



*****UPDATED*** 8/1/19**

Mountain Lake Public Schools

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TO: Mt. Lake Area Parents/Guardians
RE: Athletic Participation Information
FROM: Mr. Tim Kirk

The 2019-20 School year is just around the corner and there are some preparations you will need to make in order to participate in school athletic activities. The following information should help you prepare for the activities:

PARENT/COACH/ATHLETE MEETING HAS BEEN CHANGED FOR GRADES 7-12

Football – Friday Aug 23rd at 6pm with pot luck at Munson field concessions by the football field

Volleyball – Monday Aug 12th at 8pm in Comfrey

Cross Country – Saturday Aug 24th at Lawcon Park 6pm

The purpose of this meeting is to provide communication between the administration, athletic department, coaches, parents and athletes along with completing forms and turning in fees. Registration packets can be picked up from the high school office, or from the head coach.

PHYSICALS: Physicals must be taken every three (3) years. All physicals must be turned in to the High School Office before a student may participate in practice. Extra Sports Physical Forms can be picked up from the high school office. The ImpACT test will be given to student athletes in grades 7, 9 and 11 on Thursday, August 8th & Friday, August 9th between the hours of 11 a.m. and 1 p.m. in the high school library.

SPORT PARTICIPATION FEES: The fee for grades 9-12 for each sport is \$50.00. The fee for grades 7 and 8 is \$35.00 per sport. **THE FAMILY MAXIMUM IS \$170.00.** Fees for all Mountain Lake Area activities need to be turned in to the High School Office. All fees need to be paid by the first day of practice.

MSHSL PARENT'S PERMIT-HEALTH QUESTIONNAIRE AND MSHSL ELIGIBILITY STATEMENT:

Please be sure that you and your parent/guardian read the Minnesota State High School Eligibility information carefully and sign both sides of the eligibility form before turning it in to the High School Office. Extra Eligibility Brochure Forms can be found on my school web page.

All signed forms, participation fees/payment plans, and physicals **MUST** be on file in the High School Office **BEFORE** a student is eligible to practice. A master list of who has all forms and fees turned in will be printed and distributed to each coach. Student/athletes will not be able to practice until all requirements have been completed and are on file with the High School Office. The coaches will receive updates on a daily basis.

Good luck for the 2019-2020 school year and athletic seasons.

SPORT PROGRAM START DATES:

Football – August 12th, 2019

Volleyball – August 12th, 2019

Cross Country – August 12th, 2019

Girls Basketball – November 11th, 2019

Boys Basketball – November 18th, 2019

Track & Field - March 9th, 2020

Softball - March 9th, 2020

Baseball – March 16th, 2020

Golf - March 16th, 2020