

Mashpee Middle-High School  
Student Athlete Pre-Participation Checklist

This checklist is to help student athletes ensure that they may participate as soon as possible.

**Required by the first day of tryouts or practices:**

Up to date physical: Physicals are valid for 13 months. Parents/guardians or student athletes may ask the nurse or athletic trainer to confirm the expiration date. If the physical expires during the sports season the student athlete may not continue to participate until a new up to date physical is performed. Physicals may be handed in only to the school nurse, athletic trainer, athletic director, or principal – not to teachers or coaches.

Family ID Registration: Student athletes must create an account on FamilyID.com, select Mashpee High School or Mashpee Middle School, and follow the prompts to register under the appropriate season and team. Student athletes must register for each sport at the beginning of its season (i.e. one must register for soccer in the fall, then re-register for lacrosse in the spring).

Up to date ImPACT Test: “ImPACT is intended for use as a computer-based test battery to aid in the assessment and management of concussion.” Baseline tests are valid for two years. In the event of head injury a re-test is used to objectively measure the amount of brain dysfunction compared to the student athlete’s baseline test. Baseline tests are sent to the students school email, along with instructions, and should be completed at home in a quiet setting. Re-tests are taken in supervision with the athletic trainer.

Massachusetts State Pre-Concussion Form: Information for this form is now required to be filled out within the FamilyID “Head Injury/Concussion” section. PLEASE update this section each season with their most up-to-date head injury/concussion information.

**Student athletes will not be permitted to participate in athletic events including tryouts, practices, or competition until each required element is completed by the listed due dates.**

Questions? Contact the following:

Athletic Director - Mr. Triveri [mtriveri@mpspk12.org](mailto:mtriveri@mpspk12.org)

Athletic Trainer - Tim Muse [tmuse@mpspk12.org](mailto:tmuse@mpspk12.org)