



## *Interested in playing a SPORT in the 2019-2020 school year?*

Registration & Tryout info.... READ BELOW!!!

**INCOMING FRESHMEN:** Your health physical will count towards your athletic physical. No need to get 2 physicals. Please make a copy of the physical you'll turn into the Health office, and turn one into the Athletic office prior to August 7.

**SOPHOMORES, JUNIORS, SENIORS:** You need to register and turn in a physical prior to the Fall Sports start date. On August 12 the following sports begin practice: Boys and Girls Cross Country, Football, Boys and Girls Golf, Boys Soccer, Girls Swimming and Diving, Girls Tennis, Girls Volleyball, Sideline Cheerleading and Hawkettes. **NO EXCEPTIONS!!!!!!**Your son/daughter will NOT be able to participate in tryouts OR the start of the season without a physical.

ALL ATHLETIC PERMITS will be filled out ONLINE using 8 to 18 Registration. What does that mean? Two parts are needed from you to be cleared to try out for a sport.

1. Website to Register for Sports:  
<http://mainesouth.8to18.com>

Steps on Registering:

- a. Create an account by using your email address. Create a password.
- b. Select the sport. Be careful to select gender specific sport.
- c. Follow the instructions listed on the page.

2. Turn in a physical signed by a physician to the Maine South Athletic Office by the Spec Gym.

If you plan to play a fall sport in 2019 it is best to have both parts above completed by August 1, 2019. Registration for fall sports teams is now open.