

## **FALL ATHLETE PARENTS ...**

**Fall Sport Camp letters are available on line at [splhs.org](http://splhs.org); click on parents and then click forms and handbooks; fall sports.**

**Football ... Soccer ... Volleyball ...** practice officially starts Monday, August 6, 2018 this fall. MSHSAA, our governing body for athletics passed a heat acclimatization schedule for 16 days that all schools have to follow to start the fall practices. The guidelines are on [mshsaa.org](http://mshsaa.org) under sports medicine tab then under Heat/Hydration & Conditioning Recommendations.

By starting August 6, 2018 fall athletes will have to be here 2 weeks before school starts on August 20th if they are going to play a sport listed above. All sports must 14 separate days of conditioning practice before the first contest.

**Soccer and Volleyball** local athletes will be allowed to stay at home the entire two weeks of camp. Dorm athletes will need to live in the dorm for the two weeks of camp. Cost for the soccer and volleyball dorm athletes for the two weeks will be \$150. The athletes will be on their own for meals the first week. This is the reason for the drop in fees. \*\*Dorm athletes with filled out parent permission and host permission forms may stay with a local family. Day students will not be allowed to eat in the dining hall unless prior arrangements with the Business Office have been made. Students not living in the dorm for the second camp week will need to pay \$5.00 per meal as they eat.

**Cheerleaders and Lady Saints Golf** will start practice on Monday, August 13, 2018. Local athletes will be allowed to stay at home and dorm athletes will need to be in the dorm for \$100 per athlete. This figure includes all meals. \*\*Dorm athletes with filled out parent permission and host permission forms may stay with a local family. Day students will not be allowed to eat in the dining hall unless prior arrangements with the Business Office have been made.

Sunday, August 13th the **Football Team** (local and dorm students) will move into the Annex for the remainder of camp (week 2). The cost of camp on campus will be \$100 per player. This figure includes all meals. If dorm students reside in the dorm the first week, the charge is \$50, thus total charge \$150.

**Cross Country** will begin practice on Monday, August 20.

## **PARENTS ...**

Before your child can practice a fall sport, the school has to have the following forms filled out and turned in to the Student Personnel Office (Mrs. Fiene). These forms are available at [splhs.org](http://splhs.org), click on parents, and click the forms.

- MSHSAA Pre-Participation Physical Evaluation
- MSHSAA Concussion Awareness Sheet
- SPLHS International Medical Questionnaire 2018-2019
- Parental Permission - Car Travel, Overnight/Weekend Visits, Vehicle Usage - 2018-2019
- Parental/Host Permission for Sport Camp

Meal Times will be the following: Breakfast 7:00-7:30 am; Lunch 11:30-12 noon; Dinner 5:30-6:00 pm.

## FALL COACHES CONTACT LIST ...

Football - Larry Laubenstein - llaubenstein@splhs.org - 660-463-2238 x284

Soccer – Jacob Toensing – [jtoensing@splhs.org](mailto:jtoensing@splhs.org) – 660-463-2238 x274

Volleyball – Thomas Lange - tlange@yahoo.com - 660-463-2238 x516

Cheerleading - Andrea Schmidt - aschmidt@splhs.org - 660-463-2238 x265

Athletic Director/Lady Saints Golf - Monte Pitsch - mpitsch@splhs.org - 660-463-2238 x611

Cross Country – Gina Martens – cte56410@centurytel.net

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## PARENTAL/HOST PERMISSION FOR SPORT CAMP

I/We give our athlete

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Permission to stay with

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Name/Address/Phone Number

During the \_\_\_\_\_ camp.  
(please list the sport)

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Mother's Signature

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Father's Signature

Likewise, as the HOST FAMILY, I allow the above student to stay in our home during the fall sport camp.

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Host Family Signature

This form must be on file in the Student Personnel Office prior to the start of the FALL SPORT CAMP.