

# ATHLETIC REQUIREMENTS

## Registration, Physicals & Payments

### REGISTRATION:

- **Register at:** <https://northshore-wa.finalforms.com/>
- **Upload your Physical Exam Form to your registration.** If unable to scan/upload to your online registration, please bring a physical copy into the Main Office.
- **Parents/Guardians:** complete/sign all online forms. To login, use the email address you have on file with the school.
- **Students:** students are also required to sign a few forms. Please ensure that they have done this (students can login using their school email address).
- **Forgot your password?** Your FinalForms login is a password you've created on your own, and not assigned by the school. Hit the 'forgot password' option when logging in, or call the Customer Support line, if you cannot remember your login credentials.

### PHYSICALS:

- **How long are physicals good for?** A physical is *valid for two years*, and must be valid through the entire athletic season, prior to the student turning out for the first week of tryouts/practice.
- **What form do I bring to my appointment?** be sure to bring a copy of the "Northshore School District Physical Examination Form" to your doctor appointment, as this is the version that your physician must complete & sign, in order for your student to be eligible for participation.
- **How do I get this form?** See links below for physical forms- available in both English and Spanish. English ([linked here](#)) & Spanish ([linked here](#)).
- **Where do I turn-in my completed physical form?** Please turn a copy of your physical exam form into the KMS Main Office, or upload it directly onto your student's FinalForms registration account. If you are able to upload it, we do prefer that at this time. Contact Mrs. Heath, KMS Athletics Secretary, via email with any questions-[rbragg@nsd.org](mailto:rbragg@nsd.org)

### PAYMENTS:

#### **DO NOT PRE-PAY FEES FOR ANY TRYOUT/CUT SPORTS!**

- **\$30 ASB Card** The purchase of an ASB card is required before participating in practice/ tryouts for ALL after-school sports. If you qualify for the House Bill 1660 status, this fee is reduced to \$0, but we ask that you still please 'purchase' this item online at \$0, so we may see that you have one.
- **\$100 Participation Fee** is collected/due once your sporting activity is underway. >> For those interested in *pre-paying*, please note that this is *only* allowed for *non-cut sports* (i.e. cross country, which has no tryouts).  
>> In addition, we also advise you to NOT pre-pay, should you have any uncertainties about your student's interest in participating. The refund process

goes through our District office, and can take approx. 2-4 weeks for a check to be issued to you, and is not immediate.

>> For cut-sports (i.e. sports that have tryouts & make cuts), Participation Fees are due within 5 days *after* cuts have been made.

- **Payment Methods:** we prefer that payments are made online ([TouchBase link](#)) to help limit traffic and large groups in our Main Office- If you are unable to pay online, and need to make a cash/check payment in person, please email [bheath@nsd.org](mailto:bheath@nsd.org). Thank you.

### **STUDENT/FAMILY PAYMENT MAXIMUMS:**

- Individuals participating in more than one season will pay a maximum of \$200 per school year.
- Families with two or more students participating at the same middle school, during the same season, will be charged \$70 per participant, up to a family limit of \$280 per year.
- Families with two or more students participating at both the high school and middle school level will have a family limit of \$396.

\*Please note: it is your responsibility to inform the Athletics Secretary if one of these discounts apply to you, as the school has no way of tracking this.