



# Fall Athletics Update 2010-2011

-----ents and Athletes,

July 23, 2010

The academic year is fast approaching, and fall athletics will begin soon. The athletic department would like to inform you of some very important information that you need to know in order to participate in fall athletics.

## **ALL HIGH SCHOOL SPORTS:**

1. **Physical Cards:** Before a student may participate in **practices** or games, we **must** have either a Physical Card (green) or Alternate Year Card (yellow) on file. ***This is a WIAA requirement.*** The first year of athletic participation is high school; the student must have a physical/have a Physical Card on file at school. The student's physician fills out the green Physical Card. This must be re-done 2 years later. On the alternate years, the student only needs to have an Alternate Year Card on file (no physical is required). If you are not sure which card you need, please contact Mrs. Verbeten in the athletic office at 221-1520, or by email at [lverbeten@mail.lakecitychurch.org](mailto:lverbeten@mail.lakecitychurch.org). Students who do not have a Physical Card on file are expected to attend practices, however will be unable to participate until their Physical Card is on file in the Athletic Office. If you are unable to get an appointment with your primary doctor/clinic, we are aware of a walk-in clinic at certain Walgreens stores in the area that provide physicals on a walk-in basis.
2. **HS Sports Fees:** The High School sports fees for 2010-11 will be \$125 for the first sport and \$100 for the second sport. There will be no fee for participation in the third sport. EXCEPTION: The sports fee for golf is \$150.
3. **Payment of Fees:** Payment of the sports fee is due by the end of the season (before playoffs begin). After the first week of practice, the first half of the sports fee is non-refundable, and after the first regular contest is played, the entire sports fee will still be due by the end of the season.
4. **Game Management Shifts:** All families who have an athlete in a sport that charges admission and/or provides a concession stand are asked to sign up for at least 3 Game Management Shifts *per child involved*. This request is not specific to your child's sport. The athletic department needs your help during home games. Any family who does not become involved in Game Management Shifts will be charged a \$150 fee (if there are any parents who have extenuating circumstances, please see Mr. Haugen).

**FOOTBALL:** The football mini-camp is coming up July 26-29, from 5:30-8:00 pm. This is a very important time to start preparing for the upcoming season. Practices will begin Thursday August 12<sup>th</sup> and will be held from 5:30-8:30 pm. Equipment will be handed out this evening as well.

**VOLLEYBALL:** There will be a SWAT Volleyball camp taking place at ALCS Aug 3-5<sup>th</sup> (prior registration with SWATsports is required). Practices will begin on August 16<sup>th</sup> and will run 3:30-5:30 each day.

**WIAA REQUIRED FALL SPORT PARENT/PLAYER MEETING:** There will be a **WIAA REQUIRED** parent/player meeting on Monday, August 16<sup>th</sup> at 6:00 pm in the LMC for all students participating in fall sports and their parent(s). NOTE: Football players will be addressed with pertinent information on the field. ***At least 1 parent must be in attendance at this meeting.*** Parents should come prepared to sign up for game management shifts. General WIAA athletic policies will be addressed as well as ALCS Athletic policies.

**MIDDLE SCHOOL SPORTS:** At the middle school level, athletics begin after the school year has started. More information will be sent out in regards to middle school sports at that time. If you are interested in being a part of the coaching staff, please contact the athletic department as soon as possible. Physicals are **not** required at the middle school level of play. The middle school sports fees for 2010-11 will be \$90 per sport.