

**Mountainside School District  
Deerfield School Health Office  
Phone 908-232-8828 Fax 908-926-2580  
January 28, 2025**

**To:** Parents/Guardians of Deerfield Athletes

Tryouts for Boys' and Girls' Baseball and Softball are scheduled to start **March 10th**. If your child would like to try out, the appropriate forms are **DUE IN THE HEALTH OFFICE NO LATER THAN February 21st**. Dr. Frank, our school physician, is scheduled to review them at this time.

There has been 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 new History and Physical Exam forms are still completed by you and your doctor, but will be kept with the healthcare provider, and no longer needs to be returned to school. The only form that is now **required to be returned to school is the new PPE medical Eligibility Form**, which your doctor will complete, once they have reviewed and completed the History and Physical form. Once the new **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 carefully review the following information so that the correct forms are submitted to the health office.

*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 physical on file, or has submitted a PPE Medical Eligibility Form this school year that is still valid (physical date on form is within a year), please submit a [Health History Update Questionnaire](#) to the Health Office **by February 21st**. Your child can also obtain a copy of this form in the Health Office.
2. If your child DOES NOT have a current physical 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. Please be sure to submit this form to the Health Office **by February 21st**. Your child can also obtain a copy in the Health Office.
3. Please **keep a copy for your records** and send the original in an envelope directly to the Health Office, attention "School Nurse".

Please note, **failure to submit these forms by the due date, February 21st**, 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*