

WEST ESSEX REGIONAL SCHOOL DISTRICT

Damion Macioci
Director of Athletics

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Dear Parent(s)/Guardian(s),

Congratulations on making the commitment to participate in the West Essex Regional School District Athletic Program. Athletics teaches many valuable lifelong lessons and requires a high level of dedication, responsibility, and determination. I hope that all participants have a positive and rewarding interscholastic experience!

Please pay special attention to all the enclosed information. It's imperative that all paperwork is completed and returned in a timely manner to ensure approval and eligibility for sports. Below is a checklist of what's required. Please return all materials in complete packet and please do ***not*** fax information. All information can be downloaded at www.westex.org (yellow emergency cards are available in the main office, health office, and/or outside the athletic office).

Document/Form	Yes
Athletic Pre-Participation Examination Form A – Health History Questionnaire	
Athletic Pre-Participation Evaluation Form B – Physical Examination	
Activity Fee and Form	
West Essex District Parent Permission Form	
Athletic Code of Conduct Form	
N.J.S.I.A.A. Steroid Consent Form (Grades 9-12 only)	
Two Emergency Cards (yellow cards)	
Athletic Participation Health History Update Form	

**All students are encouraged to get a physical through his/her primary care physician now for the 2010-11 athletic seasons.*

All paperwork required for athletic participation should be submitted to the athletic office between the following dates for the 2010-2011 school year:

Fall Sports: June 21, 2010 – July 9, 2010

Winter Sports: October 1, 2010 – October 15, 2010

Spring Sports: February 1, 2011 – March 15, 2011

I look forward to the upcoming season and wish all students, coaches, and parents/guardians best of luck towards a successful and healthy season.

Sincerely,

Damion Macioci