

# REMINDERS PRIOR TO THE 2016-17 SCHOOL YEAR

## FREE PHYSICALS:

- HURON CLINIC – Wednesday, June 8 from 4:00-7:00 pm
- HRMC PHYSICIANS CLINIC – Mon-Tues, June 13-14 from 5:00-7:00 pm
- TSCHETTER HOHM CLINIC – Monday, July 18 from 5:30-7:30 pm
  - Physical and Pre-Participations Forms will be available at the clinics.
  - Sports packets can be picked up anytime in the AD's office at the Huron Arena.
  - Sports packets can also be found on the school website under Athletics.

## IMPACT TESTING:

- Per board policy, ImPact Tests are required every two years for athletes, grades 9-12 and middle school athletes who participate in soccer, football, wrestling and gymnastics.
- If an athlete had a concussion in the 2015-16 school year, they must take the ImPact Test.
- ImPact Test takes approx 30 minutes and will be held in the middle school computer lab on the following dates:
  - Monday, July 25                      11:00-1:00 pm
  - Monday, August 1                      11:00-1:00 pm
  - Wednesday, August 3                      12:00-1:00 pm
  - Monday, August 8                      11:00-1:00 pm
  - Tuesday, August 9                      10:00-1:00 pm

**\*\*\*Physicals and ImPact Testing must be on file in the AD's Office prior to the first practice.**

## FALL ORIENTATION:

- Monday, August 8 – 7:00 pm – Huron High School auditorium. All parents and athletes are recommended to attend.
- Screening America will talk about heart screening they plan to do with Huron athletes on Wednesday, August 17 at Huron High School.

## START DATES FOR FALL PRACTICE:

- Boys and Girls Soccer (grades 7-12)– Monday, August 1
- Competitive Cheer and Dance – Monday, August 1
- Girls Tennis (grades 6-12)– Monday, August 8
- Boys Golf (grades 6-12)– Monday, August 8
- Volleyball – Thursday, August 11
- Football (grades 10-12) – Thursday, August 11
- Boys and Girls Cross Country (grades 6-12) – Thursday, August 11
- Football (grade 9) – Monday, August 15
- Football (grades 7 and 8) – Monday, August 22
- Volleyball (grades 7 and 8) – Monday, August 22

**\*\*\*Contact the AD Office 353-6970 if you have any questions.**