Lyme-Old Lyme Middle School

Girls Softball ~ Boys Baseball Girls/Boys Track

*2019*

**Online registration and clearance from the athletic department must be completed prior to participating in any workout with our school teams. To prevent from being held out of practice, begin the registration process and submit all documents as soon as possible. Please direct ALL questions to Hildie Heck, Athletic Director, at** **heckh@region18.org** **or by calling (860) 434-1651 ext. 1014 unless otherwise noted.**

5 REQUIREMENTS TO PARTICIPATE:

1. **Up-to-Date PHYSICAL EXAM**

Please confirm with the nurse that student(s) physical(s) are up to date. Please submit all physicals to the Mrs. Kathy Bartus, RN – LOL Middle School Nurse.

1. **Up-to-Date GREEN EMERGENCY FORM**

This were required before school began in the fall. Please make sure Mrs. Bartus is aware of any changes to emergency contacts, phone/cell numbers, etc.

1. **REGISTRATION ON FAMILYID.COM – *Registration OPENS: 02/15/19 CLOSES: 03/29/19***

Complete the online athletic registration at www.familyid.com. A link can also be found under Athletics at www.region18.org. If you’ve already done this for your child, there is no need to repeat the process.

When completing the online registration, you will be fulfilling the requirement for the following forms and agreements:

* Permission to Participate in Athletics
* Extracurricular Activities Notification Acknowledgement
* Medical Data Sheet
* Concussion and Head Injury Awareness & Consent
* Sudden Cardiac Arrest Program
1. **MANDATORY ImPACT (concussion) TESTING**

*(If you tested for fall or winter sports, you do not need to repeat testing. Please see the reverse side for more information on ImPACT Testing)*

**Tues., 3/26 2:30-3:30 Boys Baseball Computer South (by Library)**

 **3:30-4:30 Girls Softball Computer South (by Library)**

**Wed., 3/27 2:30-3:30 Girls Track Computer South (by Library)**

 **3:30-4:30 Boys Track Computer South (by Library)**

**If you are unable to attend testing on the dates mentioned above, please contact our Athletic Trainer Samee Ward at** **wards@region18.org** **or at 860-434-1651 to set up an individual appointment.**

1. **$0 BALANCE ON POWERLUNCH**

Also, please check your child’s PowerLunch account to ensure there is a zero balance.  Payments can be made online or students can bring in a check and give directly to our lunch staff.  All students participating in a spring activity, such as athletics, need to start the season with a zero balance. Questions regarding your child’s account can be directed to Gary Holland, Director of Food Services for Chartwells (hollandg@region18.org).

MEETINGS & TRYOUTS:

**Baseball Meeting for All Interested Students: Tuesday, March 26th 3:30 PM – 4:00 in the Library**

**Baseball Tryouts: Monday, April 1st – 3rd 2:20 PM – 4:30 PM\*\***

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**Softball Meeting for All Interested Students: Tuesday, March 26th 2:30 PM - 3:15 PM in the Library**

**Softball Tryouts: Monday, April 1st – 5th 2:30 PM - 4:00 PM \***

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**Track Meeting Followed by First Practice for Tuesday, April 2nd 2:30 PM – 4:00 PM in Room 407**

**All Students Registered:**

*Please have you’re your student bring appropriate running attire for outdoors along with a water bottle.*

*The “Track Information Flyer” is available in the office with practice dates, meet times, etc.*

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**\*Weather Permitting. The Late Bus Departs at 4:00 PM. Please make sure students secure transportation home after tryouts.**

**\*\* As baseball tryouts ends at 4:30 PM, the late bus will not be available. Please pick baseball candidates up at the side entrance by the LOLMS gym/tennis courts.**

COACHES:

**Mrs. Sarah Walsh Softball** [**cgsarahwalsh@gmail.com**](cgsarahwalsh%40gmail.com)

**Mr. Rob Patterson Baseball** **robpatt24@aol.com**

**Mrs. Patty Cournoyer Track** [**cournoyerp@region18.org**](cournoyerp%40region18.org)

**Mrs. Jane Regan Track** [**reganj@region18.org**](reganj%40region18.org)

**Mr. Mike Gilson Track** [**gilsonm@region18.org**](gilsonm%40region18.org)

**What is ImPACT Testing?**

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most scientifically validated computerized neurocognitive test used by more than 7,400 high schools and 1,000 colleges and universities to help evaluate and manage suspected concussions. Since 2006, over 7.5 million individuals have taken the ImPACT test.

**ImPACT comes in two forms:**

* **Baseline Test** – Administered by a physician, nurse, athletic trainer, athletic director, or coach before the start of a sport season, school year, or other activity. Baseline scores are collected and stored on our HIPAA compliant server. ImPACT recommends re-administering the baseline test every two years.
* **Post-Injury Test** – Administered by a licensed healthcare provider when a concussion is suspected. Test results are compared to baseline scores and/or normative data scores as part of a healthcare provider's assessment of the injury. Multiple post-injury tests may be given to an individual during the course of treatment and rehabilitation.

**Here's How ImPACT Works:**

* 25-minute computerized, online test for ages 12-59
* Delivered via a secure web portal
* Taken via a desktop computer (PC and Mac compatible) that has an internet connection and a mouse

Administered in the presence of a physician, nurse, athletic trainer, athletic director, or coach (only a licensed healthcare provider can administer an ImPACT post-injury test)

* Results interpreted by a licensed healthcare provider.
* What does ImPACT measure? The test tracks a student's symptoms and measures multiple aspects of cognitive functioning, including attention span, working memory, sustained and selective attention time, non-verbal problem solving, and reaction time.