

Dear Parent(s)/Guardian(s):

Any student who wishes to participate on a Mystic Valley Regional Athletic Team MUST be medically cleared by a doctor BEFORE they will be allowed to do so. This guideline has been established in order to ensure the safety of our students.

A physical exam must be submitted to the School Nurse for EVERY year of sports participation. Physical exams are valid for 13 months from the date of exam. Any student with an expired physical exam will not be allowed to participate on any Mystic Valley Regional Athletic Team. No exceptions!

It is the responsibility of the parent(s)/guardian(s), not the School Nurse, to make sure that physical exams are up to date and submitted to the School Nurse. If you have any questions, please call your child's School Nurse at the phone number below.

Thank you in advance for your cooperation.

Maggie Hamilton, RN x3855  
Grades K, 1, 3, 4 and 6

Sandra Tilton, LPN x3856  
Grades 2, 5, 7 and 8