

2022-2023 Activities Participation

ATTENTION parents and athletes entering Grades 7-12

The South Dakota High School Activities Association (SDHSAA) and the Lennox School District require certification as to the adequacy of a student's health for athletic participation.

High School Athletes: Physicals are required by all athletes. Physicals do not need to be completed prior to registering, but must be completed before your season starts.

Junior High Athletes: If you are participating in cross-country, tennis, golf, softball, or wrestling, a physical will be required. If you are only participating in JH level sports, a physical is not required.

Fine Arts students do not need a physical, but must complete the online registration.

Please follow the directions below prior to the first day of practice in order to participate in your activity. All forms that need to be completed and the registration link can be found at <https://lennox-ar.schooltoday.com>.

Step 1: Athletes, please fill out what you can on the SDHSAA Preparticipation Physical Exam and Health History Form. Take the form to an authorized medical provider for a physical exam.

Step 2: Register for activities (click on Activities Registration towards the bottom of the page) and complete the Parental and Student Medical Consent and Concussion Awareness Forms required by the SDHSAA and the District.

Step 3: Turn in signed physical form to the Lennox High School Office or email a copy to Darin Eich at darin.eich@k12.sd.us.

Impact Testing

Athletes, if you have not completed the Impact test from home, please go to <https://www.impacttestonline.com/htmllauncher/> and enter the code I778AHMCJD (make sure there is no space after the D).

This test helps athletes get back to the playing field/court after a concussion. If you are going to be a Sophomore-Senior and you took the test last year, you do not have to take it this year. Impact testing is an every other year test for those athletes. Athletes going into grades 7-9 have to take it every year. The test will take about 30 to 40 minutes.

Please contact the school if you are not sure if your athlete took the Impact test last year and they are going into their sophomore-senior year.

HIGH SCHOOL PARENT/ATHLETE PRE-SEASON MEETINGS- HS GYM	
Football	Aug 4 th –@ 6:00
Volleyball	Aug 4 th –@ 6:00
Golf	Aug 7 th –@ 7:00- Intermediate
Tennis	Aug 4 th –@ 6:00
Cross Country	Aug 4 th –@ 6:00
ALL PARENTS AND ATHLETES ARE ENCOURAGED TO ATTEND REGARDLESS OF SPORT SEASON	

Sports Starting Dates:

FIRST PRACTICE DATES--HIGH SCHOOL SPORTS	
DATE	SPORTS INVOLVED
Monday, August 1, 2022	Girls' Tennis (grades 7-12) 6:00 pm (Tennis Court)
Monday, August 8, 2022	Boys' Golf (grades 7-12) 8:00am – 12:00pm
Monday, August 8, 2022	HS Football 7:00am-12:00pm (HS Gym)
Thursday, August 11, 2022	Cross Country (grades 7-12) 6:30am (Track)
Thursday, August 11, 2022	HS Volleyball 8:00am-12:00pm
Monday, August 15, 2022	JH Football 6:30pm
Monday, August 15, 2022	JH Volleyball 3pm – 5pm
Monday, November 14, 2022	Wrestling (grades 7-12)
TBD	Girls' and Boys' Basketball (JH)
Monday, November 21, 2022	Girls' Basketball (HS)
Monday, November 28, 2022	Boys' Basketball (HS)
Monday, March 13, 2023	Track and Field (HS)
Monday, March 13, 2023	Boys' Tennis (grades 7-12)
Monday, March 20, 2023	Softball (grades 7-12)
Monday, March 22, 2023	Track and Field (JH)
Monday, March 27, 2023	Girls' Golf (grades 7-12)