



# Dahlstrom Athletic's Newsletter

## JOHNSON HIGH SCHOOL CAMPS

Click on the link to read more information about camps.

It is not too late to attend! Have your student athlete come out and get a tough workout and learn something new!

Please ensure your athlete packs a reusable water bottle.

[JHS - Junior High BOYS & GIRLS STRENGTH & CONDITIONING CAMP 2021](#)

[JHS Jag Volleyball Camp - Incoming 6th-9th Graders - July 26-29th](#)

[JHS Jag Football Camp - Incoming 7th-9th Graders - July 26-28th](#)

## 21-22 7th/8th Graders sportsYou

Please ensure you have added yourself to stay up to date with information in regards to our Athletic Teams.

[sportsYou](#) Team Access Codes:

**General Information -**

**GIRLS ATHLETICS : 84K6SWSZ**

**BOYS ATHLETICS : WX8SUFBZ**

**Sport Specific Information -**

**FOOTBALL : Y2KX4AG5**

**VOLLEYBALL : 3D2ZNA2V**

**GIRLS/BOYS CROSS COUNTRY :**

**JVTN29VB**

**Please sign up!**



**sportsYou™**

## SAVE THE DATES:

August 11-13th, Wednesday - Friday

**Dahlstrom Sports & Conditioning**

FOOTBALL : 7-9AM

VOLLEYBALL : 7-9AM

CROSS COUNTRY : 7-9AM

Thursday, August 12th Fall Sports Parent Meeting @ 6PM

More information coming soon.

## SPORTS PRACTICES/TRYOUTS

Football Practices Begin : August 19th

Volleyball Tryouts Begin : 8th/Aug.19th, 7th/Aug. 20th

Cross Country Practices Begin : August 19th

More information coming soon.

### Join via Website

#### New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

#### Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

### Join via App

#### New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

#### Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**

## Please note about sportsYou:

- Sign up age is 13 years or older
- An option is to have a parent create an account then share login credentials with your child. One sportsYou account can be logged in on multiple devices so both the parent and child will have access to the account.
- Access to this account will keep information streamlined.

# Athletic Physical/Online Paperwork for 2021-2022 School Year

Rank One forms have been consolidated to make them simpler (two forms to sign instead of nine) to complete. Further information is included below and a form with a QR Code to complete the online paperwork is included on this page.

Per Hays CISD Policy all students seeking to participate in UIL marching band or UIL athletic activities will be required to complete and submit a PPE form each school year (Dated after April 1st for the next school year) and complete all Rank One forms prior to participation. All of this can be taken care of and turned in now to be ready for next school year.

**Online Form & UIL Physical Form Links** \***All Athletes and their Parents/Guardian must complete the Rank One forms by reading and signing electronically** \* Forms need to be signed digitally with a full signature. Forms submitted with initials, symbols, etc. will not be accepted.

[ONLINE RANKONE FORMS](#)

[UIL PHYSICAL FORM](#)

Your student athletes primary care doctor is usually your 1st choice in order to get their physical completed. However, here is a list of cheap or flat rate sports physicals in the area. If ya'll are able to complete the physical prior to school ending, me(girls) and Coach Hovre (boys) are accepting forms. If the physical is completed over the summer we will accept forms by email.

INCOMING 7TH/8TH GRADERS EMAIL TO: Brysch - [camelia.brysch@hayscisd.net](mailto:camelia.brysch@hayscisd.net) Hovre - [gregory.hovre@hayscisd.net](mailto:gregory.hovre@hayscisd.net)

Any questions email or call either of the Johnson Athletic Trainers below.

[phillip.jones@hayscisd.net](mailto:phillip.jones@hayscisd.net)

[amber.jones@hayscisd.net](mailto:amber.jones@hayscisd.net)

## Hays CISD Area Sports Physicals Locations

<u>Clinic</u>	<u>Type</u>	<u>Cost</u>	<u>Address</u>	<u>Phone</u>
St. Davids CareNow Urgent Care - Buda 	Walk In	\$20 thru 8/20/2021	1567 Main Street, Suite 100 Buda, TX 78610	(512) 351-4405
Fast Med Kyle 	Coupon \$25 sports physicals* Show or Mention Coupon Code: 10 - 5	\$25 with Coupon Code thru 8/31/2021	135 Bunton Rd Kyle, TX 78640	(512) 268-2068
*Mention code 10 - 5 to receive a sports physical for just \$25 (regularly priced at \$59) at any FastMed in Texas. K-12 only. Self-pay only; cannot be used in combination with insurance. Offer good for one sports physical per patient per visit. Offer expires 8/31/2021.				
Inertia Sports and Family Medicine 	Call for An Appointment	\$18	115 Kohler's Xing Suite 200 Kyle, TX 78640	(512) 300-0970

# Athletic Physical/Online Paperwork for 2021-2022 School Year

## Everyone needs a New Physical Dated after April 1<sup>st</sup>



The Hays CISD athletic department would like to thank you for taking part in our process if accepting the required athletic participation paperwork online and electronically. This process allows us to be more efficient in collecting athletic participation forms while conserving precious resources. The system also improves documentation and communication between parents, coaches and athletic training staff in regards to required participation paperwork. Please read all of the directions before completing the electronic forms.

All forms can be found at: <http://hayscisid.rankonesport.com>



Please turn in the paper copy of the Physical and Medical History form to your respective/ feeder High School Athletic Trainer or Athletic Office.

Hays HS  
512-268-2911

Lehman HS  
512-268-8454

Johnson HS  
512-268-8512

Athletic Trainer ext. 46263  
Athletic Secretary ext. 46238

Athletic Trainer ext.  
47656 or 48612  
Athletic Secretary ext. 47660

Athletic Trainer ext. 44396  
Athletic Secretary ext. 44402

Important Links:

[Athletic Uniform Gear](#) - Order now online and orders will be filled on campus

[Dahlstrom Athletics Website](#)

[Dahlstrom Spirit Gear](#)

If you have questions or need to send an update to a coach about your student athlete please contact your child's Athletic Coordinator by email:

Girls – Coach Brysch, [camelia.brysch@havscisd.net](mailto:camelia.brysch@havscisd.net)

Boys – Coach Hovre, [Gregory.hovre@havscisd.net](mailto:Gregory.hovre@havscisd.net)

Go Mustangs!!

**ALL STUDENTS IN ATHLETICS** must purchase an athletic uniform. If your student is a student athlete from last year, they are able to use clothing from last year. Only purchases through RevTrak will be accepted, the link to purchase the uniform online is:

<https://havscisd.revtrak.net/tek9.asp?pg=products&grp=80>

**GIRLS UNIFORM:**



**\$10 Shirts - \$10 Shorts**

**BOYS UNIFORM :**



This clothing will be available for purchase throughout the year. If your child needs to swap out sizes coaches will be able to make the exchange if your child brings them in.

**Season Spirit Shirts will be available soon!**