



## Sedway Middle School Flag Football Checklist

1. Participation Permission Slip Google Form:  
<https://forms.gle/hjDa9GEwEXhFykh9>
2. Register at [Registermyathlete.com](https://www.registermyathlete.com)
3. Participation Packet (registermyathlete.com)  
All participants **MUST** complete the **register my athlete** digital athletic packet before participation in the sport; this can take 2-4 weeks for approval.
4. Get a Physical:  
\$25.00 physicals available at Positively Kids (attached)
5. Intramurals begin Tuesday, September 7th -17th; team selection and team practice will begin 20th. First pre-game is Oct 6th. Practice will be held from 2:30-3:45 (unless students do not ride the late activity bus). The late activities bus leaves at 4:00 **EXCEPT** Fridays.

