

First message: 04/10/2024

Send to all 5th & 8th families

PPS Families,

ALL 2024-2025 MIDDLE AND HIGH SCHOOL STUDENT-ATHLETES AND PARENTS/GUARDIANS MUST REGISTER ON FINAL FORMS.

We are no longer accepting paper copies of sports physicals - you must register through Final Forms

Parents/Guardians - Register yourself and your student-athlete here: <https://portage-mi.finalforms.com/>
(See link below for step-by-step instructions).

Physicals must be dated on or after April 15th 2024 to count for the 2024-2025 school year and submitted through Final Forms by the first day of tryouts/practice in order to participate.

To complete the process:

1. Upload your new pre-participation physical examination online. **There is no need to bring the actual physical paper form into the athletic office.** Update any forms and student/parent information as far as contact info, health history, etc.
2. Select the sport(s) that you or your student-athlete will be participating in. When you do this, a new form set will be created for both the parents/guardians and student-athletes to sign.
3. Remember, **Red means NO**, and **Green means GO!** In order to be **GREEN** for next year and to be able to participate, do the following:
 1. Upload a new physical examination form dated on or after April 15th of 2024.
 2. Select your sports.
 3. Read and sign the forms.

If forms are not completed and your student's sports physical is not uploaded, you can not participate/tryout.

[CHECK OUT THIS PARENT PLAYBOOK PDF FOR STEP-BY-STEP INSTRUCTIONS](#)

2nd Message: 04/16/2024

Send to all 5th & 8th grade families

PPS Families,

Thank you to all the families who have gone in and started the process of completing their Final Forms account. Remember, you must have all items (parent signed forms, student signed forms and sports physical uploaded dated 04/15/24 or later) completed in order to participate in tryouts or attend the first practice.

ALL 2024-2025 MIDDLE AND HIGH SCHOOL STUDENT-ATHLETES AND PARENTS/GUARDIANS MUST REGISTER ON FINAL FORMS

We are no longer accepting paper copies of sports physicals - you must register through Final Forms

Parents - Register yourself and your student-athlete here: <https://portage-mi.finalforms.com/>.

Your physical must be dated on or after April 15th 2024 to count for the 2024-2025 school year and submitted through final forms by the first day of tryouts/practice in order to participate.

The process is pretty simple.

Upload your new Pre-participation physical examination online. There is no need to bring the actual physical paper form into the athletic office. There might have been some confusion with a previous email from Final Forms, but there is no need to bring the actual paperwork into the athletic office. Remember, this new physical examination for the 2024-2025 school year must have taken place on or after April 15th, 2024.

Update any forms and student/parent information as far as contact info, health history, etc. Select the sports that you or your student-athlete will be participating in. When you do this, a new form set will be created for both the parents/guardians and student-athletes to sign.

Remember, **Red means NO**, and **Green means GO!** In order to be GREEN for next year and to be able to participate, do the following:

Upload a new physical examination form dated on or after April 15th of 2024.

Select your sports. You must select the sports you are interested in trying out for in order to receive any communication regarding conditioning, tryouts etc.

Read and sign ALL the forms.

*No exceptions to this rule, if forms are not completed and your student's sports physical is not uploaded you can not participate/tryout. Make sure to get this completed before the season starts!

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