## Sagemont Athletics Summer Checklist
## 2018-19

Believe it or not the Fall 2018 athletics season is just around the corner! Practices will begin before you know it. Here are some reminders to be prepared for next year.

1. Create or update your RegisterMyAthlete.com (RMA)account. If you currently have an account, simply login and select the 2018-19 school year and ALL sports you intend on trying out for. For our new athletes, detailed instructions for creating an RMA account are included.
2. Have your FHSAA sports physical (EL2) filled out and uploaded to your RMA account **BEFORE** tryouts or practices begin.
3. Complete the online NFHS Concussion in Sports course **BEFORE** tryouts or practices begin. **This is required by FHSAA to be retaken each school year.** IMPORTANT: You will not be allowed to practice or try-out without these forms turned in! All forms can be accessed via your RMA account.
4. Be prepared to start on the first official date for your specific team. If you are unable to make these very important first practices, it is MANDATORY that you contact your head coach ahead of time! **IMPORTANT NOTE: Attendance at all pre-season practices is highly recommended in order to be considered for the team.** You should only miss these practices in the event of illness or family emergency.
5. Fall 2018 game schedules will be live on the Digital Sports website by August 1st and can be accessed at www.digitalsports.com. Please check it out at your leisure to see all that it offers. Additionally, email alerts are available for sport specific practices, game changes, and cancellations. Follow the simple steps on the attached instruction sheet to learn how to use it!
6. Be ready to be committed as our teams have experienced incredible success in recent years. In order for this to continue you'll need to be dedicated to working hard and helping your team succeed. Stop by our offices or feel free to contact us if you should have any questions.

Coach Marcey, Athletic Director
954-389-2454 ext. 372; smarcey@sagemont.com
Coach Sierra, Athletic Administrator
954-389-2454 ext. 312; asierra@sagemont.com

**GO LIONS!!!**

**Shane Marcey**
**Athletic Director**

Instructions For Parents

Go to www.registermyathlete.com and click Login found in the right side of the page.

IF YOU **ALREADY HAVE AN RMA PARENT ACCOUNT DO NOT CREATE A NEW ACCOUNT.** LOGIN AND FOLLOW STEPS b-i BELOW TO REGISTER YOUR ATHLETE(S) FOR A SPORT. IF YOU HAVE PREVIOUSLY ADDED AN ATHLETE THAT ATHLETE WILL APPEAR AS YOU REGISTER FOR A SPORT. IF YOU NEED ASSISTANCE CONTACT SUPPORT AT 435-213-1601 OR SUPPORT@REGISTERMYATHLETE.COM

If you have never created an account:

1. **Create an account:** Go to https://www.registermyathlete.com and then select "Create Account." The "Account Creation" will appear where you will enter in the information asked for. At the bottom of this page, be sure to select "parent" from the options of the type of user you will be. Select the "Create Account" button when you have completed the form.
    a. Your account has now been created. You will be able to see a page called "Parent Register My Athlete Portal." Click on the large button called "Parent" and you will be directed to a "Terms of Use" page. Complete the page and select "Submit."
        i. Register My Athlete Page Tutorial: A grey box will appear that says "Welcome to your Register My Athlete landing page. We would love to show you around!" Please select the button "Ok Let's Go!" to receive a tutorial on how to navigate the page to complete your athlete's registration.
    b. Click on "Register for a Sport" and then "Select a School."
    c. Click on "Select an Athlete" and choose "Add an Athlete" from the pop-up box. Fill in the required information and press Submit. (If you already added athletes, you can select their names here)
    d. Click on "Select Year/Sport," and select the correct year and sport the athlete is registering for. A pop-up box will appear with the information you have selected, then press "I have selected the correct information."
    e. Click on "Guardian Info," fill in required information and press Save.
    f. Click on "Insurance Info," fill in required information and press Save.
    g. Click on "Medical Infor," fill in required information and press Save.
    h. Click on "Additional Opportunities," answer question(s) and press Continue.
    i. Click on "School Requirements," this will take you to your student's Registration Checklist. Complete the checklist to finish registering your athlete for their sport.
2. **Follow Steps above to add any additional athletes.**

Register My Athlete Tech Support
support@registermyathlete.com
435-213-1601
Monday-Friday 8:00am-5:00pm

**Attention all Sagemont student-athletes!**
**FREE Sagemont Sports Physicals**
**Thursday, July 26, 2018 from 3 - 5pm**

The Sagemont School and Cleveland Clinic Florida are happy to announce that our FREE sports physical day for the 2018-2019 school year will be July 26, 2018 from 3 - 5pm in the Athletic Center. This is being offered as a FREE service to our students, but this is **not mandatory** and you may go to your own PCP if you choose. Physicals are good for athletic participation for one calendar year from the date of the physical. Please remember that a valid sport physical (EL2) must be submitted **and approved via RegisterMyAthlete.com (RMA)** prior to ANY participation in school athletic activities, USI sessions, tryouts or practices. **All individuals MUST BE IN LINE NO LATER THAN 4:15pm as the line will be closed at that time!**

It is highly encouraged that a parent or guardian attend the physical with their child as the form requires a parent's signature. However, if a parent or guardian is unable to attend they must download a copy of the EL2 Pre-Participation Physical Evaluation Form (available in your RMA account), complete **and SIGN** their portion prior to athlete's arrival at the physical. The EL2 form must be filled out in its entirety with the exception of the doctor's portion.

**Please note all parent/guardian signatures must be in place on the EL2 in order to have a physical performed on this date!**

Please feel free to contact us if you should have any questions!

Coach Marcey, Athletic Director
954-389-2454 ext. 372; smarcey@sagemont.com

Coach Sierra, Athletic Administrator
954-389-2454 ext. 312; asierra@sagemont.com

Go Lions!

Shane Marcey
Athletic Director

# Sagemont Upper School Athletic Programs
# 2018-2019

| Fall 2018: | Anticipated Start Date: |
|---|---|
| Boys and Girls Varsity Cross Country | July 30, 2018 |
| Girls Varsity Volleyball | July 30, 2018 |
| Boys and Girls Varsity Swimming | August 20, 2018 |
| Boys Varsity Flag Football | August 20, 2018 |
| Boys and Girls Varsity Golf | August 20, 2018 |
| Boys MS Flag Football | August 20, 2018 |
| Girls MS Volleyball | August 20, 2018 |

| Winter 2018-2019: | Anticipated Start Date: |
|---|---|
| Girls Varsity Soccer | October 21, 2018 |
| Boys Varsity Soccer | October 21, 2018 |
| Girls Varsity Basketball | October 29, 2018 |
| Cheerleading | October 29, 2018 |
| Boys JV & Varsity Basketball | November 5, 2018 |
| Boys MS Soccer | October 21, 2018 |
| Girls MS Basketball | October 21, 2018 |
| Boys MS Basketball | January 7, 2019 |
| Girls MS Soccer | January 7, 2019 |

| Spring 2019: | Anticipated Start Date: |
|---|---|
| Boys and Girls Varsity Tennis | January 21, 2019 |
| Boys and Girls Varsity Track & Field | January 21, 2019 |
| Boys Varsity Baseball | January 28, 2019 |
| Girls Varsity Flag Football | February 25, 2019 |
| Boys MS Baseball | February 25, 2019 |
| Boys and Girls MS Tennis | March 4, 2019 |

**PLEASE READ THE FOLLOWING STATEMENTS CAREFULY**

***Please note that most of our varsity teams for the fall 2018 season begin BEFORE school is back in regular session. Please contact the appropriate coach at least one week prior to the start date to confirm the date, time and location of the first practice.**

***All athletes must be cleared in RegisterMyAthlete.com BEFORE the first practice. There must also be a valid copy of a birth certificate or passport on file in the main office. There will be NO EXCEPTIONS!!!**

**If you have any questions please contact Shane Marcey at 954-389-2454 ext. 372 or via email at smarcey@sagemont.com or Armando Sierra at ext. 312 or asierra@sagemont.com**

# Varsity Head Coach Contact

| SPORT | HEAD COACH | CONTACT |
|---|---|---|
| Girls Varsity Volleyball | Shannon Gregorek | sgregorek@aol.com |
| B/G Cross Country | Robert Overby | coachrobertoverby@hotmail.com |
| B/G Swimming | Neto Miller | coachmillermwa@gmail.com |
| B/G Golf | Marco Salemi | vnsgolf@gmail.com |
| Boys Varsity Basketball | David Roe | droe@sagemont.com |
| Girls Varsity Basketball | Julius Sandi | jsandi@sagemont.com |
| Boys Varsity Soccer | Keith Heron | keith.475@gmail.com |
| Cheerleading | Tamra Lafleur | tlafleur@sagemont.com |
| Varsity Baseball | Armando Sierra | asierra@sagemont.com |
| B/G Varsity Tennis | Albert Fernandez | a.fernandez@cliffdrysdale.com |
| B/G Track & Field | Robert Overby | coachrobertoverby@hotmail.com |
| Girls Flag Football | Julius Sandi | jsandi@sagemont.com |

Hello Lion Nation!

Below please find step-by-step instructions on how to use our online scheduling system run by Digital Sports which can be viewed by our parents and families via our www.sagemont.com website.

1. Type www.digitalsports.com into your web browser.

2. The "Digital Sports" home screen will appear. Using the search box that says "Find Your School" and type in "Sagemont". Click the "iSeek" button on the screen.

3. Click on "Sagemont, Weston, FL" link under search results.

## Viewing Individual Team Schedules

1. On the main "Sagemont" Digital Sports page, use the top navigation menu to select the team you would like to view. The teams are grouped by fall, winter and spring.
2. Click on appropriate team that you are attempting to view.
3. Click on "Sport Schedule" link on the navigation menu.
4. That team's schedule will now come up. Click on the hyperlink for any event to obtain more detailed information.

    1. Home/Away
    2. Event Date
    3. Start Time/End Time
    4. Venue
    5. Transportation Arrangements
    6. Early Dismissal Time – if appropriate
    7. Departure Time
    8. Map and directions to the school you are competing against.

5. HIGHLY RECOMMENDED: If you would like to be notified when changes are made to your sport's specific schedule, click the link in blue on the top right hand side of the website that says "Add/Remove Me from Email Distribution". Clicking this button allows any user to place their email address into a folder for any of that school's sports teams. Whenever contest times, dates, or locations have changes for the sport selected, Digital Sports sends out an automated email notice of the change to every email address within that sports folder.

**Course 1: NFHS "Concussion in Sports"**

**(Important Note: If you have completed this course anytime in the past, the course must be "ordered" prior to beginning the course.)**

**Course Ordering**

Step 1: Go to www.nfhslearn.com.
Step 2: **"Sign In"** to your account using the email address and password you provided at time of registering for an nfhslearn account.
OR
If you do not have an account, **"Register"** for an account.
Step 3: Click **"Courses"** at the top of the page.
Step 4: Scroll down to "Concussions in Sports" from the list of courses.
Step 5: Click "View Course".
Step 6: Click **"Order Course."**
Step 7: Select **"Myself"** if the course will be completed by you.
Step 8: Click "**Continue"** and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for this course.)

**Beginning a Course**

Step 1: Go to **www.nfhslearn.com.**
Step 2: **"Sign In"** to your account using the email address and password you provided at time of registering for an nfhslearn account.
Step 3: From your **"Dashboard,"** click **"My Courses"**.
Step 4: Click **"Begin Course"** on the course you wish to take.

*Your course will launch on the same page of the web browser.
**Click **"Back to Dashboard"** when ready to exit course.

Be sure to print the certificate of completion at the end of the course as each school's athletic department is required to keep a copy on file.