



## PARENTS AND STUDENT ATHLETES

For the 2020 – 2021 school year only, you will not need a new physical if you are a current athlete in HCISD sports.

You will be required to fill out a new Emergency Contact, UIL and Medical History Form available on [www.rankonesport.com](http://www.rankonesport.com). The instructions are on the following link: [Rank One Instructions](#). **These forms are due as soon as possible, please take the time to fill them out promptly.**

Students needing a sports physical will be incoming 7<sup>th</sup> graders and students who are not a current 2019 – 2020 athlete.



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