

## REQUIRED ATHLETIC DOCUMENTS & SUBMISSIONS

**Paperwork and online consents are due to the health office two weeks prior to the first day of practice. Please hand deliver all paperwork to the health office during business hours. (M-F: 7am -3pm)until June 22. Summer Hours will be posted on school website. Documents cannot be faxed or mailed to the school.**

### 2018-2019 Practice Start Dates:

#### Fall 2018

**Cheerleading: June 4**

**Football: August 8**

**All Other Fall Sports: August 13**

**Marching Band: August 20**

#### Winter 18/19

**Ice Hockey and Swim: Nov. 5**

**Bowling: Nov. 15**

**Other Winter Sports: Nov. 19**

#### Spring 2019

**All Sports: March 1**

## ONLINE SPORTS REGISTRATION PROCESS FOR PARENT & ATHLETE

### **Parent:**

Please follow the steps below to register your child for a sport.

Step 1: Log into your Parent Access account (The "Parent Access" icon is on our website).

Step 2: Select the "Forms" tab.

Step 3: Then select each of the following:

- 2018-19 Guardian Releases (Steroid, Concussion, Sudden Cardiac, MRSA, Sports Related Eye Injury, Opioid)
- 2018-19 Guardian Consent to Athletics
- 2018-19 Guardian Code of Conduct

Step 4: Select the answer button to acknowledge each of these forms and your agreement. You must repeat this process and acknowledge each of the above forms for registration. Select "Update Answers".

### **Student Athlete:**

Step 1: Students must log on to their Student Access account and select the following forms and acknowledge their agreement to each by checking the answer button.

- Athletic Releases
- Athlete Code of Conduct

Step 2: Select the checkbox that indicates the form is ready for final submission and make sure all information is correct.

Step 3: Select School Year 2018-19

Step 4: Read all Consents & select "Update Answers"

## PAPER DOCUMENTS

Once you have completed the online sports registration, you must complete the following:

Step 1: Go to the Athletic Department webpage and select "Student Athlete Health."

Step 2: Select and download either the "Health History Update" form or the "Sports Physical Packet."

### **Health History Update -completed by parent/guardian**

#### **[Health History Update Form](#)**

- Please personally hand deliver to a staff member in the health office. Faxes cannot be accepted nor will paperwork left while health office is closed. This is to ensure paperwork is completed accurately.
- If you have previously submitted a sports physical completed by your physician and the physical has been performed less than 365 days prior to the start of the season's first practice date.
- A health history update may not be submitted more than 90 days prior to the start of the first day of practice per season

Class of 2019, 2020 and 2021 students: To check the date of your last physical on file, click on this link and look for your student ID:

[Date of last physical](#)

**-OR-**

### **Sports Physical- completed by your physician.**

#### **[Sports Physical Packet](#)**

- Please personally hand deliver to a staff member in the health office. Faxes cannot be accepted nor will paperwork left while health office is closed. This is to ensure paperwork is completed accurately.
- Must be submitted by all incoming freshman choosing to participate in a sport for the first season they are participating.
- Must be submitted by students whose physical has been performed more than 365 days prior to the start of the first day of practice per season.

Class of 2019, 2020 and 2021 students: To check the date of your last physical on file, click on this link and look for your student ID:: [Date of last physical](#)