



Notre Dame Belmont
Athletic Participation Requirements

Directions:

- Go to www.ndhsb.org > Athletics > Appryse, Forms and Links
- Click on the Appryse logo, or go to the direct link here:
<https://app.appryse.com/enroll/AYUNSC2J>
- **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 on "I have an Appryse Account." Update online forms as needed and e-sign for the 2019-2020 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 1st, to try try-out for a sport regardless of sport season.
- **PLEASE be sure to indicate which sport you plan to try-out for when enrolling on Appryse**
- 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 1st will be charged a \$50 late fee.
 - Anyone with insurance conflicts please contact Christina Okubo by email at: cokubo@ndhsb.org