

BERNARDS HIGH SCHOOL- DEPARTMENT OF ATHLETICS
908-630-3002

To: Student Athletes and Parents

From: Michael Hoppe, Athletic Director

Start dates for fall sport practices are as follows: Football & Cheerleading - August 12th; Field Hockey - August 16th; and Cross Country, Boys & Girls Soccer, and Girls Tennis - August 19th. For each student to be eligible for the first practice, complete all electronic athletic forms on the website: gotomysportsphysical.com, submit a physical that is less than 365 days old from the first day of official practice or a medical update form if a current physical is on file at BHS but is more than 60 days old, and submit the \$75 co-curricular fee to Mr. Hoppe's office. Registration on gotomysportsphysical.com opens on June 5.

*******REGISTERING ON GOTOMYSPORTSPHYSICAL.COM*******

- Go to the website: gotomysportsphysical.com
- Click on "New Version of GTMSP has launched"
- Scroll down to the "Athletes/Participants" and "Register" with your email address
- "Register New Athlete" for each child participating (one account is used per household)
- Select "Fill Forms", choose athlete, select New Jersey, select Bernards HS, select sport, select annual packet, click "Proceed to complete health history"
- Complete Part A of physical ONLY IF submitting electronic physical
- ALL ATHLETES must complete the five electronic forms listed below:
 1. Interscholastic Sports Policy- with parent and student electronic signature
 2. Permission for Participation- with parent electronic signature
 3. NJSIAA Concussion Policy- with parent and student electronic signature
 4. NJSIAA Steroid Policy- with parent and student electronic signature
 5. Emergency Medical Information- with parent electronic signature

*******NJ PRE-PARTICIPATION PHYSICAL EXAMINATION AND MEDICAL UPDATE FORM*******

1. PHYSICAL OPTION 1: Print the NJ Sports Physical Form from the shsd.org athletics webpage. Parents complete Part A. Physician completes Part B for a physical administered within 365 days before first day of practice. Physical must be submitted to the red box in the main lobby between July 8 and July 18.
2. PHYSICAL OPTION 2: Check to see if your physician uses electronic physicals with gotomysportsphysical.com. Parents complete Part A of NJ Sports Physical Form on gotomysportsphysical.com. Physician administers physical and submits Part B on website.
3. MEDICAL UPDATE: If physical is less than 365 days old but more than 60 days old, then an "Update Packet" must be filled out on gotomysportsphysical.com as well as the "Annual Packet".

*******FORMS TO BE SUBMITTED TO MR. HOPPE'S OFFICE*******

1. Co-Curricular Participation Form and \$75.00 fee (available on shsd.org athletics webpage)

Please email info@gotomysportsphysical.com with website questions or email our Athletic Trainer, Matt Bale-Pena, at mbalepena@shsd.org with any questions.