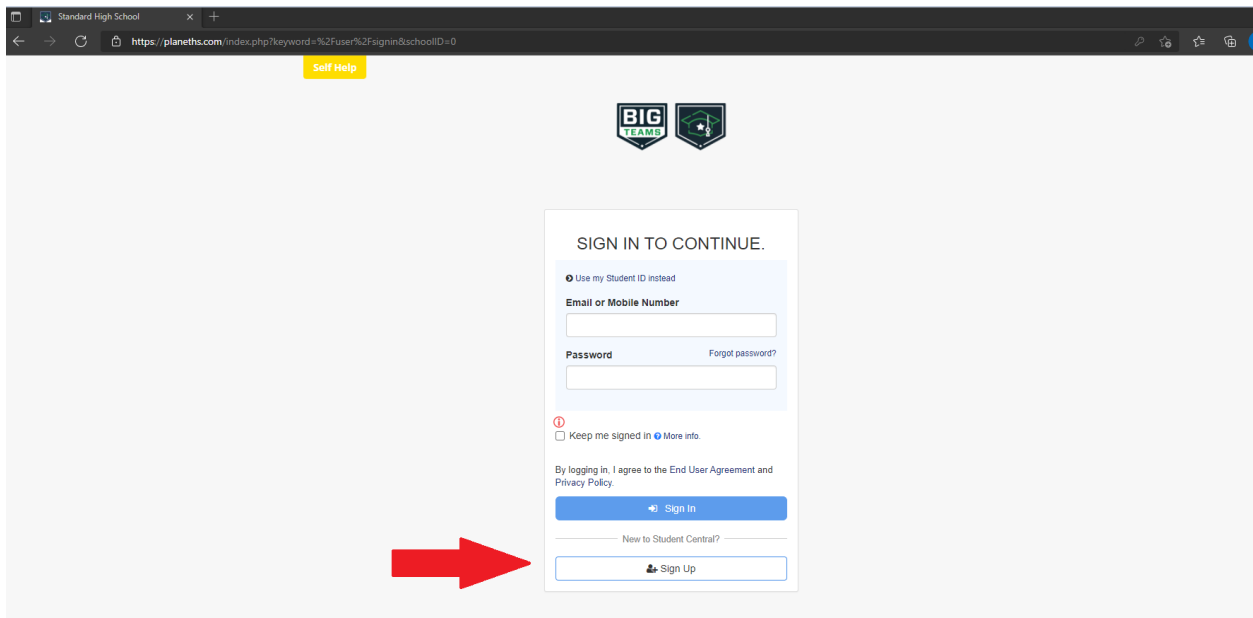


To be able to participate in sports at Kalamazoo Central, students and a parent/guardian must submit a valid physical, content forms, and pay the \$50 health and wellness fee via PlanetHS.com.

TO SIGN UP, VISIT PLANETHS.COM AND CLICK THE SIGN UP BUTTON



Fill out the information on the next page with your information

## Sign Up

**Step 1**  
Who is this account being created for?

A student  
 A parent  
 A staff or faculty member

---

**Step 2**  
Provide some details about the student account you're creating. Be sure to provide an official name. For example, Michael Smith-Jones instead of Mike Jones.

First Name (official)

Last Name (official)

Gender  
 Male  
 Female

BirthDay  
 Month  Day  Year

HS Graduation Year

---

**Step 3**  
What credentials will be used for signing in? You may use either an email address or mobile number.

Email or Mobile Number

Password (8 or more characters)

Confirm Password

**TYPE IN KALAMAZOO CENTRAL IN STEP FOUR, THEN CHOOSE WHICH SPORTS YOU MAY BE INTERESTED IN**

**Step 4**  
What school does the student account belong to? Type a few characters and choose from the list of available options.

---

**Step 5**  
What teams are you interested in participating in?

**Sports of Interest**

Select the sports you wish to participate in this school year.

<input type="checkbox"/> Baseball	<input type="checkbox"/> Basketball
<input type="checkbox"/> Bowling	<input type="checkbox"/> Competitive Cheer
<input type="checkbox"/> Cross Country (team)	<input type="checkbox"/> Football
<input type="checkbox"/> Football Cheer	<input type="checkbox"/> Golf (team)
<input type="checkbox"/> Ice Hockey	<input type="checkbox"/> Lacrosse
<input type="checkbox"/> Sideline Cheer	<input type="checkbox"/> Skiing (Alpine)
<input type="checkbox"/> Soccer	<input type="checkbox"/> Softball
<input type="checkbox"/> Swimming & Diving (team)	<input type="checkbox"/> Tennis
<input type="checkbox"/> Track/Field (team)	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Wrestling	

By clicking Sign Up, you agree to our Terms of Service and Privacy Policy. You may receive SMS notifications from SignUpGenius. We may occasionally contact you with offers that may be of interest to you. We will never sell your information to third parties. We will never sell your information to third parties. We will never sell your information to third parties.

Already have an account?

**ONCE THE ACCOUNT IS CREATED, MAKE SURE TO LINK YOUR ACCOUNT WITH YOUR PARENT/GUARDIAN, AS THEY WILL NEED TO MAKE AN ACCOUNT AS WELL.**

**Self Help**

Home Athletic Forms Link Account Message Center 1 Student Fees

**Account**

- Notifications
- Password
- Profile Picture
- Linked Accounts
- Sports and Activities
- Emergency Contact
- Deactivate Account

## Account Settings

*Items marked with an asterisk (\*) are required.*

**\* I am a**

Student  
 Parent  
 Staff or faculty member

**\* First Name**

**\* Middle Name**

**Suffix**

**\* Last Name**

**\* Gender**

Male  
 Female

**\* Birthday**

**NOW IT IS TIME TO COMPLETE THE FORMS REQUIRED. CLICK "ATHLETIC FORMS" AT THE TOP OF THE SCREEN, THEN SCROLL TO THE BOTTOM TO SEE THE ITEMS REQUIRED**

\*Students have the ability to immediately complete and digitally sign Pre-Participation web forms. In order for a parent/guardian to complete and digitally sign the parent/guardian portion of the forms, the student account must be linked to the parent/legal guardian's account.

**Sports of Interest**

Select the sports you wish to participate in this school year.

<input type="checkbox"/> Baseball	<input type="checkbox"/> Basketball
<input type="checkbox"/> Bowling	<input type="checkbox"/> Competitive Cheer
<input type="checkbox"/> Cross Country (team)	<input type="checkbox"/> Football
<input type="checkbox"/> Football Cheer	<input type="checkbox"/> Golf (team)
<input type="checkbox"/> Ice Hockey	<input type="checkbox"/> Lacrosse
<input type="checkbox"/> Sideline Cheer	<input type="checkbox"/> Skiing (alpine)
<input type="checkbox"/> Soccer	<input type="checkbox"/> Softball
<input type="checkbox"/> Swimming & Diving (team)	<input type="checkbox"/> Tennis
<input type="checkbox"/> Track/field (team)	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Wrestling	

**Completion of These Forms is Required of Each Student**

The forms below must be completed by both the student and a parent or legal guardian. Only after the Sports Director has reviewed and approved the completed forms will the student be allowed to participate in team activities.

**Status Legend**

- Awaiting Student Signature:** The student needs to log into their account to review and sign the form
- Awaiting Parent Signature:** The parent needs to log into their account to review and sign the form
- Pending Staff Approval:** The form is now waiting for the Sports Director at your school to review and approve the form
- Declined:** Staff has Declined the form
- Complete:** This form has been approved by the Sports Director at your school

- Physical Evaluation Form **Incomplete**
- Kalamazoo Public Schools Consent Form **Incomplete**
- Fee Payment Form **Incomplete**
- Covid Vaccination Card (Optional) **Incomplete**



CLICK EACH OF THOSE LINKS AND FOLLOW THE INSTRUCTIONS PROVIDED BY EACH. **PER MHSAA RULE PHYSICALS UPLOADED MUST HAVE BEEN DONE ON OR AFTER APRIL 15, 2022 TO BE VALID FOR THE 2022-23 SEASON.**

The screenshot shows a web interface for uploading a Physical Evaluation Form. At the top, there is a navigation bar with the Big10 Sports logo, a search bar, and buttons for 'Kalamazoo Central High School' and 'Test Student'. Below the navigation bar, the page title is 'Physical Evaluation Form'. The user is identified as 'Test Student' from 'Kalamazoo Central High School', with a 'Grad Year' of 2024, 'Gender' of male, and 'Date Of Birth' of 02/01/2006. A note indicates that items marked with an asterisk (\*) are required. A 'Form Requirement(s)' section lists 'Parent Signature Required'. Under 'Ready to submit?', instructions state that users can submit paper pre-participation forms in two ways: scanning or photographing the form, or clicking the 'Upload Document' button. A note specifies that only a single file can be uploaded and that subsequent uploads will overwrite previous ones. A blue 'Upload Document' button is visible. At the bottom, there is a disclaimer and a copyright notice for Big10 Sports LLC.

PLEASE REMEMBER AS WELL TO **UPLOAD BOTH SIDES OF THE PHYSICAL.** MAKE SURE ALL REQUIRED SIGNATURES ARE THERE AND FILL OUT THE EMERGENCY CONTACT INFO.

A blank copy can be found at MHSAA's website and/or printed copies are available at the athletic office and at many clinics:

<https://www.mhsaa.com/portals/0/Documents/health%20safety/physical2page.pdf>

TO PAY THE INSURANCE FEE, CLICK THE "STUDENT FEES" BUTTON ON THE BLUE TOOLBAR AT THE TOP

IF YOU HAVE QUESTIONS OR DIFFICULTIES, FEEL FREE TO CONTACT MR. SLOCUM ([slocumjj@kalamazoopublicschools.net](mailto:slocumjj@kalamazoopublicschools.net)) IN THE ATHLETIC OFFICE OR YOUR DESIRED SPORT'S COACH