

Updated Information Regarding Physicals for UMS Sports

The Governor of New Jersey has recently signed a waiver into effect regarding the requirement for certain student-athletes to participate in school-sponsored athletic activities during the fall athletic season of the 2020-2021 school year

- Any returning student who was cleared to play a UMS sport during the 2019-2020 school year or had a physical completed during the 2019-2020 school year, shall be granted a 90 day waiver for obtaining a new physical. Under this waiver, the student/parent must:
 - Fill out a [Health History Update Form](#) and submit it to the UMS Health Office. It can be mailed to UMS in c/o Health Office, scanned and emailed to Mrs. Cappabianca (ecappabianca@mtsd.us) or dropped off at the UMS Main Office weekdays between 8am and 2pm.
 - Provide proof (email confirmation of appointment from a physician's office or a scanned appointment card) that a physical examination is scheduled before Nov. 25th, 2020.
- Students who are not eligible for this waiver must submit a completed Physical form to the Health Office at UMS
- We strongly encourage our student-athletes to get their physical completed before practices begin. Please contact your physician's office for more information.

Links:

- [Health History Update Questionnaire](#) (Updated for Fall 2020)
- [Athletic Physical Evaluation Form](#)

UMS FALL SPORTS START DATES

Team	1st Practice Date	Start Time	Location	Coach Contact Info
Boys Soccer	9/21/20	**3:30pm	UMS Soccer Fields	mrazzoli@mtsd.us
Girls Soccer	9/21/20	**3:30pm	UMS Soccer Fields	ysmith@mtsd.us
Field Hockey	9/21/20	**3:30pm	UMS Field Hockey Field	mgirt@mtsd.us
Cross Country	9/21/20	**3:30pm	UMS Track	rscarpa@mtsd.us or cscarpa@mtsd.us

**Start Times subject to change. Head Coaches will communicate any schedule changes