

Summer 2008

**TO: All Parents/Guardians of DHS and LMS Athletes**  
**SUBJECT: 2008 FALL SPORTS PHYSICAL REQUIREMENTS**

In order for your son/daughter to participate in any athletic-sponsored activities, the State requires them to have a physical exam once a year. Dunellen High School offers physicals at the beginning of each season. This fall's physicals were held on June 12, 2008. (Sports physicals for **LMS fall Cross Country athletes** will be held the beginning of September after students return back to school.) For those athletes who've missed this date, and have not had a physical within a one-year period of the season they're participating in, you will need to take your son/daughter to your Physician for a physical exam at your expense: ***IF YOU BRING YOUR ATHLETE TO YOUR OWN PHYSICIAN, YOU WILL NEED TO BRING THE PRE-PARTICIPATION PHYSICAL EVALUATION FORM (WHITE) FOR YOUR PHYSICIAN TO FILL OUT.*** Please make sure both sides are completed, and your Physician signs the form. For your convenience the forms you need to print are below, or are available in the DHS main office.

**Forms need to be returned to the school BEFORE you can begin practicing. Mail or drop forms off at the DHS main office (Monday through Friday, 8:00 am to 3:00 pm).**

***FORMS NEEDED FOR NEW PHYSICALS:***

\_\_\_\_\_ Pre-participation physical evaluation form (white). Your physician **MUST** complete and sign this form.

\_\_\_\_\_ Pre-participation examination form (yellow). A parent/guardian must complete and sign this form.

***FORMS NEEDED TO UPDATE A CURRENT PHYSICAL:***

\_\_\_\_\_ Pre-participation examination form (yellow). A parent/guardian must complete and sign this form.

\_\_\_\_\_ Health History Update. A parent/guardian must complete and sign this form.

If you have any questions or concerns, please leave a message for the Athletic Office (732) 968-0885 x31, someone will get back to you.