

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 middle tier athletics for the FALL 2018 season. You will need to register your athlete online through our athletic website at 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 to by 3:00 PM on the following days:

Monday, August 20th - *boys' soccer, girls' soccer, girls' volleyball and coed cross-country*

FIRST DAY OF PRACTICE SCHEDULE

The *girls' soccer* team's first practice will be **Tuesday, August 21st from 4:00-5:30** on field A at Prescott Park. The *boys' soccer* team's first practice will be **Tuesday, August 21st from 3:30-5:00** on the upper soccer field at Inter-Lakes Junior/Senior High School. Additional practices for both boys and girls will be held at the same time and location on the 22nd-23rd. All players should bring a water bottle, soccer cleats, shin guards, sneakers, and a mouth guard. Please do not bring a soccer ball from home as soccer balls will be supplied by the coach. It is anticipated that there will be A and B teams. The first three days of practice will be an evaluation period to determine the A and B teams.

The *girls' volleyball* team's first practice will be on **Tuesday, August 21st from 2:30-4:30** in the Inter-Lakes High School Gym. Practice on the 22nd will be same time and same location. Practice on the 23rd will be at 3:30 or 5:00 (depending on which team you have been selected for) at the Inter-Lakes Elementary School gym. Please bring a water bottle (no Gatorade or other sports drinks), knee pads, running shoes, athletic shorts, and t-shirt (no spaghetti strap tank tops).

The *cross-country* team's first practice will be on **Tuesday, August 21st from 4:00-5:15**. Please meet at the track shed next to the track. Participants should bring a water bottle and appropriate running attire. The next practice will be Thursday, August 23rd from 4:00-5:15.

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. NOTE: This meeting is required once per school year.

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 incoming 7th grade fall athletes will need to take the ImPACT test.**

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 scheduled 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
Jeff.cloos@interlakes.org
279-6162