**NOTRE DAME ATHLETICS**

**Fall Sports 2023-2024 School Year:**

The Fall Sports season is scheduled to begin on **Monday, August 7, 2023 for golf and football ONLY. All other sports begin on Monday, August 14, 2023.**  The following Fall Sports are: Football (including middle school 7th & 8th grade), cheerleading, girl’s tennis, boys and girls’ cross country, boys and girls’ soccer, girls’ volleyball, golf, and field hockey (at Moravian Academy). A sports physical form (CIPPE Form) must be completed before your child can participate. **Please note - if the athlete does not have all required documentation submitted, they will not be permitted to tryout!!!**

Once again, the Athletic Department is utilizing [**PlanetHS**](http://planeths.com/).com to allow parents and athletes to access and manage all required forms and paperwork.  All required paperwork can be accessed through your online portal. **ALL forms must be updated/completed/uploaded and submitted online through your PlanetHS account. If you do not have a PlanetHS account, under the ‘Athletics’ tab on our Notre Dame webpage there are tutorials on how to set up an account. They are located under “Resources” and are the last (3) listed on the right side.**

**Check out the web link for instructions:** [**https://ndcrusaders.org/athletics/signup/**](https://ndcrusaders.org/athletics/signup/)

Once you have completed PlanetHS account set-up, to access the forms, select the "Athletic Forms" tab, then click on the link "Example forms, click here"

\*\*Anyone that currently has a PlanetHS account **DOES NOT** need to create a new one. Please just update your account to the current 2023-2024 schoolyear.

**Any physical exam performed after June 1, 2023, is acceptable.  However, the only acceptable documentation of this exam must be on the PIAA Physical Exam Form**

**(Section 6).**

**FREE Physicals (if needed) through St. Luke’s at Coca-Cola Park:**

[https://outlook.office365.com/owa/calendar/StLukesSportsMedicine@sluhn.onmicrosoft.com/bookings/s/KvqjfUJ4ZEKCvZzzOEs4yA2](https://outlook.office365.com/owa/calendar/StLukesSportsMedicine%40sluhn.onmicrosoft.com/bookings/s/KvqjfUJ4ZEKCvZzzOEs4yA2)

Please adhere to the above instructions. If there are any questions, please contact Ms. Amy Rogers, Athletic Director at athletics@ndcrusaders.org or 610-868-1431 ext. 1118.