

Dear incoming 7th & 8th Grade Parents and Student-Athletes at FMS

I hope your summer is going strong, and as we navigate the heat, we are not too far off from the start of School. We are looking forward to another fun filled sports season at FMS. Below is the information to help register your son/daughter for athletics at FMS.

1) ONLINE REGISTRATION & ONLINE FORMS

Online registration and online forms can be found on <https://www.rsu5.org/athletics>. They need to be completed each new school year. Across the top banner, click on “REGISTRATION & FORMS”. Once you have created an account, as a “New User”, the information you enter only needs to be updated if there are changes.

If you have questions or need assistance with the registration process, please contact Athletic Administrative Assistant Hillary Morley at morleyh@rsu5.org

Please register your son/daughter for each of the 3 seasons even if you are unsure, they will be participating. It is easier to remove and change an entry than to add or re-register at a later date.

1) Register as a New User to create the parent login and a family account or login if you already have an account

2) New Users will have to acknowledge and confirm the email that will be sent to you

3) Register your student(s)

-Enter emergency and medical information

-Review athletic forms

-Select athletic activities

-Concussion sign up

-Click the boxes and hit submit

4) All middle school students must have a current [Physical](#) on file. All 7th & 8th graders must have a current Form on file, usually the Physical is completed when entering the 6th grade. Student Physical & Athletic exam Forms are good for three years. Physical Forms can be mailed, emailed

See attached Form

The registration section also includes your acknowledgement that you have read and understand the contents of both the [FHS and FMS Athletic Handbook](#) and [Parent and Coach Communication](#) - and that you have reviewed both of these documents with your son/daughter. It is an expectation that students and parents be familiar with the contents of these two documents.

There are Tutorial Videos and a Parent Tutorial available on the registration page, both may be of help to you. The videos depict another high school, but the process is the same!

2.) ATHLETIC WEBSITE: - <https://freeporths.rschoolteams.com/>

The Athletic Website continues to be the most accurate place to get schedule information. Bookmark NOW!

Also available on the website:

- coaches directory & contact information
- athletic handbook - parent coach communication guide
- athletic news, announcements & important dates
- separate tab with information for parents
- list of sports teams offered

Sign up for **“NOTIFY ME”**. Across the top banner to the right, click on Notify Me! This is different from the E-Mail Notices and announcements that you receive from the school’s main office. This is an Athletic Notification specifically for athletic cancellations, postponements & make up notices - these will automatically be generated and sent to your email/text directly from the athletic website. Currently, email notices seem to be the most reader friendly and provide much clearer information.

The Athletic Website comes with a **Mobile App** and can be synced to your personal calendars.

See Attached Links Below

- Student Physical & Athletic Exam Form**
- Guide to Freeport Athletics Online**
- Activity Scheduler Parent User Guide**

3.) FALL TRYOUTS/PRACTICES: For 7th and 8th graders:

Students interested in participating on a fall athletic team should come to the first scheduled practice prepared to fully participate. This includes appropriate practice wear/gear and all the necessary athletic registration and online forms

ALL FMS TEAMS (except football): practices will begin on Wednesday, September 3rd

Anticipated practice times:

Soccer 2:30-4:00pm

Cross Country: 2:30-3:45pm

Field Hockey: in school supervision from 2:30-3:30 - practice from 3:45-5:15

4.) FMS FOOTBALL:

Equipment handout will be on Sunday, August 18th - @ FHS 6:00PM

The Freeport Gridiron Club requires that all parents attend the equipment handout and accompanying presentation.

Practice will begin on Monday, August 19th - 5:00-7:00 PM - at the Pownal Road Field

All football practices are held at the Pownal Road Field. Preseason practices will be 5:00-7:00PM. Football, although a school sponsored activity, works with the Freeport Gridiron Club for their independent registration process. If you have not already registered and are interested in playing football you should contact the Gridiron Club representative Rita Thacker (ritathacker@yahoo.com) Football players should make sure to take care of all the necessary **ONLINE Registration and athletic forms** **PRIOR** to the first day of practice. At the conclusion of practice, parents will need to make arrangements for students to be picked up.

Once school starts, there will be a bus available to transport students to the Pownal Road Field after school each day. Regular season practice times: 3:45-5:00PM.

5.) ATHLETIC PARTICIPATION GUIDELINES:

- 7th graders may play on 8th grade teams if there are not enough 8th graders to field a complete team.
- 6th graders may play on the 7th grade teams if there are not enough seventh graders to field a complete team. 6th graders DO NOT try out with the 7th and 8th graders but may be asked to try out after the total number of 7th & 8th grade participants has been determined.
- 7th and 8th grade students cut from the 7th and 8th grade teams will be automatically placed on the “no cut” “A” Team Basketball when available.
- 6th graders may play on “A” Basketball Teams if there are not enough 7th and 8th graders to field a complete team.
- 6th graders may be asked to try out after the total number of participants has been determined.

See Attached

- Guidelines for Participation

In addition, there is another attachment - **Athletic Information & FAQ's** - you might find helpful!

[Student Physical & Athletic Exam Form](#)

[Guide to Freeport Athletics Online](#)

[Website User Guide](#)

[Participation Guidelines](#)

[Misc Info & FAQ's](#)