

Dear Cranford Middle School Families,

In preparation of the **Cranford High School Fall 2024-2025 sports season**, we would like to provide you with information regarding the requirements for sports physicals.

If your child is planning to play a Cranford High School Fall sport, the completion of a sports physical packet is required. There are two ways in which you can complete this packet:

1-Having the physical done by your private physician. **We encourage this whenever possible because your child's physician is the most familiar with your child's health history.** If you choose to bring your child to their private physician for their sports physical, they DO NOT NEED to attend the Pre-physical at Hillside Avenue School or the school sponsored physical at Cranford High School. However, they do need to have the district approved forms completed by physician and parent/guardian.

OR

2-Having the sports physical by the Cranford School Physician. These will be performed on a date in June which is yet to be determined. **If your child is using the school physician, a pre-physical is required.**

For those students receiving a sports physical by the school physician, our school nurses will be performing **pre-physicals** on Thursday, **May 30,2024, from 3-4pm at Hillside Avenue School.** Please have your child report to the gym and wait for instructions after school. Pre-physicals include blood pressure, pulse, vision, height and weight. Once the pre-physical is completed, we will provide a packet for students to take home to have their parent /guardian complete and bring back to their school nurse the following day. Instructions will be attached.

For those students going to a private physician, please click the link below to access the required forms

[Athletic Private Physical Forms](#)

A more detailed email will be sent to all middle school families about sports physicals and the date which they will be held. Please contact us with any questions

Thank you,

Nurse Ahern
ahernchr@cranfordschools.org

Nurse Coughlin
coughlin@cranfordschools.org
CHS School Nurses