

Dear Parents of Athletes,

Every student that wants to participate in a spring sport must do **three** things:

1. **Register for the sport** starting on January 7th by completing consents online: <http://www.formreleaf.com/>
2. **Submit an Athletic Physical: Original documents** should be dropped off to the RHS Athletic Office, either from your personal physician or utilizing the In-House Physicals.
3. **Complete IMPACT testing:** Freshmen and Juniors **MUST** complete this.

In-House Physicals for Student Athletes:

In lieu of having your personal physician complete an examination and the required Athletic Pre-Participation Physical Form, Ridge High School offers in-house exams as an option. Dr. Marc Silberman will perform the physical exam at the school.

You must preregister, complete the online form and pay the \$40 fee prior to the exam date at Ridge.

1. Log on to <https://www.gotomysportsphysical.com> to create an account. (If you are a minor (less than 18 years of age) your parent/guardian must be present with you at the time of filling in your forms online, as the athlete and parent must sign the forms.)
2. Follow all instructions on the site. If you have NOT been to the site before, then read the instructions at <https://www.gotomysportsphysical.com/households/getting-started> to register. (Please store your password in a safe place. If you forget it, you can reset it via <http://www.gotomysportsphysical.com/households/password/new>)
3. Once you are registered, use the "Fill Forms" wizard to select the school and sport. Make sure you select Ridge High School, Basking Ridge, NJ. Be sure to read the packet instructions to choose the packet that is correct for your purpose.
4. While filling out your health history, you will be asked to fill in information about the physician details:

Marc Silberman
689 Valley Road, Suite 104
Gillette, NJ 07933
908-647-6464
5. After submitting the health history, you will need to release the form to Dr. Silberman. Click on "Release Health History" and enter Dr. Silberman's National Provider Identifier (NPI): 1215964846. **If you enter the NPI incorrectly, your form will not go to Dr. Silberman.** When you hit submit, your form will automatically be sent securely to Dr. Silberman.
6. Stop into the Athletic Trainer's Room any day prior to the exam date to have pre-testing done.
7. Attend the physical examination session at Ridge HS as scheduled. Payment of \$40.00 per physical will be collected at the time of exam. Please make checks payable to: Dr. Marc Silberman.

Date of Physicals: February 12th, 2020

Time: 2:30 – 4:00

Location: Ridge High School (Athletic Training Room/Main Gym)

There is no set appointment time, students will be seen on a walk-in basis.

Submit Physical Forms from Your Doctor:

Please see [Ridge Athletic Page](#) for all links and documents.

1. Submit an [New Physical Packet](#) based on an exam with your physician.
All student athletes must submit a New Physical Packet that has a date of exam that is within 365 days of the first tryout/practice. If a New Physical Packet is on file and still within 365 days of the first tryout/practice then only an [Update Physical Packet](#) is required.
2. If the date of exam is more than 90 days from the first tryout/practice then a [Health History Update](#) is also required.

Please note: Only original signed forms will be accepted. [Vision exam results](#) must be documented. Please see the [FAQ's page](#) for answers to common questions and helpful suggestions to avoid issues with form submission.

IMPACT Testing: Must be done once in Freshman year and once in Junior year at home. Instructions can be found here: http://ridgehigh.bernardsboe.com/sports/cognitive_testing_impact

If anyone has a specific question regarding their child and what they need to submit they can always email rzarabara@bernardsboe.com OR Judee Schroeder at jschroeder@bernardsboe.com

Thank You,

Any Questions or concerns please email:

Scott Hoagland shoagland@bernardsboe.com

Aimee Mitchell Aimeemitchell@bernardsboe.com