

**2025-2026 Prospective athlete parents:**

Hello parents,

For those of you who have athletes entering 7th through 12th grade looking to play a sport for the 25-26 school year and will need to fill out the PIAA sports physical paperwork, you will now have the option to fill/submit everything out directly through the healthy roster application online or on your phone.

There are 2 options for this:

-A fill and sign option for all forms much like an adobe pdf fill/sign form (except the section 6 physical exam sheet)

or

-There are downloadable templates that you can print, fill out and scan with your phone/computer and upload completed back into the system.

No more forms getting lost between the house and the school, no paying for stamps for mailing, no running into the school to drop papers off over the summer, no incomplete/missing forms. A quick easy way to complete about 90% of the paperwork at your fingertips.

After your athlete is signed up for a sport through the school by either using the QR codes around the school before the summer or the "sport sign up" links on the school website under athletics (active May 1st for fall sports), you will receive an email inviting you to download the Healthy Roster app and create a login. Your athlete's basic information will already be in the system (Name, DOB, graduation year) along with the parent/guardian email(s) that were listed in the sign up form. Once you create an account, adding your phone number will be very helpful if we would need to contact you for any emergent situations.

May 1, 2025 and after any athletes already in the system or those signing up for their first school sport will be "assigned":

- The L-S Injury Policy/Protocol
- The CIPPE PIAA physical packet sections 1-6
- The L-S Emergency page.

The system is set to send out reminders for paperwork once a month for May and June. Come July 1<sup>st</sup> there will start to be weekly reminders as we grow closer to the start of the fall season.

What if I'm not planning on getting a physical over the summer?

- Once the fall season starts, the reminders will go back to once a month. They will start up again weekly a month before the winter season is scheduled to start and same with the spring.

Unfortunately, we cannot specify which athletes get the paperwork "assigned" once in the system. It can only be assigned to the entire organization (Lampeter-Strasburg School District). If you have/wish to have the healthy roster app for injury tracking but still want to turn in the

paper pages for the full packet you may. Just ignore the healthy roster notifications about missing paperwork.

This "video link" will help walk you through filling out the page through the app or filling out and scanning them in.

This "video link" will help walk you through filling out the pages through the website version of the app.

**\*\*If you are printing, filling and uploading, please make sure your writing and images are clear and pay special mind to uploading the sections 2-4 as they will all be uploaded to the same file.**

If you have an athlete who has been in a school sport for the 24-25 school year but don't think you received a Healthy Roster invite, or if you have any questions in general, please reach out to Anya Badulak at [anya\\_badulak@l-spioneers.org](mailto:anya_badulak@l-spioneers.org) and she will be happy to work with you.