

Lakeland Regional High School

ATHLETIC DEPARTMENT

PARTICIPATION IN ATHLETIC PROGRAMS

Any student who is planning on playing a sport for the first time during the current school year must complete and submit a **SPORTS PACKET!** New Jersey State Law Mandates that the School Physician approves all physicals and medically signed documents prior to any student participating on any athletic team. Included in the Sports Packet is the required Physical Examinations Form (4 pages) which needs to be completed by both parent/guardian, student and physician. Incomplete Physicals will not be accepted and handed back to student. Physical Examinations Forms are valid for 365 days.

If you are a student-athlete who has played a sport in the fall and/or winter season (w/valid sports physical on file) and is planning on participating in a spring sport, you must complete and submit a **HEALTH HISTORY UPDATE QUESTIONNAIRE.**

Please complete the following forms in the packet and return completed packet to the Athletic Trainer. If you are planning to participate in a Spring Sport, you must hand in your paperwork by **MARCH 4** to guarantee clearance prior to start of season on March 14. If packets are not returned to the Athletic Trainer by the deadline, there is no guarantee that the student can participate on the start of the season.

******To refer to NJSIAA Athletic Medical Clearance guidelines or download NJSIAA forms directly, use the link below:***

<https://www.njsiaa.org/health-safety/athlete-medical-clearance>

