

Notre Dame High School Belmont  
Athletic Participation Requirements  
Appryse Online Forms

- Go to [www.ndhsb.org](http://www.ndhsb.org)
- Go to “Athletics”
- Scroll down to “**Appryse Online Forms**”
- CLICK ON THE LINK “Enroll in Appryse”
- **NEW ATHLETES** (Incoming Freshmen or Transfers): Do not need to enroll again if already completed for Admission to NDB. Physicals are required for any student-athlete trying out for a sport but will be reviewed by Athletics when turned in for admissions.
- **RETURNING ATHLETES**: Click onto “I have an Appryse Account.” Update online forms as needed and e-sign for the 2018-2019 school year. Must have a physical completed prior to the start of the school year, REGARDLESS of sport season.
- Download and print blank physical form and have physician complete the form. **PLEASE ONLY UPLOAD THE 1-PAGE COMPLETED DOCTOR’S PHYSICAL FORM** to Appryse by either:
  - Faxing form to 888-303-0550 (Automatically uploads)
  - Scan/Save onto computer and upload onto Appryse account
- YOU MUST BE ENROLLED ON APPRYSE AND PHYSICALS MUST BE COMPLETED BY A PHYSICIAN AND UPLOADED TO YOUR APPRYSE ACCOUNT BY AUGUST 1, 2018 TO TRY-OUT FOR A SPORT REGARDLESS OF SPORT SEASON.
- **Your Enrollment will be complete when you receive a confirmation email from Appryse that all requirements have been met.**
  - **ANY ENROLLMENT OR PHYSICAL TURNED IN AFTER AUGUST 1, 2018 WILL BE CHARGED A \$50 LATE FEE**
  - **ANYONE WITH INSURANCE CONFLICTS PLEASE CONTACT CHRISTINA OKUBO BY EMAIL at [cokubo@ndhsb.org](mailto:cokubo@ndhsb.org)**