

## **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 ... Cheerleading ...** practice officially starts Monday, August 12, 2019 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. All sports must have 14 separate days of conditioning practice before the first contest.

The week of August 12 through August 17 the sport teams will have practice in the morning hours. The week of August 18 through August 24 practice times will be announced at a later time once the class schedule has been decided.

**Soccer, Volleyball, and Cheerleading** - local athletes will be allowed to stay at home the first week of camp. Dorm athletes will need to live in the dorm for the first week of camp. Cost for the soccer, volleyball and cheerleader dorm athletes for the one week will be \$100 which includes 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.

**Cross Country** will begin practice on Monday, August 19, 2019.

## **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 2019-2020
- Parental Permission - Car Travel, Overnight/Weekend Visits, Vehicle Usage - 2019-2020
- Parental/Host Permission for Sport Camp

Meal Times for the first week 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 – CJ Gifford - [cgifford@splhs.org](mailto:cgifford@splhs.org) - 660-463-2238 x284

Soccer – Monte Pitsch – [mpitsch@splhs.org](mailto:mpitsch@splhs.org) 660-463-2238 x611

Volleyball – Thomas Lange - [tlange@yahoo.com](mailto:tlange@yahoo.com) - 660-463-2238 x516

Cheerleading - Andrea Schmidt - [aschmidt@splhs.org](mailto:aschmidt@splhs.org) - 660-463-2238 x265

Athletic Director - Monte Pitsch - [mpitsch@splhs.org](mailto:mpitsch@splhs.org) - 660-463-2238 x611

Cross Country – Gina Martens – [cte56410@centurytel.net](mailto: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.