

Rank One Steps



STEP 1

Login into your Rank Once Account, register for a new account, or continue as guest:
<https://friendswoodisd.ranconesport.com/New/NewInstructionsPage.aspx>

STEP 2

Upload the Physical Examination Portion **ONLY**

STEP 3

Fill out the Medical History Form

STEP 4

Complete Rank One FORMS

- Athletic Information
- Athletic Policies
- UIL Signatures

STEP 5

OPTIONAL: Complete Consent to Treat Forms

- BFR
- Dry Needling
- Cupping
- OTC

Email blapier@fisd12.net if you have any questions