

HJSTF Track Getting Started Checklist

- Parents sign up for *Final Forms*, complete and E-sign Docs:
<https://lakota-oh.finalforms.com/>
- Students e-sign Docs in *Final Forms*
- Get into the **HJSTF** Canvas page:
<https://lakota.instructure.com/enroll/9C8EAL>
- Sign up for the *Remind* app:
<https://www.remind.com/join/hjstf2025>
- Print & Sign *Study Tables* form or get one from Coach Boolton
[Study Tables](#)
- Review *Student and Parent Handbook* in *Canvas*
Check Participation Fee information available in *Canvas*.
- Get decent running shoes and an inexpensive water bottle.
- Study, start eating right, get good sleep (check out Canvas for a wealth of information)