



Mountain Ridge High School

2019-2020 School Year

Mountain Lions Athletic Information

Athletic Department Hours: 7:00 AM to 3:00 PM



All Athletes Must Register Online!

Go to MRHSathletics.com

1. Click on the **REGISTER MY ATHLETE** tab (upper right corner), if you have an account from last year log in and update your information for 2019-2020.
Be sure to select the 2019-2020 school year when registering.
2. Create your online account
3. Complete your online registration for each of your athletes
4. Turn in your four page Physical Evaluation paperwork to the Athletics Office.

The Athletics office will **NOT** accept your physical evaluation paperwork until you have completed the online registration.

****ATTENTION****

Incoming Freshman and New students to Mountain Ridge:

In addition to the online registration and physical evaluation, you will need to provide a copy of your **Birth Certificate** and a **Brainbook certificate** to the Athletics Office.

To complete the Brainbook course go to AIAACADEMY.ORG

FALL

Try-Outs:
August 12, 2019
Football July 29, 2019

Football
Pom
Cheer
Golf
Swim & Dive
Cross Country
Volleyball (Girls)
Badminton (Girls)

WINTER

Try-Outs:
November 4, 2019

Basketball
Soccer
Wrestling

SPRING

Try-Outs:
February 10, 2020

Baseball
Softball
Tennis
Track & Field
Volleyball (Boys)
Beach Volleyball (Girls)

If you have any questions, please contact the Mountain Ridge Athletic Office at 623-376-3036 or check the website for updated information at www.mrhsathletics.com

GO RIDGE!

The Athletic Department will not send or receive faxes * Our Athletic office will be closed from June 1st–July 20th