

Athletic Physicals – Spring Sports

Please be advised that **ALL** medical paperwork for Spring Sports is due to the Athletic Office by Friday, February 10th. Forms are available in the Athletic Office at Ridge High School or online. For online, go to the Ridge High School homepage, scroll down and click on "Athletics". All information and forms are available on this page. If you have any questions about what you need, please call the Athletics Office at 908-204-2585 x141.

In-house physicals are available on Monday, February 6th, from 3:00 pm - 6:00 pm at Ridge for all Spring athletes. Register at www.gotomysportsphysical.com. Cost is \$40.

PLEASE NOTE: The school district is closed from February 18th - February 26th and a nurse will not be available to clear physicals during that time. Opening day for all spring sports is Friday (March 2nd) of the week we return. You **CANNOT** participate in any tryout until a clearance has been issued. Please, get your paperwork in as soon as possible...