



Students who wish to participate in Athletics at Benbrook Middle High School MUST complete the following before they are allowed to practice or participate in Athletics:

A) A Pre-participation Physical and Medical History.

- Turn your Physical and Medical History into the Athletic Trainer!!
- Print a form by clicking Physical Form link below.
- Physical Form Link –
https://www.uil texas.org/files/athletics/forms/PrePhysForm_Spanish2024.pdf

B) UIL and FWISD required RankOneSport forms need to be completed and submitted electronically before any athlete is allowed to practice or participate.

- First go to FWISD RankOneSport.com link below
<https://fortworthisd.rankonesport.com/New/NewInstructionsPage.aspx>
- Next click on "Fill Out Electronic Forms" in the top right
- Select TX from the state drop down box
- Select Fort Worth ISD from the school district list
- Click the Electronic Participation Forms tab and the list of forms will appear.
- Click on the top form in the list and complete the required information. Enter an email address in the box at the bottom of the form and Submit
- Make sure to submit all 6 forms

BMHS Sports Fall 2024 Starting Dates:

High School Football – August 5, 2024

High School Volleyball – August 5, 2024

High School Cross Country – August 5, 2024

Tennis – August 5, 2024

Middle School Football (7th & 8th) – August 13, 2024

Middle School Volleyball (7th & 8th) – August 13, 2024

Middle School Cross Country (7th & 8th) – August 13, 2024

High School Golf – August 19, 2024