

Shepherd Hill Athletics

Winter 2018 Information

The screenshot shows the website for Shepherd Hill Regional High School Athletics. The URL in the browser is www.dcrsd.org/schools/shepherd-hill-regional-high-school/athletics. The navigation menu includes links for SH Athletics, Food Services, Student Transportation, Library Catalogs, and Quicklinks. The main content area features a 'REGISTER NOW!' button, a link to 'Athletic Schedules', and a 'PAY ONLINE' button. A sidebar on the left contains various school-related links. A blue arrow points to the 'SH Athletics' link in the navigation menu. Another blue arrow points to the 'Athletic Schedules' link. A third blue arrow points to the 'REGISTER NOW!' button. A fourth blue arrow points to the 'PAY ONLINE' button. A fifth blue arrow points to the 'Athletic Schedule' button. A sixth blue arrow points to the 'Spring 2018 Athletics Registration' link. A seventh blue arrow points to the 'Head Injury Home Instructions' link. A eighth blue arrow points to the 'Opioid Fact Sheets' link. A ninth blue arrow points to the 'Preventing Prescription Opioid Misuse Among' link. A tenth blue arrow points to the 'Athletic Schedule' button. A eleventh blue arrow points to the 'REGISTER NOW!' button. A twelfth blue arrow points to the 'PAY ONLINE' button. A thirteenth blue arrow points to the 'Athletic Schedule' button. A fourteenth blue arrow points to the 'REGISTER NOW!' button. A fifteenth blue arrow points to the 'PAY ONLINE' button. A sixteenth blue arrow points to the 'Athletic Schedule' button. A seventeenth blue arrow points to the 'REGISTER NOW!' button. An eighteenth blue arrow points to the 'PAY ONLINE' button. A nineteenth blue arrow points to the 'Athletic Schedule' button. A twentieth blue arrow points to the 'REGISTER NOW!' button. A twenty-first blue arrow points to the 'PAY ONLINE' button. A twenty-second blue arrow points to the 'Athletic Schedule' button. A twenty-third blue arrow points to the 'REGISTER NOW!' button. 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Most of the information you need can be found on our athletics website, a link for which can be found at the top left of any district school website. From there you will find information about how to register for a fall sport, how to pay the athletic fee, the schedule, concussion and physical information and forms.

Register for a Winter Sport Sport

- Registration is open October 15-31. Register early. Don't wait until the last minute. If you register now and change your mind about a sport later that's okay.
- From the athletic site click the registration link as shown above. Login to your account at the top right of the page. If you have an account, your saved information from a previous season will be available to edit. Select your child and register him/her for the appropriate sport. If you don't have an account yet, follow the instructions provided.

Physicals

- Athletes must have a current qualifying sports physical exam form on file in the Nurse's Office.
- Physicals are good for 13 months from exact date of your last physical.
- You should submit hard copies physicals to the Nurse's office or scan and email to school nurse, Kareen Powaza, kpowaza@dcrsd.org and copy the athletics department, shepherdhillathletics@dcrsd.org as soon as available. Subject line should be Athletic Physical.

Pre-Participation / Concussion Reporting Form

- **Good News!** You will no longer have to submit hard copies of the Pre-Participation / Concussion Reporting Form each season. It is now part of this registration process. It will still have to be completed each season, but it will be completed here, in the online registration process.
- During the summer physicals can be emailed as above, dropped off at the main office, or mailed to **Shepherd Hill Regional High School, ATTN School Nurse, 68 Dudley Oxford RD, Dudley, MA, 01571**

Eligibility Day October 31st

- All athletes should be registered and eligible on or before October 31st. This means online registration and athletic fee requirement.
- All online registrations and fee requirements submitted after October 31 will be subject to a \$25.00 late fee. \$25.00 is the total for each or both requirements that are missing.
- Fee requirement, as stated in the registration, can be satisfied by paying the fee or with a written request for an extension or Free & Reduced Lunch Program waiver. Requests for waivers and extensions submitted after August 1st will be subject to the \$25.00 late fee whether requests are approved or not.
- Physicals should be submitted as soon as they are complete. Physicals dated after October 31st will not be subject to a late fee. So in other words, if your physical is dated November 10, 2018, you should submit it at that time without penalty. Any physicals dated prior to October 31st should be submitted by October 31st.

Team-Orientation Meeting

- All athletes and a parent (or adult sponsor) must attend Team-Orientation Night, Monday, November 19, 2018, 6:30 in the Gym.
- The all-sport general meeting will begin at 6:30. Individual team breakout sessions will begin at 7:00.
- This is a required meeting. All athletes/parents (adult sponsors) must satisfy this requirement prior to playing in a contest.