

# *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 WINTER 2018-19 season. I'm very excited to announce that we will continue our online registration. You will need to register your athlete online through our athletic website. 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. Please see attached sheet for more information regarding online registrations.

## **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, November 9<sup>th</sup> - *Girls' Basketball, Swimming*

Friday, November 16<sup>th</sup> - *Boys' Basketball, Hockey*

Friday, November 30<sup>th</sup> - *Nordic, Unified Basketball*

## **FIRST DAY OF PRACTICE SCHEDULE**

### ***Monday, November 12<sup>th</sup>***

Girls' Basketball – 3:15-6:15

Swimming - TBA

### ***Monday, November 19<sup>th</sup>***

Boys' Basketball – 9<sup>th</sup>/10<sup>th</sup> grade 3:15-4:45, 11<sup>th</sup>/12<sup>th</sup> grade 4:00-6:00

### ***Monday, November 26<sup>th</sup>***

Hockey – 3:50 at Laconia Ice Arena

### ***Monday, December 3<sup>rd</sup>***

Nordic – 3:15 in gym lobby

Unified basketball – 3:15-4:15

\*\*\* ***Mouthguards are required for all basketball tryouts***

## **MANDATORY PARENT MEETING**

There will be a mandatory parent/athlete meeting on Tuesday, November 13<sup>th</sup> 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 school winter 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. **NOTE: If you and your child attended the fall meeting you DO NOT have to attend the winter meeting.**

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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 have 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](http://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 winter sport until the ImPACT test is administered. If your child has already completed the ImPACT baseline test in the past two years he/she does not have to take the test again this year.**

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](http://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 basement computer lab at the high school.

**November 6<sup>th</sup>, 8<sup>th</sup>, 14<sup>th</sup>, and 28<sup>th</sup> at 3:15 in basement computer lab**

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

Sincerely,

Jeff Cloos  
Athletic Director  
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279-6162