



# NEWINGTON HIGH SCHOOL ATHLETICS

## WINTER SPORT REGISTRATION

*Girls Basketball, Ice Hockey & Wrestling begin Monday, December 2, 2019  
All other winter sports begin Thursday, December 5, 2019*

### WHAT DO I NEED TO DO?

#### ➤ CHECK YOUR ELIGIBILITY

##### 1.) Academic Eligibility:

- Student-athletes must have passed **FOUR (4)** classes that meet every day during the first quarter.

##### 2.) Physical Eligibility:

- For a winter sport, a physical must be from November 2, 2018 or more recent **and** be on file with the NHS nurse PRIOR TO 12 pm, on November 25<sup>th</sup>.
- You must use the State of Connecticut Health Assessment Record 'HAR-3 Rev. 4/2012' (blue form) for a physical. It is available in the NHS main office, NHS nurses' office, 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.

- Physical Date: Tuesday November 19, 2019
- Students must sign up in the nurses' office by Wednesday November 14, 2019

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

#### ➤ ALL 3 ITEMS BELOW MUST BE COMPLETED BETWEEN NOVEMBER 5-25, 2019

##### 1.) ONLINE REGISTRATION!

- Visit [www.newingtonathletics.com](http://www.newingtonathletics.com) and click on the "Registration" tab at the top.
- Click on "Winter 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 12 pm, on November 25<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 with the NHS nurses' office** dated after November 2, 2018 by 12 pm, on November 16<sup>th</sup>.

##### 3.) Participation Fee:

- **A check for \$100.00\* (One hundred dollars) made payable to: Newington Athletic Fund.**
  - **\*Ice Hockey requires a \$550.00 (five hundred fifty dollars) participation fee.**
- Must be turned in to the Athletic Office, Room 120 by 12 pm, on November 25<sup>th</sup> to start on time. **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 (12/16/19).

**Please see reverse side of this paper for information on pre-season sport meetings held by each coach. If you have any questions or concerns, feel free to visit or call the athletic office (860)666-5611 x1620.**