

Checklist for Girls Basketball:

If you played a fall sport, you do not need to worry about #1-5, start with #6. If winter is your first sport, then you need to start with #1 on the list.

1. Physical dated after April 15th 2021. Make sure that the box that asks permission for our trainers to work on you is completed before turning in. Turn this form into our trainers.
2. Impact testing. This can be done on your own. Instructions are on the back.
3. View/attend a co-curricular meeting. If you are new to the building (9th grader or transfer), this needs to be done in person. There is only 1 in-person session scheduled and that is November 2 at 6 PM at Discovery Middle School. All other students can watch this online.
4. Complete the HIPPA form. This can be done through PowerSchool.
5. Complete the concussion form. This can be done through PowerSchool.
6. Pay the Activity Fee. This can be done through PowerSchool. If you need a waiver, stop in the main office to pick up the form.
7. Follow @southbruins on Twitter to get updates. Additionally, our webpage is at www.fargosouthgirlsbasketball.com

In addition to the forms and testing that needs to be done, the following items also must be met to be eligible to participate:

1. Player needs to be passing a minimum of 5 classes. Grade checks are done every 3 weeks. Any player not passing 5 classes will not be allowed to play/dress/travel until the next grade check.
2. No new detentions. If a player has a detention, they need to get it taken care of immediately. Detentions previously assigned need to be worked down.
3. The 2021-22 daily eligibility policy:
 - Maximum of 1 tardy per day. The first will result in a team penalty, the second will mean not eligible to participate that day, game or practice
 - If truant, not eligible to participate that day, game or practice

Team shoes/gear.

There will be a player/parent meeting on Sunday night, November 21 and we'll hit our expectations/rules in more detail at that time.

We start practice on November 22, which is the Monday before Thanksgiving. We practice on Wednesday and Friday of that week, both no school days, likely at noon. On Saturday the 27th, we will scrimmage at Central Cass.

Our first game is December 3 and we have the bare minimum number of practices to be eligible for our first game, therefore you cannot miss any practices if you want to play that first game. PRACTICES ARE NOT OPTIONAL! This is not basketball club, or basketball class, it is our high school basketball team and we need every player here every day.

Reasons you could miss practice:

- You are ill and are not in school that day. YOU text one of the coaches – communication is key.
- Extreme family emergency. YOU text one of the coaches – communication is key.

ImPACT Testing Procedures

Testing may now be done at home or on your own time

- Logon to: impacttestonline.com/testing using Google Chrome as the preferred browser. Do not use Internet Explorer or Firefox
- Enter code **CEF49CEF58**, click validate
- Select your school
 - 9-12 select Fargo South
 - 7-8 select Carl Ben Eielson
- Co-op athletes need to list their own school
 - Shanley select Fargo Catholic Schools
 - Oak Grove select Oak Grove
- Select Launch Baseline Test
- Select preferred language
- Complete name, birthdate, gender, mouse/trackpad
- Answer questions relating to attention deficit disorder, learning disability and previous concussions
- **Skip Additional Demographics**
- Complete Remainder of test

Take your time and **read all directions**. Once you have finished, the website will save your exam. There is no need to email or print it.

Please remember to take this test seriously and on your own. This is a personalized baseline test. If you try to manipulate results, returning to play after a suspected concussion will be more difficult and may result in extra time lost in your sport.