

## LISD & UIL Requirements for Participation

Please use the following steps to complete the requirements for your student to participate in athletics, marching band, color guard, cheerleading or majestics. If you have any high school questions please email [andrew\\_smith@lovejoyisd.net](mailto:andrew_smith@lovejoyisd.net) or [sarah\\_seedle@lovejoyisd.net](mailto:sarah_seedle@lovejoyisd.net). For middle school, email Steve Smith at [wsmathsathletictrainer@gmail.com](mailto:wsmathsathletictrainer@gmail.com)

### Step 1: Online Forms

To be complete for all 7-12 grade students in athletics, color guard, band, majestics and cheer.

[RankOne Online Form Portal](#) Parents/Legal Guardian and students will need to read and sign electronically

Complete the forms in our RankOne portal. **Please do this step first**, the Medical History form has a section about the Sudden Cardiac Arrest Form in the portal. You do not need to print the forms.

New students and incoming 7th graders will not be in RankOne until they have been registered in PowerSchool for 24 hours. PowerSchool will not start uploading for the next school year until mid July.

### Step 2 Medical History & Physical Form

To be complete for all 7-12 grade students in athletics, color guard, band, majestics and cheer.

LISD has a purple Medical History and Physical form. Please fill out the medical history side accurately because this will determine the need for a new physical. You may print the UIL Medical History and Physical Form PDF by going to [UIL Medical History/Physical Form](#) or going to [Lovejoy Athletics](#) and clicking on the athletic forms tab.

We are accepting forms via email as PDF - you can download CAMSCANNER app and it will turn it into a PDF and let you email from there. Please double check the image borders so we can read all of the forms. Or you can turn forms in to the front office at school.

**\*\*Separate PDF for each of your students please.\*\***

For High School Boys email to [andrew\\_smith@lovejoyisd.net](mailto:andrew_smith@lovejoyisd.net)

For High School Girls email to [sarah\\_seedle@lovejoyisd.net](mailto:sarah_seedle@lovejoyisd.net)

For Middle School email to [victoria\\_reyes@lovejoyisd.net](mailto:victoria_reyes@lovejoyisd.net)

Each medical history/ physical form will be looked over by an athletic trainer or fine arts director. Please be as accurate as possible and attach a separate sheet for information about injuries, illness, medications or medical conditions.

### **Step 3 Physical Form**

Every athlete, color guard member, cheerleader and Majestic must have a completed sports physical every year. Please fill out the Medical History side and take it for the sports physical appointment.

Marching Band needs a physical 9th grade and 11th grade.

The UIL requires physicals to be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted

### **Step 4**

SWAY Testing

LISD uses SWAY testing to get a baseline congestive function for all our student athletes, cheerleaders, color guard and majestics. This test will be completed by all students before their season begins each year. Students will test with the athletic training staff at each campus. . Once we have a current baseline, if a student has a head injury we can retest. The comparison of their baseline test with a post injury test is one tool we can use with your students' medical provider for head injury diagnosis and Return to Play decisions. The SWAY app can be downloaded onto any portable electronic device(phone/tablet)

Android - [Sway Medical](#)

Apple - [Sway Medical](#)

### **Optional Step 5**

Lovejoy Sports Medicine staff will be hosting optional ECG testing on July 31, 2021 9am-noon with the [Cody Stephens Foundation](#). The cost is \$20. Cardiac Medical history will be taken and then an ECG performed. The ECG tests are not read on site. They will be read by a cardiologist and LISD athletic trainers will contact you if further testing is needed. Any athlete that has a cardiac screening abnormality will have to have further evaluation and medical consultation. You can request a copy of the ECG for your students medical records.

[ECG form for July 31, 2020](#)

If a parent or guardian would like to have an ECG test for their student athlete, your medical provider can look at students medical history to determine the need for testing and schedule testing.

Living for Zachary Foundation offers ECG/Echocardiograms in Plano.

[Living for Zachary ECG/Echocardiogram \\$55 M-F appointments](#)