

MOUNTAINSIDE SCHOOL DISTRICT

DEERFIELD SCHOOL HEALTH OFFICE

PHONE 908-232-8828 FAX 908-926-2580

To: Parents/Guardians of Deerfield Athletes

October 12, 2026

Tryouts for Boys' and Girls' Basketball are scheduled to start November 9th. If your child would like to try out, the appropriate forms are **DUE IN THE HEALTH OFFICE NO LATER THAN November 2nd**. Dr. Frank, our school physician, is scheduled to review them at this time.

Updated requirements for submission of the sports physical forms:

- Only the **Preparticipation Physical Evaluation (PPE) Medical Eligibility Form** needs to be submitted to the school
- If the physical exam was completed **more than 90 days** before the start of the season, please **also submit the Health History Update Questionnaire**.
- The full exam packet—including History and Physical Examination forms—is retained by your healthcare provider and does not need to be submitted.
- Is your pediatrician requesting the full exam packet from you? It's available on the [NJDOE website](#) for reference or download.

Please refer to the information below to see which situation applies to your child and what forms to submit. If you are unsure, please contact Mrs. Branco.

1. If your child **DOES** have a current PPE Medical Eligibility Form on file with the health office, that is still valid (physical date on PPE form is within a year), please submit a [Health History Update Questionnaire](#) to the Health Office **by November 2nd**.
2. If your child **DOES NOT** have a current PPE Medical Eligibility Form on file (note: must not be expired, done over a year ago), a [PPE Medical Eligibility Form](#) is required before your child can try out for a sport. Please contact your child's healthcare provider for an appointment or they can use this year's physical information to complete the form. **REMEMBER to also submit the Health History Update Questionnaire if the physical exam was completed more than 90 days before the start of the season**.
3. Please keep a copy for your records and send the original in an envelope directly to the Health Office, attention "School Nurse".

Please **submit** all forms to the Health office **by November 2nd**. Your child can also obtain a copy of these forms in the Health Office. Once the PPE Medical Eligibility Form is submitted to the Health Office, our school physician will review it and determine if your child is cleared to try out.

Please note, failure to submit these forms by the **due date, November 2nd**, may result in your child not being able to tryout for the team, due to the turnaround time it takes for forms to be reviewed by our school physician for clearance. Thank you in advance for your cooperation. As always, please contact us with any questions or concerns.

Best Regards,

Mrs. Branco and Ms. Castro