

Dear Ramsey High School Community,

## **Spring Sports Registration is now open through the [RealTime Parent Portal!](#)**

Current RHS spring sports are: Boys Tennis, Boys/Girls Lacrosse, Baseball, Softball, Boys/Girls Golf, and Spring Track

### **How to Sign Up for a Sport:**

- Go to the Parent Portal
- Check if your Physical on file is current.
  - Click on the 'Physicals' tab in the left menu and it will show you the dates of your current physical
  - **Current** (valid within 365 days of tryout), skip to the next step
  - **Expired** (>365 days from tryout date)
    - Schedule a physical exam before tryouts to be eligible.
    - Click on the 'Documents' tab in the left Menu. Print the Preparticipation Physical Exam from the district documents tab or in the 'Sign Ups' tab.
    - This form must be filled out by the licensed physician performing the physical examination.
    - Once completed, upload it as a PDF. See instructions below on how to upload documents.
    - Once uploaded, the Health Office is notified that this document is ready to process to the school physician for final clearance.
- Click on Sign Ups tab in the left menu
- Find the sport/s your child is interested in joining
- Health History Update Form (click on the 'View Document' to download, complete, and upload to 'Documents' see instructions below)
  - All athletes **must** have a 'Health History Form' uploaded every participating season.
- Continue to read and discuss the rest of the forms with your child and click "I Accept" to verify that you have read and understand the information provided.
- Once the forms are complete
- Click the 'Sign Up' button above the forms. This will alert the coach you are interested in trying out.

### **How to upload your Preparticipation Physical Exam and Health History Update Form as a PDF to the portal:**

- Go to your Parent Portal
- Click on Documents in the left menu
- Click on Provide Documents
- Choose a File (must be a PDF)
- Upload



## MENU

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Grade:

Attendance:

## DOCUMENTS

2021-2022

### Document Requests

Date Requested

Preparticipation Physical Exam

Provide Document

1/31/2022

### District Documents

Date Acknowledged

Chromebook and Family ID Instructions

Chromebook Insurance Letter

How to submit Attendance through the Parent Portal

Cómo enviar la asistencia a través del Portal para

Curriculum Guide 2021-22

Grade 10 Electives 2021-22

Grade 11 Electives 2021-22

## Document Upload Request

Please upload a "Preparticipation Physical Exam" for

Acceptable Format **PDF**  
Maximum file size of 5Mb.

Choose File No file chosen

Upload

## Important Dates for Spring Sports:

- Portal opens for signups on 1/17/23
- The last day for sign-up paperwork: Friday, March 10th
- Spring Sports begin on Thursday, March 16, 2023. The coach will contact players that are signed up through RealTime.

**Thank you and we look forward to a great spring sports season!**

Andrew Herre  
Director of Student Programs