



MALDEN CATHOLIC

The Codivisional High School

**2022 Transfer Student
Welcome Packet**

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2022-2023 School Calendar

AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

4-7	Thu-Sun		MCLI
5, 12	Fri		Offices Closed
16-18	Tue-Thu	8:30-12:00 pm	MC Freshman Experience
19	Fri		Offices Closed
22	Mon		Fall Tryouts Begin
25	Thu	8:00-2:00 pm	New Faculty Orientation
29-31	Mon-Wed	8:00-2:00 pm	Faculty Report
31	Wed	8:00-12:00 pm	Grade 9 Orientation
31	Wed	6:30-8:00 pm	Senior Parent/Student Meeting

SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

1	Thu	8:00-2:00 pm	Faculty Report
1	Thu	9:00-11:00 pm	Mandatory Meetings/Grade 10 Orientation
1	Thu	12:00-2:00 pm	Mandatory Meetings/Grade 11 Orientation
2-5	Fri-Mon		Offices Closed for Labor Day Weekend
6	Tue		First Day of Classes/First Quarter Begins
7	Wed	6:30-8:00 pm	Junior Parent Night
11	Sun	TBD	Freshman BBQ
14	Wed	6:30-8:00 pm	Sophomore Parent Night
16	Fri	1:15-2:30 pm	All School Mass
22	Thu	6:30-8:00 pm	Back to School Night
30	Fri		Mid First Quarter

OCTOBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

7	Fri	8:00-1:00 pm	Faculty/Staff Retreat—No Classes
10	Mon		Columbus Day - No Classes
28	Thu		First Quarter Ends
31	Mon		Second Quarter Begins

NOVEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

1	Tue	1:15-2:15 pm	All Saints Day Mass
9	Wed		First Quarter Report Cards Emailed
10	Thu	3:00-5:00 pm	Parent/Teacher Conferences
10	Thu	6:30-8:00 pm	Parent/Teacher Conferences
11	Fri		Veterans Day - No Classes/Offices Closed
18	Fri	6:30-8:30 pm	Drama Production
19	Sat	6:30-8:30 pm	Drama Production
22	Tue	1:15-2:15 pm	Thanksgiving Prayer Service
23-25	Wed-Fri		Thanksgiving Break (No Classes)
30	Wed		Mid Second Quarter

DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

8	Wed	1:15-2:15 pm	Immaculate Conception Mass
19-30	Mon-Fri		Christmas Recess (No Classes)
26-30	Fri-Fri		Offices Closed

No Classes

All events shown are subject to change. Please refer to the online calendar for the complete list of events, dates and times.

JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2	Mon	Classes Resume
10	Tue	Second Quarter Ends
11	Wed	Third Quarter Begins
16	Mon	Martin Luther King Day No Classes/Offices Closed
24	Tue	Second Quarter Report Cards Emailed
30-31	Mon-Tue	Catholic Schools Week

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

1-3	Wed-Fri	Catholic Schools Week
17	Fri	Mid Third Quarter (Underclass)
20	Mon	Presidents Day - No Classes/Offices Closed
21-24	Mon-Fri	Winter Recess (No Classes)
27	Mon	Classes Resume

MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

24	Fri	Third Quarter Ends (Underclass)
27	Mon	Fourth Quarter Begins (Underclass)

APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

5	Wed	Third Quarter Report Cards Emailed (Underclass)
6	Thu	Third Quarter Ends (Seniors)
7	Fri	Good Friday - No Class/Offices Closed
10	Mon	Easter Monday - No Class/Offices Closed
11-14	Tue-Fri	Senior Finals
17	Mon	Patriots Day - No Class/Offices Closed
18-21	Tue-Fri	Spring Recess - No Classes
24-28	Mon-Fri	Senior Christian Service

MAY 2023

Sun	Mon	Tue	Wed	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1-12	Mon-Fri	Senior Christian Service
1-12	Mon-Fri	AP Exams
15	Mon	Girls' Division Awards Ceremony
16	Tue	Boys' Division Awards Ceremony
19	Fri	Baccalaureate Mass
20	Sat	Commencement
29	Mon	Memorial Day - No Classes

JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2	Fri	Last Day of Classes / Fourth Quarter Ends (Underclass)
5	Mon	Final Exams A+B (Grades 9-11)
6	Tue	Final Exams C+D (Grades 9-11)
7	Wed	Final Exams E+F (Grades 9-11)
8	Thur	Final Exams G (Grades 9-11)
15	Thur	Final Report Cards Emailed

Sample Schedule

Time	Subject	Semester	Credits
A	Science	ALL	1.0
B	Theology	ALL	1.0
C	Social Studies	ALL	1.0
D	Mathematics	ALL	1.0
E	Foreign Language	ALL	1.0
F	English	ALL	1.0
G	Exploring Computer Science	S1/S2	0.5
G	Elective	S1/S2	0.5

Please refer to the [2022-2023 Course Guide](#) for course descriptions and required books. This document is available on our website on the Forms & Resources page under Academics.

Information Verification & Authorization Form

Dear Parents/Guardians,

Please carefully review the information contained on this form to ensure that everything is correct and list any changes on this form. Please sign at the bottom of this page and return to Malden Catholic before you leave tonight.

Student Information	
Name:	Grade: 09
Middle Name:	Date of Birth: Student's Cell Phone:

Parent/Guardian Information	
Please provide current information including email address, cell phone, work and home telephone numbers. * Parents/guardians will be called on their cell phone first and then their work phone.	
Parent/Guardian 1 Name: Address: Primary Email: Cell Phone*: Work Phone*: Home Phone: Relationship: Lives w/Student: Employer: Occupation: Highest Edu: College Attended:	Parent/Guardian 2 Name: Address: Primary Email: Cell Phone*: Work Phone*: Home Phone: Relationship: Lives w/Student: Employer: Occupation: Highest Edu: College Attended:

Emergency Contact Information	
Please provide two phone numbers for each emergency contact in case of an emergency when a parent or guardian cannot be reached.	
Emergency Contact 1 Name: Relationship: Cell Phone: Work Phone: Home Phone:	Emergency Contact 2 Name: Relationship: Cell Phone: Work Phone: Home Phone:

Signature of Parent/Guardian

Signature of Student

Date

Dress Code – Boys Division

We have made our dress code consistent and complementary to our educational goals. We trust that it best serves the image of Malden Catholic and our students. It is our belief that an important part of the educational experience requires a student's attention to his personal appearance. We also maintain that our students should understand the meaning of situation-appropriate attire. Therefore, neatness and cleanliness are the prevailing considerations.

Students are required to be in dress code during the entire school day, and when they are conducting official school business.

PANTS: Chino, "Docker-type" pants or dress corduroy only. Pants must be khaki, navy, or grey, free of designs or embroidery work. No jean styles, cargo or painter's pants, no cut or altered pants. Pants with drawstring waist or banded/elastic cuffs are not allowed.



Khaki Pants

BELTS: Leather belts in black or brown or the MC-monogrammed belt must be worn. No suspenders.



MC Monogrammed Belt

SHIRTS: An MC-monogrammed solid color, long or short sleeve, button-down Oxford shirt or an MC-monogrammed polo shirt, purchased only from the MC's online apparel store. Shirts must be buttoned up to (but not including) the top button and must be tucked neatly in one's pants. All students are required to own one Navy blue MC polo shirt.



MC Polo Shirt - Navy



MC Long Sleeve Polo



*Button-down Long Sleeve
White Oxford Dress Shirt*

MC LOGO APPAREL: MC logo apparel only may be worn over a regulation MC shirt. No other fleece or apparel is authorized. Turtleneck shirts may be worn underneath a regulation MC shirt. Students may not wear "overshirts" or long-sleeved T-shirts under short sleeve MC shirts. MC ¼ Zip Pullover may be worn over an MC Polo shirt. Winter coats are not allowed.

FOOTWEAR: Shoes or sneakers and socks are to be worn at all times. Students may not wear slippers, moccasins, or sandals. All shoes must be tied. Students may wear hiking boots during cold or inclement weather provided they are worn inside the pants and laced up.

Dress Code – Boys Division

PERSONAL APPEARANCE: Students must be clean-shaven at all times. Hair is to be neatly trimmed on all sides with the length not to exceed the top of the collar in the back and the eyebrows in the front. There are to be no ponytails, no mullets, nor are there to be any designs shaved into the head. Hair length, style, color, or cuts that present an unkempt, ostentatious appearance, or that reflect poorly on the school will not be tolerated. Students will be given a day to make the correction or face disciplinary action including suspension. Sideburns must be no longer than the bottom of the ear. No extreme hair styles or hair colors. Jewelry of any kind around the neck or wrist is limited to small chains.

- Earrings and body piercing are not allowed (covered or uncovered).
- Shell, rope, and large chain-type necklaces and bracelets are not to be worn.
- Head coverings of any kind shall not be worn in the building at any time during or after school hours, or at any school function.
- Tattoos and body scarring are highly discouraged. Any student with a previously existing tattoo must cover it at all times during the school day, and at all school-sanctioned activities.

PROVISIONAL DRESS CODE:

Liturgies, Funerals, Semi-Formal and Other Events: All students must wear *dress shoes* (no boots or sneakers), *plain white dress shirts*, *khaki pants*, and *Malden Catholic ties* when the school community gathers for school wide liturgies or other occasions as announced by the Administration. Malden Catholic ties can be purchased from the MC uniform store, [Collegiate House](#). When attending school funerals or wakes or other occasions announced by the Administration students are expected to be attired in dress pants, dress shirt, tie and sport coat. Students are expected to be similarly attired at other formal events as announced by the Administration.



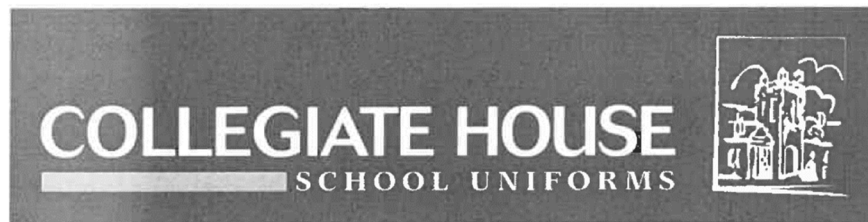
*Button-down Long Sleeve
White Oxford Dress Shirt*



Khaki Pants



MC Tie



14 High Street, Medford, MA 02155 ~ 781-219-4952
www.collegiatehouse.com ~ admin@collegiatehouse.com

Malden Catholic

BOYS UNIFORM CHOICES

2022

QTY	DESCRIPTION	SIZE	PRICE
	Navy Knit Polo Shirt Short Sleeve w/Embroidery of School Name	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$20.99 \$21.99
	Navy Knit Polo Shirt Long Sleeve w/Embroidery of School Name	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$22.99 \$23.99
	Navy Charles River Dry-Fit Shirt w/Striped Collar Short Sleeve w/Embroidery of School Name	Adult Sz – S, M, L, XL	\$29.99
	*White Oxford Button Down Long Sleeve Dress Shirt	Adult Sz. – S, M, L, XL	\$22.99
	*Men's Malden Catholic Tie		\$26.00
	Men's Navy, Khaki, or Grey Dress Pants May be purchased anywhere	Waist Size 28 – 40 Inseam – 30, 32, 34	\$32.99
	NEW → Navy Charles River ¼ Zip Fleece Pullover	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$49.99
	Navy Charles River Stealth ¼ Zip Pullover	Adult Sz. XS, S, M, L, XL	\$54.99
	Navy Orlon or Cotton Crew Socks	9-11, 10-13	\$ 6.99
	Malden Catholic Belt	Adult Sz. XS, S, M, L, XL	\$26.00

* Required mass attire

	AMOUNT PAID->	
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Mail orders: Please include: \$10.00 for shipping, handling, and insurance. Checks not accepted during time of pickup.

EXCHANGES ALLOWED WITHIN 4 WEEKS OF DATE OF PURCHASE.

No cancellations, returns, or exchanges allowed on special orders or embroidered items other than polo shirts.

Orders MUST be placed by July 1st to ensure delivery in time for the opening of school.

Name of Student _____ Grade Entering _____
(please print)

Address _____ Phone _____

City, State, Zip _____

[Link to Shop Online for MC Boys Uniforms](#)

Dress Code – Girls Division

We have made our dress code consistent and complementary to our educational goals. We trust that it best serves the image of Malden Catholic and our students. It is our belief that an important part of the educational experience requires a student's attention to her personal appearance. We also maintain that our students should understand the meaning of situation-appropriate attire. Therefore, neatness and cleanliness are the prevailing considerations.

Students are required to be in dress code during the entire school day, and when they are conducting official school business.

PANTS: Grey, navy, or khaki-colored pants only. Pants must be free of designs or embroidery work. No jean styles, cargo, yoga, or painter's pants, no cut or altered pants. Pants are required to have a button on the waist band and a zipper. Pants with drawstring waist or banded/elastic cuffs are not allowed.



Khaki Pants

SHIRTS: An MC-monogrammed navy or grey polo shirt, purchased only from the MC uniform store may be worn. A white button-down oxford/dress shirt may also be worn under an MC monogrammed sweater. All students are required to own one Navy blue MC polo shirt.



MC Polo Shirt - Navy



MC Long Sleeve Polo



*Button-down Long Sleeve
White Oxford Dress Shirt*

MC LOGO APPAREL: MC logo apparel only may be worn over a regulation MC shirt. No other fleece or apparel is authorized. Turtleneck shirts may be worn underneath a regulation MC shirt. Students may not wear "overshirts" or long-sleeved T-shirts under short sleeve shirts. Hooded sweatshirts and hooded jackets are not allowed. Winter coats are not allowed.

FOOTWEAR: Boat shoes, flats or low-cut sneakers and socks are to be worn at all times. Students may not wear heels, slippers, moccasins, sandals or open toe shoes. All shoes with laces must be tied. Students may wear boots during cold or inclement weather provided they are neat.

Dress Code – Girls Division

PERSONAL APPEARANCE: Hair must be neatly groomed and of natural color. Final judgment about what constitutes “natural color” lies with the administration. Students will be given a day to make the correction or face disciplinary action including suspension. No extreme hair styles or hair colors.

- Visible body piercing other than pierced ears, including tongue and nose piercing, is not allowed.
- Head coverings of any kind shall not be worn in the building at any time during or after school hours, or at any school function.
- Tattoos and body scarring are highly discouraged. Any student with a previously existing tattoo must cover it at all times during the school day, and at all school-sanctioned activities.

PROVISIONAL DRESS CODE:

Liturgies, Funerals, Semi-Formal and Other Events: Girls must wear dress shoes (no boots or sneakers), plain white dress shirts, khaki color pants or kilts, and Malden Catholic V-Neck pullover sweater when the school community gathers for school-wide liturgies or other occasions as announced by the Administration. Malden Catholic sweaters can be purchased from the MC uniform store, [Collegiate House](#). When attending school funerals or wakes or other occasions announced by the Administration, students are expected to be attired in the mass attire. Students are expected to be similarly attired at other formal events as announced by the Administration.



*Button-down Long Sleeve
White Oxford Dress Shirt*



MC V-Neck Sweater



Khaki Pants



Blue Plaid Kilt

COLLEGIATE HOUSE

SCHOOL UNIFORMS



14 High Street, Medford, MA 02155 ~ 781-219-4952

www.collegiatehouse.com ~ admin@collegiatehouse.com

Malden Catholic

GIRLS UNIFORM CHOICES

2022

QTY	DESCRIPTION	SIZE	PRICE
	Navy Knit Polo Shirt Short Sleeve w/Embroidery of School Name	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$20.99 \$21.99
	Navy Knit Polo Shirt Long Sleeve w/Embroidery of School Name	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$22.99 \$23.99
	Navy Charles River Ladies Dry-Fit Shirt w/Striped Collar Short Sleeve w/Embroidery of School Name	Adult Sz – XS, S, M, L, XL	\$29.99
	Blue Plaid Kilt	Sz. 12 – 18	\$51.99
	½ sizes add 4" to the width of the regular size garment	Sz. 10.5 – 18.5	\$52.99
	*White Pointed Collar Long Sleeve Blouse MUST BE WORN W/V-NECK PULLOVER BELOW	Sz. XS, S, M, L, XL	\$18.99
	*Navy V-Neck Long Sleeve Pullover w/Embroidery of School Name	Youth Sz. YM, YL, YXL Adult Sz. S, M, L, XL	\$33.99 \$36.99
	NEW → Navy or Grey Ladies Freestyle Half-Zip Pullover w/Thumb Holes and Embroider of School Name	Sz. XS, S, M, L, XL	\$55.99
	NEW → Navy Charles River ¼ Zip Fleece Pullover w/Embroidery of School Name	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$49.99
	Girls Khaki, Navy, or Grey Mid-Rise Stretch Pants May be purchased anywhere	Junior sz.1-15 Junior sz.17-33	\$28.99 \$29.99
	Navy V-Neck Cardigan w/2 Pockets w/Embroidery of School Name	YL, YXL, S,M,L,XL	\$38.99
	Navy Charles River Stealth ¼ Zip Pullover	Adult Sz. XS, S, M, L, XL	\$54.99
	Navy Opaque, Orlon, or Cotton Knee-Hi	9-11, 10-13	\$ 6.99
	Malden Catholic Belt	Adult Sz. XS, S, M, L, XL	\$26.00

*Required mass attire

	AMOUNT PAID->
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Mail orders: Please include: \$10.00 for shipping, handling, and insurance. Checks not accepted during time of pickup.

EXCHANGES ALLOWED WITHIN 4 WEEKS OF DATE OF PURCHASE.
No cancellations, returns, or exchanges allowed on special orders or embroidered items other than polo shirts.
Orders MUST be placed by July 1st to ensure delivery in time for the opening of school.

Name of Student _____ Grade Entering _____
(please print)

Address _____ Phone _____

City, State, Zip _____

[Link to Shop Online for MC Girls Uniforms](#)

Co-Curricular Activities and Sports Programs

Co-Curricular activities are a key part of the Malden Catholic High School experience. Being involved in clubs and activities allows students to explore and develop new interests, build solid friendships and find a creative outlet. You can learn about the activities on the [Co-Curricular page](#) on our website.

CO-CURRICULAR ACTIVITIES:

30 Day Challenge	La Colaborativa	Model United Nations
Bible Study	Lancers Drama Club	MC Robotics Team
Chemistry Club	Lancers-In-Action	On-Camera Club
Comicon Club	Latin Dance Club	Ping Pong Club
Crystal 99 Newspaper	Make-A-Wish Club	Short Story Club
Diversity and Inclusion	Study Skills Club	Spanish Club
Gaming Club	Yearbook Club	Spirit Club
Green Team	Math Team	STEM Club
Habitat for Humanity	Mock Trial	Stock & Trade Club
Investment Club	Model Bridge	Student Council

SPORTS PROGRAMS:

Season	Sport	Boys			Girls		
		Varsity	Junior Varsity	Freshman	Varsity	Junior Varsity	Freshman
Fall	Cross Country	✓			✓		
	Field Hockey				✓	✓	
	Football	✓	✓	✓			
	Golf	✓	✓				
	Soccer	✓	✓	✓	✓	✓	✓
	Cheer				✓	✓	
	Swim				✓		
	Volleyball				✓	✓	✓
Winter	Basketball	✓	✓	✓	✓	✓	✓
	Hockey	✓	✓	✓	✓	✓	✓
	Indoor Track	✓			✓		
	Swim	✓					
	Cheer				✓	✓	
	Wrestling	✓					
Spring	Baseball	✓	✓	✓			
	Golf				✓	✓	
	Lacrosse	✓	✓		✓	✓	
	Outdoor Track	✓			✓		
	Rugby	✓					
	Softball				✓	✓	
	Tennis	✓	✓		✓	✓	

Athletic Registrations

Malden Catholic uses FamilyID.com for their online athletic registrations. The registration for each season typically opens one month prior to the start of the season. All parent/guardians must register their son/daughter with FamilyID before they start every athletic season and to be permitted to participate in any voluntary off-season workouts with the team.

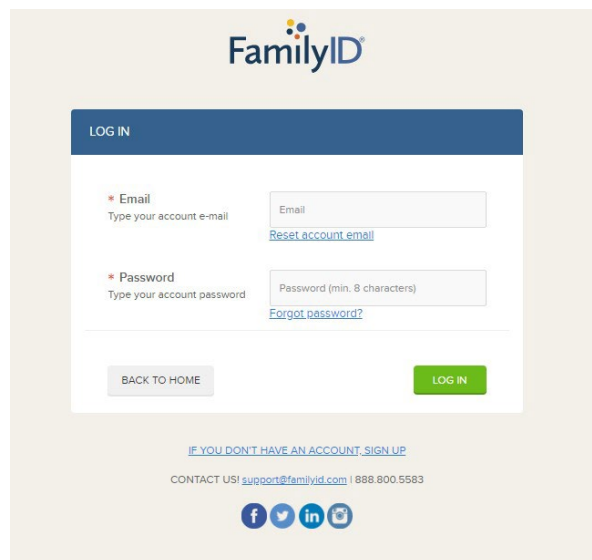
FamilyID registration will assist in meeting the Massachusetts Interscholastic Athletic Association (MIAA) requirements for participation which include having a current physical on file and Concussion Education and Consent to Treat forms for our Athletic Trainer.

Instructions for the new parents and links to the season athletic registration forms are found on the Athletics homepage on the Malden Catholic website <https://www.maldencatholic.org/athletics>.

FamilyID Registration for 2022 Fall Sports will open June 1st and must be completed by August 6th. The first official practice for 2022 Fall Sports is August 19th for Football and August 22nd for Soccer, Cross Country, Boys Golf, Girls Swimming, Girls Volleyball and Girls Field Hockey. It is advisable to register early so the coaches have your contact information and can keep you informed of any summer workouts, camps, and updates.

Student athletes must have uploaded a copy of their current physical to FamilyID before the School Nurses will clear them to participate in practices.

Please contact the Athletic Department with any questions at 781.475.5320



The image shows the FamilyID login interface. At the top is the FamilyID logo. Below it is a 'LOG IN' header. The form contains two main sections: 'Email' and 'Password'. The 'Email' section has a label 'Type your account e-mail', an input field, and a 'Reset account email' link. The 'Password' section has a label 'Type your account password', an input field with a note 'Password (min. 8 characters)', and a 'Forgot password?' link. At the bottom of the form are two buttons: 'BACK TO HOME' and 'LOG IN'. Below the form, there is a link 'IF YOU DON'T HAVE AN ACCOUNT, SIGN UP', contact information 'CONTACT US! support@familyid.com | 888.800.5583', and social media icons for Facebook, Twitter, LinkedIn, and Instagram.

MIAA Medical Requirements for Athletes

As per the MIAA Rules and Regulations Governing Athletics [July 1, 2021 – Jun 20, 2023](#);

56. **Student Eligibility Coverage/School Requirements: Physical Examinations/Medical Coverage/Concussions**

- 56.1 All students must pass a physical examination prior to participation in High School Athletics. **A physical exam covers the student for 13 months from the exam date.** A student's eligibility will terminate once a physical has reached the 13-month limit.

Physical examinations must be performed by a duly registered Licensed Physician, Physician Assistant or Nurse Practitioner. The Sports Medicine Committee recommended physical examination form is in MIAA Members Only Fillable Forms.

- 56.1.3 All students are required to take the on-line National Federation Concussion Course or other MA Department of Public Health recognized education program following regulations as put forth by the Department of Public Health in regard to the Concussion Law and can be found at <https://www.mass.gov/service-details/statewide-sports-concussion-initiative-ma-law-and-department-of-public-health>.

Important MIAA Rule Update:

Rule 56.1 clarification

Written doctor medical clearance notes do not take the place of an annual physical. MC Clearances will not be accepted.

[Link to MIAA's Recommended Physical Examination Fillable Form](#)

MIAA RECOMMENDED SPORTS CANDIDATE MEDICAL QUESTIONNAIRE

(Reference MIAA Rule 56)

PART A - HISTORY
DATE of EXAM:

Student's Name:

Gender:

Age:

Date of Birth:

Grade:

School:

Sport(s): Fall:

Winter:

Spring:

Address:

Tel.:

Physician:

Tel.:

IN CASE OF AN EMERGENCY, CONTACT:

Name:

Relationship:

Tel (H):

Tel (W):

EXPLAIN "YES" ANSWERS BELOW. CIRCLE QUESTIONS YOU DO NOT KNOW THE ANSWER TO.

	YES	NO
1. Have you had a medical condition requiring your last chest x-ray or stress test?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever been hospitalized overnight?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have a missing or diseased heart organ?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills on a regular basis?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever taken any prescription or non-prescription pills while you are participating in a sport or exercise?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have any allergies (for example, to pollen, medicine, food, or anything else)?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever had a heart attack during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever fainted during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
11. Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
13. Have you ever had swelling of your legs or feet or back pain?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>
16. Has a family member or relative died of heart disease or stroke or sudden death before age 30?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you had any chest pain, dizziness (for example, when you stand up or when you are lying down), or other symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
18. Has a physician ever diagnosed you with a heart condition or any heart problem?	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you have any current or past conditions that could affect your heart, lungs, or blood vessels?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you ever been hospitalized overnight, or lost consciousness, or had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
22. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
23. Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>
24. Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="checkbox"/>	<input type="checkbox"/>
25. Have you ever had a stroke, seizure, or a heart attack?	<input type="checkbox"/>	<input type="checkbox"/>
26. Have you ever been told you have diabetes or the flu?	<input type="checkbox"/>	<input type="checkbox"/>
27. Do you cough, wheeze, or have trouble breathing during or after activity?	<input type="checkbox"/>	<input type="checkbox"/>
28. Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
29. Do you have a condition that requires medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>

	YES	NO
30. Do you use any medical devices or equipment (for example, a pacemaker, defibrillator, or insulin pump) or have you ever used one? (For example, the last time you used a defibrillator, was it to help you with a heart condition?)	<input type="checkbox"/>	<input type="checkbox"/>
31. Have you had any neck or back pain or injury?	<input type="checkbox"/>	<input type="checkbox"/>
32. Do you wear glasses, contact lenses, or have any vision problems?	<input type="checkbox"/>	<input type="checkbox"/>
33. Have you ever had a seizure, stroke, or swelling after an injury?	<input type="checkbox"/>	<input type="checkbox"/>
34. Have you ever been told you have any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
35. Do you have any conditions that could affect your muscles, tendons, or ligaments?	<input type="checkbox"/>	<input type="checkbox"/>
36. Do you have any conditions that could affect your blood vessels?	<input type="checkbox"/>	<input type="checkbox"/>
37. Do you have any conditions that could affect your blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
38. Do you feel lightheaded or dizzy?	<input type="checkbox"/>	<input type="checkbox"/>
39. Record the dates of your most recent medical visits (if any) for:		
General:	Specialist:	
Dentist:	Chiropractor:	

Explain "Yes" answers here:

FEMALES ONLY

40. When was your first menstrual period?
41. When was your most recent menstrual period?
42. How much time do you usually have from the start of one period to the start of another?
43. How many periods have you had in the last year?
44. What was the longest time between periods in the last year?

I HEREBY STATE THAT TO THE BEST OF MY KNOWLEDGE, MY ANSWERS TO THE ABOVE QUESTIONS ARE COMPLETE AND CORRECT.

Signature of athlete:

Date:

Signature of Parent/Guardian:

Date:


PART – B PHYSICAL EXAMINATION
DATE of EXAM:

STUDENT:

Date of birth:

Height:

Weight:

% Body Fat (optional):

Pulse:

BP:

/

(

/

/

)

Eyes: R20 /

L20 /

Corrected:

☐ Yes

☐ No

Pupils:

Equal

Unequal

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance	<input type="checkbox"/>		
Eyes/Ears/Nose/Throat	<input type="checkbox"/>		
Lymph Nodes	<input type="checkbox"/>		
Heart	<input type="checkbox"/>		
Pulses	<input type="checkbox"/>		
Lungs	<input type="checkbox"/>		
Abdomen	<input type="checkbox"/>		
Genitalia (males only)	<input type="checkbox"/>		
Skin	<input type="checkbox"/>		
MUSCULOSKELETAL			
Neck	<input type="checkbox"/>		
Back	<input type="checkbox"/>		
Shoulder/Arm	<input type="checkbox"/>		
Elbow/Forearm	<input type="checkbox"/>		
Wrist/Hand	<input type="checkbox"/>		
Hip/Thigh	<input type="checkbox"/>		
Knee	<input type="checkbox"/>		
Leg/Ankle	<input type="checkbox"/>		
Foot	<input type="checkbox"/>		

*Station-based examination only

PART C – CLEARANCE
☐ Cleared

☐ Cleared after completing evaluation/rehabilitation for:

☐ Not cleared for:

Reason:

Name of physician:

Signature of physician:

Address:

Tel.:

Concussion Education Summer Requirement

As you know, recent research on head trauma has underscored the need for general awareness of safe practices following head injury. The Commonwealth of Massachusetts Department of Public Health now requires that all students participating in any activity including gym class, intramural sports, and athletics must learn about the consequences of head injury and concussion through on-line training programs and written materials. Since head injury can happen outside of athletics, too, we want all students to be informed through the taking of a short, free on-line summer course.

To help ensure the safety of all Malden Catholic students, we are requiring that all students this summer must complete a free online course and return a certificate of completion to the School Nurse. The certificate will be generated automatically at completion of the course. The program is brief, taking only about 20 minutes. (Parents might benefit from viewing the course, too!)

Students will bring the certificate of completion to their August Orientation, unless they are Fall athletes, in which case they will be required to submit their certificate on the first day of practice in order to participate.

You may choose one of the following free on-line courses:

- The National Federation of High School Coaches:
<http://nfhslearn.com/courses/38000>
- The Center for Disease Control (CDC):
<http://www.cdc.gov/headsup/youthsports/training/index.html>
Student Training Course: <https://www.train.org/cdctrain/course/1089855/>



Please note that both online courses are addressed to coaches, but are open to all. You may be asked to register or create an account to login. The entire course, including registration, can be completed in a brief period of time.

Your certificate will be valid for one year and will need annual renewal while at Malden Catholic. Should you have any questions, please feel free to contact School Nurse Mrs. Elizabeth Paquette R.N. at 781-475-5318 or paquettee@maldencatholic.org.

Permission for Emergency Treatment Form

Student's Name: _____ YOG: _____ Division: ☐ Boys ☐ Girls

The school nurse will see ailing students and determine whether to treat them or to send them home. The nurse will dispense prescribed medication during the day to any student under a doctor's care. Such medication should be accompanied by a doctor's medication order and be in a labeled prescription bottle. (Medication should be kept in the Health Office and not on one's person or in one's locker.)

Additionally, in the event we cannot contact you immediately, we need your permission to administer emergency treatment to your child, and/or to arrange for the transportation of your child to any acute emergency facility. Once at that facility, they may provide treatment that may be medically necessary. All of this is with the understanding that every effort will be made to contact you before a transfer.

The nurse will dispense the following over-the-counter (OTC) medications to your child if the nurse deems it appropriate. Please check appropriate dosage:

Advil 200 mg, by mouth ☐ 1 tablet or ☐ 2 tablets

Extra Strength Tylenol 500, mg by mouth ☐ 1 tablet or ☐ 2 tablets

Pepto Bismol 262 mg, by mouth..... ☐ 1 tablet or ☐ 2 tablets

Tums (Calcium Carbonate) 750 mg by mouth ☐ 1 tablet or ☐ 2 tablets

Any known allergies? ☐ No ☐ Yes, please describe below:

Has Epi-Pen?..... ☐ No ☐ Yes

Any know medical conditions? ☐ No ☐ Yes, please describe below:

List other medications Student is presently taking below:

Your signature below indicates that we indeed have your permission for emergency treatment and dispensing of OTC and prescription medications.

Parent/Guardian: _____ <div style="display: flex; justify-content: space-between; width: 80%; margin: 0 auto;"> Name Relationship </div>			
<div style="display: flex; justify-content: space-between; width: 80%; margin: 0 auto;"> Signature Date </div>			
Phone Numbers: _____ <div style="display: flex; justify-content: space-between; width: 80%; margin: 0 auto;"> Home Cell Work Phone Ext. </div>			

Emergency Contact: _____ <div style="display: flex; justify-content: space-between; width: 80%; margin: 0 auto;"> Name Relationship </div>			
Phone Numbers: _____ <div style="display: flex; justify-content: space-between; width: 80%; margin: 0 auto;"> Home Cell Work Phone Ext. </div>			

Confidential Health & School Counseling Form

Please assist us in caring for your child by providing the following information. This information will be utilized both confidentially and internally by faculty and staff in order to develop not only a better understanding of your child's health/school counseling status, but also to be able to work more closely with your child socially and academically.

Student's Name: _____ YOG: _____ Division: ☐ Boys ☐ Girls

Services provided to students are connected to a comprehensive counseling model which focuses on the needs of the students in three areas of development: academic, career, and personal/social. These areas are interrelated and cannot be addressed in isolation. Comprehensive, developmental counseling services are designed for all students. Counselors are guided by the American School Counselors Association ethical standards and are faithful to the tradition of Xaverian education.

Does your child have any limitations in the following areas?

(Please check and give an explanation)

No Yes

- ☐ ☐ Vision: _____
- ☐ ☐ If glasses or contacts worn, are they needed in the classroom?
- ☐ ☐ Speech: _____
- ☐ ☐ Hearing: _____
- ☐ ☐ Other Physical Issues: _____
- ☐ ☐ Emotional Difficulties: _____
- ☐ ☐ Food Allergies/Anaphylaxis: _____
- ☐ ☐ Has Epi-Pen?
- ☐ ☐ Does your child have a current IEP/504/other education plan? (within the last 2 years).

If yes, the date of the most recent evaluation: _____

If yes, please explain the reason for the evaluation and the outcome.

Please arrange to have all Educational Plans and Assessments sent in with this form no later than June 10th. Delayed receipt of Educational Plans and Assessments will result in untimely reporting to teachers and accommodations on school/standardized testing.

Confidential Health & School Counseling Form

Student's Name: _____ YOG: _____ Division: ☐ Boys ☐ Girls

No Yes

- ☐ ☐ Is there a family situation which could impact your child's performance?
Examples might include single parent home, serious illness in family, recent death, parent disability, grandparent guardians, parents in process of divorce or separation, recent residency change etc.? (Please update the School Counseling Office by telephone or email during the school year.)

- ☐ ☐ Is there any other information that would be useful in helping your child during their high school years?

- ☐ ☐ Are there any issues regarding sharing of information with a non-custodial parent?
If yes, please explain and send a copy of the court order.

Parent/Guardian: _____
Name Relationship

Signature Date

Phone Numbers: _____
Home Cell Work Phone Ext.

Student Technology

Student-Provided:

- **Windows 10/11 Laptops**

All students are required to bring their own [Windows 10/11 laptop](#). Other devices such as MacBooks, Chromebooks and iPads are not allowed as some courses require the use of software that will only run on a Windows-based computer.

MC-Provided:

- **Wireless Network**

Malden Catholic's wireless network is comprised of over seventy-five 802.11ac wireless access points distributed throughout the school building, including one per classroom. This summer, MC will be upgrading our wired and wireless networks. As part of this work, we will be installing state-of-the-art 6E wireless access points that will support next-generation Wi-Fi with software programmable radios supporting 5 and 6 GHz concurrently.

Students must register their Windows 10/11 laptops in order to access and use MC's wireless network. Registration instructions will be emailed to students this summer.

- **Internet Access**

Students will be able to access the Internet using their registered Windows 10/11 laptops on MC's wireless network. All inbound and outbound Internet traffic is inspected by a perimeter firewall that protects MC's wireless and wired networks and connected devices from attacks, malware, and other web-based threats. Additionally, since Malden Catholic receives partial reimbursement for our Internet Access from the FCC via their Schools and Libraries E-Rate program, our firewall also has web filtering in place to ensure that Malden Catholic provides all students with [CIPA-Compliant](#) Internet Access.

- **Microsoft 365**

All Malden Catholic students have Microsoft 365 accounts which provides them with access to online services such as OneDrive (cloud storage up to 1 TB), Word, Excel, PowerPoint, OneNote, Outlook, etc.

Important note: You do not need to purchase Microsoft Office. As part of our license agreement with Microsoft, all students can download and install the latest version of Microsoft Office onto their laptops at no cost.

- **G Suite for Education**

All Malden Catholic students will also have Google's G Suite for Education accounts which provides them with access to online services such as Google Drive (unlimited cloud storage), Docs, Sheets, Slides, Classroom, etc.

- **[Sophos Endpoint Advanced with Intercept X](#)**

Malden Catholic provides each student with a copy of Sophos Endpoint Advanced with Intercept X that must be installed on the student's laptop before the laptop can be used on Malden Catholic's wireless network. This endpoint protection software is integrated with Malden Catholic's Sophos firewall to provide comprehensive protection of all computing resources utilized at Malden Catholic.

Student Technology

- **MC Email Addresses**

All active students are provisioned with their own @maldencatholic.org email address that they are to use for academic purposes and when communicating with MC Faculty and Staff.

- **Single Sign-On (SSO) Credentials**

Incoming students will be assigned their own single sign-on credentials that will consist of a user ID (MC Email Address) and a unique one-time password. When students activate their SSO account, they will be prompted to enter their unique one-time password and will then be prompted to enter a complex password that meets the following requirements:

- Must be at least 8 characters
- Cannot be longer than 32 characters
- Cannot contain the student's first and/or last name
- Have at least 1 letter (a, b, c...)
- Have at least 1 number (1, 2, 3...)
- Have at least 1 non-alphanumeric characters (special characters): (~!@#\$%^&* _ - +=`| \(){}[];:"'<>.,?/)
- Include both uppercase and lowercase letters
- Cannot contain only one character (i.e., "111111" or "aaaaaa")
- Cannot contain consecutive characters (i.e., "123456" or "abcdef")

Students will use their SSO credentials to log into both their Microsoft 365 and G Suite for Education accounts. Students will also use the same user ID to log into LancerLink. While students can select their own LancerLink password, it is highly recommended that they use their SSO password. *Fewer things to remember = fewer things to forget.*

- **Second-Factor Authentication**

Malden Catholic has implemented Second-Factor Authentication on our Microsoft 365 Accounts to protect all student, faculty and staff accounts from unauthorized access by off-campus individuals. New students will be sent instructions in July on how to remotely complete the setup of their MC-provided Microsoft 365 accounts. During this process, each student will be asked to provide their cell phone number to complete the setup of Second-Factor Authentication on their account. On a specified interval, remote Microsoft 365 account users will be asked to reauthenticate by entering an authentication code that Microsoft will send to the account holder's cell phone.

- **Classroom Web Portal - LancerLink**

All Malden Catholic students have accounts to access LancerLink. LancerLink is Malden Catholic's classroom web portal which provides real-time integration with teachers' gradebooks, classroom pages (homework, resources, etc.) and student information. Students can view current grades and scores for their classes on interactive dashboards. LancerLink activation instructions for student accounts will be emailed to parents early in July.

Students will use their MC-provided email address to login to their LancerLink accounts.

Laptop Requirements

All students are required to bring their own Windows 10/11 laptop that meet the following minimum specifications.

Windows Laptop

- Operating System - Windows 10 or later
- Minimum Screen Size - 11"
- Minimum Screen Resolution - 1024x768
- Hard Drive/Storage Capacity - 256GB
- RAM (Memory) - 8GB
- Wireless Capability – Dual Band Wireless AC Adapter (5 Ghz 802.11 ac or n)
- Built-In Camera and Microphone
- Built-In Speaker
- At least one full-size USB port or adapter
- Minimum Battery Life - 7 hours
- Required Browser – Google Chrome
- Required Antivirus Software – Sophos Endpoint Advanced (Provided by MC)
- Required Accessory – USB Headphones with integrated microphone
- Two AC power adapters
 - One for Home
 - Spare for School
- Laptop Case or Protective Sleeve

Highly Recommended

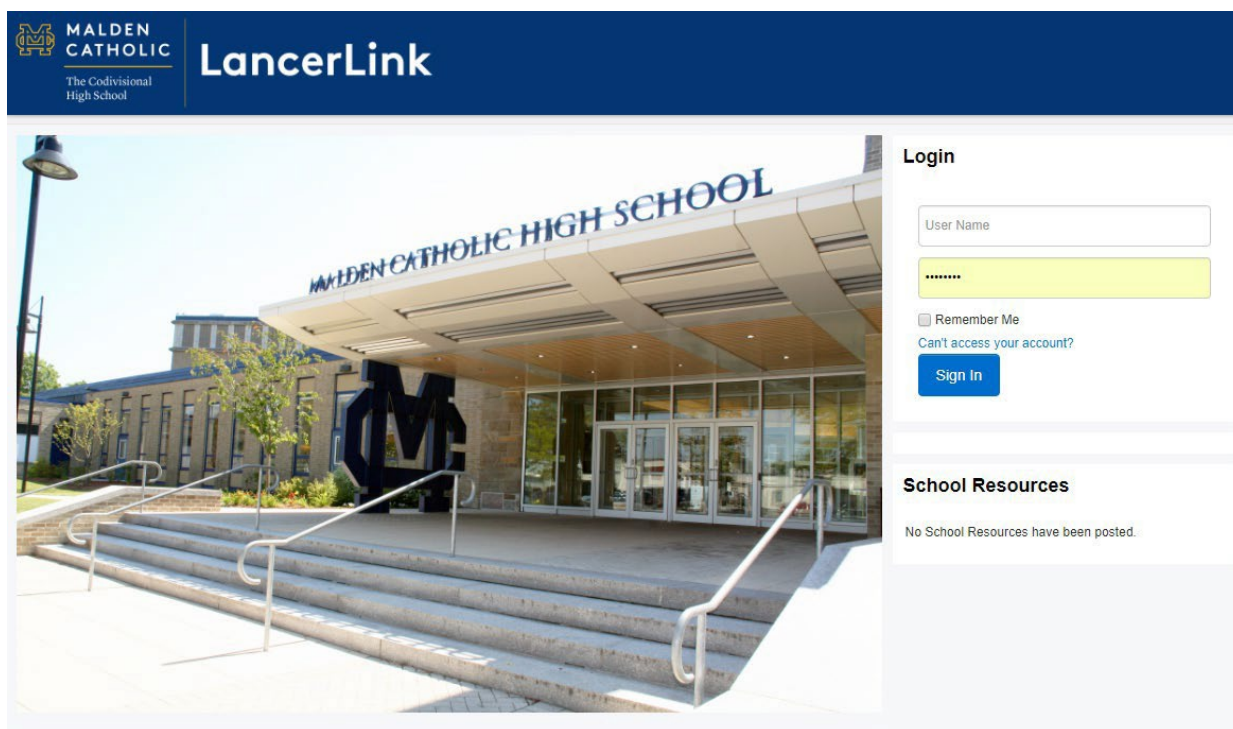
- Extended warranty to cover accidental damage
- Insurance policy to cover lost/stolen devices

Note: Other devices such as MacBooks, Chromebooks and iPads are not allowed as some courses require the use of software that will only run on a Windows-based computer.

Parent Resources

Classroom Web Portal - LancerLink

For parents and guardians to be able to check on the status of their investment (i.e., current grades and scores), parents and guardians will need to activate their LancerLink parent accounts. Since LancerLink uses an email address as an account's Username, any parent or guardian that has provided Malden Catholic with a valid email address will receive an email with account activation instructions. LancerLink activation instructions for parent accounts will be emailed to parents early in July.



For Parents on the Go

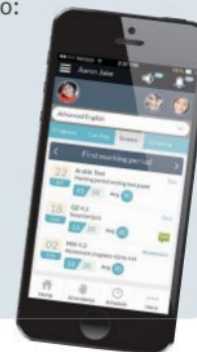
Using the Rediker ParentPlus app, parents and guardians can view the same grades, scores, and homework assignments available on LancerLink from their mobile IOS or Android device.

Note: One must first activate their LancerLink parent account before the mobile app can be used....

Mobile Apps for Parents and Students

ParentPlus and StudentPlus mobile apps for iOS and Android® provide access to:

- ✓ Grades
- ✓ Attendance
- ✓ Class Schedules
- ✓ Discipline
- ✓ Announcements
- ✓ Alerts
- ✓ Calendars and more!




Parent Resources

MC Website


Our website contains a wealth of information about all aspects of Malden Catholic. Parents can view the Daily Announcements to learn about what is happening that school day. The Upcoming Events on the homepage list all Academic, School, and Athletic Events that appear on the school calendar for the current day plus the next six days. Current news and MC social media posts are also on the homepage.

A Xaverian Brothers Sponsored School since 1932.
QUICK LINKS
SEARCH
DAILY ANNOUNCEMENTS
PRESIDENT'S UPDATE
in
YouTube
Twitter
Facebook
Instagram



MALDEN CATHOLIC
The Codivisional High School

About Us
Admissions
Academics
Student Life
Athletics
Spiritual Life
Giving
Alumni
In-Person Tour

— NEWS —



Felder Jr. makes a strong case for being the MIAA's best point guard in state-title win



Malden Catholic Holds Chapel Dedication

More News

— UPCOMING EVENTS —

MON • APR

4

Malden Catholic
Baseball Boys Junior
Varsity Away St Marys
Jr/Sr High School-
Lynn
4:00 PM - 5:00 PM
35 Tremont St. Lynn,
MA 01902

MON • APR

4

Malden Catholic
Baseball Boys Varsity
Away St Marys Jr/Sr
High School-Lynn
4:00 PM - 5:00 PM
35 Tremont St. Lynn,
MA 01902

TUE • APR

5

Day 1
all day

TUE • APR

5

Malden Catholic
Outdoor Track Boys
Varsity Away Boston
College High School
4:00 PM - 5:00 PM
150 William T Morrissey
Blvd Dorchester, MA
02125-3391

Parent Communications

Parent Email Addresses

Malden Catholic communicates with parents electronically using parent-provided email addresses. To ensure that you receive these communications, it is important that you not only provide us with the email address for at least one parent or guardian, but that you inform the Front Office of any email address changes.

Academic Information

Academic information and communications sent to parents and guardians is primarily delivered via email. Report Cards are emailed within two weeks after an academic quarter has closed. Course schedules are emailed out mid-July and then right before the start of the first and second semesters.

Mass Notification System

Malden Catholic uses Rediker's AdminPlus Notify to send out school cancellation notices and other important communication alerts. These notifications can be sent out via email, text messages and phone calls.

President's Update

Malden Catholic emails out a weekly newsletter to families using Constant Contact. All families are asked to read the newsletter regularly to receive important updates and the latest news from Malden Catholic. You can also view the [President's Update](#) on MC's website.



The image shows a preview of the Malden Catholic newsletter. At the top is a dark blue header with the Malden Catholic logo and name. Below this is a yellow bar containing social media icons for Facebook, Twitter, and Instagram. The main content area has a white background with a blue border. It features a large blue banner with the text "President's Update" in white. Below the banner is a photograph of a man in a suit standing in front of a large blue letter 'V'. To the right of the photo is a text block titled "Dear Families," which discusses the change in the school's leadership title from "Headmaster" to "President" effective April 1, 2022. The text explains that this change reflects the trend within the Xaverian Brothers school network and most Catholic and private schools. It also mentions that the school's leadership model and the man's duties/responsibilities will remain the same. At the bottom of the text block, it says, "I announced the upcoming change to the faculty and staff a few weeks ago. They were supportive, and I heard some feedback that included teasing about my possible delusions of grandeur. The comments were all good-"

Food Account

Malden Catholic's cafeteria is operated by Aramark. Students can purchase breakfast and lunch with cash or by using their prepaid Aramark food account. Parents can choose to load funds to their child's Aramark food account with cash, checks made payable to "Aramark", or electronically by using PaySchools Central.

PaySchools Central

Aramark's online portal for loading money onto student lunch accounts is now live. Please visit <https://payschoolscentral.com> and follow steps for new user registration to create an account. Families will be asked to use their child's Student ID number generated by Malden Catholic when creating an account for the first time. Please note that credit card loading carries a 4.35% service fee and \$1.50 transaction charge.



Please note that new accounts cannot be setup until late August. Parents will receive an email from Malden Catholic once Aramark has set up all incoming Grade 9 and transfer students with food accounts. Your child's student ID number will be included in that email.

As a reminder, families may still load funds to student lunch accounts with cash or check payable to "Aramark." Please contact the Business Office with any questions. For immediate inquiries, please contact foodservices@maldencatholic.org.

Parent Checklist

Malden Catholic must receive all required and completed forms and documents listed below by their specified due dates in order for a student to be fully registered.

Only fully registered students will allowed to participate in required academic events in August and be allowed to start attending classes on Tuesday, September 6, 2022.

Note: Please ☒ check off the boxes as you complete the form/obtain the requested information.

Required Electronic & Paper Forms:

Due Date:

- ☐ Information Verification & Authorization Form.....July 1st
- ☐ 2022 Confidential Health & School Counseling.....July 1st
- ☐ 2022 Permission for Emergency Treatment FormJuly 1st

Other Required Documents:

- ☐ Birth Certificate (copy).....July 1st
- ☐ Official final transcript & health record to be sent by your child's current schoolJuly 1st
- ☐ Most current physical (copy).....July 1st
- ☐ Concussion Education Certificate of CompletionJuly 1st

Required for Participation in 2022 Fall Sports:

- ☐ Registered Student on FamilyID..... August 6th
- ☐ Most current physical uploaded to FamilyIDAugust 6th
- ☐ Concussion Education Certificate of Completion uploaded to FamilyIDAugust 6th

Important Note on Physical Exams:

Malden Catholic follows the guidance of MIAA that a physical exam covers a student for thirteen (13) months from the exam date. Malden Catholic is required to keep in its records a copy of each student's current physical. It is the student's responsibility to ensure that Malden Catholic always has a current copy of their physical. A student's eligibility with the MIA will terminate once a physical has reached the 13-month limit.