

TO: Bemidji High School Parents and Students-athletes

FR: Harvey Crable, Director of Activities

RE: Winter Activity Information

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

- \* Boys Basketball Monday, November 23, 2009
- \* Girls Basketball Monday, November 16, 2009
- \* Dance Line Monday, October 26, 2009
- \* Girls Gymnastics Monday, November 16, 2009
- \* Boys Hockey Monday, November 16, 2009
- \* Girls Hockey Monday, November 2, 2009
- \* Nordic Ski Monday, November 9, 2009
- \* Boys Swimming Monday, November 30, 2009
- \* Wrestling Monday, November 23, 2009
- \* Cheer leading Monday, November 2, 2009

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 Winter season are \$ 70.00 for ninth through twelve grade activities. There are Free and Reduce Lunch wavier available in the activity office.

The athletic fees and forms should be turn in at the Parent / Student Athlete Sportsmanship and Chemical Awareness Meeting. The winter meeting will be held on Monday, October 26, 2009 at 6:00 p.m. in the Bemidji High School Field House. Students in grades 9 - 12, who expect to participate in extra - curricular activities during the 2009 - 10 school year, and their parent, should plan to attend this meeting.

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 Activity Office has cleared them. Winter Activity Office hours will be 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).

