



## NEWINGTON HIGH SCHOOL ATHLETICS

### FALL SPORT REGISTRATION

*Fall sports begin on Thursday, August 29, 2019  
(Football begins 8/19 & XC begins 8/22)*

#### WHAT DO I NEED TO DO?

##### ➤ **CHECK YOUR ELIGIBILITY**

###### 1.) **Academic Eligibility:**

- Student-athletes must have earned **FOUR (4)** credits towards their graduation requirements during the previous school year.
- The Y1 grade is the standard, not the 4<sup>th</sup> quarter grade.
- All students entering 9<sup>th</sup> grade are eligible for the start of the fall athletic season.

###### 2.) **Physical Eligibility:**

- For a fall sport, a physical must be from July 19, 2018 or more recent **and** be on file with the nurses' office PRIOR to Wednesday, August 19<sup>th</sup> for Football & XC and Monday, August 26<sup>th</sup> for all other sports.
- You must use the State of Connecticut Health Assessment Record 'HAR-3 Rev. 4/2012' (blue form) for a physical. It is available at the high school, your doctor's office, or on the Newington Athletics website.
- The physician must 'check' the box on that blue form that states, "This student may participate fully in athletic activities and competitive sports."

###### **NHS Sport Physicals:**

Newington High School offers sport physicals in the nurses' office, if you do not have health insurance or are otherwise unable to get a physical from your own provider. Student must have written parent permission with them the day of the physical in order for it to be performed. They will be done on a first come, first serve basis on the following date:

- August 8, 2019 from 8:00 a.m. to 11:00 a.m.
- Please be sure to make a copy of the physical for your own records

#### I AM ELIGIBLE, WHAT'S NEXT?

##### ➤ **ALL 3 ITEMS BELOW MUST BE COMPLETED BETWEEN AUGUST 5– AUGUST 26, 2019** *(Football & XC registrations must be completed by August 19, 2019 to start on time)*

###### 1.) **ONLINE REGISTRATION**

- Visit [www.newingtonathletics.com](http://www.newingtonathletics.com) and click on the "Forms" tab at the top.
- Click on "Fall Sport Online Registration," which will direct you to the online registration.
- The online registration is complete when you click the blue "Submit" button on the last page.
- **Any registrations received after August 19<sup>th</sup> or 26<sup>th</sup> will result in a late start.**
- Registration status can be found under the "Forms" tab on [www.newingtonathletics.com](http://www.newingtonathletics.com)

###### 2.) **Physical:**

- To be eligible, student athletes must have a valid physical on file, dated after July 19, 2018, with the NHS nurses' office, by August 15<sup>th</sup> for football & XC participation or by August 26<sup>th</sup> for all other sports. **Physicals turned in after the deadline will result in a late start.**

###### 3.) **Participation Fee:**

- **A check for \$100.00 (One hundred dollars) made payable to: *Newington Athletic Fund*.**
- Must be turned in to the Athletic Office, Room 120, by August 19, 2019 if you are participating in football or XC or by August 26, 2019 for all other sports. **Fees turned in after the deadline will result in a late start.**
- If student does not appear on regular season roster, checks will be shredded.
- Checks will be deposited after the first day of competition, September 12, 2019.

**If you have any questions or concerns, feel free to visit or call the athletic office (860)666-5611 x1620.**