



# 2024-2025 WINTER ATHLETICS REGISTRATION



## Winter Sports Tryouts:

November 25, 2024 – Basketball, Bowling, Ice Hockey, Swimming & Wrestling.

December 2, 2024 – Fencing & Track.

## Online Registration for Winter sports opens OCTOBER 14, 2024

- website: <https://www.millburnathletics.com/>
- Click on the Athletic Forms tab along the top bar of the website to access the Online Registration Portal.

## Physical Forms must be submitted to the Athletic Office by NOVEMBER 4, 2024

- This guarantees the athlete will be cleared to play on the first day of tryouts.
- All physicals handed in after November 4<sup>th</sup> 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.

**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 to be included on the team google classroom.

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

## Impact Concussion Test

### Mandatory for sports: Basketball, Ice Hockey & Wrestling

- **Date: TBD – athletes will be notified by their coaches and on the teams google classroom of the date of the test.**
- This will be virtual and a link and time for their test will be posted to the teams google classroom. They must take the test on their own computer.
- If an athlete misses it, they are responsible to contact the athletic trainer to reschedule it.
- 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 RWJ Cooperman Barnabas Ambulatory Care Center. The cost is approx. \$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 2<sup>nd</sup> day of practice.

# **INSTRUCTIONS**

## **TO SIGN UP FOR A SPORT**

### **Part 1 – ONLINE REGISTRATION**

- Registration opens for Winter Sports on October 14, 2024.
- website: <https://www.millburnathletics.com/>
- Click on Athletic Forms along the top bar of the website to access the Online Registration Portal.
- 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 and can be found on the website under “Quick Links”.

### **Part 2 – PHYSICAL FORMS**

- **Physicals Deadline for Winter Sports is November 4, 2024.**
- 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.
- **You can drop off the forms anytime during the school day from 8:00am – 3:00pm.**
- INCOMPLETE OR EXPIRED PHYSICALS WILL NOT BE ACCEPTED.
- Download physical forms from <https://www.millburnathletics.com/> under the ATHLETIC FORMS Tab across the top bar of the website.
  - o **Pre-Participation Physical Evaluation Forms and Medical Eligibility Form**
    - includes History Form, Athletes with Disabilities Form, Physical Examination Form and Medical Eligibility Form.
  - o **Health History Update Questionnaire**
    - This is required to be filled out and signed by a parent/guardian if the athletes physical exam date is over 90 days old from the start of the season.

**ALL INFORMATION CAN ALWAYS BE FOUND ON OUR WEBSITE:**

[www.millburnathletics.com](https://www.millburnathletics.com)

**Any questions, please call us at 973-564-7130 Ext. 10010 or email [charla.macaluso@millburn.org](mailto:charla.macaluso@millburn.org)**