



# Middle Township Athletics

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## **Preseason Parent/Athlete Information Letter**

This is an information letter intended to help parents and students understand and complete the requirements for athletic participation at Middle Township Schools.

### **DO NOT EXPECT TO BE CLEARED THE DAY YOU TURN YOUR PAPERWORK IN**

- **Sports Physical** – A sports physical completed by the athlete’s personal doctor. This physical is good for one calendar year and will expire one year from the date that the exam was performed. Please check you expiration dates early as sometimes it can be difficult to get an appointment for a physical. Physicals only need to be turned in once per calendar year. For insurance reasons, if a physical expires mid-season it will clear the athlete for participation for the entire season, but must be renewed before the next season.
  - **Asthma Action Plan** – If your child is diagnosed with asthma he/she will need an asthma action plan on file with the nurse. This must be completed by the athlete’s doctor once per school year. Please get a form from the nurse or school website before your physical so you can bring it with you to the doctor.
  - **Asthma Inhaler** – If you require a prescribed asthma inhaler you will need to have an extra one for your team’s medical kit. Please give this to the athletic trainer when you turn in your paperwork.
  - **Epipen** – If prescribed by a doctor. You will need to show the athletic trainer your current epipen when turning in your paperwork.
- **Health History Update** – An update on the athlete’s current health, completed by the parent/guardian. This form must be turned in within 90 days of each athletic season in which the athlete wishes to participate. If you are turning in a new physical this form does not need to be completed.
- **Emergency/Insurance Information** (Form C) – Contact and emergency information for the athlete, to be completed by the parent/guardian. This is the only way to contact you in an emergency. Must be completed once per school year or if your contact or insurance information changes.
- **Parent Consent/Healthy Roster** - Found on the back of the emergency/insurance form. This form gives parent/guardian consent for the athlete to play sports. Please list all sports in which the athlete is NOT permitted to participate. Gives permission for the parents, coaches and athletic trainer to communicate about the student athlete’s health over the healthy roster app/website (Healthy Roster is completely HIPAA compliant).
- **Student Athlete and Parent Sign-Off Form** – The sign off form must be completed by the student athlete and parent once per school year. It is where you will acknowledge

that you have read and reviewed the following forms which can be found on school website:

- **NJSIAA Steroid Testing Consent** (Form D) – NJ state form that allows randomized steroid testing. Must be completed by parent/guardian and student once per school year.
- **NJ Cardiac Education** (Form E) – NJ state form that educates on possible cardiac emergencies. To be completed by parent/guardian and student once per school year.
- **NJ Concussion Education** (Form F) – NJ state form that educates on concussion symptoms and treatment. To be completed by parent/guardian and student once per school year.
- **Sports Related Eye Injury Fact Sheet** – NJ state form that educates on sport related eye injury. To be completed by parent/guardian and student once per school year.
- **Opioids Use and Misuse Educational Fact Sheet** – NJ state form that educates on opioid use and misuse in the event that a healthcare provider prescribes a student-athlete an opioid for a sports related injury.
- **Parent Code of Conduct** (Form G) – MTPS form that states the regulations of parent behavior at athletic events. To be completed by parent/guardian once per high school career.
- **Athlete Code of Conduct** (Form H) – MTPS form that states the regulations of student behavior during athletic career. To be completed by parent/guardian and student once per high school career.
- **Impact Testing Consent and Release of Information Form** (Form I) – MTPS form that gives permission for impact testing and the release of impact results to the students treating physician. Must be completed by parent/guardian once per school year.
- **Impact Test** – Pre-concussion baseline test to help with treatment and return to play decisions once an athlete sustains a concussion. Must be completed by the student athlete once every two years, based on the guidelines set forth by Impact. Students who are unsure if they need a new test can check with the athletic trainer. Students can pick up the Impact home testing sheet from the athletic trainer to take the test at home. If a student cannot take the test at home, the athletic trainer will have dates that the student can stay after school to complete testing.
- **Academic Eligibility** – Students must be academically eligible to participate in athletics, this will be checked by the athletic director. Please check the student handbook for information on eligibility.

**All paperwork is to be turned in to the athletic trainer ONLY.** The athletic training room is open during the school day from 1pm-3:30pm to accept paperwork. If you need to turn your paperwork in over the summer the athletic trainer's hours will be posted outside the athletic training room. The only other place to leave your paperwork is in the athletic trainer's school mailbox.

