Mashpee Middle-High School

Student Athlete Pre-Participation Checklist

This checklist is to help student athletes ensure that they may participate as soon as possible.

**Required by first day of try outs or practices:**

Up to date physical: Physicals are valid for 13 months. Parents/guardians or student athletes may ask nurse or athletic trainer to confirm the expiration date. If the physical expires during the sports season the student athlete may not continue to participate until a new up to date physical is performed. Physicals may be handed in only to the school nurse, athletic trainer, athletic director, or principal – not to teachers or coaches.

Family ID Registration: Student athlete must create an account on FamilyID.com, select Mashpee High School or Mashpee Middle School, and follow the prompts to register under the appropriate season and team. Student athletes must register for each sport at the beginning of its season (i.e. one must register for soccer in the fall, then re-register for lacrosse in the spring).

**Required by first game:**

Up to date ImPACT Test: “ImPACT is intended for use as a computer-based test battery to aid in the assessment and management of concussion.” Baseline tests are valid for two years. In the event of head injury a re-test is used to objectively measure amount of brain dysfunction compared to the student athlete’s baseline test. Tests are scheduled and performed under the supervision of the school’s athletic trainer.

Massachusetts State Pre-Concussion Form: Form must be completed for each individual sports season. Both student athlete and parent/guardian must sign. Forms will be handed out and collected by coach.

**Student athletes will not be permitted to participate in athletic events including try outs, practices, or competition until each required element is completed by the listed due dates.**

Questions? Contact the following:

Athletic Director - Mr. Triveri [mtriveri@mpspk.org](mailto:mtriveri@mpspk.org)

Athletic Trainer - Leslie Smith [lsmith@mpspk.org](mailto:lsmith@mpspk.org)