

The start of the **Cross Country** season is just around the corner & we are excited to get the season started. The purpose of this email is to outline the **required items** that you/your student athlete are required to complete to be eligible to start the season on **August 14<sup>th</sup>**.

The first **key step** to complete many of the items below is to complete & submit the Annual Update/Online Registration for your students (see this [reference guide](#) on how to complete the Annual Update). Completing the Athletics section of this process for your student(s) registration will complete the required emergency contact information, concussion & sudden cardiac arrest waiver & you can also pay the athletic fee. These items are noted with \*\* below that can be completed via the registration process.

1. **WIAA Physical** – current physical signed by a physician on file at school is required (see chart on website & at the bottom of this email)
  - a. Physicals completed April 1-December 31 are good for the remainder of the existing school year & the following 2 school years (i.e. physical dated May 1, 2023 is good until June 2025)
  - b. Physicals completed January 1-March 31 are good for the remainder of the school year & the following school year (i.e. physical dated March 3, 2023 is good until June 2024)
  - c. Physical paperwork can be found on the [Athletics Forms](#) page of the website or picked up in the High School office
2. **Emergency Contact Information\*\*** - Required every year via Online Registration
3. **[Concussion & Sudden Cardiac Arrest Waiver](#)\*\*** - Required every year via Online Registration
4. **Code of Conduct**
  - a. Required every year
  - b. 2023-24 Code of Conduct video & google acknowledgement form can be found on the Athletics page of the website under [Code of Conduct](#)
  - c. Student must submit the Google Acknowledgement form at the end of the video to complete this requirement annually
5. **Athletic Fee of \$80.00\*\***
  - a. Required for every sports a student participates in at the High School
  - b. This fee can be paid online via your Parent Portal or in the High School Office
  - c. In addition, students with any outstanding school obligations (missing materials/equipment, uniform, school fees, etc) will not be eligible to start until **ALL** school fees, fines & obligations are taken care of.

Upon completion of all items above; your coach will be notified that you have completed your WIAA eligibility requirements & that you do not have any outstanding school fees, fines or obligations (see 5.c above) to start practicing for the season. \*\*Athletes are not eligible to receive their equipment or to begin practicing per the WIAA guidelines & school guidelines until all of the WIAA requirements, school fees & school obligations are completed. \*\*

For more information, details on eligibility & answers for many athletics questions you may have; please visit the [Mt. Horeb High School Athletics Page](#).

Thank you!  
Kelly

<b>Physical Dated</b>	<b>Physical Expires/ New Physical Required</b>
April-December 2021	June 2023
January-March 2022	June 2023
April-December 2022	June 2024
January-March 2023	June 2024
April-December 2023	June 2025
January-March 2024	June 2025
April-December 2024	June 2026