

Dean Schwirtz, Activities Director

320-864-2402 office ~ 320-510-2652 cell

e-mail: dschwirtz@gsl.k12.mn.us



June 21, 2018

REQUIRED MEETINGS

Dear students and parents,

I encourage you to participate in the GSL activity program. Research has shown that students who are involved in extracurricular activities do better in school. If you have not been involved in an activity, we encourage you to try something! The Fall Activities Coaches Meetings will be held on Monday, July 30, 2018.

- **The Minnesota State High School League requires that all student athletes have a physical examination performed within the previous 3 years to be eligible for sports.** For most students, this means when entering 7th and 10th grade. Students who had an updated or first time sports physical must turn in the form to the GSL Activities Office. Forms are available at the school or online at www.mshsl.org or on the GSL website under each sport.

The activity fees are listed on the GSL website under each sport. If you need financial assistance, or would like to make payment arrangements for the fee, contact Lori Harms in the GSL Activities Office at 320-864-2455 e-mail: lharms@gsl.k12.mn.us. We want all students who want to be involved in activities to have the opportunity.


At 6:00 PM all students, parents and coaches will meet in the Black Gym for a brief meeting. Following this you will meet with the coaches for your activity, locations will be posted. The **REQUIRED** information and eligibility meetings for each activity will begin at approx. 6:15. This is your opportunity to meet our coaches, receive schedules and athletic policies. Please note: **You will register for an activity online and you will fill out all the necessary paperwork online and you will PAY online. ALL FEES MUST BE PAID AND ALL PAPERWORK MUST BE COMPLETED ONLINE BEFORE A STUDENT MAY BEGIN PRACTICE. THE 7-12 ONLINE ACTIVITY REGISTRATION WILL OPEN ON JULY 1, 2018 – ON THE GSL WEBSITE: www.gsl.k12.mn.us**

<u>Activity</u>	<u>Dates of Meeting</u>	<u>Time</u>	<u>Date of First Practice</u>
7-12 Cross Country	Monday, July 30	6:15 PM	Monday, August 13
7-12 Girls Soccer	Monday, July 30	6:15 PM	Monday, August 13
7-12 Boys Soccer	Monday, July 30	6:15 PM	Monday, August 13
7-12 Girls Tennis	Monday, July 30	6:15 PM	Monday, August 13
9-12 Volleyball	Monday, July 30	6:15 PM	Monday, August 13
9-12 Football	Monday, July 30	6:15 PM	Monday, August 13
9-12 Cheerleading	Monday, July 30	6:15 PM	Monday, August 20
7-8 Football	Monday, July 30	6:15 PM	Monday, August 20
7-8 Volleyball	Monday, July 30	6:15 PM	Monday, August 20
7-12 Fall Musical	Monday, July 30	6:15 PM	Auditions: Sept. 6 th & 7 th

Students may not begin practice without having all forms on file or fees paid. It is REQUIRED for parents and participants to attend the meetings. Please learn to use our school's website for schedules, directions to sites, and updates. Go to www.gsl.k12.mn.us > Links > Activities Calendar. You may also view the advanced view of the calendar, which notes bus times and any noted comments. Also, click on "notify me" if you want e-mails sent when changes are made to schedules. It is also important for parents to use the GSL activity lines. Information is also listed on each activities home page > www.gsl.k12.mn.us > Activities > Athletics > Fall Sports. There is a mobile app that you can download to your phone which you will be able to connect directly to the GSL Activities Calendar > www.gsl.k12.mn.us > Links > Activities Calendar > on the right hand side scroll down > Get Mobile App and also sign up for the Notify Me notifications.

Sincerely,

Dean Schwirtz, Glencoe-Silver Lake Activities Director

over 

Glencoe-Silver Lake Public Schools

Independent School District #2859

Proudly serving the communities of Biscay, Brownton, Glencoe, New Auburn, Plato, and Silver Lake

Dean Schwirtz, Activities Director

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REQUIRED MEETING

Dear Parents,

I will be conducting Neuro-cognitive Baseline Testing using the ImPACT system on August 13th & 14th, 2018.

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first most widely used and most scientifically validated computerized concussion evaluation system. Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of a concussion.

Please see below for testing schedule.

If you have already had a baseline in the last year with Ridgeview, you DO NOT need to test again.

IF YOU ARE NOT SURE, please contact Marielle at Marielle.gatenby@ridgeviewmedical.org.

ATHLETES: Please meet Ms. Gatenby in the high school just outside of the Nurse's office door. From there we will walk to the appropriate computer lab. PLEASE BE on time. Once testing starts the room is closed.

Grades

9 & 11 Football	August 13 th 11:45 am
9 & 11 Volleyball	August 13 th 2:45 pm
9 & 11 Boys & Girls Soccer	August 14 th 12:15 pm
9 & 11 Cheerleaders	August 14 th 12:45 pm
9 & 11 Tennis	August 14 th 12:45 pm
7 th Grade Football	August 14 th 2:00 pm

If your son or daughter participates in GSL activities and you are not on this list for testing but would like a baseline, please contact Marielle Gatenby at marielle.gatenby@ridgeviewmedical.org to discuss testing availability.

NOTE: Winter activities will test during the Winter Activities Coaches Meetings.

Sincerely,

Marielle Gatenby, MA, ATC
Certified Athletic Trainer
Ridgeview Rehab Specialties
952-442-7850
Voicemail: 952-777-5786

