

# *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 SPRING 2019 season. You will need to register your athlete online through our athletic website [www.interlakes.org/sports](http://www.interlakes.org/sports).

## REGISTRATION DUE DATES

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

**Track and Field, Baseball, Softball**– online registrations are due to athletic director by 5:00 PM on Friday, March 22<sup>nd</sup>

## FIRST DAY OF PRACTICE SCHEDULE

### Monday, March 25<sup>th</sup>

**Baseball** – 4:15-5:15 in ILES gym

**Softball** – 3:15-4:15 in ILES gym

**Track and Field** – 3:15-4:45 in ILES MPR

## MANDATORY PARENT MEETING

There will be a mandatory parent/athlete meeting on Tuesday, March 19<sup>th</sup> at 6:30 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 spring 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 and/or winter meeting you DO NOT have to attend the spring meeting.**

## ImPACT Concussion Testing

All Inter-Lakes student-athletes at the middle school and high school will be 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 training 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. 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 spring sport until the ImPACT test is administered. If your child has already taken the ImPACT baseline test in the fall or winter 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. 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.

March 12<sup>th</sup> at 3:15 in basement computer lab

March 13<sup>th</sup> at 3:15 in basement computer lab

I look forward to a great spring 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