then forwards them to the school physician who, by law, must sign off on each packet.** He is available only by appointment for our school; therefore, it is important to submit all forms on time for the season of that sport.

Once a student has an *approved* physical they are cleared to participate. If they wish to participate in a second or third season the student must submit a **Sports Update** form for each additional season. This is only a questionnaire that a parent needs to fill out in order to provide any new information since the last physical or update form was completed. No doctor is required.

**All forms must be signed by both the Parent and the Student.** Once this is submitted and approved a student will only need a Sports Update form filled out by the parent for each additional season submitted by the deadline for that season. It is recommended that, if at all possible, to cycle your annual physical appointments for mid- June through July to be ready for the deadlines for both the **HS (July 15<sup>th</sup>)** and the **ES (Aug 1st)**. If this is not possible then you are responsible to make sure that the physical is updated before the 365 days expires to remain eligible for your season of interest. Please pay close attention to the following dates for submission of forms.

**Aug. 1<sup>ST</sup> (fall season)      Mid Oct (winter season) date TBA      Mid-Feb. (spring season) date TBA**

**If you are unsure of your child's last physical on file, e-mail the school nurse Peg Ciufio at [pciufio@manasquanboe.org](mailto:pciufio@manasquanboe.org).**