

FORT LEE HIGH SCHOOL WINTER SPORTS

IMPORTANT INFORMATION

- ❑ **Submit all sports forms to the Nurse's Office.**
- ❑ **First day of tryouts is Monday, November 20, 2023. In order to be cleared by the first day of tryouts, all paperwork must be submitted to the Nurse's Office by Thursday, November 16, 2023. Failure to submit all forms by this date may cause your child to miss the first few days of tryouts.**
- ❑ The [Sport Physical Packet](#) must be handed in its **original form**. Please **do not** submit a copy, email, or fax of the Sport Physical Packet.
- ❑ The [Scholastic Student-Athlete Safety Act](#) requires that the Student-Athlete Cardiac Assessment PD module **must be completed** by the physician, APN, or PA who performs the student athlete's physical exam. The physician, APN, or PA **must sign** the certification statement on the Preparticipation Physical Evaluation (PPE) form attesting to the completion of the PD module.
- ❑ If the date of exam on your child's Sport Physical on file with the FLHS school nurse is before November 20, 2022, you will need to submit a new Sport Physical Packet.
- ❑ If your child has a valid Sport Physical (After November 20, 2022) on file with the FLHS school nurse, you will need to submit a [Health History Update Questionnaire](#).
- ❑ If you are unsure of the date of your child's last Sport Physical on file with the FLHS school nurse, please contact the coach.
- ❑ If the date of exam on your child's last Sports Physical expires during the sport activity, you will then need to submit a new Sport Physical packet to the Nurse's Office as soon as possible.
- ❑ All current 9th graders who have not submitted a Sport Physical Packet to the FLHS School Nurse must submit a Sport Physical Packet, regardless of the date of the last physical exam. Forms do not carry over from the Middle School.
- ❑ If your child is playing a sport for the first time at FLHS, you will need to set up a new account on SportsWareOnLine (SWOL). Directions can be found on tinyurl.com/flhsathletictraining
- ❑ All parents of student-athletes must log in to Genesis and complete the forms labeled, "**2023-24 Fort Lee Sports Health Information.**" This is only required once per school year. If you haven't completed these forms in Genesis yet, please do so.
- ❑ If your child has a medical condition, including a food allergy and/or asthma, you will need to submit the appropriate medical forms to the school nurse.
- ❑ Please make sure any injuries or illnesses are reported to the coach, school nurse, and/or athletic trainer. If you have an injury during a sport activity or after school hours, please make sure a doctor's note or a completed [Student Medical Report Form](#) is returned to the athletic trainer or school nurse before returning to school and sport activity.



Please direct all questions regarding what your child needs to participate in a sport to the appropriate coach:

Boys Basketball: Adam Shrager

ashrager@flboe.com

Girls Basketball: Kellie Lane

klane@flboe.com

Indoor Track: Nicole Pacciani

npacciani@flboe.com

Wrestling: Gerard Carroll

gcarroll@flboe.com

Bowling: Neil Grant

ngrant@flboe.com

Cheerleading: Chelsea Yavorski

cyavorski@flboe.com

FYI...

- ❑ Other important information can be found on the Athletic Training site: https://www.flboe.com/administration/athletics_department/athletic_training_room
- ❑ All medical and athletic forms can be found on the School Nurse Office site: <http://flhs.flboe.com/offices/nurse>.
- ❑ If you have any issues completing the Sports Physical Packet, please see the [Sports Physical Packet Checklist](#).

