



Welcome to **2023 University High Football**

Welcome to University High School Football. In order to register to play on the team for the upcoming year, please follow these instructions:

1. Go to <https://www.universityhighfootball.com/>
2. Click on the link at the top that says "PLAYER REGISTRATION"
3. Type in the information requested in each box. All items are required, so you will not be able to submit the form without filling in each box.
4. When you are finished filling in each box, click on the gold SEND button at the bottom of the page. This will register you in our data base and email list, so that you receive all future emails and mailings that relate to the football program
5. Scroll back to the top of the page and click on the link for "FORMS"
6. The first item on the page will be the PHYSICAL FORM. Click on the gold DOWNLOAD button to download the form to your computer. Open the form from your computer and print it. You will need to take this form with you to your doctor of choice to obtain a physical, which must be done between 5/1/23 and 6/12/23, in order to participate in the 3-week summer sessions. Parts 1, 2 and 3 will be filled out by the athlete and parent. Part 4 will be filled out by your physician at your visit.
7. The second item on the FOOTBALL FORMS page is the INSURANCE FORM. Click on the gold DOWNLOAD button for it, and print it. A parent must fill out and sign this form as proof that the athlete has health insurance. This is a required form in order to participate in the 3-week summer session, as well as the regular season.
8. The third item on the FOOTBALL FORMS page is the MEDICAL TREATMENT FORM. Click on the gold DOWNLOAD button for it, and print it. A parent must fill out and sign the form in all applicable places.
9. Once these three forms are complete, they need to be turned into me. This can be done the first day of the three-week summer practice, or at weightlifting before the three-week session starts, or on any of our Flex Day practices on June 5th, 6th, 7th, 8th and 9th. The flex day practices will run from 9am to noon each day.
10. Please note that some of the other forms listed on the FORMS page, have not been updated for this season yet, as there is no need for any other forms at this time.
11. If you wish to register more than two email addresses that you did in Step 3 above, you can click on EMAIL NOTIFICATION at the top of the web site, and submit additional email addresses to our football list-serve.
12. Go to the app store on your phone and download the HEJA app. Create your account and then use the Team Code of KT-254085 to be connected to our Team on that app. We use this app for announcements, questions, schedule changes, reminders, etc.

Once the PHYSICAL FORM, INSURANCE FORM, and MEDICAL TREATMENT FORM are completed and submitted to University High School, they are good for the entire 2023-2024 school year for all sports.