

2020-2021 Sport Sign-ups & Physical Examinations

FIRST SPORT OF THE SCHOOL YEAR

We will be utilizing an online registration program, Student Central, to both sign-up and submit PIAA Physical Packets (CIPPE Forms) for the 2020-2021 school year. We are encouraging all students who plan on playing a Winter or Spring sport during the 2020-2021 school year to follow the steps listed below to both sign-up and submit all required forms. While students will be able to change which sports they sign-up for throughout the school year, we are strongly encouraging all students to complete the sign-up process now, which will allow us to better communicate with each team in advance of every season. If a student is even considering participating at this time, they should sign-up now.

Due to the COVID-19 pandemic, we were not able to host physicals at the school district this summer. If you are unable to attain a sports physical from your family physician, you can also have the physical performed by most CareNow and Urgent Care facilities.

ALL SPORT PHYSICALS FOR THE 2020-21 SCHOOL YEAR MUST BE AUTHORIZED AFTER **JUNE 1, 2020.**

If you have any questions about this new process or need help in completing the online forms, please contact the Athletic Office.

Checklist

- Follow the directions on the Student Central information sheets to create a new account – links to access these directions can be found on the athletic website under Athletic Registration. There is also a “Online Registration” button towards the top of the athletic website that will take you directly to our Student Central website. This will require the student and the parent to both create an account on this platform. Once both the student and parent have created an account you will need to link the accounts and then complete all required forms on Student Central including: PIAA Personal & Emergency Information (Section 1), PIAA Certification of Parent/Guardian (Section 2), PIAA Concussion Form (Section 3), PIAA Cardiac Awareness Form (Section 4), PIAA Pre-Participation History Form (Section 5), PIAA Physical Exam Form (Section 6 – doctor completed), PIAA COVID-19 Release/Waiver (Section 10), St. Luke’s Consent to Treat Patient form, St. Luke’s HIPPA Privacy Authorization Form, UP Athletic Emergency Form and UP Athletic Participation Form.
- Once all forms are completed, print the PIAA Pre-Participation History Form and the PIAA Physical Exam Form and take it to your family doctor. The doctor will need to complete the physical exam form and then you will need to upload the form to your account (can scan it or take a picture of it and upload the picture). The physical exam must be certified/dated after June 1, 2020 – NO EXCEPTIONS CAN BE MADE TO THIS CERTIFICATION DATE!
- All student-athletes will also need to have an up-to-date ImPACT baseline test on file prior to starting mandatory practices in August. Student-athletes must complete the baseline test every other year. Our athletic training staff will send more information out about how these tests will be administered as we get closer to the official start of the seasons.
- For the spring season, please make sure you complete all online forms on Student Central by **Friday, March 5th**. Students will not be cleared to play until all forms are completed on Student Central. If you cannot submit all forms before March 5th, please contact the athletic office to make alternative arrangements. It is critical that we have all forms submitted before the first day of each season. ***Any student submitting the required forms after the due date will not be cleared to participate for 24-72 hours after submission of the completed CIPPE forms so that all records can be reviewed with our athletic training staff/coaches.***
- If you have not done so in previous years, please sign-up for a parent/fan account on the Athletic Website

(www.upperperkathletics.com). If you do already have an account, please make sure you update which teams you would like to receive schedule change notifications for the 2020-2021 school year. Directions on how to create an account on the www.upperperkathletics.com website can be found at the end of this memo.

Note: *Students who wish to participate in multiple sports will need to complete proper recertification forms on Student Central each season. At minimum, Section 7 of the CIPPE form must be completed before the start of a new season. Recertification process information will be distributed during sign-ups before the Spring season.*

Questions regarding sports physicals and sign-ups should be directed to the Athletic Office;

Mr. Kurzweg – Director of Athletics rkurzweg@upsd.org

Ms. Kulp – Athletic Department Secretary mkulp@upsd.org

Jayde Kauffman – Head Athletic Trainer jkauffman@upsd.org

Rose DiScipio – Assistant Athletic Trainer mdiscipio@upsd.org

Mackenzie Peed – Assistant Athletic Trainer mpeed@upsd.org

First practice day for High School Winter Sports is Monday, March 22nd, 2021.

First practice day for Middle School Winter Sports is Monday, March 29th, 2021

Tentative game schedules are available on the athletic website at www.upperperkathletics.com. Due to other school events/conflicts and weather, all schedules are subject to change throughout the summer and in-season.

ATHLETIC WEBSITE & SCHEDULE CHANGE NOTIFICATIONS: WWW.UPPERPERKATHLETICS.COM

All parents are encouraged to sign-up on the Athletic Website for a parent/fan account. By doing so you will be able to receive text and/or email alerts in-season when contests are postponed or canceled. It will also allow the Athletic Office to be able to send emails to all parents who sign-up for a parent/fan account. Be the first to find out about in-season schedule changes by creating your own parent/fan account today!

*****Please note that the fan account/schedule notifications are different than your Student Central accounts. In order to receive the schedule change alerts, you must have an active fan account on the athletic website.***

Directions for creating a parent/fan account:

1 – Visit www.upperperkathletics.com

2 – Click on the “GET ALERTS” link found on the top navigation menu under “MORE”.

3 – Click on the “Create New Fan Account” link. *If you already have an account and just need to update which teams you want notifications for during the 2020-2021 school year you can login to your existing account on this page.

4 – Complete all required fields to create your account. Once your account is created you will be re-directed to the Fan Dashboard page.

5 – Click on the “MY FAVORITES/ALERTS” link found on the top navigation menu of the Fan Dashboard. First click on “ADD A SCHOOL” and search/select “UPPER PERKIOMEN”. Next click on “ADD A TEAM” and select the Sport, Level and Gender for the team in which you wish to get schedule change notifications and/or any email announcements from the Athletic Office for the 2020-2021 school year. You can repeat this step for as many teams as you wish to subscribe to, but please note that you will stay subscribed to those team alerts until you modify your account to remove your selected teams. Return to the “Favorites” tab to remove any teams that you no longer wish to be subscribed to for the 2020-2021 school year. Please note that only the Sports/Levels/Genders listed below are used for the team schedules found on www.upperperkathletics.com.

6 – Click on the “Alerts” tab which is found under the Favorites/Alerts menu. Your selected favorite teams will appear on this screen and you can select the check boxes for if you want Schedule Changes and/or Scores and Stats notifications (please note that we do not use the score/stats reporting and alerts).

7 – Finally click on the “Alert Settings” tab which is found under the Favorites/Alerts menu. This is where you will put an email address and/or a cell phone number if you wish to get any alerts via email and/or text messages. As long as you have team alerts selected on the Alerts tab, you will get schedule change notifications for those selected teams to the email address and/or cell phone number that you list on your Alert Settings.

Sports/Levels/Genders that will be used for team schedules for the 2020-2021 school year:

Sport	Level	Gender	Sport	Level	Gender	Sport	Level	Gender
Baseball	Varsity	Boys	Field Hockey	Middle School	Girl	Softball	Varsity	Girls
Baseball	Junior Varsity	Boys	Football	Varsity	Boys	Softball	Junior Varsity	Girls
Baseball	8 th Grade	Boys	Football	Junior Varsity	Boys	Softball	8 th Grade	Girls
Baseball	7 th Grade	Boys	Football	Middle School	Boys	Softball	7 th Grade	Girls
Basketball	Varsity & JV	Boys	Golf	Varsity	Coed	Swimming	Varsity & JV	Boys/Girls
Basketball	Middle School	Boys	Golf	Junior Varsity	Coed	Tennis	Varsity & JV	Boys
Basketball	Varsity & JV	Girls	Indoor Track	Varsity & JV	Girls	Tennis	Varsity & JV	Girls
Basketball	Middle School	Girls	Lacrosse	Varsity & JV	Girls	Track	Varsity & JV	Boys/Girls
Cheerleading	Varsity & JV	Coed	Lacrosse	Middle School	Girls	Track	Middle School	Boys/Girls
Cheerleading	Middle School	Coed	Soccer	Varsity & JV	Boys	Water Polo	Varsity & JV	Boys/Girls
Cross Country	Varsity & JV	Boys/Girls	Soccer	Middle School	Boys	Unified Bocce	Varsity & JV	Coed
Cross Country	Middle School	Boys/Girls	Soccer	Varsity & JV	Girls	Wrestling	Varsity & JV	Boys
Field Hockey	Varsity & JV	Girls	Soccer	Middle School	Girls	Wrestling	Middle School	Boys