

Pre-Season Checklist

- Complete your physical ([2024-2025 Physical Form English \(PDF\)](#))
- Complete all forms on RankOne Sports (<https://austinisd.rankone.com/New/NewInstructionsPage.aspx>)
- Get a water bottle that you can leave in the room. We will have two water machines in the room, but the room will be disposable water bottle free.
- You may want to have some spare athletic shoes and clothes in the room. If you have braces you will need a double sided mouthpiece (ex. <https://www.academy.com/p/shock-doctor-youth-double-braces-mouth-guard>)
- Sign up for SportsYou, join code: 5RJC4YNW. This is for both parents and athletes. ATHLETES, you will need to request me as a friend so I can add you to the athletes group.