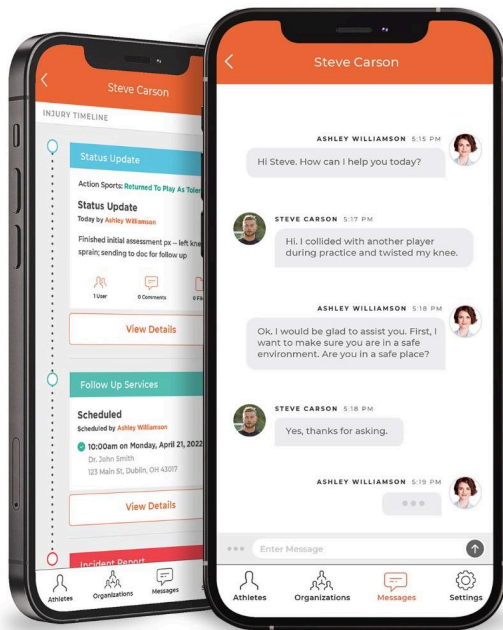


Connecting Athletes & Coaches to *Licensed/Certified* Athletic Trainers

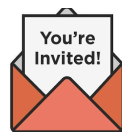
Healthy Roster is a FREE mobile app/website program connecting **parents** from **Tarkington ISD** with their **Licensed/Certified** Athletic Trainer, **Danyelle Ruzick**.

When you are injured playing sports, help is one tap away!



HEALTHY ROSTER MOBILE APP INCLUDES

- + Access to a Licensed Athletic Trainer via Chat, Voice or Video
- + Injury Tracking and Updates
- + HIPAA Compliant - Safe & Secure



YOU'RE INVITED

Make sure to check your email!

To get started using Healthy Roster, look for your email invitation coming soon from **Tarkington ISD's Athletic Trainer**.
If you do not receive one, please contact **Danyelle Ruzick** to be invited.

Contact **Danyelle Ruzick ATC, LAT** at druzick@tarkingtonisd.net

HR HEALTHY ROSTER
HEALTHYROSTER.COM



How to sign up!

You should get an email inviting you to download the app or join the website from your laptop or computer. You will create a login and input the code you received in your invitation email. This will connect your email to your athlete(s) account. You can upload doctor's notes, athletic forms, report injuries, and message the athletic trainer with questions. You will also be able to see if your student-athlete has been seen or evaluated for an injury by the district athletic trainer.

Once you have created a login, you will be taken to your "dashboard," where you will see a spot for "notifications" and "athletes." Under notifications will be things like active injuries or recent notes, and under athletes is where you will see your student-athlete(s) profile. To the left of the page, there is a menu with "home," "athletes," "notifications," "resources", and a "help" tab.

This is also where the athletic packet for the 25-26 school year will be located. If you use the app, you can fill out the forms online but it is much easier to complete on a laptop or desktop computer.

This system is new for everyone. Please reach out if you have any questions or need help navigating the app or website, and we will do the best we can to assist you.

Please check your spam folder if you did not receive an invitation email. If it is not there or you have any additional questions, please contact me at druzick@tarkingtonisd.net.