

Welcome back students!! (parents too)

With all of the changes and restrictions since our COVID-19 closure in March, I wanted to reach out to all and pass along some information for our upcoming school year. As athletic director, I want to make sure that everyone has the most current information concerning sports and activities. The NDHSAA has given us some direction for the start of the fall sports season and will be providing more in the future. Several things that athletes and their parents need to be aware of are:

- Your son's/daughter's **2019-2020** physical examination will be accepted for their 2020-2021 physical examination. There will be no need to schedule a pre-participation physical for any student that wishes to participate in a sport or activity **UNLESS** the school has no record of the 2019-2020 pre-participation physical or the child did not have an exam done in 2019-2020. Please check with me to confirm if your student's PPE is on file.
- In place of a 2020 PPE, parents will need to fill out a **Form B** for their child. This form must be on file in order for the student to participate in any sport. The form can be downloaded from our website, Facebook page or picked up from the school. If your child does not have a 2019-2020 PPE on file, they **must** have a pre-participation physical done in order to participate/practice/compete.
- If you are an incoming 7th grader and wish to participate in sports and activities, you **MUST** have a pre-participation physical **BEFORE** you can practice or participate. This requirement is **NOT** waived. Please remember that any student regardless of grade **MUST** have a PPE if he/she participates in a 7-12 NDHSAA activity.
- All students that participate in an activity/sport in North Dakota must take a Concussion Exam. These exams do not carry over and **must be completed every year**. These exams are online and will be set up for the students to complete during their registration appointment. The concussion form will need to be signed by the athlete and their parent upon completion.
- As per our handbook, all students who participate in sports or activities must pay a \$30 activity fee, with a cap of \$150/family. All fees must be paid prior to the start of each activity. Players will not be allowed to practice until their fees are paid. All forms and physicals must also be submitted **BEFORE** participation.

If anyone has questions or needs any information, please contact me at (701) 252-5563. If I am not available immediately, I will return your call as soon as possible.

Dr. Sherri Armitage

7-12 Science Teacher

P-B Athletic Director