



Mountain Ridge High School

2025-2026 School Year

Mountain Lions Athletic Information

Athletic Department Hours: 7:30 AM to 3:00 PM



All Athletes Must Register Online!

1. Go to <https://www.registermyathlete.com> - if you have an account from last year log in and update your information for 2025-2026
Be sure to select the 2025-2026 school year when registering.
2. Create your online account – then log into your account
3. Complete your online registration for each of your athletes
4. Upload your **six-page** Physical Evaluation paperwork to **REGISTER MY ATHLETE**.

The Athletics office will **NOT** clear you for tryouts until you have completed the online registration, uploaded your physical and brainbook certificate

****ATTENTION****

Incoming Freshman and New students to Mountain Ridge:

In addition to the online registration and physical evaluation, you will need to upload a copy of your **Brainbook and Opioid course certificates** to Register My Athlete.
To complete the Brainbook and Opioid courses go to AIAACADEMY.ORG

FALL TRYOUTS

August 11, 2025

Football – August 4, 2025

Spiritline – July 28, 2025

Cross Country – August 4, 2025

Football & Flag Football
Pom/Cheer
Golf (Boys/Girls)
Swim & Dive (Boys/Girls)
Cross Country (Boys/Girls)
Volleyball (Girls)
Badminton (Girls)
Beach Volleyball (Boys)

WINTER TRYOUTS

November 3, 2025

Basketball (Boys/Girls)
Soccer (Boys/Girls)
Wrestling (Boys/Girls)

SPRING TRYOUTS

February 9, 2026

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

If you have any questions, please contact Vanessa Douglas in the Mountain Ridge Athletic Office at 623-376-3036 or check the website for updated information at

<https://mrhs.dvusd.org/athletics/ridge-athletics>

GO RIDGE!

The Athletic Department will not send or receive faxes and it cannot accept emailed physicals