

2023-2024 JH Wrestling Checklist:

1) **ATS Athlete Form Online**

- Students will need their ATS portal in order to participate. Instructions on backside.

IF you have set it up last year or this fall you only need to update the info. Athletes should **NOT** create a new portal if they already have one. They can also submit their forms into the portal and keep the original copies. **ALL athletes MUST COMPLETE THIS IN ORDER TO PARTICIPATE.** Please select "FRESHMAN WRESTLING" for the sport

2) **Physicals Recertification Forms Due NOV. 8th**

- All athletes need a physical and the form to be uploaded in Section 7 of ATS Portal
- ALL forms need to be electronically submitted. NO paper copies
- ALL forms can also be accessed on the school website, in school offices, and in athletic offices.

3) **Any Questions on the ATS/Physicals/Recerts please contact:** Athletic Trainer Jennifer Wettig, 717-618-7003 or email at jennifer_wettig@hempfieldsd.org (there is an underscore between Jennifer and Wettig)

4) **Hydration & Concussion Testing- 11/16 @ High School** (Bus 2 for CMS)

- 3:30-5:00: **Hydration** Boy Locker Room across from Athletic Office. **Concussion Testing** Rm#121
- Bus transportation will be provided (I'll have the bus # at a later date)
- If you had the school issued concussion test this fall or last season & you haven't had any head injuries you won't have to do this portion, but EVERYONE will need to do the Hydration testing as it required every year.

5) **Practice Begins Friday, November 17th@CMS at 3pm**

6) **PARENT MEETING: Monday, November 13th- 6-7PM @CMS** in the cafeteria

7) **Schoology and Remind App**

- **WRESTLERS:** Join Junior High Wrestling Group on Schoology.
 - This will be a main source of communication for wrestlers
 - Access Code- **PM542-WTTH7**
- **PARENTS: Remind App-** A parents main source to be used for quick updates and/or contacting Coach Cote
 - **Text 81010 to @789ecc**
- Coach Nate Cote's Contact information
 - Email: natec157@yahoo.com
 - Text- 717-208-0534

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ATS Instructions

In ATS you can complete all physical paperwork digitally except Section 6 (the physician's page). You will be able to upload section 6 into ATS eliminating the need to send in paper forms. In order for an athlete to participate in practices/scrimmages/games all paperwork needs to be filled out electronically. Paperwork includes: athlete information, PIAA Forms 1-5; signed/uploaded physical (page 6 Doctors form can be printed off from ATS portal or printed off from the school website)

Go to hempsfield8.atsusers.com

Login:

- Athlete ID: new
- Password: new
- Database: **atshempfield**

Begin filling out all information required in yellow

1st SCREEN : is for parent/guardian info, once saved please select **add athlete**

ADD athlete

- When selecting a team, make sure you select all sports that the athlete plans to participate in (fall, winter, and spring)
- Athlete ID: this is where you create your own athlete ID (suggestion: Student ID)
- Password: this is where you create your own password
- Preferred Hospital: please choose one of the following
 - Lancaster General Hospital, UPMC, Heart of Lancaster, Hershey Medical, etc.

Insurance tab: fill out required fields in yellow

Contact tab: fill out required fields in yellow

****CLICK "SAVE ATHLETE'S INFORMATION****

After information is saved, a **forms tab** will appear in the toolbar.

- Click form tab
 - Drop down box – PIAA form 1
 - Click new
 - Fill out all questions – sign and save when completed
 - Repeat for PIAA forms 2-4 – remember to sign and save
 - PIAA Form 5 health history form
 - Answer all questions.
 - SIGN AND SAVE

If a question is not filled out entirely or yes/no weren't clicked, a pop-up message will appear and tell you what needs to be completed. Please complete required information and click save again.

EFiles tab: view and print blank physical form to take to athlete's physician for them to fill out/date/sign

To upload Section 6 completed (signed and dated) by an Authorized Medical Examiner

- Scan and save document to home computer OR take a picture with smart phone (file size must be less than 1MB)
 - Go to EFiles tab
 - Click document type – select "Physical signed"
 - Make sure physical is signed and dated by physician
 - Choose File
 - Upload