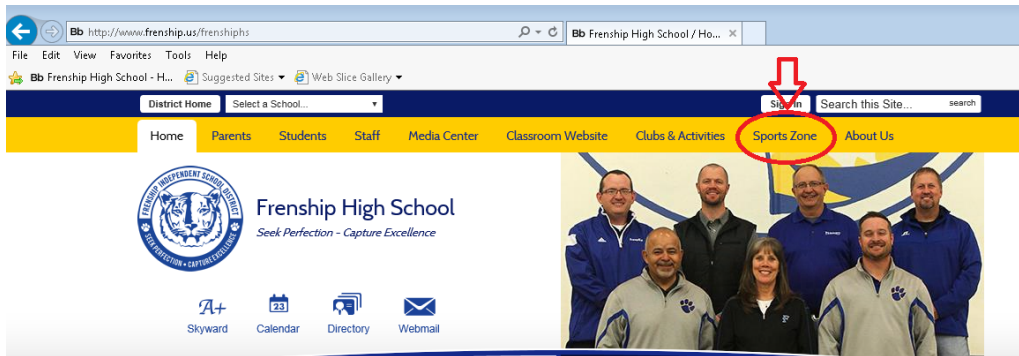


Rank One Sport Electronic Forms “How-To”

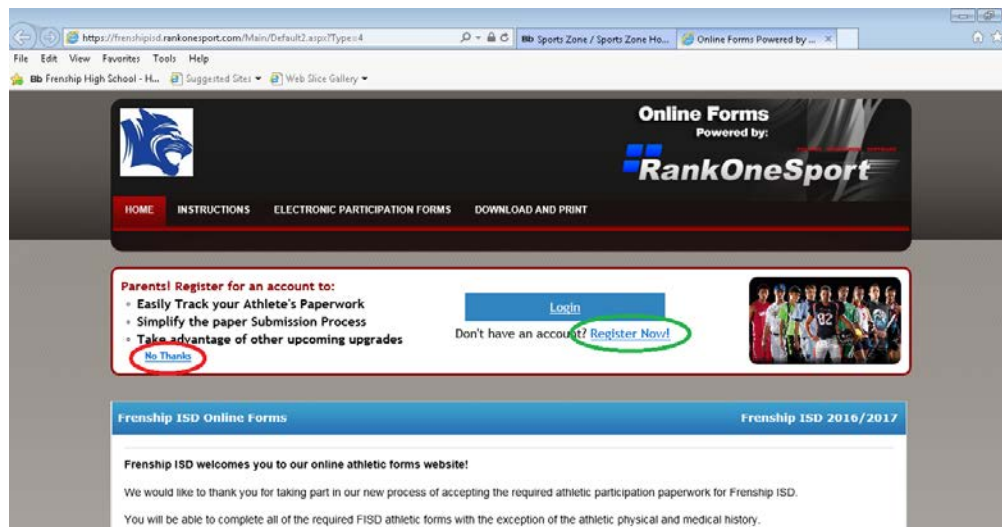
- Go to the FHS Website (<http://www.frenship.us/Domain/8>) and click on the Sports Zone tab.



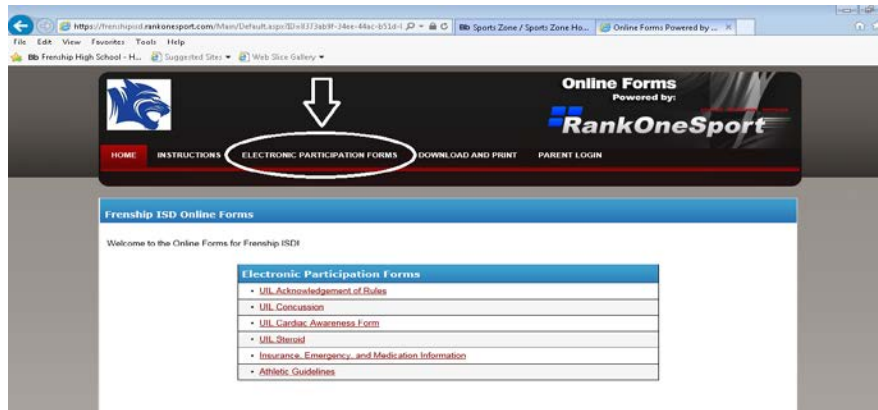
- Once on the Sports Zone homepage, click on the Rank One link (on the right side of the page, under “Athletic Forms”)



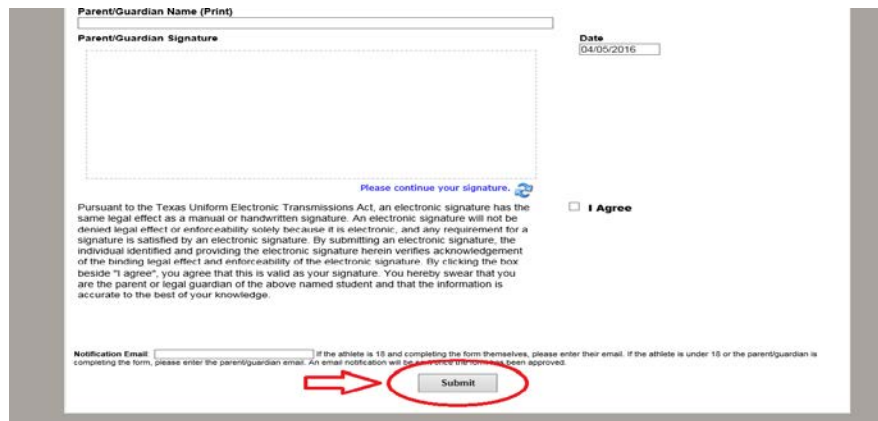
- You should be directed to the Rank One Frenship ISD Online Forms page. If you wish to create an account, click “Register Now” (on the right side of the screen under the “Login” tab) and follow the instructions for creating an account. If not, just click “No Thanks” (on the left hand side).



- After you have created an account or opted not to, mouse over the “Electronic Participation Forms” tab. You will need to fill out and sign each form completely.



- After completing each form, click “Submit” (located at the bottom of each form).



- Please fill out the attached “Medical History” form completely and bring it and the “Physical Examination” form to the Athletic Physicals conducted at your child’s campus. You can also print these forms from the Rank One website.

