

TO: Bemidji High School Parents and Student-athlete

FR: Harvey Crable, Director of Activities

RE: Spring Activity Information

The Bemidji Athletic Department would like to remind 9 - 12 student-athletes and their parents that Spring Sports Seasons will begin:

- * Baseball Monday, March 22, 2010
- * Boys and Girls Golf Monday, March 15, 2010
- * Softball Monday, March 15, 2010
- * Boys Tennis Monday, March 29, 2010
- * Boys and Girls Track Monday, March 15, 2010

Before an athlete may practice with their respective team, they must:

1. Attend one Student - Parent Chemical Awareness / Sportsmanship Meeting
 - Fall – Wednesday, August 12, 2009 @ Bemidji High School Auditorium – 6:00 p.m.
 - Winter – Monday, October 26, 2009 @ Bemidji High School Field house - 6:00 p.m.
2. Have a current sports physical on file in the BHS Activity Office (a new physical is required every three years).
3. Have a parent permit / eligibility form on file in the Activity Office (a new form is required each school year, not each season).
4. Have an athletic insurance waiver form on file in the Activity Office (a new form is required each school year, not each season).
5. Pay the participation fee. Fees for the Spring season are \$ 70.00 for ninth through twelve grade activities. There are Free and Reduce Lunch wavier available in the activity office

All fees and forms must be on file prior to the athlete starting practice. No athlete will be allowed to practice and / or be issued equipment until the Athletic Office has cleared them. Forms may be obtained from the Activity Office. Spring Activity Office hours are 7:00 a.m. to 3:30 p.m. If you have any questions and / or concerns please contact the Activity Office (444-1600 ext 3316)