

To All Tiger Parents:

The Frenship Sports Medicine staff would like to welcome you to another year of Frenship Tiger athletics/band. To ensure your child's health and eligibility, we have assembled a packet of all necessary paperwork **required** for participation in ***any*** and ***all*** sports and FHS marching band.

Fill out required forms electronically through Rank One Sport by going to frenshipisd.rankonesport.com (see reverse side for instructions). The medical history and physical examination forms must be completed and signed by a physician and turned in.

FAILURE TO PROPERLY AND COMPLETELY FILL-OUT AND SIGN ALL FORMS COULD RESULT IN YOUR CHILD BEING INELIGIBLE TO PARTICIPATE IN ATHLETICS/BAND!

Your child will need a new physical examination if he/she will be in 7th through the 12th grade for the upcoming school year. **The medical history portion of the physical form must be completed and signed before your child will be seen by a physician.** The schedule for the physicals is:

Middle School Dates:

Tuesday April 2nd

1:00 PM Frenship Middle School

1:00 PM Alcove Trails Middle School

Tuesday April 9th

8:00 AM Heritage Middle School

1:00 PM Terra Vista Middle School

High School Dates:

Tuesday April 2nd

8:00 AM Freshmen

9:00 AM Sophomores

10:00 AM Juniors

High school physicals will be done at Frenship High School Tiger Pit

The cost of the physical exam is \$20.00 (**make checks payable to FHS Booster Club**). This event is not mandatory and students may obtain their physicals from other healthcare providers. The medical professionals providing this service to Frenship ISD are the physicians and residents from Texas Tech Pediatrics. **The physicals MUST be on the current physical exam form, updated and released by the UIL in 2024.** You can also access the form online at <http://www.uil.utexas.edu/athletics/forms>.

If you have any questions or need to reach us for any reason, please do not hesitate to contact us at the FHS fieldhouse at 866-4480. Thank you for your support and cooperation.

Sincerely,

Frenship ISD Sports Medicine Staff

RankOne Parent Click Sheet

1. Go to frenshipisd.rankonesport.com
2. Click "Proceed to Online Forms"

Frenship ISD

HOME

Welcome to the Parent Portal!

Once you have reviewed the instructions [Click Here](#) to proceed to online forms

Frenship ISD welcomes you to our online athletic forms website!

We would like to thank you for taking part in our new process of accepting the required athletic participation paperwork for Frenship ISD.

You will be able to complete all of the required FISD athletic forms with the exception of the athletic physical and medical history.

A new athletic physical and completion of our athletic forms are required annually at FISD

The student is required to use the UIL Pre-Participation Physical Evaluation form (rev. 12/2020). NO OTHER Physical Examination Form can be accepted.

Frenship ISD hosts an opportunity to have the athletic physical done at the Frenship High School Tiger Pit and at each Middle School every Spring (dates TBA) for \$20.

Parents/guardians may take their student-athlete to their own private physician as long as the exam is reported on the correct UIL form, found under the "DOWNLOAD AND PRINT" tab.

If you have any questions, please contact Nancy Carleton (ncarleton@frenship.us), Kimber Rodgers (kr Rodgers@frenship.us), or Dustin Rush (drush@frenship.us) or call the Athletic Office at (806)866-4480.

[Proceed To Online Forms](#)

3. Click "Continue as Guest" or Create an account will allow you to receive email updates of Game schedule/results

Frenship ISD

Instructions

PARENT LOGIN

Welcome to the Parent Portal!

We recommend that all parents create an account. Without a parent account you will not be able to see your student's status or download the completed forms.

Email

Password

[Login](#) [Continue as a guest](#)

[Forgot your password?](#)

[Login with Facebook](#)

[Login with Google](#)

[New to Rank One? Create New Account](#)

[Search for your account](#)

GET THE APP!

Parents, get all your favorite features on your phone or tablet!

- ✓ Online Forms
- ✓ Team Schedules
- ✓ Manage Students
- ✓ Get Push Notifications
- ✓ HIPAA and FERPA Compliant

Get it today on iOS and Android

Available on the [App Store](#) [Get it on Google play](#)

4. Enter your student's Last Name and Student ID Number
5. **Complete ALL forms!**