



October 4, 2021

To All Parents/Guardians of GRHS Students,

If your child is interested in signing up to play a winter sport please remind them to complete the Google Form that was sent out today in their grade level Ridger Nation Google Classroom. They have until Wednesday 10/13 to sign up. These sign up lists will then be used to create rosters for our Winter Coaches.

All required athletic paperwork can be found on our high school athletics website under athletic forms.

<https://sites.google.com/glenridge.org/ridgerathletics>

These forms are due back to the school prior to an athlete being able to participate.

Physicals for Ice Hockey and Swimming are due by Wednesday, November 3rd

Physicals for Basketball, Wrestling, Indoor Track, Bowling and Winter Cheer are due by Friday, November 12th.

If you have any questions regarding physicals please reach out to me or Mrs. O'Connor in the nursing office.

Thank you for your support! Go Ridgers!

Sincerely,

Rob Hill

Director of Student Activities/Athletics- Glen Ridge High School