

## Spaulding High School Athletics: WINTER 2019-20

**SIGN-UPS: Tues.-Thurs., Oct.29, 30, 31** During Lunch in the cafeteria.

**Pre-season Information Night – Tuesday, November 12<sup>th</sup> – 6:00 p.m. in GYM**

- Receive winter information; game schedules; confirm sign-ups; meet coaches.

**November 20<sup>th</sup> Hockey Practices Begin**

**December 2<sup>nd</sup> Basketball, Indoor Track, and Wrestling Begin**

***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 or if you are new to SHS athletics)

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

- **Wednesday, Nov. 13<sup>th</sup>:** Girls'/Boys' Ice Hockey participants report to the gym and make sure you have your cromebook with you. 3:15 for a 3:30-4:15 assessment.
- **Thursday, Nov. 14<sup>th</sup>:** Boys' basketball/Wrestling participants report to the gym and make sure you have your cromebook with you. 3:15 for a 3:30-4:15 assessment
- **Friday, Nov. 15<sup>th</sup>:** Girls' basketball & Indoor Track participants report to the gym and make sure you have your cromebook with you. 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\*\*