Dear Parent/Guardian,

As you may know, Optimum Performance Sports (OPS) is the healthcare provider for all athletes at Bishop Dwenger High School. Recently, OPS has changed our injury tracking software to Healthy Roster. Healthy Roster is very user friendly and fully HIPPA compliant, meaning, only you, the Athletic Trainers and the Head Coach of the teams the student athlete is participating in have access to the athlete’s information. In other words, only their current coach can see their information.

Therefore, we are asking all Parents/Guardians to sign up with Healthy Roster.

You will be receiving an email shortly with a code to gain access to your child’s Healthy Roster records. This code will link you to your student athlete’s account(s) and there will be 2 documents for you to fill out. Please update any information that may be incorrect. If you have any questions during the process, feel free to contact either one of the OPS Athletic Trainers at the emails below.

Benefits of Healthy Roster

* 1 time easy registration. You do not need to sign up multiple times for multiple children.
* Notification of any injury and care via email and/or mobile app.
* Status updates on injuries as your child progresses in their rehab post injury.
* Communication availability with the Athletic Trainers via email or phone through the mobile app or website.
* Ability for the head coach of the sport, to have access to status updates on the injury.
* Ability to report injuries, upload doctor’s notes and add updates to injuries that the Athletic Trainers will be able to follow up on.

Video instructions for signing up with Healthy Roster online and the app can be found at the following link.

<https://healthyroster.helpdocs.io/article/tj1xavvkj5-parent-athlete-walkthrough>

* Please also click on the “Documents” tab and complete the “Medical History Form” and “Optimum Performance Sports Medical Treatment Consent Form”

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