

Please follow these **FOUR** steps in to make sure your athlete is eligible to participate this season:

**REQUIREMENTS TO PARTICIPATE:** These requirements must be completed **before** your athlete will be eligible to participate in practices and meets for the 2024 school year.

**1. REGISTER ONLINE** through [FamilyID](#) - Please complete this step **FIRST** so your athlete is on the roster. FamilyID is a secure, user-friendly online registration platform that allows parents to enter information once for multiple family members and athletic teams.

**2. COMPLETE AND TURN IN SPORTS PHYSICAL** - All athletes **MUST** complete and turn in a Sports Physical to the main office before they may show up to practice. Contact your athlete's pediatrician to complete Sports Physical. If unsure, please call the front office to see if your athlete meets the following requirements for their physical.

Sports physicals **NOW** expire 2 years from exam date and need to be renewed on a 2-year cycle to remain current. We encourage renewal between school years to avoid expiration during your sport season. If the athlete received a physical in May of 2024, then their physical is still good.

- **OSAA Sports Physical Form** - [English](#) / [Spanish](#) (Part 1 is to be completed by the guardian and Part 2 is to be completed by a Medical Provider)

**All physicals must be completed prior to the first day of practice.** Need a Physical? Click [here](#) for medical providers in the community.

**3. PAY TO PLAY FEE** - The Pay-To-Play for the 2024 school year is \$40.00. Please pay through the [TouchBase](#) program link located on the FamilyID registration page.

**4. SIGN WAIVER OF LIABILITY** - Parent & Student Signed Waiver of Liability/ Participation Agreement - [English](#) / [Spanish](#)

If you have questions, call **Ruth Uribe**, Athletic Secretary, at 541.355.7004 or email at [ruth.uribe@bend.k12.or.us](mailto:ruth.uribe@bend.k12.or.us)