

Dear USC Athletic Family:

Beginning with the upcoming 2020-21 school year, the Upper St. Clair School District will be using Allegheny Health Network Sports Medicine for all athletic training needs. One of the features AHN brings to Upper St. Clair is Healthy Roster. Healthy Roster is a free mobile website program connecting parents and coaches from Upper St. Clair with their licensed athletic trainer to improve communication and care for student-athletes.

The program is HIPPA compliant – meaning your child’s information is secure and available only to individuals you choose.

Some of the changes include:

- The Upper St. Clair Athletic Department will be using this online tool to register student-athletes this year. We will no longer be using Family ID.
- Registration fees will not be collected until AFTER tryouts. Student-athletes will be required to pay the appropriate fee (see below) once they have made the team. More information on the payment procedure will be coming.

To create a new account and get started using Healthy Roster, download Healthy Roster from the App Store (iPhone users) or Google Play (Android users) and enter the following code:

PANTHERS.

****Note: This step is only necessary for first child. Please see step 3 for additional child(ren). ****

Healthy Roster Registration:

Section 1: Registering

Please make sure the following information is filled out when registering your child on healthy roster:

1. Child's Name
 2. Child's DOB (MM/DD/YYYY)
 3. Child's Graduation Year
 4. Parent/Guardian Name
 5. Parent/Guardian email address
 6. Parent/Guardian contact phone number
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Section 2: Turning in Physicals / Adding a Team

After registering your child, please look at the documents tab on his/her account and make sure you upload the following documents:

- Sections 1-6 and Section 10 of the PIAA Physical Packet (**Medical License # of Physician & DATE must be on Section 6**)
- AHN Consent to Treat Form
- AHN Authorization Release of Protected Information
- Assign a sport by clicking the "manage teams" section in the additional tabs section and choosing the sports for your child.

FOR ANY UPCOMING SEASON: A **SECTION 7 OF THE PIAA PHYSICAL PACKET** IS DUE IF:

- A physical is dated more than 6 weeks ago
- If a student athlete participating in more than one sport (fall -> winter -> spring).

Please note the Parent/Guardian **& the STUDENT ATHLETE must sign each form for the form to be considered valid.

Section 3: Adding Additional Student Athletes

If you have more than one child participating in an USC school sport/activity please review the following on how to add a 2nd, 3rd, etc., student athlete:

Message USC's Athletic Training Staff **through the healthy roster app/desktop** with the following information:

- 1. Child's Name**
- 2. Child's DOB (MM/DD/YYYY)**
- 3. Child's Graduation Year**
- 4. Which Sport(s) the child will be participating in**
- 5. Parent/Guardian Name**
- 6. Parent/Guardian email address**

The ATC's here at USC will add your additional child(ren) and you will get a confirmation email when the addition is complete. Then continue to complete the instructions in Section 2 for the new child.

**** PLEASE NOTE:** failure to comply with the listed instructions in a timely manner of the season starting may result in your child(ren) being held out of participation until all documents are turned in and properly filled out.

Section 4: Concussion Baseline Testing

All student athletes participating in contact sports will need a concussion baseline test before participating in contact drills and the start of the season. This testing will be scheduled through the athletic trainers & coaching staff prior to the start of each season. These baselines are good for 2 years and will be retaken once the baseline has expired (testing usually done 7th, 9th, 11th grade).

**** If you are having issues uploading or finding information, please try the website version prior to reaching out to us. Thank you!**