



Long Hill Township Board of Education
CENTRAL MIDDLE SCHOOL
90 Central Avenue, Stirling, New Jersey 07980
908-647-2311
FAX: 908-647-0610

Mr. Michael Vitarello
Principal ~ Ext. 4
mvitarello@longhill.org

Ms. Chrystyna Lazirko
Guidance Counselor ~ Ext. 7
clazirko@longhill.org

February 9, 2018

Dear Central Middle School Parents and Guardians,

In order to streamline the paperwork for participation in sports, we are transitioning to an online registration program called FormReLeaf. FormReLeaf will allow you to complete and sign all required forms (emergency form, cardiac arrest brochure, concussion form, and the opioid fact sheet) online. FormReLeaf can be accessed by visiting the Central School Middle School Athletics Webpage.

Online Spring Sports registration will be from **February 14, 2018 to March 19, 2018.**

FormReLeaf Link: [FormReLeaf Online Registration](#)

The process for obtaining medical clearance will remain the same. Below is a reminder of the process and forms to be completed.

- A student must have a physical within 365 days prior to the first tryout or practice session. The form must be completed and turned in to the school nurse ten days before the first practice session. You can find the required “**Pre-participation Physical Evaluation**” forms here or on the school website:

[Pre-Participation Physical Evaluation](#)

- If the physical was completed more than 60 days prior to the first practice, you MUST complete a “**Health History Update Questionnaire**” which can be found here or on the School website:

[Health History Update Questionnaire](#)

If you are in need of online access for registration or have a question please feel free to contact me.

Sincerely,

Michael Vitarello, Principal