

PANTHER

Cross-Country Athlete Things to DO!

All Athletes must complete the following before they can practice/compete.

1. **Complete Documents on Rankonesport.com**
(If you WERE NOT! at PCN physical night)
 - Review <https://www.rankonesport.com> sign and complete “ALL” documents including parent/ guardian

2. **Complete Physical**
(If you WERE NOT! at PCN physical night)

Locations and Cost: \$20.00

- Access Medical 10701 N. Rockwell and Hefner Ph. 470-1500
- Putnam City North Medical Clinic 11220 N. Rockwell Ph. 722-9274
(Hand IN Physical completed and signed to Coach Miller or Asst. Coach)

3. **Download Team BAND communication APP:**

- In iPhone, Android etc. APP Store. **It's FREE!**
- **Accept** Text Message Link to join **Panther Cross-Country Team BAND**
- **Or SCAN the QR Code below:**
(Only confirmed team athletes will be accepted)



“Share Link with Parents to have them Join”

4. **Athletes Review:** View **ALL** Documents at <https://pcnpanthers.com>
 - “Click” on **Cross-Country Boys or Girls Main** page view items below:
 1. **Panther Cross-Country Athlete Handbook**
 2. **Code of Ethics** (download, print, complete bring to 1st practice)
 3. **Athlete Goals** (download, print, complete bring to 1st practice)
 4. **Summer Practice Schedule**, Times T.B.A(Save or Download documents on phone or CPU, Etc. keep for you to view)

Head Boys Coach Contact Info:

Coach Miller Cell Ph. 1(405) 863-0819

Email: JohnM@putnamcityschools.org

Email: millerjohnt0746@gmail.com



Website: <https://www.rankonesport.com>

Parents, Athletes you need go to <https://www.rankonesport.com> Create an account and fill out all required paper work follow all prompts. This website consists of all the paperwork that is required by the district athletic department for your athlete to participate in any athletic or activity for Putnam City North High School. Once all paper work is completed your athlete will be able to participate in cross-country.

STEP 1: LOG ON to <https://www.rankonesport.com>, " **Click**" **YellowTab** at Top of Main Page **Create** an account and follow all prompts to do so.

STEP 2: Complete and **Sign "ALL"** required documents listed below on "[rankonesport.com](https://www.rankonesport.com)" to complete the process.

Paperwork to complete:

1. Physical (Print Turn in to Coach Miller).
2. O.S.S.A.A Eligibility
3. Medical Consent form
4. Drug Testing Consent
5. Sudden Cardiac Arrest
6. HB2615
7. Concussion and Head Injury
8. Athletics Participation Form
9. Valir Concussion form

IF THIS HAS ALREADY BEEN COMPLETED AT PCN PHYSICAL NIGHT THEN DO NOT COMPLETE

