

Rosa Track and Field Information. Please read and complete each of the requirements as soon as possible.

### **Medical Forms**

1. Visit the rosa website at [www.rosa.chclc.org](http://www.rosa.chclc.org)
2. Under the "Quicklinks" tab you will find the link for "Nurse".
3. Once on the "Nurse" page look for the link called "Sports Physical Requirements".
4. Once you are on this page please read Mrs. Mooney's instructions carefully. The links for forms can be found at the bottom of the instructions.
5. Please print the appropriate forms, complete the forms, and return the forms to the Rosa Nurse's Office.
  - \* Paper copies of medical forms can also be obtained from Mrs. Mooney in the Nurse's Office.
  - \*In order to ensure that medical forms are processed before the start of the season make sure forms are turned in before March 1<sup>st</sup>.

### **Activity Fee**

1. Visit the rosa website at [www.rosa.chclc.org](http://www.rosa.chclc.org)
2. Under the "Activities" tab you'll see a link for "Student Activity Fee".
3. Please read the information and complete this requirement.

### **Track and Field Information**

1. Visit the rosa website at [www.rosa.chclc.org](http://www.rosa.chclc.org)
2. Under the "Athletics" tab you will find a link for spring sports.
3. Once you are on the spring sports page you will see the link for Track.
4. All information, including expectations and schedules, are in this area.
5. Please print or save this page.

### **Track and Field Remind 101**

We use this free remind texting service to share short announcements such as changes in schedule and what time we expect to return to Rosa following competitions.

1. To receive Rosa track and field Remind app notifications open a blank text message.
2. Type in the phone number code 81010 and send the message @rosatrack
3. After you send the message @rosatrack you'll immediately receive a confirmation text message with directions of how to leave the group if you wish to do so at some point.
4. You are now included in all messages until you decide to leave the group.
5. Athletes and parents may sign up.