HILLSBOROUGH
Board of Education

Mr. Michael Davis
Athletic Director
Athletic Office: 908-431-6600 X 2628

GO RAIDERS!

October 2026
Prospective HS/MS Winter 2026-27 Student-Athletes/Parents/Guardians:

Please see important information regarding winter athletic registration. Please visit the HHS Registration and HMS Registration website for the necessary paperwork and directions on how to sign up.

STEP 1 - Print and submit required medical forms

Please see the chart below for HS/MS athletics physical paperwork due dates.

Below are the forms that should be taken to your doctor for a new physical. The Preparticipation Physical Evaluation Medical Eligibility Form is the ONLY form that should be submitted to the health office.
New Physical Form.pdf

In addition to the new physical form, you may need the 90-day update form (Health History Update Questionnaire) depending on the date of your last physical (see below).

Winter Season Start Dates

SPORT	TRYOUT START DATE	PHYSICAL CANNOT BE OLDER THAN*	NEED 90 DAY FORM IF PHYSICAL BEFORE	MANDATORY PAPERWORK DUE
HMS Basketball / Wrestling	11/16/2026	11/17/2025	08/18/2026	**11/02/2026**
HHS Winter Cheerleading	11/09/2026	11/10/2025	08/11/2026	**10/26/2026**
HHS Swimming / Ice Hockey	11/16/2026	11/17/2025	08/18/2026	**11/02/2026**

HHS Basketball / Wrestling / Winter Track	11/23/2026	11/24/2025	08/25/2026	**11/09/2026**
HHS Unified Basketball	12/14/2026	12/15/2025	9/15/2026	**11/30/2026**

***Any physical exam dated prior to the date above is expired and will not be accepted.**

Sports Physical Drop-Off Instructions:

For HHS physical paperwork: Drop off is at HHS on the gym side of the school off of Amwell Road. A black mailbox is located outside the building between doors C36 and C38. Drop the paperwork into the drop box and a school nurse will submit your paperwork. Please do not email, fax or give any physical paperwork to the coach. Students may also drop off their paperwork during the school day. No physical paperwork will be accepted at the main entrance.

For HMS physical paperwork: Parents/guardians may drop off paperwork to the main office at HMS during regular school hours or students may drop off their paperwork during the school day.

All prospective athletes must have a current sports physical on file in the health office. Physical examinations are good for 365 days before the date of the first practice. If the physical has been completed more than 90 days before the first practice, the 90-day update form (Health History Update Questionnaire) must be completed. Both forms may be necessary depending on the date of the physical and the date of the first practice (see chart above).

If you have any questions regarding HS physicals please contact the HS health office at 908-431-6600 x521711 or hhs_nurses@htps.us. If you have questions regarding MS physicals please contact the MS health office hms_nurses@htps.us or 908-431-6600 x521811.

If you have questions regarding registration, please call the Athletic Office at 908-431-6600 x57326 or x57733.

Please note: Sports physical forms are not cleared on the same day that you drop them off at the Health Office. Sports physical forms get reviewed and cleared by our school physician. A parent/guardian will receive a sports clearance email notification once approved by our school physician.

STEP 2: Register your student athlete on the Genesis Parent Portal in the FORMS tab.

STEP 3: ImPACT Baseline Test (High School only)

The online Impact Baseline test is required for freshman, juniors and anyone new to the school or new to HHS athletics. Instructions for taking the test will be provided by the head coach closer to the start of the season once the student is registered.

CHECKLIST

1. **Drop off necessary physical forms to HHS or HMS by the above due date**
2. **Register on the Genesis Parent Portal under the FORMS tab**
3. **9th/11th grade (or new student @ HHS) - Take the Impact Test**