

# Valley Middle School

*Home of the Royals*



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**To:** Parents of 7<sup>th</sup> and 8<sup>th</sup> Grade Students  
**Fr:** Jodi Dodson, Associate Principal/Activities Director  
**Re:** Valley Middle School Athletics

The focus of our middle school program is to teach participants fundamental skills, sportsmanship, and teamwork in a developmentally appropriate and enjoyable way. All participants will have numerous opportunities to play in contests throughout the Block I season. Game schedules for each team should be available approximately one week after practice begins. Schedules will be posted on Valley's website: [www.gfschools.org](http://www.gfschools.org); click on *Our Schools – Middle Schools – Valley Middle School – Athletics*

## **Sports offered:**

Block I - Girls Softball, Boys Soccer, Boys Football. Cross Country starts early August.  
Block II - Girls Volleyball, Wrestling  
Block III – Girls and Boys Basketball  
Block IV – Girls Soccer, Boys and Girls Track & Field

Each year, some of the Block I sports will begin **BEFORE** school starts, and the information below will help you prepare for the upcoming block seasons.

## **Physicals/Concussion Forms:**

All athletes *must* have a physical and concussion form submitted to the Valley MS office before they will be allowed to participate in practices or contests.

The NDHSAA changed the requirements for physicals in order to reduce the amount of person to person contact occurring in the clinics. Kids fall under one of two policies this year:

1. Any student with an approved physical from the 2019-2020 school year does NOT need to see a doctor for a physical. Those students do still need to complete and return **Form B**, a medical update questionnaire. That will be available through your school.
2. Any student who did not have a physical last year still needs to see a doctor for a live examination like usual. This would basically apply to incoming 7th graders and any student who didn't compete last year.

Physical & Concussion forms are available in the Valley MS office and online at [www.gfschools.org](http://www.gfschools.org); click on *Departments – Athletics – Documents & Forms*.

### **Participation Fees:**

Athletes *must* pay participation fees or have a waiver for participation fees form submitted to the Valley MS office before they will be allowed to participate in a contest. Fee waiver forms are available in the Valley MS office and are confidential. The participation fee for each block is \$50.00

### **Concussions:**

Every year all athletes and parents need to read and sign off on the concussion information for the district. All athletes in grade 7 and/or any new athletes to Grand Forks Public Schools will take the IMPACT concussion test. This test is required only once in their middle school years. This information is very important in helping to assist local physicians and parents in making a decision on when an athlete may return to practices or games in a particular sport.

### **Important Dates and Information:**

Tues. August 11:	Registration 6th grade & new students
Wed. August 12:	Registration 6 <sup>th</sup> grade & new students
Thurs. August 13:	Registration 8th AM - 7th PM
Mon. & Wed. August 17 & 19:	Football equipment handout 4:00-5:00 *Use door 6
Wed. August 19:	Softball practice starts
Thurs & Fri, August 20 & 21	Football Practice @ VMS (9:00am), Cross Country-will coordinate with high school practices
Friday, August 14:	Athletic season parent information - Shared via Blackboard
Monday, August 24:	Boys Soccer Practice starts
Monday, August 31:	First day of school

### **Details:**

Come dressed for practice. Locker use will not be permitted. Bathrooms will be available. Bring a water bottle.

Block I Information:

### **Football:**

8 <sup>th</sup> Grade Football:	Dan Carlson
7 <sup>th</sup> Grade Football:	Dave Vonesh, Tim Gregoire & Garret Magner
Practice times:	3:45-5:30

### **Softball:**

7 <sup>th</sup> & 8 <sup>th</sup> Grade Girls:	Melissa Bakke & Shanna Trosen
Practice times:	3:45-5:15

### **Soccer:**

7 <sup>th</sup> & 8 <sup>th</sup> Grade Boys:	Lisa Vojacek & Janelle Holt
Practice times:	3:45-5:15

Feel free to contact me with any questions or concerns at 746-2360

Sincerely,

Jodi Dodson  
Associate Principal/Activities Director