



Cranford Athletic Department



Dear Cranford High School Families,

In anticipation of the Cranford High School 2026/2027 winter sports season, we want to provide important information regarding sports physical requirements.

Registration

All parents **must register their student athlete on Arbiter regardless if they played a sport in a past season.** [Click here for Arbiter Registration.](#) Directions on how to register on Arbiter can be found [Here](#).

Private Physicals

All private physicals must be completed on the updated 2025 physical packet, which can be accessed [here](#).

- If your child had a physical by their private physician **on or after November 24th, 2025**, all that is required to be submitted is the last page of the updated physical packet.

We encourage that the physical be completed by your child's personal physician whenever possible, as they are most familiar with the student's health history.

Completed private physicals must be submitted to the Athletic Trainer Matthew Cinelli (Cinelli@cranfordschools.org) by November 13th, 2026 .

Late submissions may result in your child not being able to participate at the start of the season.

School-Sponsored Physicals

School-sponsored physicals will be held on **Thursday, October 29th, 2026** right after school.

- **Pre-physicals will be conducted by your child's school nurse during physical education or health classes.**
- Physical forms will be distributed to students at that time.
- Please complete the History Form (2 pages) and Supplemental History Form, and return them to the school nurse **prior to Monday, October 26th, 2026.**

On the day of the school-sponsored physicals, please report to the upper gym right after school and wait for further instructions.

Please email our Athletic Trainer, Matthew Cinelli, with any questions or concerns.

Cinelli@cranfordschools.org

Sincerely,

Darren Torrone

Director of Athletics
Cranford High School