

BH Sports Informational Handout for Parents/Guardians

*Come learn more about the process for trying out for our 20 plus sports teams:

Aug. 7, 2024, Wednesday, from 7-7:30 p.m. in the BH Cafeteria

Prior to try-outs:

- Register your athlete online at <https://www.aktivite.com> (formerly known as registermyathlete/RMA), before the deadlines below (instructions on the other side). You can start registering now for next school year!
- Pre-Participation Medical History form (to be completed by the parent/guardian and uploaded online at <https://www.aktivite.com> Please fill out the form today; forms are valid for one year.
- Athletic Medical Exam Screening form (to be completed by the examining physician and uploaded to website) **Forms are available online: <https://www.aktivite.com> in BH Student Services office and on the BH Booster website: <https://www.bretharteathletics.org> Please make your sport physical appointments now; they are valid for one year from the date the physician signs the form.**

ATHLETES MUST BE COMPLETELY REGISTERED ONLINE BEFORE DEADLINES BELOW to MAKE it THROUGH the FIRST ROUND of CUTS!

<u>SPORT</u>	<u>REGISTRATION DEADLINE</u>
Cross Country	August 19 @ 2p.m.
Softball	August 26 @ 2p.m.
Baseball / Cheer / Team Handball	September 3 @ 2p.m.
Wrestling	September 23 @ 2p.m.
Girls Basketball / Boys Soccer	October 7 @ 2p.m.
Boys Basketball / Girls Soccer	December 9 @ 2p.m.
Boys & Girls Volleyball/Tennis	February 10 @ 2p.m.
Boys & Girls Water Polo	March 3 @ 2p.m.
Golf/Track & Field	March 17 @ 2p.m.
*Morning/AM Intramural Basketball	*Registration needed before participating
**PM Handball (check w/ Mr. Schumake)	**Registration needed before participating

Bret Harte Booster Club

Bret Harte is proud to have the greatest number of athletic sports teams, lunch and after school clubs available at any middle school in the area because of the BH Booster Club. In addition to funding an impressive 20 plus athletic teams and 15-20 plus extra-curricular clubs/activities, the Booster Club directly supports the Bret Harte Physical Education Department by providing equipment for all students to use. BH Booster Club programs provide academic, social and athletic benefits to all Bret Harte students. More than 600 students directly participate in a Bret Harte Booster Club sport or extra-curricular club/activity. The Booster Club has also combined support with ASB and the Community Club to pay for campus improvements, like school sound systems, the marquee sign, band instruments and more.

The BH Booster Club usually meets the second Wednesday of every month during the school year at 7p.m. in the Staff Dining Room. Our first meeting will be held August 14, 2024. **Everyone is welcome and encouraged to attend any and all of the meetings.** For more information about the BH Booster Club, please contact bhboosterpres@gmail.com



FORMERLY



Registration for Parents

Go to www.aktivate.com

Click **Login**

Click **Create an Account**

(You only need ONE account, even if you have children in more than one high school and/or junior high; Do Not create another account if you have used Register My Athlete in the past)

Fill in personal account information

(This should be the Parent's personal information)

You will be using the site as a Parent

Click **Create Account**

Lastly, input the account **Verification Code** that you'll receive via email to confirm your account
Please Note: You will need to open another tab (do not close your current tab) and find the verification email in your email inbox (it may take a few minutes to appear, so be patient). You can copy and paste the code into the pop-up or directly type into it

After you have an account:

Login

Under the Parents header, select "**Click here to start/complete athlete registrations**".

Click **Start/Complete a Registration** (*upper left hand corner of the page*)

Click **Start a New Registration** (*this is where you will enter all of your Athlete's information*)

Follow the prompts to complete all requirements for your school's registration

If assistance is needed, click the orange button on the lower left side of the screen for live

chat  ***or email*** [***support@aktivate.com***](mailto:support@aktivate.com).

List All Sports you are interested in trying out this year:

1. _____ 2. _____ 3. _____

Office Use Only
AP Form Rec'd by _____

Pre-Participation Medical History to be completed by PARENT

Name: _____ Age: _____ DOB _____ Grade _____ Student ID # _____

Address: _____ City: _____ Zip: _____

Parent/Guardian home phone _____ Father work # _____ Mother work # _____

Parent/Guardian Email _____

Doctor's Name _____ Phone # _____

Doctor's Address _____

HEALTH HISTORY (MUST BE COMPLETED PRIOR TO THE EXAMINATION)

YES OR NO – HAS THE STUDENT HAD ANY:

- 1. _____ Chronic or recurrent illness?
- 2. _____ Illness lasting over 1 week?
- 3. _____ Hospitalization?
- 4. _____ Missing organs?
- 6. _____ Allergies (medications, food)?
- 7. _____ Problems with heart/blood pressure?
- 8. _____ Chest pain/severe shortness of breath
W/exercise?
- 9. _____ Dizziness or fainting with exercise?
- 10. _____ Fainting, bad headaches or convulsions?
- 11. _____ Concussion or loss of consciousness?
- 12. _____ Heat exhaustion, heatstroke, or other
problems with heat?

YES OR NO – IS THERE ANY HISTORY OF:

- 13. _____ Injuries requiring physical treatment?
- 14. _____ Neck or back injury?
- 15. _____ Knee injury?
- 17. _____ Ankle injury?
- 18. _____ Other serious joint injury?
- 19. _____ Broken bones (fractures)?

YES OR NO – FURTHER HISTORY:

- 20. _____ Is there any reason why this student
should not participate in sports?
- 21. _____ Has any family member died
suddenly at less than 40 years of age?
Of causes other than an accident?
- 22. _____ Has any family member had a heart
attack at less than 55 years of age? Of what
age?

YES OR NO – DOES THIS STDENT:

- 23. _____ Wear eyeglasses or contact lenses?
- 24. _____ Wear dental bridges, braces, retainers or plates?
- 25. _____ Take any medications? Please list. _____

Date of last known tetanus shot: _____

Use this space to explain any yes answers to the above questions:

Parent Signature _____ Date _____

