

# SUITLAND SPORTS REGISTRATION

## **IN ORDER TO PARTICIPATE IN A SPORT AT SUITLAND THE FOLLOWING STEPS MUST BE COMPLETED:**

1) All students must have a 2.00 GPA for the previous quarter except incoming 9<sup>th</sup> graders playing a fall sport.

2) Take Physical Forms to a doctor to be completed. You can download them from [suitlandathletics.com](http://suitlandathletics.com)(click the “More” link) **YOU MUST HAVE YOUR PHYSICAL BEFORE YOU DO THE ONLINE PACKET.**

3) Go to “FormReleaf.com” log in or create account and insert information.

3) Once completed there is a link on FormReleaf where you can upload your physical(which is the Pre-Participation form from your doctor and the History Form). If you don’t have access to a computer you can upload your physical using your smartphone by doing the following:

- a) Take a picture of your physical (The page labeled “Physical Form” and the page titled “History Form”-You Must Have Both)
- b) Once on FormReleaf, click “Upload”, go to your photos and select your physical forms.

**\*YOU SHOULD NOT DO THE ONLINE PACKET UNTIL YOU HAVE THE PHYSICAL PAPERS READY TO UPLOAD.**

\*Both parent and student will have to sign the permission portions in FormReleaf.

\*When registering on FormReleaf click all sports you are interested in playing.