

# Required Athletic Sports Physical and Health History Update Chart

Please contact the athletics office at 908-647-4800 x 4970 with questions regarding required sports paperwork.

<b>Spring Sport</b>	<b>Season Start Date</b>	Submit <a href="#">Complete Sports Physical</a> (5 pages) if your last sports physical was dated before:	Submit <a href="#">Health History Update</a> (can only be submitted via parent portal) if your last physical was completed less than 365 days before the start of the season, AND/OR your last Health History Update was submitted more than 90 days before the season start date.
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BASEBALL	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
GOLF, BOYS	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
GOLF, GIRLS	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
LACROSSE, BOYS	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
LACROSSE, GIRLS	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
SOFTBALL	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
TENNIS, BOYS	March 11, 2024	March 11, 2023	90 Days from season start date: December 11, 2023
TRACK & FIELD, BOYS	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
TRACK & FIELD, GIRLS	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
ULTIMATE FRISBEE	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023
VOLLEYBALL, BOYS	March 14, 2024	March 14, 2023	90 Days from season start date: December 14, 2023