



HIGH SCHOOL ACTIVITIES PARTICIPATION

The Sioux Falls School District is committed to preparing our students for purposeful engagement in the world through participation in activities. Students in Grades 7 - 12 have the opportunity to participate in the high school interscholastic athletics and/or activities programs, including sponsored sports. For those students interested in participating in the Sioux Falls School District activities program during the 2022-23 academic year, the following information **MUST** be on file **PRIOR** to any participation in activities, which includes, but is not limited to, the first practice, workout (summer included) or tryout of an activity in which the student is participating in. Please turn in all forms to the High School's Activities Principal in the Activities Office.

FORMS NEEDED FOR PARTICIPATION

1. Annual Student Registration (OLR) (Online)

- a. This online form is for parents/guardians of students who wish to participate in the high school interscholastic athletics and/or activities programs, including Sioux Falls School District sponsored sports. The form can be completed online starting **Monday, May 2, 2022**.
- b. To complete the Annual Student Registration (OLR), sign into your Parent Portal on Infinite Campus: [Infinite Campus Parent Portal \(Click Here\)](#)
- c. For instructions on [How to Complete the Annual Student Registration \(OLR\) \(Click Here\)](#) or (Attached).

2. Preparticipation Physical Evaluation Form (Paper Document)

- a. In order to help ensure the health and safety of students participating in athletics, the Sioux Falls School District School Board will require an **annual** preparticipation physical evaluation of all students who participate in South Dakota High School Activities Association (SDHSAA) recognized interscholastic athletics, all Sioux Falls School District sponsored sports, and any other school sponsored activity deemed as physically demanding as an athletic activity. This evaluation must occur after April 1 for the ensuing school year but prior to the first practice, workout (summer/school year) or tryout of an athletic activity in which the student is participating in.
- b. The annual medical evaluation must be performed by a licensed medical personnel that is qualified to perform the evaluation and certify the health of the student (Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, licensed Physicians Assistant and licensed Nurse Practitioner). This examination is valid for one school year except when the student has had a significant injury, illness, or major surgery. A student-athlete who has suffered a significant injury or significant illness, has had major surgery, or is suspected of having suffered a concussion is required to submit the consent for continued participation form signed by a licensed health care provider verifying that it is safe for the student to participate.
- c. Print the [Sioux Falls School District Preparticipation Physical Evaluation Form 2022-23 \(Click Here\)](#) or (Attached).
- d. The Preparticipation Medical History must be completed by the patient and parent/guardian and brought to appointment with the licensed medical personnel.
- e. How do Sioux Falls School District families schedule a Preparticipation Physical Evaluation:

Option 1:

The Sioux Falls School District recommends scheduling your student for a Preparticipation Physical Evaluation with your family doctor/provider. At this evaluation, immunizations can be updated, and other health issues addressed. The Preparticipation Physical Evaluation Form must be completed at this evaluation. Many insurance companies will pay for this evaluation, and sometimes a co-pay may apply. When contacting your doctor/provider's office, please remember to ask for a "wellness exam".

Option 2:

If you don't choose option 1 where your insurance may cover the wellness exam, we have also arranged with several local health care providers for a special **\$35.00** rate for Preparticipation Physical Evaluations (See attached SFSD Clinics that offer Preparticipation Evaluation). Charges will not be filed with your insurance company at this rate and you must pay the \$35.00 fee at the time of your appointment. In order to qualify for the special rate, please call the clinic and ask for a "Sioux Falls School District Preparticipation Physical Evaluation". Call early this spring as certain scheduling concerns, such as a specific date or month(s) this summer may apply and will vary by clinic and/or doctor. For a list of [Clinics that offer Preparticipation Physical Evaluations for \\$35.00 \(Click Here\)](#) or (Attached).

Option 3:

Falls Community Health provides services on a sliding fee scale as low as **\$15.00** for patients based on income and family size.

Avera Health Care Clinic – 300 N. Dakota, Suite 117 – (605) 322-6800 provides free services to the non-insured.

Option 4:

Cost and/or access to a healthcare provider should not be a barrier to participation. If you are unable to schedule an appointment or have concerns regarding the cost of the above options, please contact your Activities Principal.

HIGH SCHOOL INTERSCHOLASTICS ATHLETICS OFFERED**Fall Sports**

- Coed Competitive Cheer
- Girls Cross Country
- Boys Cross Country
- Coed Competitive Dance
- Boys Football
- Boys Golf (7-12)
- Girls Sideline Cheer
- Girls Soccer
- Boys Soccer
- Girls Tennis (7-12)
- Girls Volleyball

Winter Sports

- Girls Basketball
- Boys Basketball
- Girls Bowling (Sponsored Sport)
- Girls Bowling (Sponsored Sport)
- Girls Gymnastics (7-12)
- Girls Sideline Cheer
- Girls Wrestling
- Boys Wrestling

Spring Sports

- Boys Baseball (Sponsored Sport)
- Girls Golf (7-12)
- Boys Tennis (7-12)
- Girls Softball
- Girls Track and Field
- Boys Track and Field

HIGH SCHOOL ACTIVITIES PRINCIPALS

Jefferson High School

Chad Stadem – Chad.Stadem@k12.sd.us

Lincoln High School

Joey Struwe – Joey.Struwe@k12.sd.us

Roosevelt High School

Steve Moore – Steve.Moore@k12.sd.us

Washington High School

Nate Malchow – Nate.Malchow@k12.sd.us