

SAUCON VALLEY

ATHLETICS



Athletic Registration & Information PlanetHS Online Registration

Registration Overview:

Participation in Athletics requires that all PIAA materials, a PIAA Physical, and all PlanetHS materials be completed after June 1 of each year and prior to two weeks before the first official day of practice for each season. Below, please find important information concerning the registration process and general information that pertains to the registration and participation in sports. Special Notes:

- All paperwork must be completed after June 1, 2022.
- Multisport athletes may indicate all of their sports for the school year in their initial registration, however, recertification will need to be completed prior to each new season in a window that takes place 6 weeks to 2 weeks prior to the first day of Winter and Spring practices beginning. (Reminders will be sent)
- All registrations are urged to be completed as soon as possible so that coaches are aware of participation commitments. PIAA Physicals can be uploaded to your account to fully complete registration at a later date.

Participation Overview:

Important dates concerning Athletic seasons are listed near the end of this document. In general, athletic teams are active 5-6 days per week. Participation in athletics requires a commitment to your academics, your team, and your school.

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Registering for Athletics through PlanetHS

First Time PlanetHS User

What is PlanetHS?

PlanetHS is our registration and eligibility system that allows both athletes and parents to complete and upload all necessary materials for participation each season. For first time users it is important to follow the directions below, including the fact that the athlete should initiate the setup of their account first. PlanetHS requires that both the athlete and the parents have separate accounts and that each complete pertinent information.

- Both a parent and the athlete will need to create separate accounts in [PlanetHS](#) for proper completion of registration. The athlete should click the “Sign Up” button at the bottom of the PlanetHS login page to start the process.
- **The athlete should create their account first! It is preferred that each athlete use their school email to create their account** but a personal email is acceptable as well. Once their account is created the athlete should invite their parent/guardian by sending an invite to their parent’s email address.
 - It is easiest for the parent and student to work together to set up an account the first time.
- Once invited, the parent and athlete accounts must be linked and both the parent and athlete may complete their registration obligations
- Both the parent and athlete must fully complete registration under their accounts
 - Please be sure that you select the proper building for registration. Grade 7-8 next school year should register in the Middle School. Grade 9-12 next school year should register in the High School.

- Registration is fully complete when all sections are completed and a PIAA Physical is uploaded to your account. The PIAA Physical will then be viewed and accepted by the Athletic office. [PIAA Physical Form](#)
- When all sections in PlanetHS are marked “complete” a student is fully eligible for participation. Athletes may not begin participating in practice on the first official day of the season unless all items are **complete** and accepted.
- To begin registration, [click here to be taken to PlanetHS](#)
- Note: During the registration process it is advisable to allow both email and text notifications as coaches can send team messages through PlanetHS for team updates.

Repeat PlanetHS User

- Please view the returning user video tutorial from PlanetHS for important information: [Returning User Tutorial Video](#)
- Both the parent and athlete will need to log into their [PlanetHS](#) accounts separately to complete registration.
- Review and check and pre-populated information that may have changed, including contact information and emergency information.
 - **Note: If you are moving from 8th grade to 9th grade this year, be sure to change your “home school” to Saucon Valley High School**
- Registration is fully complete when all sections are completed and a PIAA Physical is uploaded to your account. The PIAA Physical will then be viewed and accepted by the Athletic office. [PIAA Physical Form](#)
- When all sections in PlanetHS are marked “complete” a student is fully eligible for participation. Athletes may not begin participating in practice on the first official day of the season unless all items are **complete** and accepted.
- To begin registration, [click here to be taken to PlanetHS](#)
- Note: During the registration process it is advisable to allow both email and text notifications as coaches can send team messages through PlanetHS for team updates.

Single Sport vs Multisport Athletes & Recertification

Single Sport Athletes & Multiple Sport Athletes

- Single Sport Athletes: Single sport athletes may register at any time after June 1 of each year as long as each of the following takes place:
 - Registration and a PIAA Physical is completed sometime after June 1 of each year but before 2 two week prior to the start of the first official practice date.

- Multiple Sport Athletes: Multiple sport athletes may register for all their sports at one time, however, a recertification form will need to be completed prior to participation in a second and/or third sport.
 - The recertification form will become available approximately 6 weeks prior to the start of the Winter and Spring seasons and must be completed by 2 weeks before the start of the season.
 - This will give each multi-sport athlete and their parents a 4 week window to log into their PlanetHS account and recertify for the upcoming season.

PIAA Physicals

- All athletes must complete a PIAA Physical, on a [PIAA Physical Form](#) for participation
- Physicals must be completed after June 1 of each year to be valid for the school year of participation.
- Note: School physicals required for 7th and 11th grade may NOT be accepted in place of a PIAA Physical. Please be sure physicals are completed on a PIAA form.

Off Season Weight Room Information

Weight Room

- The weight room is open to all athletes in grades 7-12 during the summer and throughout the school year. All athletes should be visiting the weight room at least twice a week either with their team. For information on team lifting times or times to come in individually, please contact our strength and conditioning coach Krystal Kessack at Krystal.Kessack@sluhn.org

Supplementary Information

Important Dates

- Fall
 - First Day of HS Football (9th-12th): Monday August 8, 2022
 - First Day of Golf: Monday August 8, 2022

- First Day for All Other Sports: Monday August 15, 2022
- Registration Opens: Wednesday June 1, 2022
- Registration Closes: Monday August 1, 2022

- Winter
 - First Day of Winter Sports: Friday November 18, 2022
 - Registration Opens: Tuesday June 1, 2022
 - Registration Closes: Monday November 7, 2022
 - Recertification Window for Multi-Sport Athletes: Monday October 10 - Monday November 7, 2022

- Spring
 - First Day of Spring Sports: Monday March 6, 2023 (except MS Soccer)
 - First Day of MS Soccer: Tuesday April 11, 2023
 - Registration Opens: Tuesday June 1, 2022
 - Registration Closes: Monday February 20, 2023
 - Recertification Window for Multi-Sport Athletes: Monday January 26 - Monday February 20, 2023

Contact Information

- Sport specific information can be obtained by contacting the Head Coach for your sport. Please visit our [Contact Us](#) page for information.

Game Schedules

- Preliminary game schedules are available at sauconathletics.org Please note that schedules do change until approximately 3-4 week prior to the start of the season.

Available Sports

Middle School (Grades 7-8)

Fall

Football
Sideline Cheerleading
Cross Country
Field Hockey

Winter

Basketball
Wrestling
Sideline Cheerleading

Spring

Soccer
Softball
Baseball
Track & Field

High School (Grades 9-12)

Fall

Football
Sideline Cheerleading
Cross Country
Field Hockey
Girls Tennis
Girls Volleyball
Soccer
Golf
Competitive Spirit (Club)

Winter

Basketball
Wrestling
Sideline Cheerleading
Swimming

Spring

Softball
Baseball
Track & Field
Lacrosse
Boys Tennis

Thank You,
Saucon Valley Athletic Department