



FRANCIS HOWELL CENTRAL HIGH SCHOOL

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SPORTS PAPERWORK REQUIREMENTS – PLEASE READ CAREFULLY

ELIGIBILITY REQUIREMENTS FOR MSHSAA SPORTS including CHEER/DANCE/CHOIR/BAND:

- PASSED 6 CLASSES AND EARNED 3 CREDITS PREVIOUS SEMESTER
- 1.5 OR HIGHER GPA PREVIOUS SEMESTER
- CURRENT SEMESTER – ENROLLED IN SIX CREDIT BEARING CLASSES
- 10TH, 11TH, 12TH GRADE - ENROLLED AT FHC FOR PREVIOUS 365 DAYS. FRESHMAN MUST BE ENROLLED IN THE FIRST 10 DAYS OF THE CURRENT SCHOOL YEAR. (If not, please see Activities Director regarding transfer paperwork)
- MUST NOT HAVE ANY OUTSTANDING FEES/FINES
- MUST HAVE UPDATED/COMPLETED ORAV REQUIREMENTS

FINAL FORMS FOR SUBMITTING MSHSAA REQUIRED PAPERWORK:

All students and parents must create an account and complete all forms through Final Forms in order to be eligible to participate. Final Forms (an online platform) allows parents, guardians and students to complete, sign and submit all the necessary participation forms needed electronically.

Parents can begin by visiting [FHC FinalForms](#) and follow the prompts to create an account, choose sports, add student(s), and complete the required forms. Accounts must be set up in order for coaches and the Activities Office to check and verify eligibility. Detailed registration instructions for parents/guardians and students are available in the [FHC FinalForms Instruction Playbook](#), which can also be found on the FHC Activities website and outside the Activities Office.

Note: each year parents/ and students must “rollover” their accounts and update any necessary information.

All Accounts must be completed in FinalForms prior to the Monday of tryouts regardless. **DO NOT WAIT UNTIL THE FIRST DAY OF TRYOUTS AND DO NOT GIVE ANY PAPERWORK TO COACHES.**

1. **SPORTS PHYSICAL** –**PAGE 5 OF THE MSHSAA PHYSICAL EXAMINATION PACKET– MUST BE COMPLETED BY A MEDICAL PROFESSIONAL** (ie. MD/DO/ARNP/PA/Chiropractor) and is valid for a duration of two years (730 days) from date of issue (unless a physician specifically notes on the form that the physical is only valid for one year). Scouting, middle school, or other general physicals are not accepted. Forms with whited out or scratched out dates are not acceptable. It is recommended that students get their physical after June 15 or in July before their freshman and junior years. Students will be required to obtain a new physical prior to the start of a season if their current physical expires during that season. If you need to check on the expiration date of your students’ physical, you can do so through FinalForms or you can contact annette.herdt@fhsdschools.org

2. **CONSENT FOR COGNITIVE TESTING** – This test is mandatory for the following sports: football, cheerleading, color and winter guard, soccer, softball, volleyball, basketball, wrestling, baseball, lacrosse, track (pole vaulters and high jumpers) and suggested for dance sensations. Tests are valid for 2 years and is required for freshman, juniors and any new FHC athlete or first time playing sports. Consent for Cognitive Testing must be signed through Final Forms or turned into the Athletic Trainer the day of the test by printing the Impact Consent Form found on <https://fhc.fhsdschools.org/activities> or outside of the Activities Office.
3. **PRIVATE TRANSPORTATION AGREEMENT** – Transportation is offered to students for all away contests and events either to/from the venue (if over 15 miles one-way) or to the venue as a drop only (if the venue is less than 15 miles). The Private Transportation form gives permission to students to drive themselves, ride with another adult (other than a parent), or student or ride in a rental vehicle driven by a coach or sponsor. This form can be found on FinalForms as part of the required paperwork.
4. **PRE-ARRANGED ABSENCES FOR EXTRA-CURRICULAR PARTICIPATION** – Students must attend school the entire day and be present in all classes in order to participate in that day's contests or events. Students must attend school on Friday in order to participate in any weekend contests or events. Absences may be approved by the Activities Director, if the absence is for appointments (doctor, dentist, funeral, therapy, etc.). A note must accompany the student when they return from the appointment and turned into the Activities office. Absences for practice days should also be approved by the Activities office. Excessive absences, tardies, etc. while in season may result in being ineligible for future competitions.

For continuous updates, please check the following options: FHC Hotline, E-News, and/or follow Mr. Keim on X @FHCActivities OR if you have any questions, you can contact Annette Herdt @ 636/851-4612 or annette.herd@fhdschools.org

GENERAL INFORMATION

SPORTS PHYSICALS – can be obtained, other than a physician, at the following:

TROSS SPINE & SPORTS PERF

5055 Highway N.; Suite 108

Cottleville, MO 63304

636-706-6171

(portion of price is donated back to FHC)

BACK PAIN CENTER

2530 State Hwy K.

O'Fallon, MO 63368

314-667-8300

PREMIER CHIROPRACTOR

1120 Wolfrum Road; Suite 101

Weldon Springs, MO 63304

CROSBY CHIROPRACTOR CARE

331 Jungermann Road

St. Peters, MO 63376

636-928-5588

STEVEN HEILAND

7347 Mexico Rd; Suite 200

St. Peters, MO 63376

MERCY URGENT CARES

WALGREENS URGENT CARES

TOTAL ACCESS URGENT CARES

Athletic Trainer

Our school athletic trainer is here from 2:00 pm until the end of practices and/or games every day. The trainer's room is located by the large gym and boys' locker rooms. The phone number for the trainer's room is 636-851-4606. Athletes should see the trainer for any injuries sustained during athletic events sponsored by FHC or questions they may have first before going to a doctor or urgent care. Students must notify their coach before going to the training room, sign in when arriving at the trainer's room and must have a valid reason for being there. Students are not allowed in the trainer's room without a coach or the trainer present. The trainer does carry a walkie at all times in case of an emergency. All coaches have the trainer's contact information.

Lockers

Lockers are available for athletes. Locks are distributed to athletes via their coach. Items should not be left on benches or in an unlocked locker. The locker rooms are not supervised during after school events. The school does not assume liability for any damage to or loss of belongings stored in lockers. Do not leave valuables of any kind in your locker.

Stay in Touch with the Latest Information and News:

FHC General Website: <https://fhc.fhdschools.org/>

FHC Activities Website: <https://websites.eventlink.com/s/francis-howell-central-high-school>

Summer Camps: <https://www.fhcsummercamps.com/>

Peachjar: <https://www.peachjar.com> Posting of flyers and info. regarding school and outside events.

FHSD E-News: <http://fhsd.eneews@fhdschools.org> Daily school announcements

Mr. Keim (AD) Twitter: [@FHCactivities](#) (For up-to-date information on current events, rainouts, game scores, etc.)