

ONLINE SPORTS REGISTRATION

In order to play sports at Lake City High School you will need to register your student at <https://www.registermyathlete.com>. If they played a sport last year for Lake City then you just need to log back in and register them for a sport. Make sure you pick the 2019-20 season. **DO NOT** create a new account as their physical will not transfer. Forgot password: Click on forgot password. Your email is your user name.

Create an account – First time user's click "create account", enter parent/guardian information. At the bottom of the page, be sure to select "parent" from the options of the type of user you will be. Select "create an account button" when you have completed the form. **Returning users** – enter email and password - **IMPORTANT:** Remember your log in email and password as you will need them again.

Start Registration- On the main page you will see a grey banner that says "What would you like to do?" Select the button "Start/Complete Registrations." You will be taken to the Registration checklist where you will click "select a school" and then click "select an athlete." A box will appear where you will click on "Add new Athlete." Complete the form and press "Submit" at the bottom of the page. Complete the registration checklist.

Forms needed to play and tryout:

Physical: (needed 9th and 11th grade year) must be completed after May 1st of your 8th & 10th grade year or you will need a new one. Physicals are good for 2 years but must have a new one for 11th grade. Parent fills out first page and signs. Doctor fills out second page. You will upload the physical, once completed. If you don't have a scanner you can take a picture of it with your phone and upload. Physical needs to be signed and dated by the doctor, parent and athlete also must sign. You must upload both pages by holding the control button you can pick more than one file.

Interim Questionnaire: Needed on the years you don't turn in a physical so 10th and 12th year. Consent must be signed.

Activity Contract: Click on electronic documents and then read document to view the athletic contract. You will need to check the box I Agree and then guardian and student will both need to E-sign.

Health Insurance: When registering your student you will need to fill out health insurance information. If you do not have health insurance you will need to purchase school insurance. See the activities office for applications.

ASB fee: All students must pay the \$40 ASB fee to play sports. You may pay it in skyward or at the school. The ASB fee needs to be paid before practice starts.

Travel Fee: All students must pay \$25 travel fee for each sport or activity, unless you have an approved free or reduced lunch application on file at the school. This must be done each school year in order to be waived. You need to pay the fee at the school and fill out the form specifying which activities you are paying. There is a \$75 limit per student or \$150 per family. The travel fee needs to be paid before practices begin.

Voluntary Drug Enrollment Form: Is voluntary and can be found online. You can upload it or bring it into the office.

All schedules will be on lakecitysports.com. Click on the season and pick what sport. All cancellations or changes will show up there immediately. Team pictures will also be posted there.

If you have any questions email Holly in activities at hmorgan@cdaschools.org.

Register My Athlete Tech Support - Monday-Friday 8:00am-5:00pm

Email support – support@registermyathlete.com phone support 435-213-1601



EXTRACURRICULAR TRAVEL FEES

Lake City High School

All extracurricular activity students must complete this form.

Please complete this form, attach the appropriate fees, and submit to your school's Activities Secretary for each student who participates in extracurricular activities that require District-provided transportation.

IMPORTANT! STUDENTS WHO QUALIFY FOR FREE AND REDUCED MEALS ARE EXEMPT FROM PAYING EXTRACURRICULAR TRAVEL FEES

PARTICIPATING STUDENT

Last Name	First Name	MI
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PARENT

Last Name	First Name	MI
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SIBLINGS

List the full names of any siblings of this student who are also participating in extracurricular activities that require District-provided transportation. (Note: Siblings listed must also complete their own Extracurricular Travel Fees form. Sibling information is necessary to ensure families do not pay more than the family maximum.)

Last Name	First Name	MI
Last Name	First Name	MI

STUDENT ACTIVITIES

Fall Activities	Winter Activities	Spring Activities
<input type="checkbox"/> Boys Soccer <input type="checkbox"/> Football <input type="checkbox"/> Cross Country <input type="checkbox"/> Swimming	<input type="checkbox"/> Girls Soccer <input type="checkbox"/> Volleyball <input type="checkbox"/> Cheerleading	<input type="checkbox"/> Boys Basketball <input type="checkbox"/> Girls Basketball <input type="checkbox"/> Wrestling <input type="checkbox"/> Baseball <input type="checkbox"/> Softball <input type="checkbox"/> Track
<input type="checkbox"/> Girls Tennis <input type="checkbox"/> Boys Tennis <input type="checkbox"/> Girls Golf <input type="checkbox"/> Boys Golf		

Other Activities		
<input type="checkbox"/> Debate <input type="checkbox"/> Drama <input type="checkbox"/> INEL Scholastic Team	<input type="checkbox"/> Vocal Music (State) <input type="checkbox"/> Pep Band <input type="checkbox"/> Band/Orchestra (State)	<input type="checkbox"/> BPA (State) <input type="checkbox"/> DECA (State) <input type="checkbox"/> TSA (State)

STUDENT FEES

Calculate the fees due below by multiplying the number of activities by \$25.

The maximum amount due per student is \$75 and the maximum per family is \$150.

If the total amount due exceeds these limits, then only pay the appropriate maximum amount.

Fill in the amount you are paying in the "amount due" line.

\$25.00 x _____ Activities = \$ _____ TOTAL STUDENT FEES

AMOUNT DUE: \$ _____ (Make check payable to LCHS)

Received: Cash Received Check # _____

LCHS Swim Team Participation Requirements

1. The only rule for the LCHS swim team is that swimmers are expected to support their teammates. In order to be a supportive teammate, coaches and teammates have the following expectations of each swimmer:

- a. Swimmers will attend 80% or more of practices each week.
- b. Swimmers are expected to maintain school expectations for participation, including academic standards.
- c. Students are required to be in school for a minimum of 2 class periods during the day in order to attend practice.
- d. Swimmers are expected to communicate, ahead of time when possible, with the coaching staff when absences occur, and will provide a doctor's note to excuse any absences due to illness.
- e. Swimmers are expected to arrive on time for practices, meets, and travel.
- f. Swimmers are expected to use positive language and behavior with teammates, coaches, Kroc staff, school staff, officials, competitors, and at all swimming and school functions.
- g. Swimmers are expected to meet all expectations and requirements for participation set forth by the school and Idaho Athletic Association in order to be eligible to compete.
- h. Swimmers are expected to be in the water for a minimum of 1 hour 10 minutes of practice time, and are expected to attend Yoga/dryland for the full 30 minutes after our pool time.
- i. Swimmers are expected to make positive, healthy choices that support a positive atmosphere for the entire team.
- j. Swimmers are expected to follow all directions given by the coaches, Kroc Staff, and Lifeguards.

2. Consequences for not supporting your teammates:

- a. Swimmers that do not have 80% attendance for the 2 weeks leading up to a competition will not be entered in the meet, and if traveling, will not be allowed to travel to the meet. Athletes are choosing to "self-cut" from the team if they fall below 70% of practices for a 4 week period.
- b. Swimmers that have a failing grade at any time grade checks are completed, will be required to get a signature from their teacher in order to return to practices. Any practices missed due to academics will count against their attendance for meet participation, as swimming is an extracurricular activity, and academics come first, and swimmers are expected to make choices to help balance their time toward both. The only exception is a note may be provided by your teacher to miss one practice every 2 weeks in order to make up a test after school.
- c. Swimmers that are caught skipping practices (including Yoga/dryland), without communicating properly with coaches, will be removed from the next competition, and will not be allowed to travel with the team. A second offense is grounds for removal from the team.
- d. Swimmers that sit out for more than 20 minutes of practice, will be asked to go home, and credit for attendance at practice will not be given. Swimmers out of the pool for more than 20 minutes, need to be at home to care for their illness/injury, and return to practices when they are able to swim. Exercises provided by a Physical Therapist will be allowed to replace team Yoga/Dryland routines as long as they are executed in the same location as teammates.
- e. Any school violations will be subject to coaches discretion of competition participation, or continued participation on the team, including attendance of team functions. This includes violation of school rules that occur at the Kroc Center.

Varsity and Junior Varsity Designations

1. Varsity designation will be given and communicated after the first competition.
2. Varsity designation will be at the discretion of the coaching staff.
3. Consideration for Varsity will include, but not be limited to: attendance, ability, scoring needs for the team, and practice habits.

Lettering Requirements for LCHS Swim Team

1. Attendance record of 85% or better for the full season (***Required***).
2. Contributes at the district level as a potential scoring swimmer for LCHS (top 4 swimmers from LCHS in each event that are designated as scoring prior to entry into the meet). (Considered)
3. Senior Swimmer that has participated in at least 2 full seasons of High School Swimming. (Considered)
4. Coach's Discretion for exemplary support of the team. (Considered)
5. Coaches will make the final decisions based on these requirements and considerations and present swimmers that have earned a letter at the end of the season banquet.

By signing, we acknowledge the requirements for participation in practices and competitions as laid out in this document, and will support all teammates through the expectations listed, and by following Coach expectations and directions at practices and competitions.

Athlete Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

This form is required to be signed by both athlete and Parent in order to participate in LCHS Swimming.