

**Jack Appel - Activities Director**

Sisseton School District 54-2

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**Sisseton Redmen**

**Athletics**

5/9/19

News Release:

**Sisseton Athletics- Student/Parent Information and Requirements**

**HIGH SCHOOL**

**Spring Parent/Student Meeting for Varsity sports:** (This meeting will replace the fall meeting in August)

**Tuesday, May 21, 2019 @ 5:30pm - Schedule of meetings in the school Multipurpose room.**

The schedule will roll, times are approximate. Please be here well ahead of your scheduled meeting time.

**5:15 – Lunch available –** provided by the athletic department, sports booster club, and various businesses.

**5:30 –** Volleyball, Football, Football Cheer, Cross Country and Boys Golf

**5:50** – Girls Basketball, Boys Basketball, Basketball Cheer, Gymnastics and Wrestling

**6:10** – Track and Girls Golf

**6:30** – Athletic Director/Eligibility

Meetings will be conducted by the following:

* **Redmen Coaches** – Head coaches/Assistant coaches will share information on their summer skills workouts/camps/programs and expectations for their sport with participants and parents.
* **Jack Appel – Sisseton School Activities Director**. Will provide information on athletic eligibility.

\***All students/parents are required to attend the pre-season meeting listed above. If you are unable to attend, you will need to contact the athletic office.**

**Eligibility Information** on physical exams, concussion testing, insurance, communication, expectations, calendars, and schedules.

* **Student-athletes have until May 24, 2019 to return all of the required information to the school. If not returned, students will not be allowed to participate/practice in summer workouts or next year’s activities.**
* **All paperwork will be handed out at the meeting or by coaches and is available online at the school athletic/activity webpage, the Middle/High School office or the Activities office.**

**Concussion testing:**

All students participating in athletic activities sponsored by the South Dakota High School Activities Association (SDHSAA) and the Sisseton School are required to have an annual concussion “baseline” test on file. Student-athletes can take the concussion tests starting on **Monday, August 5 – Friday, August 9 in the high school library.**

* **Student-athletes will not be allowed to participate/practice in the 2019-2020 school year until a baseline test is on file.**

**Physical examinations:**

Required every 3 years. Athletes needing physicals are asked to set up appointments with their local provider. The Coteau Des Prairie Clinic asks you to have your insurance card and co-pay information available.

**MIDDLE SCHOOL**

**Middle school athletes will need to fulfill these requirements when they register next fall at the middle school:**

1. Complete and return all eligibility paperwork provided at registration
2. Take an annual concussion test during the week of August 5-9
3. Attend informational meeting held by the coach of their sport during the first week of school

If you have, any questions contact Jack Appel. Phone 698-7613 ext. 105 or email at jack.appel@k12.sd.us