

SAYREVILLE MIDDLE SCHOOL CHEERLEADING

Although many things are still up in the air regarding the winter season, we wanted to provide information regarding the medical clearance process. There are no tryout dates at this time, however, will be posted in the SMS Cher Google Classroom and on the announcements.

The entire process is detailed on the [district website](#) under "[Athletics](#)" if you click on the link for "[Athletic Online Registration](#)". To summarize:

In order to be medically cleared to participate in Sayreville athletics, all student-athletes MUST complete the following:

1. **Online Registration** – you must register online for every sport you plan on playing/trying out for. Once you create an account, you must log in and use it to register for your actual sport.
2. **Sayreville Health History Update form** - must be dated within 90 days of the first official practice. Submit to the nurses during the school day. Each winter sport you want to play must be listed on the form.
3. **Pre-Participation Physical Evaluation Forms** – you must have a current physical on file in the nurses' office as of the first official day of tryouts/practice. Physicals are good for 364 days from the date of the actual exam. Submit to the nurses during the school day.

The system for online registration is opened at this time. **[The deadline for winter sports is November 2nd.](#)** Everyone must have the first two requirements completed by this date. Physicals handed in after November 2nd are not guaranteed to be cleared for the first day of practice/tryouts. Schedule their physical appointment ASAP so you can get it in before the November 2nd deadline

Again, all essential links, documents and information are on the www.sayrevillek12.net

If you have any questions or concerns, please contact Mrs. Nicole Lynch nicole.lynch@sayrevillek12.net.

SMS Cheerleading Google Classroom: fnkdt7d



