

# PH/ARBITER ATHLETE INSTRUCTIONS

1. Go to this website → [www.planeths.com](http://www.planeths.com)
2. Click **SIGN UP**
3. Select **Parent**
  - a. If you are the athlete, then select the **student** option
4. Complete the personal information tab
  - a. Name
  - b. Gender
  - c. Birthdate
5. Complete the **create login information tab**
  - a. Phone number or email
  - b. Password
  - c. Set password as **Cougars01**
6. Select your school by typing in **York** and waiting for **York Middle** to appear in the dropdown menu.
7. Click the blue bar that says **Sign Up**
8. Once account is created, and you are signed in, follow steps on the screen to link the Parent & Student accounts.
9. Follow the steps on screen to upload all required forms.

## List of Sports at YMS

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
7th grade Volleyball	7th grade Girls Basketball	Girls Track & Field- 7 <sup>th</sup> / 8th
8th grade Volleyball	7th grade Boys Basketball	Boys Track & Field- 7 <sup>th</sup> / 8th
Cheerleading- 7 <sup>th</sup> /8th	8th grade Girls Basketball	Boys Soccer 7/8th
7th grade Football	8th grade Boys Basketball	Girls Soccer 7/8th
8th grade Football	Wrestling- 7 <sup>th</sup> /8th	Baseball- 7 <sup>th</sup> / 8th
	Cheerleading- (same team)	Softball- 7 <sup>th</sup> /8th