

FIFTH GRADE CROSS COUNTRY TEAM 2019-2020

Dear Parent/Guardian,

For the second year, we have the pleasure of offering your fifth grader the opportunity to participate in the cross country team comprised of Tewksbury and Califon students. This program was very successful last year and we are happy to offer it again.

A Preparticipation Physical Evaluation must be completed prior to the start of the sports season. On this form, the parents fill out the first two pages and the physician fills out the second two pages. If you wish to have the school district's official doctor complete the physical, that person will be available on September 10th at TES and the student must present the doctor with the Preparticipation Physical Evaluation form signed in the appropriate places by the parent/athlete.

We are also required by the State of NJ to ask you and your athlete to read important health information, sign associated forms, and return them to school. These are related to eye and cardiac health, opiod use, and head injuries.

MANDATORY INFORMATION AND FORMS:

1. [Preparticipation Physical Evaluation](#)
Note: The parent fills out the History portion (first two pages) and the parent and athlete sign it. The physician files out the rest and signs it.
2. [Sports Related Eye Injury Information](#) (must read; signature not required)
3. [Sudden Cardiac Death in Young Athletes](#) and [Parent/Guardian Cardiac Sign Off Form](#) (required)
4. [Opiod Use and Misuse Information](#) and [Parent/Guardian Opiod Sign Off Form](#) (required)
5. [Sports Related Head Injury Information](#) with Parent/Guardian Head Injury Sign Off Form attached at the bottom (required)

MEDICATION FORMS:

If your child is on a prescription medication, utilizes an inhaler, or needs an Epi-pen, you must complete the Request to [Administer Medication in School](#) form. Also, if your child needs over the counter medication during their sports activity, there is a [OTC Medication in School](#) form that needs to be filled out as well. The medication must be brought to the Health Office prior to the start of the sports season.

It seems like a lot of work to prepare to participate in Cross Country. However, as many of our students and parents from last year can tell you, it is worth it! If you have any questions or concerns, please contact me at 908-832-2594 x2005. I can get in touch with our nurses to clarify any questions. Thank you.

Sincerely,

Jim Miller,
Principal