

WARDLAW + HARTRIDGE

Pioneering. Thinkers.

Dear Parent/Guardians,

The athletics season is quickly approaching. Please see below for dates and times for upper school preseason fall sports:

Sport	Start Date	Time
Girls' Tennis	August 9	4:00 pm
Cross Country	August 16	10:00 am
Girls' Volleyball	August 16	10:00 am
Girls' Soccer	August 16	9:00 am
Boys' Soccer	August 16	9:00 am

Middle School sports will begin on Friday September 10.

This letter is to help guide you through the athlete eligibility process. If your child/children plan on participating in athletics in any season, then these requirements must be met.

1. [NJ State Pre-Participation Physical Exam](#) - This must be completed and signed by the parent/guardian and your physician. All pages are required to be filled out. If a certain section doesn't apply to your child, then the doctor can write "N/A." This physical is valid for 365 days from the date of the exam. Please hand in this physical copy to the athletic trainer or the school nurse. You can also scan and email a copy of the physical to roliveira@whschool.org. This form unfortunately cannot be uploaded to the Rank One portal.
2. [Health History Update Questionnaire \(HHUQ\)](#) - This form must be completed just prior to any season your child plans to participate in. It can be found and submitted on the Rank One Website. It needs to be filled out and signed by both parent/guardian and athlete



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3. [W+H Participant Signature Form](#) - This contains several documents that the state of NJ requires to be signed by parent/guardian and athlete. They are found again on the Rank One Website and can be submitted directly to the website.



Rank One is our athlete eligibility and injury software. I highly encourage you to download the mobile app on your phone and create an account for yourself. It will show the most up to date information on your child's eligibility. It will also give you reminders if any of your forms are about to expire.

[Download the app on the iPhone app store here](#)

[Download the app on the Google Play store here](#)

Sincerely,

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