

Hello! My name is Katy Bowe, I am the athletic trainer at Duchesne HS.

If your student is interested in participating in athletics for the 2024-2025 school year, please read the following information in this email.

1. **MSHSAA Forms:**

If your child is interested in participating in any athletic activities (football, soccer, tennis, golf, cheer, dance, basketball, cross country, track and field, baseball, volleyball, swim, wrestling) there are MSHSAA forms that are required to be submitted PRIOR to the first day of practices for that sport. (Example: Fall sports begin Aug 12- Turn in by Aug 9; Winter sports begin Nov 4 - Turn in by 11-1; Spring sports begin Mar 3 - Turn in Feb 28). Without these forms, your child will **not** be able to participate in any practices or competitions until they are provided.

- a. **Physical Form:** All student athletes must have a valid and current physical form on file to participate in any practices or competitions for the sport of their choice. This document must be signed by a physician to be accepted and have a valid exam date. This form is valid for a 2 year period, unless otherwise noted by a physician.
- b. **2024-2025 Pre-Participation Annual Questionnaire:** All student athletes must have a current and up to date Pre-Participation Form completed by a Parent/Guardian. This form provides various parent permissions, emergency contact information, and pertinent medical information.
- c. *All of these forms should be electronically uploaded or completed via Healthy Roster (more information provided below), as I am not accepting any paper copies.*

2. **Healthy Roster:**

All students attending Duchesne will have a profile created on Healthy Roster. Healthy Roster is the electronic documentation software I use to store all of the MSHSAA documents, as well as any information regarding injuries sustained during athletics. Having everything electronic allows me to easily and quickly update our coaching staff and parents about injuries and/or playing status.

Please read the following information thoroughly:

- a. I have/will create a profile for every incoming student through Healthy Roster.
- b. As a parent/guardian, you will need to create your own account on Healthy Roster, using YOUR name. You will get an email directly from Healthy Roster to link with your student's profile. This allows you to receive notifications about paperwork updates or injury status updates. Please follow the instructions provided in that email. You will need to set up your account on a computer first, then you can access the account via the Healthy Roster app on your phone.

- c. Once you have created your account and linked with your student's profile, feel free to browse through the website/app. This is where a majority of my communication with you will come from. This is also where you can upload the documents that are required.
3. **Uploading documents:**
- a. All MSHSAA required documents need to be uploaded to Healthy Roster.
 - b. **Physical-** this can be uploaded through the app using the camera on your mobile device or it can be uploaded through the web version with a scanned copy of the physical. *step by step information is attached to this email*
 - c. **2024-2025 Pre-participation annual questionnaire:** this document can be completed online and directly through Healthy Roster. It is recommended to complete this electronically versus a scanned upload. If you choose to scan upload a printed form, you can only do it through the web version on the computer. *step by step information is attached to this email*

If you have any additional questions, please let me know. I will get your students profile set up shortly!

Thank you!

Katy

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