



# MOUNTAINSIDE SCHOOL DISTRICT

1497 WOODACRES DRIVE MOUNTAINSIDE, NJ 07092

908-232-3232 X 100

[WWW.MOUNTAINSIDESCHOOLS.ORG](http://WWW.MOUNTAINSIDESCHOOLS.ORG)

KELLI CASTRO - CONFIDENTIAL ADMINISTRATIVE SECRETARY  
ATHLETIC COORDINATOR

June 12, 2025

To: Parents/Guardians of Deerfield Athletes (Students in 6th, 7th, 8th grade)

Tryouts for Boys' & Girls' Soccer, and Girls' Volleyball are scheduled to start **September 5th**. If your child would like to try out, the appropriate forms are due in the Health office **NO LATER THAN AUGUST 18th**. Dr. Frank, our school physician, is scheduled to review them at this time.

There was an update (released 5/2024) in the requirements for submission of the sports physical form, which is now being referred to as the **Preparticipation Physical Evaluation (PPE)**. The History and Physical Exam forms are completed by you and your doctor, will be kept with the healthcare provider, and no longer need to be returned to school. The only form that is now **required to be returned to school is the PPE Medical Eligibility Form**, which your doctor will complete, once they have reviewed and completed the History and Physical form. Once the **PPE Form** is submitted to the Health Office, our school physician will review it and determine if your child is cleared to try out.

***Please carefully review the information below to see which situation applies and what forms to submit.***

1. A [PPE Medical Eligibility Form](#) is required before your child can try out for a sport. Contact your child's healthcare provider for an appointment or they can use this year's physical information to complete the form. Your child can also obtain a copy in the Health Office. Please be sure to submit this form to the Health Office **no later than August 18th**.
2. If your child has submitted a PPE Medical Eligibility Form this past school year that is still valid (physical date within a year), please submit a [Health History Update Questionnaire](#) to the Health Office **by August 18th**.
  - Before each new sport a participant **MUST** have a Health History Update completed by a parent/guardian.
  - **If his/her sports physical on file has expired** (done over a year ago), please **submit a [PPE Medical Eligibility Form](#)** as mentioned in #1.
3. **Keep a copy for your records** and send the original in an envelope directly to the Health Office, attention "School Nurse". Health office Fax # is 908-926-2580.

Important to note, **failure to submit these forms by the due date, August 18th**, may result in your child not being able to try out 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 & Ms. Castro*

School Nurse: Mrs. Branco: [sbranco@mountainsideschools.org](mailto:sbranco@mountainsideschools.org) Phone ext. 304  
Athletic Coordinator: Ms. Castro: [kcastro@mountainsideschools.org](mailto:kcastro@mountainsideschools.org) Phone ext. 100