

**This is to be kept by family for reference**

# HEMPSTEAD MUSTANGS ATHLETICS

## INFORMATION FOR MUSTANG STUDENT ATHLETES

**8<sup>th</sup> graders playing softball or baseball the summer before their freshman year at Hempstead**

**If you are planning on going out for freshman baseball or softball this is the procedure.**

- a. Parent should call HHS activities office to inform them that their child is going out for HHS baseball and/or softball
- b. ImPACT concussion testing must be done before athlete will be allowed to practice. Date will be set up by trainer and/or coach. If you cannot make that date then you will have to contact the trainer directly to set up a time. The evaluation takes about 30 minutes and is done on the computer. It is not pass/fail but simply a baseline test for concussions.

The Hempstead trainer is Aurora Buschkamp and her email address is [abuschkamp@dbqschools.org](mailto:abuschkamp@dbqschools.org)

- c. Practice permits will then be issued directly to the baseball or softball coach.

### **ONCE STUDENT IS AT HEMPSTEAD**

1. Practice permits are issued and required for **every sport** that an athlete goes out for. The practice permit is simply a slip of paper that lets the coach know that the athlete has all the required paperwork and is cleared to practice.
2. Parents **do not** need to sign the practice permit.
3. If an athlete changes sports they must get a new practice permit for the new sport.
4. Athletes will not be able to practice with a sport until they get a valid practice permit from the activities office.
5. Practice permits are issued in the activities office one week prior to the first day of practice for a sport.
6. All paperwork must be up-to-date for a practice permit to be issued.
7. Physicals are good for 13 months.
8. If a physical expires before the sport season ends, a temporary will be issued, and when the athlete completes the new physical & brings the required paperwork to the activities office then a regular practice permit will be issued.

#### **Required paperwork is:**

- a. Athletic participation required forms form.
- b. Valid Physical signed by physician and parent/guardian
- c. Signed Heads Up Concussion form. This is a State of Iowa issued form that must be signed by the parent and athlete every academic year.
- d. Signed ImPACT concussion testing form, and the evaluation must be completed. The evaluation takes about 30 minutes and is done on the computer. It is not pass/fail but simply a baseline test for concussions. Appointments must be made with **THE COACH OF THE SPORT YOU ARE GOING OUT FOR**. The evaluation must be completed every other year, (ex. freshman and junior years).

**All these forms are available on the Hempstead website or in the activities office.**

***It is the student/athletes responsibility that their paperwork is up-to-date before the start of a sport. They can stop by the activities office at any time to check on status of required paperwork.***

If you have any questions please contact Wanda at the Hempstead activities office at 563-552-5233 or [wwallace@dbqschools.org](mailto:wwallace@dbqschools.org)

**IT'S A GREAT DAY TO BE A MUSTANG!**