

This is to be kept by family for reference

HEMPSTEAD MUSTANGS ATHLETICS

INFORMATION FOR MUSTANG STUDENT ATHLETES

8th graders playing softball or baseball the summer before their freshman year at Hempstead

If you are planning on going out for freshman baseball or softball this is the procedure.

- a. Parent should get a copy of your physical and heads up concussion form from the respective middle school.
- b. Parent brings those forms to the Hempstead activities office.
- c. ImPACT concussion testing must be done before athlete will be allowed to practice. Date will be set up by trainer. If you cannot make that date then you will have to contact the trainer directly to set up a time. The evaluation takes about 30 minutes and is done on the computer. It is not pass/fail but simply a baseline test for concussions.

The Hempstead trainer is Aurora Buschkamp and her email address is abuschkamp@dbqschools.org

- d. Practice permits will then be issued directly to the baseball or softball coach.

ONCE STUDENT IS AT HEMPSTEAD

1. Practice permits are issued and required for **every sport** that an athlete goes out for. The practice permit is simply a slip of paper that lets the coach know that the athlete has all the required paperwork and is cleared to practice.
2. Parents **do not** need to sign the practice permit.
3. If an athlete changes sports they must get a new practice permit for the new sport.
4. Athletes will not be able to practice with a sport until they get a valid practice permit from the activities office.
5. Practice permits are issued in the activities office one week prior to the first day of practice for a sport.
6. All paperwork must be up-to-date for a practice permit to be issued.
7. Physicals are good for 13 months.
8. If a physical expires before the sport season ends, a temporary will be issued, and when the athlete completes the new physical & brings the required paperwork to the activities office then a regular practice permit will be issued.

Required paperwork is:

- a. Athletic participation required forms form.
- b. Valid Physical signed by physician and parent/guardian
- c. Signed Heads Up Concussion form. This is a State of Iowa issued form that must be signed by the parent and athlete every academic year.
- d. Signed ImPACT concussion testing form, and the evaluation must be completed. The evaluation takes about 30 minutes and is done on the computer. It is not pass/fail but simply a baseline test for concussions. Appointments must be made with **THE COACH OF THE SPORT YOU ARE GOING OUT FOR**. The evaluation must be completed every other year, (ex. freshman and junior years).

All these forms are available on the Hempstead website or in the activities office.

It is the student/athletes responsibility that their paperwork is up-to-date before the start of a sport. They can stop by the activities office at any time to check on status of required paperwork.

If you have any questions please contact Wanda at the Hempstead activities office at 563-552-5233 or wwallace@dbqschools.org

IT'S A GREAT DAY TO BE A MUSTANG!