

Athletic Information Fall 2018

This fall we will be offering Middle School/ Junior Varsity/ and Varsity Field Hockey, Golf, Middle School/ Junior Varsity and Varsity Girls and Boys Soccer, and Boys and Girls Cross Country. Students in grades 8 – 12 will also be able to play football at Ayer/Shirley Regional High School. Students in grade 6 will also be able to participate in Cross Country and Field Hockey.

The first day of tryouts/practice will be on Thursday, August 23rd. It is important for student/athletes who aspire to make the Varsity teams attend the first week of practice. A more detailed practice schedule will be available by August 1st.

****Physical Exam requirements for participation in athletics****

The Massachusetts Interscholastic Athletic Association Board of Directors voted on Thursday, June 7th 2012 to adhere to the Department of Public Health's Policy regarding the physical exam required for participation in athletics. In order to be in compliance with the state regulation, physical exams will be required every thirteen months to the day of the exam. For example, if a student-athlete has a physical exam dated September 1, 2017, that exam will expire on October 1, 2018.

Please make certain that your child has a current physical exam that will last the duration of the season or schedule a doctor's appointment as soon as possible to have an updated physical exam. There will be no exceptions to this rule, nor will there be extensions granted based on a doctor's note. I realize this may cause some difficulties with the scheduling of doctor's appointments and insurance coverage so I am providing advanced notification, so that everyone can be in compliance with the Department of Public Health and MIAA regulations and not impact your child's eligibility for participation.

It is also required that all athletes and parents take the free online course **“Concussion in Sports: What you Need to Know”**. The website for the course is <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>.

On March 14, 2016, Governor Charlie Baker signed landmark legislation into law to address the deadly opioid epidemic plaguing the Commonwealth. The bill is titled An Act relative to substance use, treatment, education, and prevention (STEP Act). This new law includes multiple provisions including a 7 day limit on every opiate prescription for minors, a mandate for a verbal screen for substance use disorders in students and a requirement that information on opiate-use and misuse be disseminated to all students participating in extracurricular athletic activity prior to their athletic seasons.

On the home page of the registration form you will see links to the information on the opioid use misuse. You can also find links on the Bromfield website under sports. All parents and high school athletes should read the information prior to the start of the season. It is up to the parents discretion if they want their middle school children reading the information on the opioid use and misuse.

If you have any questions please email me at dboisvert@psharvard.org.

Thank you very much.

Dave Boisvert
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The Bromfield School