

# Center Roughrider Athletic



## Physicals 2018-2019



### WHO:

- ✓ Current 6<sup>th</sup> grade, 8<sup>th</sup> grade and 10<sup>th</sup> grade
- ✓ Anyone with a serious injury from the previous year
- ✓ Anyone entering athletics without participation in previous year (regardless of grade level)

### WHEN:

- ✓ May 16<sup>th</sup> at 7 AM– High School Athletes
- ✓ May 23<sup>rd</sup> at 12 PM– Middle School Athletes

### WHERE:

- ✓ May 16<sup>th</sup> at 7 AM– High School Gym
- ✓ May 23<sup>rd</sup> at 12 PM– Middle School Gym

**WHY:** Required that students who participate in sports have a physical every 2 years.

**COST:** \$10.00

**\*\* BRING GLASSES/CONTACTS TO PHYSICAL EXAM**

*ALL students wishing to participate in athletics must complete the online registration at <https://www.registermyathlete.com/login/> The instructions are listed on the back of this page. If you do not have access to a computer you may pick up the following forms at your campus front office. Forms must signed and returned to any coach by May 16th:*

- ✓ Emergency Contact
- ✓ Acknowledgement of Rules
- ✓ UIL Concussion Form
- ✓ UIL Cardiac Awareness Form
- ✓ Medical History Form
- ✓ Pre-participation Physical Exam
- ✓ Concussion Policy
- ✓ Athlete Contact Information

## Instructions for Parents

Register My Athlete allows parents to register their student-athletes for sports online. Here are some basic steps to follow when registering your athlete for the first time:

- 1. Find Your School:** Find your school by going to <http://registermyathlete.com/schools/>, selecting your state, and finding your school. Click on the school to continue to the next step. Schools are encouraged to make a direct link from their school's website.
- 2. Create an account:** Now begin creating your account by clicking the "Create An Account" button. After filling in the required information the system will automatically log you in and you will be required to accept the terms of use.
- 3. Add a new athlete:** The next step is to add an athlete. You can do so by click the "My Athletes" tab on the left-hand side of the page or by clicking "Add Athlete" underneath the "My Athletes" tab. This only needs to be done once during your athlete's entire career. The information entered here will carry over from year to year. This information includes your athlete's contact information and medical information.
- 4. The athlete's profile:** After you've created your athlete you will be brought to their Profile page. This page is a summary of their info and involvement.
- 5. Register for a sport:** Click "+ Register For A Sport" to begin registration, you will be asked to choose which sport your athlete is registering for.
- 6. Your registration checklist:** This page shows the status of your athlete's registration. You will be asked to complete several steps to complete registration including agreeing to documents, completing the physical, and Medical History.
- 7. Physicals:** Center ISD requires physical exams bi-annually. Parents may download the appropriate physical form from RegisterMyAthlete, bring it to the in school physicals, and then upload it onto RegisterMyAthlete or turn it into the school in person.
- 8. Complete registration:** Your registration is complete once all items on the checklist have been completed.
- 9. After registration:** After registration is complete, you can login at any time to view the Status of your athlete and their participation on the team.

### **Additional Athletes**

If you have additional student-athletes to register, you can repeat steps 3-8 for them under your same account.

### **Future Seasons & Years**

During the following years, once your athlete has been added to your account, you only need to follow steps 5-8 to register for sports.