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ALL SPORTS MEETING AND FALL SIGN-UP INFORMATION

Use this link to register for volleyball and football (must register all student-athletes separately): [Fall Registration](#)

Concussion baseline testing information will be sent to the parent/guardian email used in the registration once you're signed up. You will need a device to take the concussion baseline test.

Please note the sports meeting on August 11th is for ALL student-athletes, parents and guardians, NOT JUST FALL SPORTS.

All sports information is available on the AD website: [AD Website](#)

Remember to get up-to-date physicals prior to the start of practice. Student-athletes without an up-to-date physical will not be allowed to practice until we have one on file. Physicals are good for 3 years.

Use this checklist to double check you're ready to play: [Student-Athlete Checklist](#)

If you have any questions, please contact me at rpahl@ulenhitterdal.k12.mn.us

Thank you and GO TITANS!

Ryan Pahl
NCE/UH Activities Director

