



# HIGHLAND PARK SENIOR HIGH ATHLETIC DEPARTMENT

[www.highlandsr.spps.org/Athletics.html](http://www.highlandsr.spps.org/Athletics.html)  
Athletic Director: Dave DiMagno  
651-744-3912



### First day of official practice for fall sports:

- July 30<sup>th</sup> 2012
- Captains' practice, a practice organized by the captains of the team starts August 1<sup>st</sup>.

### What do I need to do before practice starts:

- Submit a valid sports physical to the athletic director, physicals are valid for three years, physical dates are kept on file by the district.
- Submit a MSHSL rule agreement form signed by both student and parent.
- Submit a fee for the sport that you are playing, a \$20 equipment fee, and a \$25 participation fee. (participation fee waived if the student receives reduced / free lunch.)

For more information see: [http://highlandsr.spps.org/Athletic\\_Regulations.html](http://highlandsr.spps.org/Athletic_Regulations.html)

### What do I have to do to stay academically eligible:

- All students entering the 9<sup>th</sup> grade are academically eligible to participate
- To remain eligible, a student must have passed enough credits to stay on track to graduate.  
See: [www.stpaulathletics.org/eligrule1.html](http://www.stpaulathletics.org/eligrule1.html)

### **CIRCLE THE SPORT(S) BELOW THAT INTEREST YOU AND SUBMIT TO THE ATHLETIC DIRECTOR**

Circle the sport(s) you are interested in – meetings for winter and spring sports will take place during the school year.

#### Fall Sports

- Adapted Soccer (co-ed)
- Cheerleading (girls)
- Cross Country (boys)
- Cross Country (girls)
- Football (boys)
- Soccer (boys)
- Soccer (girls)
- Swimming (girls)
- Tennis (girls)
- Volleyball (girls)

#### Winter Sports

- Basketball (boys)
- Basketball (girls)
- Cheerleading (girls)
- Danceline (girls)
- Gymnastics (girls)
- Hockey (boys)
- Hockey (girls)
- Nordic Skiing (boys)
- Nordic Skiing (girls)
- Swimming (boys)
- Wrestling (boys)
- Alpine Skiing (boys)
- Alpine Skiing (girls)

#### Spring Sports

- Adapted Bowling (co-ed)
- Badminton (girls)
- Baseball (boys)
- Golf (boys)
- Golf (girls)
- Softball (girls)
- Tennis (boys)
- Track (boys)
- Track (girls)

Name (print):

Phone:

Address:

Zip:

Email Address:

If you are interested in a sport, please fill this out and return it to HPSH. For winter and spring sports, listen for meeting announcements during the school year.