1. Go to the following website: <http://friscoisd.rankonesport.com>
2. Click on the tab that says *Electronic Participation Forms*
3. Start with the first form: *FISD Athlete Participation Forms*
	1. At the top of the page you need to fill out your students first name, last name, student ID, and school they will be attending this fall (Independence HS)
	2. Scroll through the form and read the information in each section. Be sure to read all sections as they contain important information. Make sure you check the appropriate boxes as you scroll through the form.
	3. At the end of the document you will need to type your name in the box provided and then use the mouse to digitally sign your name in the box provided. You can erase the signature and do it over by clicking the blue arrows on the bottom right of the box.
	4. Next type your student athlete’s name and then have them sign just as you did.
	5. If you would like the completed forms emailed to you then place your email address in the box provided and hit the Submit button at the bottom. If you do not desire to have the forms emailed to you then leave that box blank but still hit the Submit button.
4. The second form, *ECG Screen Acknowledgement*, is optional but we would like for you to fill it out anyway. There is a box you can check to decline the screen if you choose to do so.
	1. If you choose to have the screen, we will be offering it in the fall around September.
	2. Read all sections and check the appropriate boxes.
	3. Sign the document just as you did the previous document.
	4. If you would like the completed forms emailed to you then place your email address in the box provided and hit the Submit button at the bottom. If you do not desire to have the forms emailed to you then leave that box blank but still hit the Submit button.
5. The third form, *FISD Travel Form*, must be filled out completely.
	1. Fill in all sections as accurately as possible as this form will go with the team on away games and in case of emergency it will be used to contact the appropriate people.
	2. Sign the form just as you did the previous two forms.
	3. If you would like the completed forms emailed to you then place your email address in the box provided and hit the Submit button at the bottom. If you do not desire to have the forms emailed to you then leave that box blank but still hit the Submit button.
6. Finally, please click on the *Physical/Medical History* form.
	1. Fill out the first page as accurately as possible and complete the checkboxes.
	2. Do not fill in the last line as this is for School Use Only.
	3. Fill in the top portion only of the second page.
	4. Print out these two pages and manually sign the first page with a black pen and then take them to your doctor of choice for a sports physical.
	5. Return these forms to the Athletic Trainer or your student athlete’s Head Coach.
	6. If you have any questions, please feel free to contact Coach Corwin Anschutz, Athletic Trainer, at 469-576-5373