



## Inter-Lakes Spring 2023 Athletic Information

Dear Parents/Guardians:

The goal of this letter is to provide you with important information pertaining to the Spring Athletic Programs that are offered at Inter-Lakes. All athletes must be registered on Final Forms (<https://interlakes-nh.finalforms.com/>) prior to the first practice. Athletes who played a fall or a winter sport just need to add the spring sport on Final Forms and update any relevant contact or medical information. All athletes are required to have a physical exam clearing them to participate in sports prior to participating. Physicals are good for twenty-four months. Students who do not have a current Impact Test (concussion) are asked to sign up for a test offered by the athletic trainer prior to the start of the season. The test is generally given to 6<sup>th</sup> or 7<sup>th</sup> graders and then 9<sup>th</sup> and 11<sup>th</sup> graders- plus any new athlete who has not been tested. Please email our athletic trainer Isabelle Forde and she will send you the link for the Impact test ([athletictrainer@interlakes.org](mailto:athletictrainer@interlakes.org)).

### **High School Tryout Information Grades 9-12:**

**Girls Softball (w/grades 6-8)-** Monday, March 20 3:30-5pm ILES MPR

**Girls Tennis-** Monday, March 20 3:30-4:30pm Weight Room

**Girls Lacrosse-** Monday, March 20 5-6:30pm ILMHS Gym

**Boys Baseball-** Monday, March 20 6:30-8:30pm ILMHS Gym

**Boys Tennis-** Monday, March 20 3:30-4:30pm Weight Room

**Boys Lacrosse-** Monday, March 20 5:15-6:45pm ILES Gym

**Coed Track-** Monday, March 20 3:30-5pm ILMHS Gym

### **Middle School Tryout Information Grades 6-8:**

**Baseball-** Monday, March 20 3:30-5pm ILES Gym

**Softball (w/grades 9-12)-** Monday, March 20 3:30-5pm ILES MPR

**Coed Track-** Monday, March 20 3:30-5pm ILMHS Gym

**Tennis-** 8<sup>th</sup> graders will be allowed to participate on the high school team only if there are fewer than 8 high school players (per NHIAA rules).

Practice/Game Schedules can be found on BigTeams (<https://ilathletics.bigteams.com/>). If you sign up on BigTeams for a specific sport you will receive text message alerts when there is a schedule change or cancellation. Bigteams has a customer support option if you need assistance setting up your alerts.

I look forward to a great spring season! Please do not hesitate to contact me if you have any questions.

Sincerely,

Sarah Dumais- Athletic Director

Inter-Lakes School District

[sarah.dumais@interlakes.org](mailto:sarah.dumais@interlakes.org)

603-279-6162 ext. 2570