Mid-Pacific Athletics Participation Requirements

1) **Student Health Record**
   All student-athletes participating in Mid-Pacific Sports are required to have a current physical examination on file BEFORE participating in any athletic activity (including conditioning workouts). Physical examinations must be recorded on the Mid-Pacific Student Health Record form. Any other form will not be accepted.

   For athletics, the Mid-Pacific Student Health Record is valid for one calendar year starting on the date of when the physical examination took place (e.g. if the physical was taken on January 1, 2015, the form is valid until January 1, 2016).

   If the student-athlete cannot obtain a new physical examination appointment by the time the previous physical examination expires, a parent / guardian must submit a **Temporary Physical Form** for the student athlete. This form allows student-athletes to practice and condition with the team before his/her next appointment. The temporary physical form does not allow clearance for student-athletes to participate in games / scrimmages.

   If there are scheduled games / scrimmages between the physical examination expiration date and the next appointment, please contact the athletic department as soon as possible.

2) **Medical Insurance**
   All student-athletes are required to have current medical insurance coverage to be eligible to participate in athletic activities. PLEASE make sure updated insurance coverage is written on the Mid-Pacific Student Health Record in “Section A” under the student-athlete’s name.

As of June 25, 2015
3) **ImPACT Baseline Concussion Management Baseline Test**
As of the 2012-2013 school year, the athletic department requires student-athletes participating in “higher-risk” sports to participate and complete the ImPACT Baseline Concussion Management Baseline test before attending any practice/tryout.

All seventh (7th), ninth (9th), eleventh (11th), and any first time participant in grades eight (8th), tenth (10th), twelfth (12th) must participate in this baseline concussion management test before participation in the following higher risk sports:

**Fall Sports**
- Cheerleading (Pac-5)
- Girls Volleyball
- Cross Country
- Boys Water Polo
- Football (Pac-5)

**Winter Sports**
- Boys Basketball
- Girls Basketball
- Girls Soccer
- Diving
- Cheerleading (Sideline)
- Wrestling

**Spring Sports**
- Baseball
- Judo
- Softball
- Track & Field
- Boys Volleyball
- Girls Water Polo

4) **Attendance at the MANDATORY Athletic Parent Meeting**
5) **Parent Authorization (Emergency Information & Participation Consent Form)**
Parents of student-athletes must attend our mandatory parents meeting before the start of the school year. At this parent meeting, Scott Wagner, our athletic director will explain our procedures, goals, and new information for the 2015-2016 school year. Near the conclusion of the meeting, our Emergency Information & Participation Consent Form will be handed out at the meeting.

**THIS YEAR’S MEETING WILL BE HELD ON SATURDAY, AUGUST 8, 2015 AT BAKKEN AUDITORIUM**

**Student-Athletes with the last name A-L – 9:00 AM**
**Student-Athletes with the last name M-Z – 10:30 AM**

Each meeting will last about 45 minutes. If you cannot make it to your assigned time slot, please come to the opposite time slot.

As of June 25, 2015