



Important Reminders for 2021-2022 Winter Sports Sign Ups

-You **MUST** have a current PIAA Sports Physical on file with our Athletic Training Staff (Dan Kropf and Kelsey Reich) prior to the first day of tryouts/practice. You may **NOT** participate until a current physical is on file. If you had a physical for a Fall sport, you **ONLY NEED TO COMPLETE A RECERTIFICATION FORM**.

- Full physical forms and recertification forms can be found by visiting www.muhsdk12.org and clicking the Athletics Tab at the top of the page. Once you are on the Athletics Tab, select Sports Medicine. On the Sports Medicine page, click "For the Athletes" on the left side of the page. Full physical packets and recertification forms can be downloaded and printed from this page.

-For any student that has not yet had a physical, we will be offering physicals at Commonwealth Orthopaedics in Exeter (11 Fairland Road, Reading PA 19606) on October 28 from 5:00-7:00 pm. The cost for physicals is \$10.00, and you **MUST** sign up for a time slot by visiting www.muhsdk12.org and clicking the Athletics Tab, and then the Sports Medicine link on the Menu. On the right side of the Sports Medicine page, there is a link that says "Winter Physicals" that will take you to the physical sign up page. Please select an available time from the menu and proceed to Commonwealth Orthopaedics on 10/28 several minutes prior to your sign up time.

- We are asking that any student interested in playing a sport in grades 7-12 please sign up for the sport you would like to play. On the Athletics Menu, select Sports Sign Up from the Menu, and please click the link on the left side of the page for 2021-2022 Winter Sports Sign Up. It is **VERY IMPORTANT** that you sign up for the sport you would like to play by completing the Interest Form and providing your contact information. This is helpful for our coaches who will be sending out tryout/practice information in the upcoming weeks.

-The first day of Winter Sports for High School teams will be Friday, November 19. Junior High teams will begin after the Thanksgiving holiday on Monday, November 29 or Tuesday, November 30 depending on the Coach's preference. Please be sure all physical paperwork is turned in **PRIOR** to these dates. If you turn your paperwork in on the same day as the first practice, you most likely **WILL NOT BE ABLE TO PARTICIPATE THAT SAME DAY**. Trainers need time to process the paperwork, so please turn this paperwork in prior to the first practice date.

-At this time, COVID 19 mitigation protocols are still in place for indoor events. Masks must be worn at all times other than by student athletes actively engaged in physical activity. Coaches, trainers, and spectators at games must wear masks at all times as per MSD policy.

-Winter Sports options at MHS include Boys Basketball, Girls Basketball, Boys and Girls Swimming and Diving, Boys and Girls Bowling, and Wrestling. 9th graders may participate in High School sports if not offered through the Junior High. Junior High Sports options for the Winter include Boys Basketball, Girls Basketball, and Wrestling. Cheer squads for both MHS and MJHS have already been selected through a tryout that took place in the Spring of 2021. If you are interested in Cheer, information will be released about the next Spring tryout for next year's teams in the coming months.

-The Muhlenberg Booster Club is an extremely helpful and vital organization to the Athletic Department. The Booster Club members are all volunteers, but they need help! Please consider attending a Booster Club meeting to see how you can help this great group of volunteers. Meetings are held every third Wednesday of the month in the Lecture Hall of MHS.