



MIDDLE SCHOOL ATHLETICS PARTICIPATION

The Sioux Falls School District is committed to preparing our students for purposeful engagement in the world through participation in activities. The Sioux Falls School District middle school interscholastic athletics program is for students in grades 7 and 8. Although the athletics program offers a higher level of competition, its' primary purpose is to provide the opportunity for advanced skill development for all students with interests and/or talents in athletics. For those student-athletes in grades 7 and 8 that are interested in participating during the 2019-20 academic year the following information MUST be on file PRIOR to any participation in athletics, which includes, but is not limited to, the first practice, workout (summer included) or tryout of an athletic activity in which the student is participating in. Please turn in all forms to the Main Office at your respective Middle School Building.

FORMS NEEDED FOR PARTICIPATION

1. Activity Participation Packet (Online)
 - a. This annual online form is for parents/guardians of middle school students who wish to participate in the middle school interscholastic athletics and/or activities programs, including club sports. The form can be completed online starting **May 1, 2019**.
 - b. To complete the online Activity Participation Packet, sign in to your Parent Portal on Infinite Campus: [Infinite Campus Parent Portal \(Click Here\)](#)
 - c. For instructions on [How to Complete the Online Activity Participation Packet \(Click Here\)](#) or (Attached).
2. Preparticipation Physical Evaluation Form (Paper Document)
 - a. In order to help ensure the health and safety of students participating in athletics, the Sioux Falls School District School Board will require a Preparticipation Physical Evaluation of all students who participate in middle school interscholastic athletics. This evaluation must occur on or after April 1 of the student's 5th grade year but prior to the first practice, workout (summer/school year) or tryout of an athletic activity in which the student is participating in. This evaluation will be valid through the student's 8th grade school year.
 - b. The medical evaluation must be performed by a licensed medical personnel that is qualified to perform the evaluation and certify the health of the student (Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, licensed Physicians Assistant and licensed Nurse Practitioner). This examination is valid through the student's 8th grade school year except when the student has had a significant injury, illness, or major surgery. A student-athlete who has suffered a significant injury or significant illness, has had major surgery, or is suspected of having suffered a concussion is required to submit the consent for continued participation form signed by a licensed health care provider verifying that it is safe for the student to participate.
 - c. Print the [Sioux Falls School District Preparticipation Physical Evaluation Form 2019-20 \(Click Here\)](#) or (Attached).
 - d. The Preparticipation Medical History must be completed by the patient and parent/guardian and brought to appointment with the licensed medical personnel.
 - e. How do Sioux Falls School District families schedule a Preparticipation Physical Evaluation:

Option 1:

The Sioux Falls School District recommends scheduling your student for a Preparticipation Physical Evaluation with your family doctor/provider. At this evaluation, immunizations can be updated, and other health issues addressed. The Preparticipation Physical Evaluation Form must be completed at this evaluation. Many insurance companies will pay for this evaluation, and sometimes a co-pay may apply. When contacting your doctor/provider's office, please remember to ask for a "wellness exam".

Option 2:

If you don't choose option 1 where your insurance may cover the wellness exam, we have also arranged with several local health care providers for a special **\$35.00** rate for Preparticipation Physical Evaluations (See attached SFSD Clinics that offer Preparticipation Evaluation 2019). Charges will not be filed with your insurance company at this rate and you must pay the \$35.00 fee at the time of your appointment. In order to qualify for the special rate, please call the clinic and ask for a "Sioux Falls School District Preparticipation Physical Evaluation". Call early this spring as certain scheduling concerns, such as a specific date or month(s) this summer may apply and will vary by clinic and/or doctor. For a list of [Clinics that offer Preparticipation Physical Evaluations for \\$35.00 \(Click Here\)](#) or (Attached).

Option 3:

Falls Community Health Provides services on a sliding fee scale as low as **\$15.00** for patients based on income and family size.

Avera Health Care Clinic – 300 N. Dakota, Suite 117 – (605) 322-6800 provides free services to the non-insured.

Option 4:

If all other options do not work, consult your buildings Principal.

Please Note: If an athlete in grade 7 or 8 is participating in High School athletics, please refer to the High School participation information. This will only apply to athletes in the sports of cross country, golf, gymnastics, tennis, track and field and wrestling. Please note that an approved petition up form (signed by middle school principal) is needed to compete in the sports of cross country and track and field at the High School level. Middle School students are not permitted to petition up in the sports of Baseball, Basketball, Bowling, Cheer (Competitive and Sideline), Dance (Competitive and Sideline), Football, Soccer, Softball and Volleyball. Please contact your schools' middle school athletic coordinator for more information.

MIDDLE SCHOOL ATHLETICS OFFERED

Fall Sports

Cross Country
Football
Boys Golf (at High Schools)
Girls Tennis (at High Schools)
Volleyball

Winter Sports

Basketball
Gymnastics (at High Schools)
Wrestling (at High Schools)

Spring Sports

Girls Golf (at High Schools)
Boys Tennis (at High Schools)
Track and Field

MIDDLE SCHOOL ATHLETIC COORDINATORS

Edison Middle School

Darwin Brown – Darwin.Brown@k12.sd.us

George McGovern Middle School

Joe Flock – Joseph.Flock@k12.sd.us

Memorial Middle School

Grady Wachal – Grady.Wachal@k12.sd.us

Patrick Henry Middle School

Chris Anderson – Chris.Andersen@k12.sd.us

Whittier Middle School

Chris Janisch – Christopher.Janisch@k12.sd.us