



**BELLEVUE COMETS**  
MIDDLE + HIGH SCHOOL

To: 7-12 Parents  
From: Pete Bonifas, Activities Director  
Re: 2022-23 Athletic Information

Another school year is upon us and that means another exciting year of Comet Athletics! I wanted to share some important information that everyone will need to know regarding your child's participation in athletics this upcoming school year:

In order for your student to participate in athletics in grades 7-12 we will need to have **three** things on file.

1. A Concussion Release Form. This is something that needs to be signed each school year. **EVERY athlete will need one of these signed before they can practice.** You can find those here:

<https://www.iahsaa.org/wp-content/uploads/2019/09/HeadsUpConcussionFactSheet.pdf>

2. An Updated Sports Physical. Everyone needs a physical that is within the past calendar year. All incoming 7<sup>th</sup> graders will need one before their sport starts unless your student played on the school Junior High Softball or Baseball Team this summer. You can find that form here:

<https://www.iahsaa.org/wp-content/uploads/2019/09/PreparticipationPhysicalForm.pdf>

3. Health & Injury Information Card and Consent for Medical Treatment Form. This form is to be completed and kept available for reference wherever competition takes place.

<https://www.iahsaa.org/wp-content/uploads/2019/09/ConsentMedicalTreatment.pdf>

Important Dates to Remember:

August 1st - **All Sports Parent Meeting - 7-8 grade parents will meet at 6:00; 9-12 parents at 6:30. We will do this in person in the main gym.** Every parent is encouraged to attend. We will be giving important information along with giving people a chance to meet the coaches for the upcoming year. I would like **ALL** parents to attend with your child. **This is for all sports, not just the fall sports.**

August 8th - **First day of practice for High School Sports.** Athletes should be receiving information regarding practice times for each sport.

August 23rd - **First day of school and first day of Jr. High Sports practice.**

BELIEVE IN THE BLUE