

Good Morning, Memorial Middle School students. This message is for any student who thinks they will want to participate in football, basketball, cheer, volleyball, track, or soccer this year. Before being allowed to practice/participate, you will need to get your yearly physical and your parent will need to fill out the Rank One online forms. You will need to know your student ID to fill out the forms. If you need help with your student ID, email ewingsh@tulsaschools.org and Mrs. Ewing will be happy to supply it for you through email.

Football conditioning/practice for 7th and 8th grade students is starting right away, but **students will not be allowed to participate until all forms are turned in**. Therefore, it is very important that you take the steps below as soon as possible:

- 1) **Fill out online forms on RANK ONE:** Access to the online forms can be found on the Tulsa Public Schools website: www.tulaschools.org Click PARENTS, then ATHLETICS, and scroll to the **green box** on the right side of the page. Follow instructions and fill out each form completely, leaving no blank spaces. In addition, the forms at the bottom of the page are forms that must be printed out, filled out and signed. These completed and signed forms will be turned in to the coach.
- 2) **GET A PHYSICAL:** FREE physicals are being offered at Morton Health Clinic. You must call Mrs. Kevyn Baby at 918-695-6495 to schedule an appointment. Or, you can use your own family physician.
- 3) **Stay alert** for information regarding football conditioning/practice.

If you have any questions, you can email Mrs. Ewing at ewingsh@tulaschool.org