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Old Bridge Public Schools

Athletic Department

4209 Route 516
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Good afternoon,

The information in this correspondence is for any student in Middle School or High School interested in trying out for a **FALL** sport. If you have not already done so, please submit your sports physical ASAP.

This is the link for the paperwork that needs to be filled out and file if needed. SPORT PHYSICAL.

The next link provided is what you will need to hand into the school for clearance. LINK

Physicals are valid for 365 days **from the date the physician performs the physical.** Physicals for fall sports are due by **7/15/26**. If not yet submitted, please do so ASAP. Every athlete must have a cleared physical to try out for a sport. **THERE ARE NO EXCEPTIONS!!**

Your physical must not expire prior to:

August 10th, 2026: Football, Cheerleading, Dance, and Tennis

August 17th, 2026: Cross Country, Field Hockey, Gymnastics, Soccer, and Volleyball

September 1st, 2026: ALL Fall Middle School Sports

Physicals can be dropped off at:

Old Bridge High School – 4209 Route 516, Matawan, NJ 07747. Door 0.

Lastly, all athletes must sign up for a fall sport through the parent portal and review all athletic forms. Parents are responsible to know the status of their child's physical, and check parent portal.

Athletic Trainers will contact students directly through Microsoft TEAMS if they have an expired physical or is in need of a Health History questionnaire update (this will happen 2 to 3 weeks prior to the start of the season). **You may check your child's teams account.**

Below you will find the high school and middle school athletic website. All coach information is available on the website. **Please reach out to the coach if you have any questions regarding the sport season or tryouts.**

If you have any concerns or questions regarding these procedures, please contact my office or visit the athletic websites below. As always, we encourage all students to become part of our athletic programs.

Old Bridge Athletics Website: Old Bridge Athletics | Old Bridge High School

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