



School Town of Highland

Athletic Department

Office: Highland High School • 9135 Erie Street • Highland, IN 46322 • (219) 922-5611 • Fax (219) 922-5636

Ryan Harrington, Director of Athletics

Kathy Mahler, Secretary

John Zack, Principal

Dear New Freshman / New Incoming Student (2023-24 school year):

March 2023

On behalf of the Highland High School Athletic Department, welcome to Highland High School. We would encourage you to become involved in our multi-faceted sports program. You will find the athletic programs at Highland High School to be competitive and supported by the entire sports community. Please visit our athletic department website at: www.highland.k12.in.us/o/hhs/page/hhs-athletics.

There are three seasons of sports competition, beginning with the Fall sports season which officially begins Mon., July 31 (Fri., July 28 for girls golf), followed by the Winter and Spring seasons. Please peruse the following requirements and information to facilitate your participation as a future Trojan athlete.

All Sports General Instruction:

1. Obtain a pre-participation physical evaluation form from the athletic director's office, your coach or online at www.highland.k12.in.us/o/hhs/page/hhs-athletics (**physical form is located down the left-hand side of the website page**). This form is required by the Indiana High School Athletic Association and is the **ONLY form** that we are allowed to accept. Have a doctor and parents/guardian complete and SIGN the form (no signature stamps will be accepted). Must be dated after April 1, 2023.
2. Please complete the "Consent and Release Certificate" (last page of the physical form) including the insurance information. If you do not have insurance, an Insurance Waiver (available in the Athletic Office) is needed for your student to participate in conditioning, practices and/or games.
3. **When all four (4) pages are completed, return the form to the athletic office.**

Athletes **MUST** have a completed physical form on file in the Athletic Office **before** they can participate in tryouts and/or conditioning. Physicals **MUST** be completed **AFTER** April 1, 2023, to be valid for the summer (beginning June 1, 2023) and the entire 2023-24 school year. It may be difficult to obtain an appointment with a family doctor. Contact your doctor as soon as possible to avoid problems in starting your athletic career at Highland High School.

4. **SPORT REGISTRATION PROCESS:** **A parent/guardian **MUST** set up an account and register their son/daughter by using this link: <http://hello.familyid.com> and register for the Highland High School Athletic Sports Registration 2023-24 (All Seasons). Summer conditioning dates and times along with tryout dates will be sent via email through Family ID.
5. If you are in grades 10, 11 or 12 and TRANSFERRING into Highland HS from another school, please call our office at 219-922-5611 to make an appointment to begin the IHSAA transfer process.

Sincerely,

Ryan C. Harrington, Athletic Director

Where Students Come First