



## Upper Perkiomen High School

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Mr. Robert Kurzweg III, CMAA  
Director of Athletics  
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# Spring Sports Recertification – (For Student-Athletes who participated in a Fall/Winter Sport)

In order for a student to be eligible to participate in interscholastic athletics, student-athletes must have a comprehensive physical exam authorized after June 1<sup>st</sup>, 2020 prior to their first sport of the year. The physical exam certifies a student-athlete for the entire school year pending they did not sustain an injury during the Fall/Winter season. **However, if a student-athlete is participating in a subsequent season, he/she must complete the recertification form. This is a two-part form. If the athlete has not seen a doctor (MD or DO) for an injury or illness during the Fall season, then only the Section 7 form must be completed and signed by both the student-athlete and parent. If the athlete has seen a doctor (MD or DO) for an injury or illness since the completion of the initial physical exam, then you must complete Section 7 and a physician must complete Section 8. All pertinent documents must be completed through your online PlanetHS/Student Central accounts by March 5<sup>th</sup>, 2021.**

### Checklist

- I participated in a Fall/Winter sport during the 2020-21 school year, therefore I am completing the Spring Recertification Form on PlanetHS/Student Central. Please note that if you did not check a spring sport when you registered for the Fall/Winter season, you will need to edit your profile and select a Spring sport in order for the Section 7 Re-Certification form to appear on your account.
- Login to your PlanetHS/Student Central account to complete the Section 7, Recertification by Parent/Guardian Form. A direct link to the PlanetHS/Student Central portal can be found on the athletic website ([www.upperperkathletics.com](http://www.upperperkathletics.com)) under Athletic Registration. This online form must be signed by both the student-athlete and the parent so both parties will need to log in to their individual accounts to complete and electronically sign the Section 7 form. If you forget your login credentials or cannot access your account please contact the Athletic Office for help. If any "YES" answers are checked on Section 7, **you must** then have Section 8 completed by your physician and upload that to your PlanetHS/Student Central account. **YOU ONLY MUST SUBMIT THE SECTION 8 FORM IF YOU SAW A DOCTOR FOR AN INJURY OR ILLNESS THIS SCHOOL YEAR (AND/OR HAVE CHECKED YES TO ANY OF THE QUESTIONS IN SECTION 7).**
- Complete Section 10, 2020-2021 Supplemental Acknowledgment, Waiver and Release: COVID-19. This is a new section that the PIAA has added and is requiring for the Winter and Spring seasons to help educate students and families about COVID-19 and the associated risks in participation in athletics during the COVID-19 pandemic.

- Complete all recertification forms by **Friday, March 5<sup>th</sup>**. ***Students will not be cleared to participate until 24 hours after all online forms are completed.*** Any student submitting the re-certification forms once the season starts will not be cleared to participate until the following day once all records have been reviewed with our athletic training staff and coaches.

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

Mr. Kurzweg – Director of Athletics [rkurzweg@upsd.org](mailto:rkurzweg@upsd.org)

Ms. Kulp – Athletic Department Secretary [mkulp@upsd.org](mailto:mkulp@upsd.org)

Jayde Kauffman – Head Athletic Trainer [jkauffman@upsd.org](mailto:jkauffman@upsd.org)

Rose DiScipio – Assistant Athletic Trainer [mdiscipio@upsd.org](mailto:mdiscipio@upsd.org)

Mackenzie Peed – Assistant Athletic Trainer [mpeed@upsd.org](mailto:mpeed@upsd.org)

- ***First practice day for High School Sports is Monday, March 22<sup>nd</sup>, 2021.***
- ***First practice day for Middle School Sports is Monday, March 29<sup>th</sup>, 2021.***

## **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](http://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](http://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:**

<b>Sport</b>	<b>Level</b>	<b>Gender</b>	<b>Sport</b>	<b>Level</b>	<b>Gender</b>	<b>Sport</b>	<b>Level</b>	<b>Gender</b>
Baseball	Varsity	Boys	Field Hockey	Middle School	Girl	Softball	Varsity	Girls
Baseball	Junior Varsity	Boys	Football	Varsity	Boys	Softball	Junior Varsity	Girls
Baseball	8 <sup>th</sup> Grade	Boys	Football	Junior Varsity	Boys	Softball	8 <sup>th</sup> Grade	Girls
Baseball	7 <sup>th</sup> Grade	Boys	Football	Middle School	Boys	Softball	7 <sup>th</sup> 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