

Inter-Lakes Athletics

Dear Parents/Guardians:

The goal of this letter is to provide you with important information in relation to having your son or daughter participate in high school athletics for the FALL 2018 season. You will need to register your athlete online through our athletic website www.interlakes.org/sports. Once you register your athlete the first time, his/her information will be stored for future registrations, making the registration process much simpler and faster for parents and the athletic department.

REGISTRATION DUE DATES

To be eligible to participate in the first day of practice:

Online registrations are due by 3:00 PM on the following days:

Friday, August 10th - **Football, golf, boys' soccer, girls' soccer, volleyball, cross-country**

Tuesday, September 4th - **Unified soccer**

FIRST DAY OF PRACTICE SCHEDULE

Monday, August 13th

Football – 5:00-7:30 turf

Boys' Soccer – 7:00-9:00 AM turf and 5:00-7:00 PM at Prescott C

Girls' Soccer – 8:00-10:00 turf

Volleyball – 7:00-9:00 AM and 4:00-6:00 PM

Golf – 4:00 at Waukegan Golf Club

Cross-Country – 6:00 at Center Harbor softball field

Wednesday, September 5th

Unified Soccer – 2:30 upper field

MANDATORY PARENT MEETING

There will be a mandatory parent/athlete meeting on **Monday, August 20th at 7:00** in the auditorium to review policies, procedures, sportsmanship expectations as well as discuss the ImPACT testing and concussion protocol (see below). All high school and middle tier fall athletes and at least one parent/guardian are required to attend this meeting in order for your athlete to participate in the first game/meet. This meeting is required once per school year. NOTE: The high school football team has a jamboree at Laconia on this date. I will arrange an alternative meeting time with the football team and parents.

SPORTS PHYSICALS

Physicals are required every two years. In order to participate in athletics student-athletes must have an updated physical on file with the school nurse that indicates the athlete is “cleared for sports”. If you plan to send in a copy of a physical during the summer please put it to the attention of Jeff Cloos. I will be in the office starting the second week in August to start going through the physicals. The nurse does not arrive until the end of August.

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ImPACT CONCUSSION TESTING

All Inter-Lakes student-athletes at the middle tier and high school are required to participate in the ImPACT testing for concussion safety. ImPACT is a computer-based concussion test. Athletes will take the test before the season and again after receiving a concussion. By comparing post-injury to pre-injury scores, the testing program allows the athletic staff, school nurse, and medical personnel to judge when the effects of the concussion on the brain's function has worn off. The test is taken on a computer in the school's computer lab. First some basic questions (name, age, past concussions) and then concentration, memory and reaction time are tested. The test takes between 30 and 45 minutes and will be administered every two years unless there is an injury and a follow-up test is required sooner. More information about ImPACT can be found at www.impacttest.com. If you have any questions or concerns feel free to contact me as well. **NOTE: Athletes will not be able to participate in a fall sport until the ImPACT test is administered. All athletes that completed the test for the fall 2016-17 school year MUST take it again before participating this fall.**

The following is a list of dates and times the ImPACT test will be offered. Please access the online registration through www.interlakes.org/sports to register. If you do not have access to a computer please call me to sign up for a date/time. NOTE: It is very important to arrive at least five minutes prior to the schedule time. If your child is late he/she might not be allowed to enter the test room. All tests will be in the library.

<i>August 7th</i>	<i>7:00 AM and 8:00 AM</i>
<i>August 8th</i>	<i>6:00 PM</i>
<i>August 9th</i>	<i>7:00 AM and 8:00 AM</i>
<i>August 15th</i>	<i>5:45 PM</i>
<i>August 16th</i>	<i>5:45 PM</i>

I look forward to a great fall season! In the meantime feel free to contact me if you have any questions.

Sincerely,

Jeff Cloos
Athletic Director
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