

## Athletic Information Winter 2017

This coming winter season we will be offering Varsity/ Junior Varsity/ and Middle School basketball for boys and girl, swimming for boys and girls, indoor track for boys and girls, and ice hockey for boys(Littleton) and girls(Acton/Boxborough)

The first day of tryouts/practice in on Monday, November 27 for all teams. It is important for those students who are trying out for basketball to be at the first three practices, students who miss those practices may not make those teams. (You can find the rest of the weeks practice schedule at [www.mwlma.org](http://www.mwlma.org))

The try out schedule is as follows:

Indoor Track	2:30 – 4:00	The Bromfield School
Swimming	3:00 – 5:00	Swim Fit
Girls Basketball	3:15 – 5:30	The Bromfield School
Boys Basketball	5:30 – 7:75	The Bromfield School
MS Girls Basketball	3:15 – 4:45	Hildreth Elementary School
MS Boys Basketball	4:45 – 6:15	Hildreth Elementary School

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

The Massachusetts Interscholastic Athletic Association Board of Directors voted on Thursday, June 7<sup>th</sup>, 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 14, 2011 that exam will expire on October 14, 2012.

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 advance notification, so that everyone can be in compliance 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.nfhslern.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 and 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 Dave Boisvert at [dboisvert@psharvard.org](mailto:dboisvert@psharvard.org).

Thank you very much,

Dave Boisvert  
Athletic Director  
The Bromfield School