

Spaulding High School Athletics: SPRING 2019

SIGN-UPS: Tues.-Thurs., Feb. 19, 20 & 21 AFTER SCHOOL from 3:05-3:30 pm in the GYM Lobby Hallway.

Pre-season Information Night – Tuesday, March 12th – 6:30 p.m. in GYM

- Receive **SPRING** information; schedules; confirm sign-ups; meet coaches.

ALL SPRING PRACTICES begin on Monday, March 18th

- Practice times for the March 18-30 time period will be posted outside the athletic office/gym & published online Thursday, March 14th.
- Practice schedules will be completed for each two week time period while teams remain **INSIDE**. After teams are outside, please connect with your teams' coach.

The following THREE ITEMS (A, B & C) MUST BE COMPLETED before a student athlete will be permitted to practice; NO EXCEPTIONS.

A). HEALTHY ROSTER

RETURNING athletes: Verify permission & medical history, emergency contact forms are up to date.

NEW athletes: Once you sign up, **PARENTS/GUARDIANS** will receive an email **INVITATION** to establish a Healthy Roster account.

Complete ALL information in your child's Healthy Roster profile (address, emergency info., etc.)

- **DOWNLOAD** medical history/permission forms, complete & upload them directly to your child's Healthy Roster account profile (or hand them in to athletic department staff).

B). ImPACT Concussion BASELINE Assessment (every two calendar years)

If you are unable to make one of the below times, then you must see Mr. Merriam or Chelsey Allen to make arrangements for another date/time.

- **Wednesday, March 13th:** **BASEBALL & SOFTBALL** participants report to Library COMPUTER lab entrance door in the Auditorium Lobby at 3:15 for a 3:30-4:15 assessment.
- **Thursday, March 14th:** **Boys'/Girls' LACROSSE** participants report to Library COMPUTER lab entrance door in the Auditorium Lobby at 3:15 for a 3:30-4:15 assessment.
- **Friday, March 15th:** **Track & Field/TENNIS/ULTIMATE** participants report to the Library COMPUTER lab entrance door in the Auditorium Lobby at 3:15 for a 3:30-4:15 assessment.

C). WELL EXAM (sports physical) information:

Student athletes **MUST** have had a **WELL EXAM within the past TWO calendar years (by primary care DOCTOR preferred!)**. Proof of the exam must be provided to athletic department staff prior to participation.

****A COPY of the well exam may be faxed to the athletic department @ 479-6907****

Academic Eligibility:

Students are expected to demonstrate strong Habits of Work in each class. Those students who earn a score of “1” (which equates to “rarely demonstrates”) in the areas of “RESPECT” or “EFFORT” on a progress report/report card for any class will be placed on PROBATION until the next progress report or report card is released (approximately every three weeks).

A student on PROBATION **MAY TRYOUT; BEGIN PRACTICING for a SPRING team;** however, may not compete in games/contests.

He/She will be subject to the following PROBATION conditions:

- The student may participate in team/group events such as meetings and practices.
- The student may NOT participate in games/competitions/performances, but they may attend and sit on the bench or with the group, not in uniform.
- The student may NOT be dismissed early from school to travel with the team/group to away events. After school or weekend travel is allowed.

SPRING 2019 progress report/report card review dates:

MARCH 19/20 – Progress Report review

APRIL 10/11 – Report Card review

MAY 7/8 – Progress Report review

MAY 30/31 – Progress Report review

Athletic Department Main CONTACTS & INFORMATION SOURCES:

Patrick Merriam, Athletic Director 476-6334 (office); 479-6907 (fax) pmerrshs@u61.net

Chelsey Allen, Certified Athletic Trainer 476-4811 x1185 calleshs@u61.net

www.shsU61.org



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