



Mount de Sales Athletic Information 2016-2017

Mount de Sales offers the following Fall sports:

Cheerleading, Cross Country, Field Hockey, Soccer, Tennis, and Volleyball

Fall sports forms are due Wednesday, August 10th, 2016

Fall sports tryouts begin Tuesday, August 16th, 2016

Mandatory Parent/Guardian & Athlete Meeting Tuesday, August 23rd, 2016 @ 7 p.m.

Mount de Sales offers the following Winter sports:

Basketball, Cheerleading, Indoor Track and Field, and Swimming

Winter sports forms are due Monday, October 31st, 2016

Winter sports tryouts begin Monday, November 7th, 2016

Mandatory Parent/Guardian & Athlete Meeting Wednesday, November 16th, 2016 @ 7 p.m.

Mount de Sales offers the following Spring sports:

Golf, Lacrosse, Outdoor Track and Field, and Softball

Spring sports forms are due Tuesday, February 14th, 2017

Spring sports tryouts begin Tuesday, February 21st, 2017

Mandatory Parent/Guardian & Athlete Meeting Tuesday, February 28th, 2017 @ 7 p.m.





REQUIRED ATHLETIC FORMS

All athletes must have the required athletic paperwork completed and returned to the Athletic Department by the **due dates**. Students who have not submitted all completed paperwork and the ImPACT and Medical requirements by each of the dates pertaining to the sport they are trying out for will **not be eligible to participate in tryouts**.

The required forms to be submitted to the Athletic Department are:

Parental Consent - Completed & signed by parents/guardians.

Athletic Conduct - Signed by parents/guardians & student before submission. Signed by coach & athletic director after submission.

Medical - Health Assessment form is to be completed & signed by parent/guardian & student.

Physical must be completed & stamped by a physician **after March 1st, 2016**.

ImPACT Test - Before trying out for a Mount de Sales sports team, all student athletes must complete the computerized ImPACT test at Mount de Sales Academy. ImPACT tests must be taken every two years. The purpose of this test is to establish a baseline in the event of a concussion occurring to help facilitate a safe return to play. The test location for all ImPACT tests is in B211 computer lab. Students are also encouraged to bring their own device to use for the test.

ImPACT Permission - Must be signed and submitted by parents/guardians before taking the test.

ImPACT dates available:

Wednesday, June 8th: 9 a.m., 10 a.m., 11 a.m., 12 p.m.

Wednesday, July 13th: 9 a.m., 10 a.m., 11 a.m., 12 p.m., 1 p.m., 2 p.m.

Wednesday, August 3rd: 9 a.m., 10 a.m., 11 a.m., 12 p.m., 1 p.m., 2 p.m.

➔ Wednesday, August 10th: 9 a.m., 10 a.m., 11 a.m., 12 p.m.

*LAST DAY FOR
FALL SPORTS*

To sign-up for ImPACT test email Katie Marlatt, Asstant Athletic Director

kmarlatt@mountdesales.org

All athletic forms are available online at

www.mountdesalesacademy.org

Please visit the MDSA website under the athletic tab for tryout times and other information.

What is the Mandatory Parents/Guardians & Athletes Meeting?

A mandatory meeting will be held *after tryouts and at the beginning of each season* in the Mount de Sales gymnasium for the parents/guardians and student athletes playing on any sport team.

Coaching staff will be introduced and school, team and league regulations will be discussed. Questions concerning health issues and the upcoming athletic seasons will be addressed.

Individual team meetings will occur directly following the large group meeting.

For more information call Annie McDonald, Athletic Director, at 410.744.8498 x161.