

LAKE CITY TIMBERWOLF ATHLETIC REQUIREMENTS: CHECKLIST

Athletes: Please use this checklist to make sure that you complete all requirements in athletics at Lake City High School. All forms are included in the packet. It is your responsibility to **read this carefully** and make sure that you have completed **these forms**. If you have any questions, please speak to your coach or feel free to call Lake City High School and speak to Jim Winger, Activity Director, or Marsha Hagen, Athletic Secretary.

- _____ 1. **PHYSICAL:** (Freshman, Juniors, Transfer Students or new students participating in athletics) The IHSAA requires that these students have a physical form completed and on file with the Athletic Department **BEFORE** the student is allowed to practice. The physical must be dated after May 15th of the year the student enters these grade.

- _____ 2. **INTERIM PHYSICAL QUESTIONNAIRE:** IHSAA requires **ALL** students to complete this form. If you are a **SOPHOMORE OR SENIOR** and have a physical on file, the Interim Questionnaire (which is include in your contract packet) must be turned in **BEFORE** you will be allowed to **PRACTICE**.

- _____ 3. **CONSENT FORM:** (All students) This combination information/consent form must be turned in by **ALL** students before they are allowed to **PRACTICE**. All signature areas must be signed.

- _____ 4. **Academic Eligibility:** It is the responsibility of the student to pass the required number of courses in order to participate. You must have earned **five** (5) credits the previous semester. Students must have a full time schedule during the season they participate. Any questions, please contact the Athletic Department.

- _____ 5. **TRANSFER STUDENTS:** New students to Lake City High School within the calendar year must complete transfer papers and and have them approved through the IHSAA before that student will be eligible to participate. Any questions, please contact the Athletic Director.

- _____ 6. **ACTIVITY CARD:** All Athletes must purchase an ASB Card.