



HINGHAM HIGH SCHOOL

Athletic Sign Up Information 2010 - 2011

Athletic Seasons

Fall season begins on the second Thursday preceding Labor Day for all teams (except Varsity and JV football which starts two weeks before Labor Day). *To sign up for a fall sport, please submit all forms by August 13, 2010.*

Winter season begins on the first Monday after Thanksgiving. **Spring** season begins on the third Monday in March. Signups for winter and spring seasons occur a week or two before the seasons begin with the team coaches. These meetings are publicized by bulletins and morning announcements.

REQUIREMENTS FOR ATHLETIC PARTICIPATION

I. Physical Examination

A physical examination is required for all sports participants. The exam must have taken place no later than thirteen months prior to participation in any sport (participation includes practices and games). For Fall 2010, all physicals must be dated July 23, 2009 or later. Students who meet this criteria will remain eligible for that season. Students will not be allowed to participate on the first day of try-outs unless a copy of their current physical examination is complete and on file. A duly registered physician, physician's assistant or nurse practitioner must perform the physical examination. Students are encouraged to submit a copy of the doctor's physical examination form and keep the original for their records.

II. User Fee

- The Hingham Public School Department has established an Athletic User Fee of \$300, with a family cap of \$600. A student may participate in three seasons of sports per school year upon payment of the fee. An additional fee of \$100 per athlete will be assessed for ice hockey. Crew and dance will have separate fees.
- The fee is non-refundable except for those students who are "cut" from a team in order to reduce the number of team members. Payment of the fee does not guarantee membership on a team. Students who leave the team voluntarily or who are removed from the team by the coach, athletic director, or principal for disciplinary or scholastic deficiencies are not eligible for a refund.
- If a student's family cannot afford the fee, parents may request a waiver by filling out a form available from the office or online. The completed form should be given to the athletic director for approval prior to sign ups.

III. ImPACT Concussion Management

All players must participate in a concussion management program called "ImPACT." Students must take the screening every two years. It is a 30 minute assessment that students will take in the computer lab on August 25th or 31st between 8:30am and 1:00pm. Freshmen, juniors and new student-athletes should report to the computer lab on either of these days. See "ImPACT Program" <<click here>> for more details. By signing the Sport Candidate Clearance Form (Form A), you are giving your child permission to participate in this screening.

IV. Sport Candidate Clearance Form (Form A)

A parent or guardian of each student-athlete must complete Form A prior to the student's participation in any school sport. This form is critical to the coaches and athletic trainer who will use it in case of emergency. Please complete the form and mail it to the High School.

<<Click here for the form>>