

RIVER DELL REGIONAL SCHOOL DISTRICT

55 Pyle Street, Oradell, New Jersey 07649



DEPARTMENT OF ATHLETICS

www.riverdell.k12.nj.us

Denis Nelson (201) 599-7212 or 7210

Athletic Director Fax (201) 261-2974

May, 2016

Attention Student-Athletes and Parents:

This letter is for students interested in interscholastic athletic participation at the high school. In an effort to save money and “go green” the department will not be sending a mailing home with the physical forms this year. Those forms can be found on the school website; www.riverdell.org The following form must be downloaded completed and submitted; Athletics Physical Form. The following forms must be electronically submitted online through Community Pass with the \$75 Activity Fee; NJSIAA Steroid Testing Consent Form, NJSIAA Concussion Acknowledgement Form, Sudden Cardiac Death in Young Athletes Sign Off Form and River Dell Drug Testing Consent Form.

Physical examinations must be completed by a personal family physician.

In order to be cleared for fall sports the forms must be submitted no later than Friday, 7/29/16.

All physicals returned must be a **NEW** physical as of May 1, 2016. Examination forms given to your private physician must be completely filled out including student signature, parent signature and the doctor’s signature and clear stamp of the attending physician’s office. It is crucial to indicate the grade your child is entering in September of 2016 on the physical form and the sports they would like to participate in. Please do not fill out and submit a form without getting a new physical. Older physicals with outdated information will only delay in having your child physically cleared to participate.

This physical form is necessary for participation in summer workouts with River Dell teams including workouts with our strength and conditioning coaches.

Under state law, the school doctor must verify the accuracy of the completed form and officially validate it. **Only original forms** will be accepted, the school doctor will not accept photocopied or faxed forms. These forms are available at the main office and the athletic offices in the high school and are also available online as indicated above.

All required forms must be completed and submitted together in the following manner:

MAIL to the Director of Athletics, River Dell High School, 55 Pyle St, Oradell, NJ 07649. Please do not bring them to school and do not fax them to school. Your compliance with this procedure will insure accuracy and expedite the process of officially clearing the student to participate. If a physical form is not completely filled out and signed it will be sent back to you and your student-athletes will **NOT** be cleared. All athletes must practice a minimum of 6 days before participating in scrimmages. Any athlete not officially cleared by August 10, 2016, will not be permitted to practice until the physical examination has been reviewed by the school doctor and will jeopardize his/her chances of making the team.

We look forward to your child’s participation next year. Thank you for your attention to this important procedure.

Denis Nelson, CAA
Athletic Director
River Dell High School

**DO NOT WAIT UNTIL THE LAST MINUTE. ANY QUESTIONS PLEASE CALL:
201-599-7210 OR EMAIL – MELINDA.RUSSO@RIVERDELL.ORG**