



Important Announcement for Student-Athletes & Families – 2025–2026 Sports Physicals

As we prepare for the upcoming 2025–2026 school year, we want to remind all student-athletes and their families that a **NEW** sports physical is required at the start of each school year for all student-athletes in order to participate in any practices, scrimmages, or games for the 2025-2026 athletic season.

****Please note that sports physicals are good for 365 days. If your child/children had one completed after the start of the 2024-2025 school year then it will still be valid until its expiration date. All that will be required is a Health History Update Form (only required if PPE completed >90 days prior to 1st practice). For exact details regarding when your child/children's sports physical will expire please contact the school nurse.***

All physicals must be completed by a licensed medical professional, including a:

- Physician (MD/DO)
- Nurse Practitioner (NP)
- Physician Assistant (PA)

Sports Physicals Deadlines:

Fall Sports: July 11, 2025

Winter Sports: November 14, 2025

Spring Sports: February 20, 2026

****Medical Eligibility page (*last page on Pre Participation Physical Examination (Sport Physical) form*) is the only page that must be emailed or dropped off directly to the school nurse's office to be processed. Physicians must sign that they have completed the Cardiac Assessment Module.**

For Families Without a Primary Care Physician:

We are pleased to announce that **Dr. Jason Womack**, our Highland Park Team Physician, affiliated with Rutgers Health is available to complete sports physicals for any student-athletes in need; free of charge.

To schedule an appointment:

Call: 732-235-9070

Office Location: 317 George Street, New Brunswick, NJ (*1.5 miles from Highland Park High School*)

Parking: Matrix lot behind the building (entrance on New Street)

When calling, **please identify yourself as a student-athlete from the Highland Park School District**. If there is no answer, leave a message and the office will return your call within 24 hours.

Requirements for Participation in Athletics (2025–2026 School Year):

Hard copies of all required forms are available on our Highland Park Athletics website under “*Athletic Participation Requirement & Forms*”. State mandated acknowledgement forms can be completed on the Genesis Parent Portal.

Athletics Website: <https://www.hpschools.net/page/athletics>

State Mandate Acknowledgement Forms

- ✓ Sudden Cardiac Death Pamphlet & Sign-Off
- ✓ Concussion Fact Sheet & Acknowledgment Form
- ✓ Opioid Use & Misuse Fact Sheet & Acknowledgment Form
- ✓ Steroid Use & Testing Policy & Consent Form
- ✓ Sports-Related Eye Injuries Fact Sheet & Acknowledgment Form

Form Submission Options:

-  **Electronic sign-offs** for concussion, cardiac, opioid, and steroid forms are available on **Genesis Parent Portal**. (Eye Injury Information/Acknowledgement not currently available on the portal)
-  **Hard copies** of all forms are also available on the **Highland Park Athletics Website**

<https://www.hpschools.net/page/athletics>

*Please be aware that these required forms must be received, reviewed and processed by the **school nurse** before the athlete can try out of practice. If any of the forms are incomplete or turned in after the deadline, the student's clearance for sport participation will be delayed. The safety of our athletes is our first priority. No athlete will be allowed to participate in Highland Park District sports if the school procedures and the state guidelines are not followed*

We appreciate your attention to these important requirements. Let's work together to ensure a safe, successful, and competitive school year for Highland Park Athletics! Go Owls!

For questions or support, please reach out to the Highland Park Athletics Office.

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If you are unsure of your child's physical status, please call your school's health office.

Nursing Contact Information:

High School Nurse:

Jani Masur, RN, BSN, CSN

 732-572-2400 Ext. 4003

 jmasur@hpschools.net

Middle School Nurse:

Karen Kelly, RN, BSN, CSN

 732-572-2400 Ext. 3003

 kkelly@hpschools.net