

## **CMS Track**



Track practice will start Monday, February 12th, @7:00 AM, cafeteria doors will open at 6:45 AM
\*Dress accordingly, layers are best

\*You must have a physical completed by a doctor and Rank One forms filled out online in order to participate.

If you have any questions, please email the track coaches

Boys: jason.ragsdale@rockwallisd.org

Girls: jonah.allen@rockwallisd.org

\*sportsYou: sportsyou.com - click "get started" and enter your email. Confirm email - enter access code LBAP-F5SB to receive Cain Track and Field announcements and reminders.

## Rank One Instructions



Student Name:

ID:

www.rankonesport.com



Click on "Fill out electronic forms"

And the second of the second o	uniters are designed to determine I the student has developed		Sex		Ago	Date of Birth.		
The control of the co			-		-			
The control for the control fo								
An experiment of the property						Prose		
Section 1.								
The control of the co					00	CAL		
The control of the co	" TV-1 common in the hos below**. Charle positions you doe"	know	the serv	en is.				
The most and search of the control o			300				Yes 1	4
The Control of Control	one you haif a medical litness or injury since your lest sheek			13.	Here you ever got	ins anexpectedly short of broath with		Ö
The control of the co			_		ssender!	-1		n
The control of the co	time have peers profite \$200 and suffer as any how home	H			Do you have some	Personal leading social and soliced bearinged?		Ħ
when the property of the prope	are you ever too surgery !	H		14				
The control of the co		=	-					
The control of the co	tive you ever passed out during or after econsist?	ш	н		example, knot bea	te, special reck fest, seet entrested, reserved		
Section of the control of the contro	use you ever pay chest have ground or man, exercises.		ш		as your seed, need	ing early	п	п
And the control of th		ш	ш	13.	Have you ever no	or Engrand and houses or dislocated stry	H	
And the control of th	and the state of the state of shipped branchesis?	п	п				-	7
stands and the property of the	Three said high blood evenues as high sholders of	H	H		Here you had any	other problems with pain or swelling in		
and their control and		H	H		souncies, tendors,	bones, or jointe?		
are their investment and prepared to the company of	a any family member or relative died of bean problems or of	Ħ	n		If you, shock spee	oprists box and explain below:		
The control of the co		-	-		-			
The control of the independent of the desiration of the control of	s any family member been diagraced with colorged heart,							
The control of the co	lated cardiomyspathy), hypertraphic cardiomyopathy, long					H rosem H Kee		
The control of the co	syndrome or other ton shauselpathy (Mugata syndrome,						ar n	
The second secon	L SOUTHER'S BYSCHOOM, OF SEMERICAL MAKE EXPLAIN.	m				T Finner T Ankle		
And the present making desired or presentations of the control of	www.tris.or.monoscoloocid/within the last month?		-					e.
Section of the best depth of the property of the best depth of the					Do you want to y	religité moies ar léss dian you de next?		ĮĘ.
The company of the co					Do yea list disti	NO NO.		15
The second secon	ve you ever had a head injury or concussion?	B		18.	Have you ever be	ten diagnosed with or treated for sinkle sell	ш	1
The State of the Ministry of the State of th				Same la				
The company of the co						Soing largus		
where we have been designed as the property of					rhen was your meet o	cond mensional parisot?		a
The control of the co	or severa was each ove? (Explain below)	m	-	1	low much time 60 year	sensity have from the start of one period to	the start o	
The control of the co	ve you gver had a selected	- 14	H		SOMETY	and the last and		
The control of the co	you have Inquest or propos sometimes	H	H	- 1	Con many persons and	a you had not not just your!		
service ment in a freely function primitive and in a service ment of the service ment	VE YOU PUT THE DUMBOOSS OF EMBERG ST YOU MINE, THEFT.	ш	-					
The control of the co	and the state of t	П	П			ded		
The description of the property of the propert	Takens are mining and property		п	31,1	Do you have any testi-	Connecting or manager's		
The description of the property of the propert				-				
The control of the control processes are proved to engine to engine the control of the control o			ш					
And or specific control of the contr	wi-she-counter) medication or pills or using As intracers	-	п	100	De hadi-debails remined	and cleared by a physician, physician universe, chimps	350', V 10	픠
sees permit has been designed in the country of the	you have any all august (not extend on a bound incomment	ш	_	200	Clean,		_	н
in particular or comment of the complex of the comment of the comm				110	SPLANTYSE ASSE	ERS IN THE SKIX SELLTW (which worker sheet.)	THOUSEN	ж
And men, on the high first connecting in the latest of the second of the latest of the		п						
was you'd let up printeres with you'ry no'r or o' make?   — Leaders and the case they printeres with you'ry no'r o' make a closer or make he parablely of an activar off make the printer off or make you or o' make the closer off or make the closer of the c	her, econ, warts, Sulgas, or Middell)	n	m					
an advanced due over though procedure regionme is worth for dealbox, electron method for passality of an accident region of the control of th		H	H					
the data chief of continuous per representation of the principal continuous per representation per representation of the principal continuous per representation	As you that this basesses were here also or surre-				a market of an and	Ann will sensine. Neither the University brown	hobsok Le	÷
in the judgment of any representation of the princip, the above judged assessment as a second or programment of the princip of	a sederated that ever though protective expripment is woll by the the artest assume any empoyability in rase an assistant coosts.	20082,	Table 1					
hoto-sen file date and the beginning of affiliate semposition, key times or agest assent	in the judgment of any representative of the school, the above stude agent to such case and insulment as stay be given said student by a					malt of any liquity or sinkness, I die handy requis second vs. I die handy agree to industrily and w I gradent.	ne jenoje	- 6
	ool and any advoid or hospital exprisationative from any claim by any	a ser belo	er shoul	occur des	may binds this student's	periologism, I agree to notify the school authorisi	metanh	
to the about the about contribute and courted the fact that the state of the state								
abject the rinders in question in passables determined by min 1980.	bject the student in question to pensions determined by	to the	above	pentions.	nce emuglete and co	erect. Fallace to provide tradels reques	sas cours	
FRANC ANALY TRANSPORT IN CONTROL OF PROPERTY OF THE PROPERTY O		100	ALC: N	MA mani	and the standard comme	the few Weights of surrance from a phonistan, o	Acables	

\*Make sure all areas are filled out before uploading physical. Pay attention to highlighted sections.

PREPARTICIPATION PHYSICAL	EVALUATION - PHYSIC	L EXAMINATION		
Student's Name	Sex.	Age	_ Date of Birth	
Height Weight	% Body fat (optional)	Pulsa	Inchi	d blood pressure while sixting
Vision: R 20/ L 20/	Cerrected:			al Unequal
As a minimum requirement, this P again prior to first and third years questions on the student's MEDICAL cross-	of high school athletic par HISTORY FORM on the s	ticipation. It rewar bo everse side. * Lead's	completed if there are finitely may requ	yes answers to specific live an annual physical
	NORMAL	ABNORMAL	PINDINGS	INITIALS*
MEDICAL				
Appearance Eyes/Tarra/Nose/Threat				
Lyangh Nodes				
Heart-Ausculative of the boart in				
Heart-Auscultaine of the boart in the supine position.				BOOK OF THE PARTY
the supuse position.  Heart-Auscultation of the heart in				
the standing position.				
Heart-Lower extremity pulses				
Polses				
Lungs				
Abdomes				
Gooltalia (males only)				STATE OF THE PARTY
Skin				
Marfan's stigmate (arachnodactyty, poctus excevature, joint hypormobility, scoliosis)				
MUSCULOSKELETAL				
Neck				
Back				
Shoulder/Arm				
Elyma(Freezent				
Wrist Hand				
His/Thigh				
Knee				
Leg/Ankle	Marian Inches			
Foot				
104				AND DESCRIPTION OF THE PERSON NAMED IN
*station-based exemination only  CLEARANCE  Cleared  Cleared after completing evaluation	Son/rehabilitation for			
☐ Not cleared for:		Ressec		
Recommendations:				
ACCOUNTERCALISES:				
The following information must be fi	Hed to and signed by oith	v o Physician, a Phys	ician Assistant Scenoe	d by a State Sound of
Physician Assistant Econtrers, a Re-	statered Navie recognition	or an Advanced Pre-	tice Mure by the Boar	of Abree Economics
or a Doctor of Chiroprottic Econic		with a brable core or	and tree will not be	accessed.
EF D DOUBLE OF CHARGESIAE ELIMIN	ratte basen when ra as	A Description		
Name (print/type)		Date of Es	TITITION	
Address:				
Phone Number:				