



# Deptford Township High School

## ATHLETIC DEPARTMENT



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MAUREEN M. BILDA  
*Vice Principal For  
Athletics & Activities*

MARIANNA LATHAM  
*Secretary*

April 2016

Dear Parents and Guardians,

It is time to prepare for the 2016 Summer and Fall Athletic/Activity Season(s). A few changes and points of clarification:

- 1) The required athletic forms (Athletic Permit, NJSIAA Concussion Form and NJSIAA Steroid Form) will be submitted online for the 2016-17 school year. The program is slated to be up and running on or around May 15, 2016. Instructions and notices will be posted on the high school website and an e-mail blast will be sent once the site becomes operational. Forms need only be submitted once for the entire school year. This process will help streamline the athletic eligibility process.
- 2) **Physicals – NO CHANGES – JUST CLARIFICATION**
  - a. You must have a valid physical to participate in high school sponsored activities during the summer
  - b. Physicals are required for participation on athletic teams, cheerleading and marching band
  - c. Physicals are valid for 365 days(blue form)
  - d. Health History Update Questionnaire(gold form) must be submitted every season following the initial physical submission
  - e. Physicals submitted after May 10, 2016 will be approved for the summer and fall seasons.
  - f. Physicals submitted after June 3, 2016 will not be approved for summer activities.
  - g. Physicals are reviewed by the school nurse as well as the school physician – this process is a 7-10 day turn around. Please submit physicals as required to avoid any delay in participation.

Please direct any questions in regards to physicals to the High School nurse, Kim Helfand, at extension 2519. Any questions in regards to Activities/Athletics can be directed to the Activities/Athletics office at extension 2581.

Thank You

*Maureen M. Bilda*

*MS*

Maureen M. Bilda  
Vice Principal for Student Activities & Athletics