



LUMBERTON MIDDLE SCHOOL

Home of the Wildcats

30 Dimsdale Drive
Lumberton, N. J. 08048
Phone (609) 265-0123 Fax (609) 265-0476

Bud Wrigley, Principal
Meredith Morley, Asst. Prin./Athletic Director

IMPORTANT INFORMATION REGARDING SPORTS PHYSICALS

Dear Parent/Guardian:

As required by N.J.A.C. 6A:16-2.2(h) and the Lumberton Township School District, students participating on a school sponsored interscholastic athletic team or squad must receive a medical examination. Tryouts for fall sports will begin the first full week of school. A student cannot tryout unless the required paperwork is on file. If you have any questions about your child's physical expiration date, please do not hesitate to contact Mrs. Maier, the school nurse, at (609) 265-0123 ext. 3216. **Please be aware that Mrs. Maier has the same schedule as the other LMS teachers and does not work over the summer.**

REQUIRED PAPERWORK

1. NJ DOE Physical Form
2. Health History Update
3. Sports-Related Concussion Policy Acknowledgement Form
4. Sudden Cardiac Death Pamphlet Sign-Off Sheet
5. Opioid Sign-Off Sheet
6. Asthma Treatment Plan with Self- Medication Contract*
7. Allergy Management Protocol*

Numbers 1-5 of **Required Paperwork** listed above can be obtained on the *LMS website* under *Documents* in the *Athletics* folder. Sports Physicals are considered current as long as they were completed less than 365 days from the date that tryouts begin for that sport. **If a student's physical was more than 90 days ago but less than 365 days before the start of the current sports season, a Health History Update form must also be completed.** Information on *Student Athlete Injuries and Sign-off Forms* are in the *Athletics* folder with the sign off sheets listed above found within that information. The Opioid Fact Sheet information is listed separately from the sign-off form. Numbers 6&7 of the **Required Paperwork** can be found on the *Lumberton District website* under the *Parents* heading *Forms for Parents* if not already turned into the nurse. Please use **ONLY** the forms on the website as they are current, and we are unable, by law, to accept any other version.

It is the parent's/guardian's responsibility to ensure that all forms are completed thoroughly. Incomplete forms will be returned.

All sports physicals must be reviewed and approved by the school doctor before students can tryout for a sport. There will be no exceptions. The school nurse **DOES NOT** have the ability to approve a physical. Paperwork is due by 8:00AM on the final due date by sport as follows:

Soccer and Field Hockey	September 7, 2018	(FINAL DATE)
Basketball and Cheerleading	October 24, 2018	(FINAL DATE)
Baseball, Softball, and Track	February 27, 2019	(FINAL DATE)



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Student Athletes must bring their paperwork directly to the Nurse.

All paperwork can be obtained from the LMS Website under Documents in the Athletics folder.

___ **NJ DOE Physical Form**

- This is the physical exam form. Part A is filled out by the Parent and Athlete. The Physician reviews the Information on Part A and fills out Part B. Physical Exams are valid for 365 days (one year).

___ **Health History Update**

- This form must be submitted if your Physical was more than 90 days but less than 365 days before the start of the current sports season.

Required once per year:

___ **Sports-Related Concussion Policy Acknowledgement Form**

___ **Sudden Cardiac Death Pamphlet Sign-Off Sheet**

___ **Opioid Sign-Off Sheet**

Additional forms that may be required:

___ **Asthma Action Plan**

- REQUIRED for all students with Asthma or prescribed an inhaler. This form MUST be on file in the Nurse's office. An updated form must be submitted every school year.

___ **Emergency Health Care Plan for the Administration of an Epinephrine Auto-Injector**

- REQUIRED for all students prescribed an Epi-Pen. This form MUST be on file in the Nurse's office. An updated form must be submitted every school year.

Student NAME _____

Grade: (circle) 6 7 8

SPORT(S) _____

Parent Signature _____

Date _____