

July 21, 2023

Dear Alma and Pepin Students in grades 7-12 and Parents:

Our annual co-curricular code meeting will look a little different this year. The code meeting will be for **new athletes and 7th graders**, and will be held on Monday, July 24 at 7:00 p.m. in Alma. Emergency forms and concussion paperwork will be completed electronically (links are listed below). Physicals and alternate year cards will need to be completed with a hard copy to be kept on file at each respective school.

All other students and a parent must watch the code video and review the information on concussions at the links below, then complete the google Athletic Code, Emergency Information and Travel Waiver form prior to the start date of the activity the students are participating in.

Review information on concussions:

https://www.cdc.gov/headsup/pdfs/youthsports/Parent_Athlete_Info_Sheet-a.pdf

Review information on Sudden Cardiac Arrest:

<https://www.wiaawi.org/Health/Sudden-Cardiac-Arrest>

Here is the link for the video of the athletic code: (video is an older version so the dates won't be current)

<https://justagamelive.com/clients/alma-pepin-eagles/replay/56162>

Here is the link to the Athletic Code:

[Athletic Code](#)

Here is the link for the google Athletic Code, Emergency Information and Travel Waiver form:

<https://forms.gle/YgGN7ey1E72MLUq9> **(Each student needs a google form completed)**

If the student-athlete did not have a physical last school year (2022-23), then they will need to have an athletic physical.

Here is the link for the athletic physical form: <https://www.wiaawi.org/Portals/0/PDF/Forms/PPE-form.pdf>

If the student-athlete had a physical last school year (2022-23), then they would need an alternate year card in the upcoming school year (2023-24).

The link to the alternate year card is here: <https://www.wiaawi.org/Portals/0/PDF/Forms/alternateyearcard.pdf>

The following is a checklist that you will need to accomplish before the first day of practice. Students will not be eligible to participate in culminating events (i.e. games, plays, contests) for their given activity(s) until these items are completed:

- Physical Card/Alternate Year card
- Concussion (Impact) Testing
- Google Athletic Code, Emergency Information and Travel Waiver form complete

Please check with each individual school if you are unsure what your student-athlete needs.

Mrs. Glander will be at the Alma School on Monday, July 24 at 6:00 p.m. administering impact testing before the code meeting.

Start dates for Fall Sports:

HS Football will start Aug. 1 (Coach/Parent/Player meeting on Monday, July 31 at 7:00 p.m. in Pepin)

HS Dance will start Aug. 1

MS Football will start Aug. 10

HS Volleyball will start Aug. 14

MS Volleyball will start Aug. 17

Schedules will be handed out the first day of practices or can be found on the school websites.

Betty Glander, Athletic Director
Troy Ingli, Athletic Director

Rob Stewart, District Administrator
Bruce Quinton, District Administrator