



2023-2024

WINTER ATHLETICS REGISTRATION

Winter Sports Tryouts:

November 20, 2023 – Basketball, Bowling, Ice Hockey, Swimming & Wrestling.

November 27, 2023 – Fencing & Track.

Online Registration for Winter sports opens OCTOBER 16, 2023

- website: <https://millburnhs-ar.rschooltoday.com/>

Physical Forms must be submitted to the Athletic Office by OCTOBER 30, 2023

- This guarantees the athlete will be cleared to play on the first day of tryouts.
- All physicals handed in after October 30th are not guaranteed to be cleared in time for tryouts.
- **You can drop off the forms anytime during the school day from 8:00am – 3:00pm.**

Tryouts – There is a 2-3 day tryout period beginning on the first day of practice. You can find all tryout times & locations on our website listed under Quick Links.

Pre-season meetings - are held prior to the season starting with the head coach discussing all important information. Make sure you are on the coaches contact list.

Team Requirements – all athletes must contact their coach for team related requirements before the season.

Impact Concussion Test

- **Date: TBD – athletes will be notified by their coaches of the date of the test.**
- This will be virtual and all athletes will receive an email with a link and time for their test. They must take the test on their own computer. There will be no makeups.

Mandatory for sports: Basketball, Ice Hockey & Wrestling.

- Optional for sports: Bowling, Fencing, Swimming & Track.
- If an athlete misses it, they are responsible to schedule an appointment with the Morahan Center at Saint Barnabas Medical Center to have the test administered and will be charged a fee from St Barnabas.
- The concussion test is valid for 2 years. (example: If you took it as a freshman, you need to retake it as a junior).

Optional EKG test

- If you would like to take an optional EKG test, please schedule an appointment with the Morahan Center at Saint Barnabas Medical Center. The cost is \$35 per athlete.

MANDATORY EMERGENCY CARD - is required for the athlete to play. It needs to be filled out and returned to the coach by the 2nd day of practice.

INSTRUCTIONS

TO SIGN UP FOR A SPORT

Part 1 – ONLINE REGISTRATION

- **Registration opens for Winter Sports on October 16, 2023.**
- Register at <https://millburnhs-ar.schooltoday.com/>
- Click the **MILLBURN ATHLETICS ICON** (center of page) to begin registration
- Create a NEW account or LOG IN to previous account if athlete was registered in previous season.
 - o You need to complete all 5 steps of online registration.
 - o You need to check/acknowledge and digitally sign all the forms under Step 5 to complete and submit your registration.
 - o These forms are required by the NJSIAA to participate in all high school sports.
 - o You must click **SUBMIT** at the very end to complete your registration.
 - o Step by step visual instructions are available in the following pages and can be found on the website under “Quick Links”.

Part 2 – PHYSICAL FORMS

- **Physicals Deadline for Winter Sports is October 30, 2023.**
- This guarantees the athlete will be cleared to play on the first day of tryouts.
- All physicals handed in after the deadlines are not guaranteed to be cleared in time for tryouts.
 - o **You can drop off the forms anytime during the school day from 8:00am – 3:00pm.**
 - o INCOMPLETE PHYSICALS WILL NOT BE ACCEPTED.
- Download physical forms from <https://millburnhs-ar.schooltoday.com/> under the FORMS Tab.
 - o **Pre-Participation Physical Evaluation and History Form**
 - This is a 4 page form. All pages need to be signed.
Pages 1 & 2 need to be filled out and signed by a parent/guardian of the athlete.
Pages 3 & 4 need to be filled out and signed by the athlete’s doctor.
 - Physicals are valid for 1 year from the physical date.
 - o **Health History Update Questionnaire**
 - This is a 1 page form that is now required to be filled out and signed by a parent/guardian if the athletes date of physical is over 90 days old from the start of the season.

Any questions, please call us at 973-564-7130 Ext. 10010 or email charla.macaluso@millburn.org