

Dear Parents/Guardians:

If your child would like to participate in a Sport and/or Intramural Activity at North Hunterdon High School, you need to complete forms through your **parent account in Aspen**. (If you do not have a log in or are having a problem with Aspen please contact Sherri DiMarcello at [sdimarcello@nhvweb.net](mailto:sdimarcello@nhvweb.net))

Use parents log in to enter Aspen:

- Click on Page Directory on the left hand side of the homepage
- Next click on North Intramurals or NHHS Sports or North Health Forms and choose student.

The following must be completed for your child to participate in a sports and/or intramural:

**Intramural Forms/Sports Forms in Aspen: COMPLETE EACH SEASON**

- **Health History Update-*ONLY LIST INJURIES/EVENTS THAT OCCURRED AFTER MOST RECENT PHYSICAL WAS CLEARED. DO NOT LIST OLD INJURIES/EVENTS***
- **Consent for Intramural Participation Form or Consent for Sports Participation**

**Health Forms in Aspen: COMPLETE ONLY ONCE PER YEAR NOT EACH SEASON**

- **Over the Counter Medication Authorization Form**
- **Emergency Medical Form**

**Paper Forms to submit to Health Office:**

- **Physical Form** (physical is only good for 365 days prior to the start date of intramural or sport) – once school doctor has reviewed and cleared the physical that will be marked as complete in Aspen.
- **Other** – if your child requires an **epi-pen, inhaler or diabetic** management plan, those forms need to be submitted if they were not already submitted at beginning of school year.

- ✓ Please remember to click Finish at the end of each form in Aspen so that it is submitted.
- ✓ There is a checklist report at the end of the North Intramurals section and Sports section that you can run to see if you are missing any required paperwork or if all items are complete. **Please run a report to check clearance rather than calling health office and/or athletics as there are hundreds of students participating.**

***If your child is currently playing in a Sport for the season and you just wish to add an intramural....***

**You only need to complete the *Consent for Intramural Participation Form in Aspen*, and submit a physical form only if it expires before the start of intramural (physicals only valid for 365 days to the start of sport or intramural).**

***PLEASE NOTE THAT SPORTS DATES AND INTRAMURAL DATES FOR COMPLETING FORMS IN ASPEN RUN AT DIFFERENT TIMES. YOU WILL RECEIVE AN EMAIL WITH THOSE SPECIFIC DATES. IF YOU DON'T SEE AN INTRAMURAL AS A CHOICE IT IS BECAUSE INTRAMURAL DATES FOR ASPEN SIGN UP HAVE NOT YET STARTED.***

***ASPEN OPENS FOR INTRAMURALS ONE WEEK PRIOR TO THE START DATE AND REMAINS OPEN FOR 2 WEEKS AFTER THE START DATE. AS LONG AS YOUR CHILD IS SIGNED UP, THEY CAN BEGIN/JOIN IN AT ANYTIME.***

***Ex. Soccer player who starts FALL WEIGHT ROOM after Soccer season ends.***

**Again please run a report to check and/or verify clearance.** However, if you are having a problem in a specific area, please see the following contact information:

- ✓ Paperwork (Aspen forms): Contact Sherri DiMarcello
- ✓ Medical: Contact NHHS Health Office
- ✓ Impact: Contact NHHS Athletic Trainers
- ✓ Academics: Contact Guidance Councilor

**Thank you and we hope your child has a wonderful season!!!**