



Sports Forms and Procedures

1. Go to www.hillsborough.k12.nj.us and click on *Schools*. Select *Hillsborough High School* from the drop-down list.
2. Click on *Athletics*.
3. Select *Athletic Forms* from the left margin.
4. Click on and print out the forms listed in the table below.
5. Check with the coach for additional forms, requirements and possible try out procedures for each individual sport.

FORM:	NEEDS TO BE SIGNED BY:	RETURN TO:	RETURN DATE:
a. MEDICAL	Physician and Parent/Guardian See Item #3 below under "Important Tips."	Nurse's Office	ASAP before the start of the season. See Item #2 below under "Important Tips."
b. ATHLETIC PARTICIPATION	Student and Parent/Guardian	Coach	Before the start of the season
c. EMERGENCY INFORMATION (2 copies)	Parent/Guardian	Coach	Before the start of the season
d. ATHLETIC CONTRACT	Student and Parent/Guardian	Coach	Before the start of the season
e. NJSIAA STEROID TESTING CONSENT FORM	Student and Parent/Guardian	Coach	Before the start of the season

Important Tips:

1. Please make copies of ALL forms. We encounter lost paperwork every season.
2. All prospective athletes must have a current sports physical on file in the Nurse's Office. Physical examinations are good for one calendar year. Please check with the coach or the nurse to determine if the student athlete has a valid physical for the season. All new physicals should be brought to the Nurse's Office **as soon as possible before the start of the season. Time is needed for the school doctor to review the physicals before final medical clearance is given. No participation of any kind is permitted without medical clearance from the school doctor.**
3. **MEDICAL FORM** (7 pages): If a new physical is needed, **Part A** must be completed and signed by a parent/guardian. It must then be reviewed by your physician during the physical examination. **Part B** requires a physical examination by a physician. It must be signed, dated, and stamped by a physician. Both parts of the medical form must be returned to the school nurse.
4. Please direct any specific tryout/sports questions to the individual coaches. Contact information for each sport can be found on the website.
5. Check the website for specific season starting dates and physical due dates.

If you don't have access to a computer, printer, and/or the internet at home to print out the forms, you may use the computers and printers in the media center at HHS. If you still experience problems printing the forms, please stop by the Athletic Department for assistance.