



Participation in Athletics at Unity Christian High School

Parents – While things are still uncertain in this time of COVID-19, we want to pass on some important details to students who will participate in sports at Unity Christian during the 2020-2021 school year.

We utilize the on-line Final Forms program for our Athletics department. This program allows us to have contact information, medical information, parental permissions, and much more for each of our athletes at Unity. Most of the information on Final Forms needs to be completed only once during an athlete's time at Unity, however both the parent and student need to log in at the start of each year to sign their required forms, releases, etc.

Here are the steps to follow to set up your Final Forms account for a new athlete or update your forms for an existing athlete:

1. Parents can access and log into our Final Forms site by clicking here: <https://unitychristian-mi.finalforms.com>. You will see that there are three options when you reach the site – either for parent, student, or staff. Parents who do not have an account on Final Forms yet should choose the parent option and create an account. **Once you enter your child's information for a new student or when an existing parent logs into Final Forms, your first step is to click on "choose a sport" to the right of your child's name. Then you will choose the fall, winter, and/or spring sport they want to participate in this coming year at Unity.** You can add or edit these sports at any time during the year if they change their mind on a sport. Once you have completed this step, the appropriate athletics forms will then be available in your account for you and your student to complete.

You will see all the forms that need to be filled out for your child on the left side of the screen, and the forms will either be red, yellow, or green. Please complete all forms that show as either red or yellow (red means the forms have not been completed by either parent or student, yellow means that one person has completed the forms but not the other). Green will indicate that they are all done.

Note for Parents of Incoming Freshman – When you provide the student's email address, please do not use an email address that was provided by their middle school. They will not be able to access that email any longer, so a Gmail or other email address should be used.

2. Once parents have completed their part, students will receive an email from Final Forms saying they can now log in or create their student account to complete their part of the forms. They can also access and log into our Final Forms site by clicking here: <https://unitychristian-mi.finalforms.com>. Your student will use their own log in/password and sign any forms that show up as yellow or red on the left-hand side of the screen.

CRU Cards – For those who are new to Unity Athletics, we utilize CRU Cards as a system to ensure that all eligibility requirements are met prior to tryouts. Below is a list of requirements that must be completed for student athletes to receive a CRU Card. CRU Cards are required by the coaches the first day of tryouts/practice for athletes to participate.

1. **Final Forms** – All athletic forms need to be completed/signed by both parent and student.
2. **Physical** -- Due to the current COVID-19 situation, the MHSAA has issued new guidelines for sports physicals for 2020-21. Typically, a sports physical is required each year for all high school athletes prior to the start of the first tryout/practice. Per the MHSAA, if a 10th – 12th grader turned in a sports physical for 2019-20, their physical is considered good for the 2020-21 school year. Parents of these athletes only need to complete the MHSAA 2020-21 Sports Health Questionnaire form at this [link](#) and return to Unity. (This information can also be inputted from Final Forms.)

For Incoming Freshman (or 10th-12th graders who did not participate in athletics in 2019-20) – If an incoming freshman participated in Unity Youth Football as an 8th grader and had a sports physical turned in, they only need to complete the [MHSAA 2020-21 Sports Health Questionnaire](#). All other incoming freshman will need to turn in a sports physical form dated after April 15, 2019 and completed by their physician before the start of their season in order to get a CRU Card.

When completing your Final Forms information online, you will be prompted to indicate if your child had a sports physical in 2019-20 or not. Based on your answer it will direct you to the correct form you need to fill out for your child. Sports physical forms are available in Unity’s office or can be printed from Unity’s website at this [link](#). The MHSAA 2020-21 Sports Health Questionnaire form is also available at Unity’s office or at this [link](#). *Please note that all signatures are required on the sports physical form and the Sports Health Questionnaire.*

3. **IMPACT Baseline Concussion Testing complete** – Testing to be done every other year. **For fall, athletes in golf, tennis, and cross country DO NOT need to be tested.** All freshman and juniors interested in participating this fall in boys soccer, football, volleyball, or girls swimming/diving will need to sign up for an ImPACT test. If your sophomore or senior student athlete requires an ImPACT test for some reason for this fall, you will receive a separate notification email containing a link to sign up for testing. Testing takes place in the second-floor computer lab located in the blue (back) hallway.

The fall ImPACT testing schedule is as follows:

- Thursday, July 16 from 4:30 – 5:30 p.m.
- Tuesday, July 21 from 6:00 – 7:00 p.m.
- Wednesday, August 5 from 7:00 – 8:00 a.m. and 12:00 – 1:00 p.m.
- Thursday, August 6 from 5:00 – 6:00 p.m.

A link to sign up for ImPACT testing can be found [here](#). The link is also available at unitychristianathletics.org under the “More” tab.

4. **Academic Eligibility & Transfer Eligibility** – To be completed by the athletic office.

Once the requirements are met, athletes can stop in the Athletic Office to pick up their CRU Card. For fall sports this will take place the first week of August, and a schedule will be provided to you of pick up times each day.

The start dates for tryouts/practice for each season for the 2020-21 school year currently stands as the following:

- Fall:** Football – August 10; Volleyball, Cross Country, Girls Golf, Boys Tennis, Boys Soccer, Girls Swim – August 12; Equestrian Club – Contact Jeff Engbers; Water Polo Club with Jenison H.S. – August 12
- Winter:** Ice Hockey co-op with Hudsonville – November 2; Girls Basketball – November 9; Boys Basketball, Bowling, Wrestling – November 16; Boys Swim co-op with Hudsonville – November 23
- Spring:** Baseball, Softball, Girls Tennis, Boys Golf, Track & Field, Boys Lacrosse co-op with Holland Christian, Girls Lacrosse co-op with Hudsonville, Girls Soccer – March 15

Please complete the Final Forms information as soon as possible so that your student is on our list of athletes interested in a fall sport. From that list we will send out information concerning ImPACT testing, the fall tryout schedule, information on our fall sport parent night, and also how you can help with concessions this fall.

We thank you for your quick response as we gear up for this fall! If you have any questions on this information, please feel free to contact the athletic office at 669-1820.

Jeff Engbers, Athletic Director