



ACTIVITY REGISTRATION

» BOUND

Urbandale J-Hawks
Student-Athlete Registration

EASY AS 1-2-3

» BOUND



1

Scan the QR Code or go to the link below.

<https://www.gobound.com/ia/schools/urbandale>

Then, click the Registration tab.

2

Login or click 'Create Your Account Now'

Returning Students

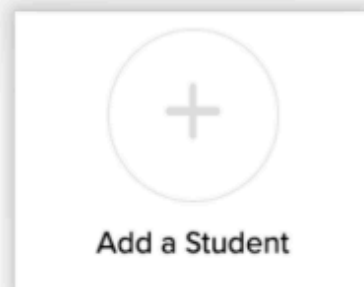
Click on your student portal and register for activities. Skip step 3.

New to Bound

Create your family account and move on to step 3.

3

Click 'Add a Student' and then search for your student. Verify the information and click 'Connect to My Student'.



Add a Student

For assistance, [click here](#) or contact Bound with the green chat bubble!

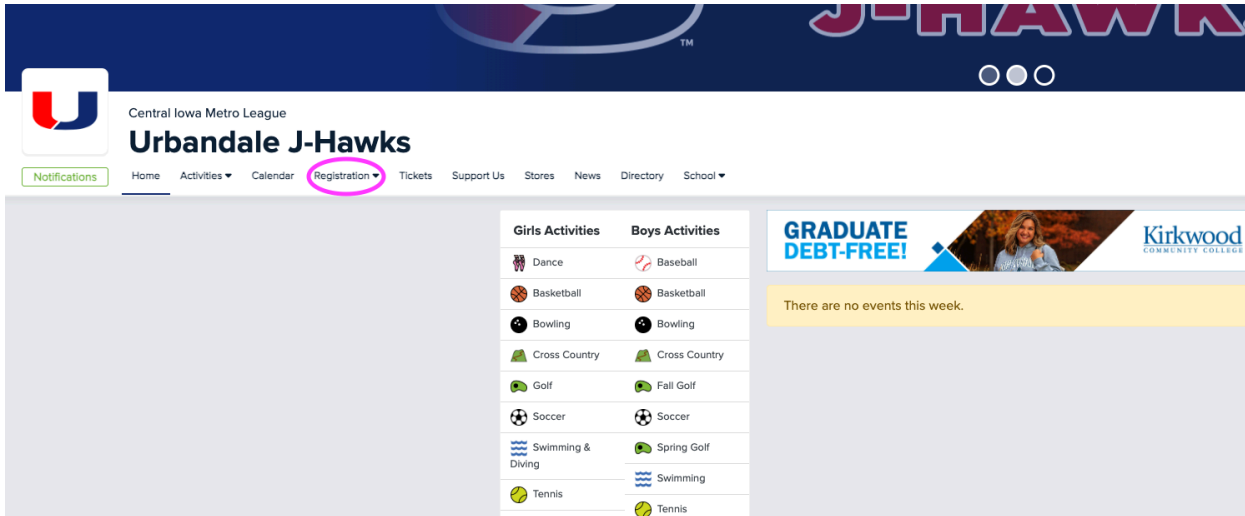


Connect to My Student

Bound Registration Instructions

Step 1. Click [Here](#): or navigate to <https://www.gobound.com/ia/schools/urbandale#>

Step 2. Click Registration - Activities

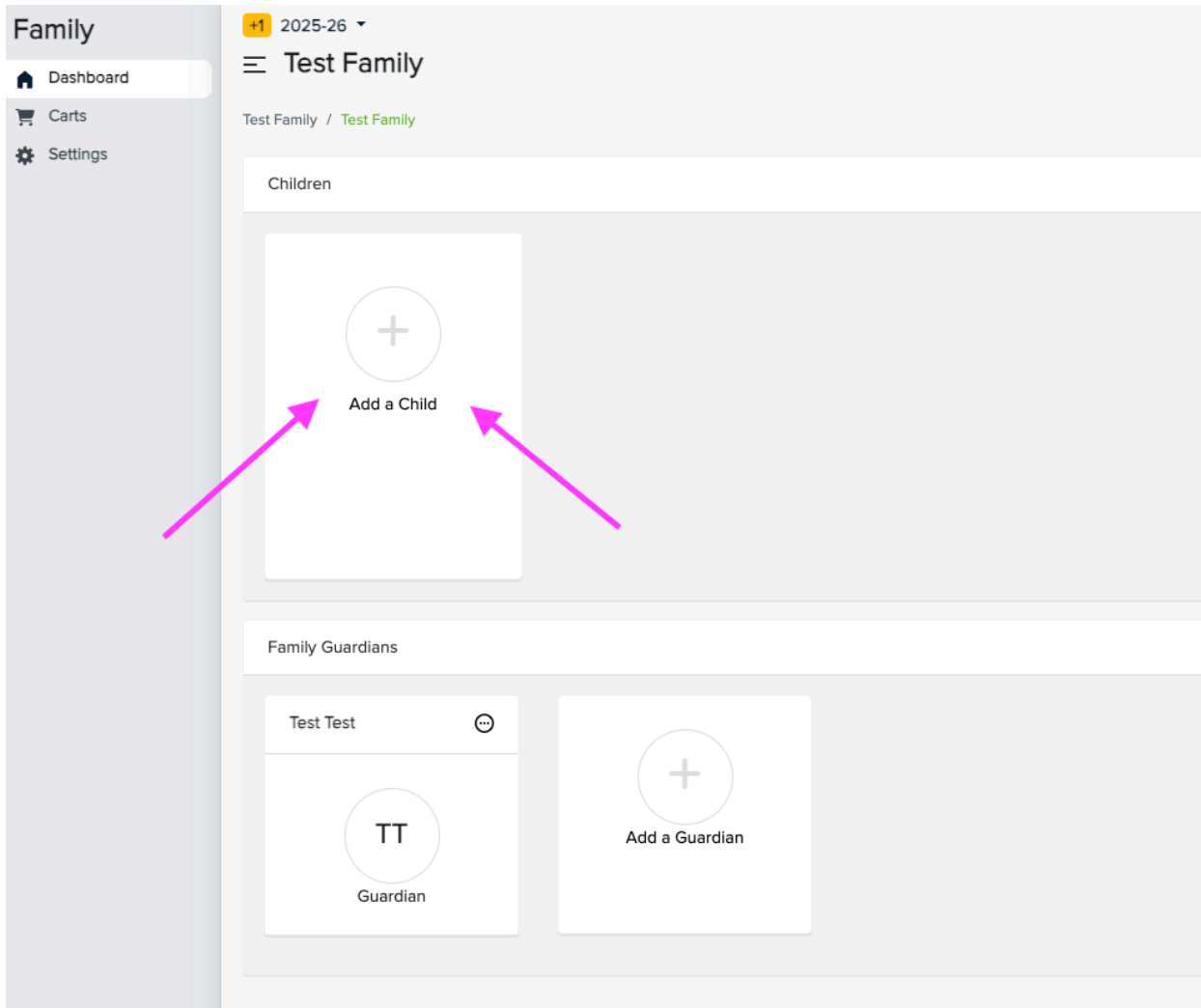


The screenshot shows the website for the Central Iowa Metro League Urbandale J-Hawks. The navigation menu includes: Notifications, Home, Activities, Calendar, Registration (circled in pink), Tickets, Support Us, Stores, News, Directory, and School. Below the navigation menu, there are two columns of activities:

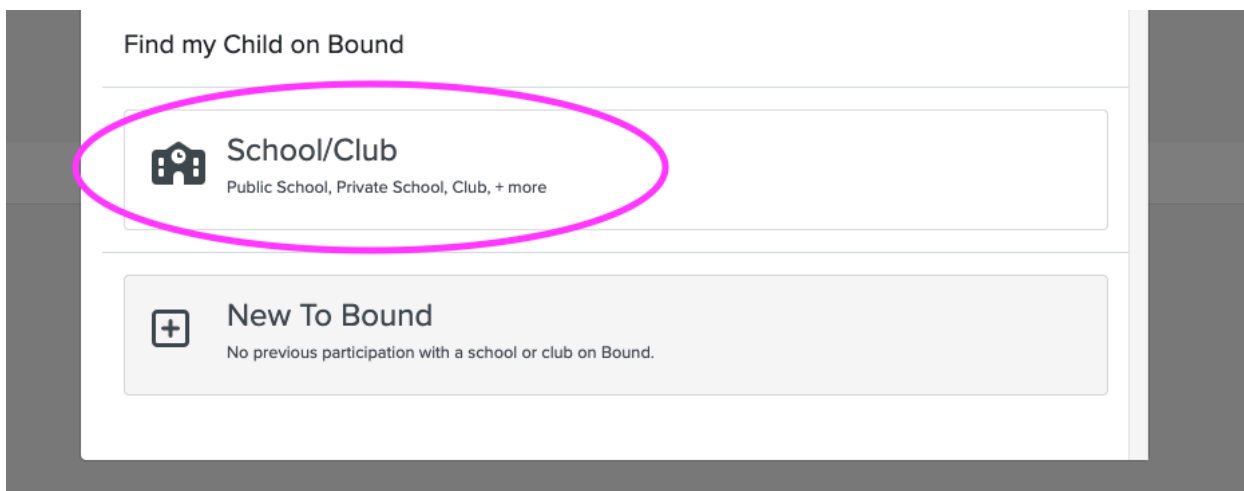
Girls Activities	Boys Activities
Dance	Baseball
Basketball	Basketball
Bowling	Bowling
Cross Country	Cross Country
Golf	Fall Golf
Soccer	Soccer
Swimming & Diving	Spring Golf
Tennis	Swimming
	Tennis

On the right side of the page, there is a banner for Kirkwood Community College with the text "GRADUATE DEBT-FREE!". Below the banner, a yellow box contains the text: "There are no events this week."

Step 3. Click "Add a Child"



Step 4. Click "School/Club"



Step 5. Select Urbandale High School and click "Next Step"

The image shows a web form titled "Find or Add My Child" with a close button (X) in the top right corner. The form is divided into two main sections: "Select Your State" and "Select Your School/Club".

In the "Select Your State" section, a dropdown menu shows "Iowa" selected, with a green "Change" button to its right.

In the "Select Your School/Club" section, a dropdown menu shows "Urbandale" selected, with a green "Change" button to its right. This section and the "Urbandale" text are circled in pink.

At the bottom of the form, there are two buttons: a light green "← Go Back" button and a dark green "Next Step →" button. The "Next Step →" button is circled in pink.

Below the buttons, the word "Cancel" is centered.

Step 6. Search for your student. If you found your student, skip to Step 8.


Find or Add My Child ×

Selected: Iowa Urbandale

Search

Blake Smith 2025
Charlotte Smith 2028
Cole Smith 2028
Cooper Smith 2025
Emma Smith 2026
Evan Smith 2027
Finley Smith 2030
Izach Smith 2025
Ja' More Smith 2030
Jackson Smith

Step 7. If they do not appear, click "Click here" at the bottom of the page to create a student

Nox Smith 2026
Sadie Smith 2029
Trey Smith 2025
 I can't find my student Click here

[← Go Back](#)

Cancel

Create Student ×

If you cannot find your student's name after searching, you may need to manually add your student to your school. If you think there has been a mistake, please reach out to our support team using the green button in the bottom right corner or contact your school directly. You may need to manually connect their profile and add them to your school.

First Name

Last Name

Legal Gender
 Female Male

Graduation Year

[← Go Back](#) [Submit](#)

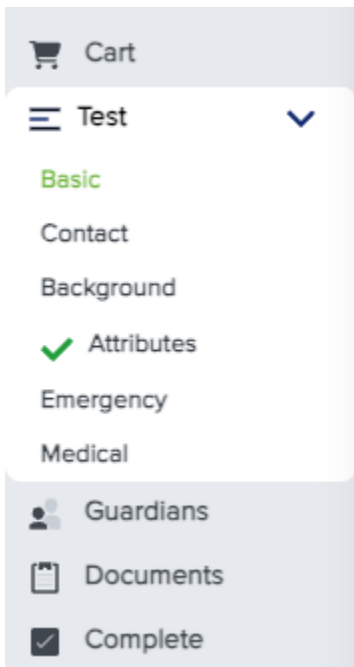
Cancel

Step 8. Click "School/Club" then click Urbandale
Decide what activities you would like to register for then click "Begin Registration"

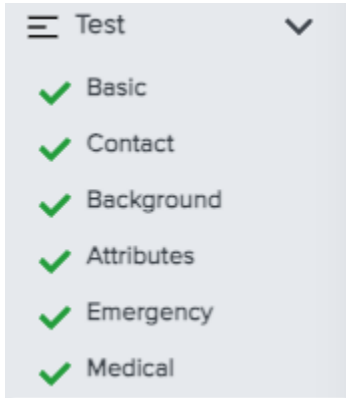


Step 9. Fill out ALL Information for:

- Basic
- Contact
- Background
- Attributes
- Emergency
- Medical



This is what it should look like when finished :



Step 10. Submit documents (For Athletics only, Performing Arts can register without)

Must Fill out all 3:

- Heads Up Concussion
- ImPACT (only for High School sports)
- Physical Form

A screenshot of a registration form. The top section is titled 'Documents Needed For Registration' and contains three rows of document requirements. Each row has a 'Submit' button, a 'Sample' dropdown menu, and a 'REQUIRED' label. The first row is 'Heads Up Concussion Form', the second is 'ImPACT', and the third is 'Physical Form'. The bottom section is titled 'Signed and Completed Documents' and has a table with columns for 'Name', 'Signee', and 'Signed'. Below the table are navigation buttons: 'Go Back' (left arrow), 'Next Step' (right arrow), and 'Cancel'.

Step 11. Heads Up Concussion - Just need e-signature

Heads Up Concussion Form *

By entering your name(s) below, you are acknowledging that you have read and understand the Heads Up Concussion document attached in this section.

Sample Documents



Notes

Please provide any notes that are relevant to the school staff. Leave blank if none.

Date Performed

Please provide a performed date for the document.

Parent Signature

Test Test

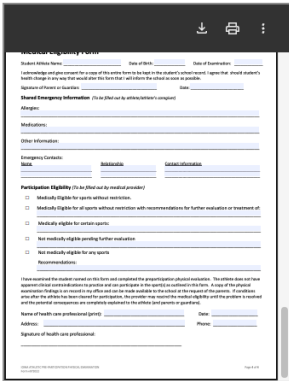
Student Signature

Step 12. Pre Participation Physical - Need last page with Doctor's Signature. Upload by scanning or taking a picture and clicking "Browse"

Physical Form *

Only last page with parent and doctor signature is required to upload; Other pages are optional to upload

Sample Documents



Upload File Front Page Browse x

OPTIONAL
Upload File Signature Page Browse x

REQUIRED
Please upload a file or files (front/back). You can upload PDFs, JPEGs or PNGs from your phone or desktop.

Notes

Please provide any notes that are relevant to the school staff. Leave blank if none.

Physical Examination Date
mm/dd/yyyy

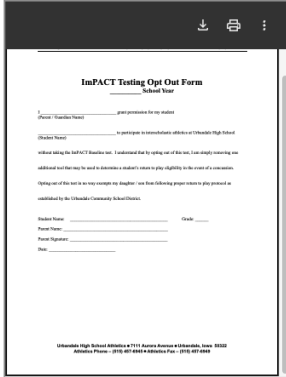
Please provide the date the physical was performed.

Step 13. Upload either imPACT Opt Out Form or save the completion certificate at the end of your [imPACT test](#). Upload by scanning or taking a picture and clicking "Browse"

imPACT *

Students must upload either a completed imPACT certificate or Opt Out Form. For students who are completing the imPACT test, please click the link below and save the completion certificate at the end. That certificate will be the document that is uploaded in this section. For students who are opting out, please print the attached Opt Out Form, fill out the information and sign it, and upload the completed document in this section.

Sample Documents



Links

[imPACT Baseline Test Link](#)

Upload File ImPACT Certificate or Opt Out Form

Browse

REQUIRED

Please upload a file or files (front/back). You can upload PDFs, JPEGs or PNGs from your phone or desktop.

Notes

Empty text area for notes.

Please provide any notes that are relevant to the school staff. Leave blank if none.

Step 14. Click "Complete Registration"

2025-26 Confirm Cart

Test Family / Cart

Items in this cart have information

8th Grade Boys Basketball Registration - 8th Grade Boys Basketball Registration
Description: Please use this to register for 8th grade boys basketball.

High School Boys Basketball Registration - High School Boys Basketball Registration
Description: Please use this to register for High School boys basketball grades 9-12.

Item	Person	Subtotal
8th Grade Boys Basketball Registration - 8th Grade Boys Basketball Registration Remove from Cart	Test	\$0.00
High School Boys Basketball Registration - High School Boys Basketball Registration Remove from Cart	Test	\$0.00
Total Before Fees		\$0.00

[Click to Complete Registration](#)

Step 15. Check for confirmation email



Test

Student Registration

Test

Your student(s) has been successfully registered for the following activity:

Student: Test Test, Pre-K

Item: Boys Basketball - 8th Grade Boys Basketball Registration

Item: Boys Basketball - High School Boys Basketball Registration

[View Confirmation Receipt](#)

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