

## Sport/Team Registration Directions

The athletic forms are on the Athletic website.

1. Go to Shore Regional Website
2. Click on the Athletics Tab
3. Click on Athletic Department Homepage
4. Click on Team Registration - found on left side of page
5. Scroll down on this page and print out Health History Form (**Click here for Preparticipation Physical Evaluation History Form & Click here for Preparticipation Physical Evaluation Physical Examination Form**) **AND** Physical Examination (doctor completes) Form. **Both of these completed forms need to be returned to Nurse Smith.** A physical on file in the nurse's office is good for 365 days of physical date.
6. Also complete the online registration that is on the Team Registration site (Black Box/Register Now)