

Walled Lake Women's Water Polo

Head Coach: Claire Bartosic
Email: claire.bartosic@gmail.com
Phone: (203) 803-7710

Assistant Coach: Sean Collins
Email: seanandrewcollins@gmail.com
Phone: (248) 881-2830

Welcome to the 2022 Women's Water Polo Season!

Coach Sean and I are very excited for another great year of Cobras water polo!

Our first day of practice will be Monday, March 14th. We will be practicing from 5:30-8pm Monday through Friday at Walled Lake Central High School. Please arrive promptly (maybe even a few minutes early) so we can get started right at 5:30pm every day. The District Tournament is Friday, May 13th - Saturday, May 14th and Regional Tournament is Friday, May 20th - Saturday, May 21st. We will plan to practice through Friday, May 27th unless we qualify for States in which case that will be held Friday, June 3rd - Saturday, June 4th.

Please be sure to read through this packet thoroughly so that we all have the same understanding of the policies and expectations for all members of this team. My biggest goal for the team this year is to foster a positive learning environment where everyone can grow as a person, a player, and as a team. Water Polo is an incredible sport and I cannot wait to share it with all of you.

If anything comes up during the season that affects players in any way, please do not hesitate to reach out to me so that we can work together to ensure players are able to be the most successful students, athletes, and people they can be.

Water Polo might be a new sport to many, I encourage parents and players to review the following links to learn more about the game. If you are a parent interested in further resources, please let me know and I can provide them. The players will be receiving resources throughout the season from me to help with their development and understanding of the game.

Please be sure to scan and complete the form linked with the QR code below.

Claire & Sean

<https://usawaterpolo.org/sports/2018/12/18/resources.aspx#>

<https://www.youtube.com/watch?v=X9NkKHYGFTI>



General Expectations/Policies

- Team fee is paid (\$375 for high school/\$250 for 8th graders)
- Athletes will display respectful behavior towards teammates, coaches, and anyone on the pool deck.
- Athletes will follow all COVID-19 related protocols.
- Team members are expected to attend ALL games and tournaments throughout the season. During the game, team members are expected to be actively engaged on the bench paying attention to the game and cheering on teammates.
- Eligibility reports are published on Monday by the school, if an athlete is ineligible when the report is populated, they will be ineligible until the following Monday.
- Athletes are expected to conduct themselves in and out of school/team functions in a manner that promotes team unity, and a positive image for the team and their schools.
- If an athlete suffers an injury they will not be allowed to return to practice or games until the trainer or a doctor explicitly says that they can. A written note MUST be obtained in order to return to play and any and all restrictions or precautions pertaining to play will be adhered to.
- Athletes are expected to abide by the law and the Walled Lake Student Code of Conduct. Inappropriate or unsafe behavior will NOT be tolerated in or out of the pool.
- Team members will NOT participate in underage drinking, smoking, or use of drugs of any kind at any time. This includes vaping. Violations will be handled under the provisions set out under the Walled Lake Athletic Code of Conduct.
- If you have a conflict with any other member of the team or coaching staff and it cannot be resolved directly with that individual, please contact Coach Claire and we will set up a meeting and create a plan to resolve the issue with all parties.
- All athletes must be able to swim at 50 yards of uninterrupted freestyle in order to be a member of the team.

Practices

- Athletes are NOT allowed on the pool deck unless there is a coach on deck.
- Practices will start daily at 5:30pm until 8pm.
- Players must arrive on time dressed in athletic clothes with sneakers as dry lands will be for the first half hour of practice every day. Tardiness will not be tolerated.
- Players are expected to have a suit, cap, goggles, and a water bottle every day as well.
- Practice is mandatory and if there is a situation where practice must be missed a written and signed note must be provided by the parent at least 48 hours in advance unless there is an emergency situation in which case please email or call Coach Claire as soon as possible.
- All players are expected to help set up the pool before practice (lane lines out, goals in) and put it back after practice (lane lines in, goals out). No one is to leave practice until all equipment is put away.

Games

- Team members will attend all games unless there is an academic school function, you have an illness, or there is an emergency situation that conflicts.
- Athletes must wear their team cap (provided for you) and suit.
- Athletes are to be on deck promptly before games at the time provided by coach Claire in her weekly emails and on the google calendar.
- Most dual games will have two games per night, one JV and one Varsity. We will usually play Varsity first. All athletes are expected to be in attendance for both games and most likely play in both games as well.
- Athletes will comply with all Michigan Water Polo Association rules and regulations at all times during play.
- Communication with the referee during a game is between the coach and the referee only.
- Playing time, starting line up and substitutions will be at the discretion of the coach.

Game Schedule

These are subject to change and more games will likely be added. Please refer to the google calendar for the most up to date information.

Date/Time	Opponent	Location
Wed. 3/23 6:30pm	Saline	Home (Walled Lake Central)
Thurs. 3/24 6pm	AA Huron	Away (AA Huron)
Wed. 4/6 6pm	Grand Blanc (District Game)	Away (Grand Blanc)
Tues. 4/12 6pm	Seaholm (District Game)	Away (Seaholm)
Mon. 4/18 6pm	Dexter	Away (Dexter)
Thurs. 4/21 6pm	Lake Orion	Home (Walled Lake Central)
Sat. 4/23 TBD	Chelsea Tournament	Away (Chelsea)
Wed. 4/27 6pm	Groves (District Game)	Home(Walled Lake Central)
Mon. 5/2 6pm	Dexter	Home (Walled Lake Central)
Wed. 5/4 6pm	Troy (District Game)	Home (Walled Lake Central)
Tues. 5/10 6pm	Chelsea	Home (Walled Lake Central) *Senior Night
Fri./Sat. 5/13 - 5/14 TBD	District Tournament	Away (Seaholm)
Fri./Sat. 5/20 - 5/21 TBD	Regional Tournament	Away (Huron Fri. Pioneer Sat.)

Varsity Letter Requirements

Earning a Varsity Letter in any sport indicates a certain level of achievement. An athlete should not be rewarded with a Letter by simply joining a team or paying a fee. To earn a Varsity Letter in Water Polo, team members will need to meet the following requirements:

- Displays hard work and concentration at practice
- Consistent improvement in water polo skills throughout the season
- Attending 85% of all team practices, and absences are excused
- Attending 100% of all games (unless you have made a prior arrangement with the coaches due to a family emergency/crisis)
- Having played in at least 1 Varsity game
- Participating in fundraisers and team activities and earning 5 or more spirit points

Spirit Points

- Participating in fundraisers (1 point per fundraiser participation – dates TBD)
 - o Can Drive
 - o Car Wash Fundraiser
- Game Achievement Stickers (1 point for every)
 - o 1 sticker per goal scored
 - o 1 sticker per assist
 - o 1 sticker per 3 steals
 - o 1 sticker per 3 blocks (goalie and field players)
- Earning a team award at the end of the season
 - o MVP Award
 - o Coachability Award
 - o Defensive Player of the Year
 - o Offensive Player of the Year

Please review and sign all forms in this packet and return them to Coach Claire by Monday, March 14th. You will NOT be able to participate until all forms have been completed and returned.

- A CURRENT PHYSICAL (Must be dated on or after April 15th, 2021)**
- CONCUSSION PAPERWORK**
- ATHLETIC PRIVATE TRANSPORTATION FORM**
- RULES ACKNOWLEDGEMENT AND VARSITY LETTER CRITERIA**
- NCAA ACKNOWLEDGEMENT FORM (PLEASE ONLY COMPLETE THE ONE FOR YOUR HIGHSCHOOL)**
- STUDENT-ATHLETE/PARENT CONTRACT**



Walled Lake Consolidated School District

Educational Services Center
850 Ladd Road, Building D
Walled Lake, Michigan 48390
Phone: (248) 956-2000 – Fax: (248) 956-2145

Dear Parents:

WALLED LAKE CONSOLIDATED SCHOOLS DOES NOT CARRY HEALTH OR ACCIDENT INSURANCE FOR STUDENTS. If your child is injured while at school, medical costs are the responsibility of the parents and/or guardians.

As a service to students and their families, our District is making available a student accident insurance plan for your child at a very nominal cost. The District offers this program because of trends in rising family health and dental insurance costs, increased deductibles, co-payments or lack of health or dental insurance coverage.

REASONS TO PURCHASE THIS COVERAGE:

1. Deductible and co-pays in your health plan. Many health plans have increased the amount of out-of-pocket expenses.
2. No insurance.

This plan will provide benefits for medical expenses incurred because of an accident. If you have other insurance, benefits can be applied to your deductible or co-pay. If you have no other insurance, this will become your primary accident plan.

TO PURCHASE COVERAGE ONLINE (by Credit/Debit Card) go to:

<https://www.1stagency.com/voluntaryaccidentcoverage.htm> Follow directions by choosing STATE and SCHOOL DISTRICT. Visa or MasterCard are accepted.

OR

TO PAY WITH CHECK OR MONEY ORDER, PRINT BROCHURE PDF from the District's website at <http://wlcsc.org/parents/annual-parent-notifications/> or from First Agency's website at <https://www.1stagency.com/voluntaryaccidentcoverage.htm>.

All questions regarding this coverage should be directed to First Agency, Inc., at (269) 381-6630 or toll free at (800) 243-6298.

We are pleased to make this student accident insurance plan available.

Thank you.

Every Child, Every Day!



Walled Lake Central Athletic Training Program

Director of Sports Medicine- Thomas Burman LAT ATC

Email: tomburman@plymouthpts.com

Cell: (248) 917-3590

Athletic Training Coordinator: Alissa Kern MS ATC PTA

Email: atcc@plymouthpts.com

Cell: (248) 760- 8843

Athletic Trainer: Mairead Brown

Email: wlc_atc@plymouthpts.com

Cell:(210) 317-7495

Physical Therapist: Nicole Ramos PT, DPT, Cert. MDT, FAFS

Email: commerce@plymouthpts.com

Responsibilities of the Student Athlete

1. Be honest with the athletic trainer
2. Report all illnesses and injuries within 48 hours
3. Follow the treatment and rehabilitation plan given to you by your physician, physical therapist and/or athletic trainer
4. Report to the athletic training room daily, or as directed, for treatment or rehabilitation until you are cleared by the athletic trainer, physical therapist or physician

Pre-Participation Exams and Paperwork

The student athlete will not be allowed to try out, practice, or compete until a copy of the physical exam and parent consent forms are signed by a parent/guardian and on file in the athletic director's office.

In The Event of an Injury

At WLC

Athletic injuries that occur at your school should be reported to the athletic trainer and athlete's coach as soon as the athlete realizes they are injured. If the athlete is injured during school hours, they should report the injury to the office and other appropriate personnel.

The athletic trainer will evaluate the injury and based on that evaluation make a decision on the most appropriate care. In most cases the injuries are minor and the athlete can be treated in the athletic training room. If the injury is more severe or requires further evaluation by a physician or PT the athlete's parent/guardian will be contacted by the athletic trainer and provided with information about the injury. The athletic trainer can help recommend a physician and help with getting appointments.

It is essential that ALL athletic injuries be reported to the athletic trainer when they occur

On the Road...

If an athlete is injured on the road they will report the injury to his/her coach then to your athletic trainer as soon as possible.

If the host school employs an athletic trainer, the coaching staff may have the athlete examined by the host athletic trainer. They will most likely provide basic care and refer the athlete back to your athletic trainer. The athlete should report to the athletic training room after school the next day to be seen by your athletic trainer. In the case of a severe injury, the parents will be contacted directly from the site and consulted about the problem. The coach and/or parents are responsible for notifying the athletic trainer as soon as possible about the injury.

Questions from home...

If you are concerned about an injury that your child suffered during athletics, PLEASE CALL OR EMAIL THE ATHLETIC TRAINER.

If an injury which appears minor one day becomes more bothersome the next day, please call the athletic trainer so they can assist you in the next steps. It is always your right as a parent to seek further medical care for your child if you have any doubts as to the seriousness of his/her injury. It is strongly recommended that you contact the athletic trainer before taking your child to the physician. Often, the athletic trainer can eliminate unneeded waiting time and have your child seen in a timely fashion.

Anytime you take your child to a physician for an athletic injury you need to obtain in writing the doctor's instructions for treatment and return to play guidelines for the athletic trainer to appropriately (and legally) treat your child.

YOUR CHILD MAY NOT RETURN TO PLAY WITHOUT A WRITTEN RELEASE

FROM THE PHYSICIAN.

Physical Therapy Services

Plymouth Physical Therapy Specialists is the official sports medicine provider for the Walled Lake Schools. Our physical therapists will be on site for injury clinics throughout the year. Free consults and same day evaluations are always available. If for any reason you can not get a hold of your athletic trainer, please contact our athletic training coordinator or call our office. Nicole Ramos is the director of our Commerce location and will be the primary PT with your school.

The Commerce location is located at:

8896 Commerce Rd

Commerce Township, MI 48382

(248) 363-2115

Head Injury Services

Plymouth Physical Therapy Specialists has developed a relationship with a team of healthcare professionals and can facilitate appointments as needed. When a concussion occurs, notify the athletic trainer as soon as possible. The athletic trainer will contact these physicians to help set up an appointment in a timely manner. You must see a physician any time a concussion is suspected.

After seeing a physician and symptoms are gone, athletes will follow a 5 step return to play progression before being allowed to return to full activity.

Athletes must participate in a full contact practice before being allowed to play in a game.



MEDICAL HISTORY: Completed by Parent or Guardian or 18-Year-Old

Student Name: _____ Date of Birth: _____

Doctor: _____ Doctor's Phone: _____ Date of Exam: _____

- GENERAL QUESTIONS		Y	N
<input type="checkbox"/>	Has a doctor ever denied or restricted your participation in sports for any reason?		
	Do you have any ongoing medical conditions? If so, please identify below:		
<input type="checkbox"/>	Asthma	<input type="checkbox"/>	Anemia
<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Infections
<input type="checkbox"/>	Other:		
	Have you ever spent the night in the hospital or have you ever had surgery?		
- HEART HEALTH QUESTIONS ABOUT YOU		Y	N
	Have you ever passed out or nearly passed out DURING or AFTER exercise?		
	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
	Does your heart ever race or skip beats (irregular beats) during exercise?		
	Has a doctor ever told you that you have any heart problems? Check all that apply:		
<input type="checkbox"/>	High blood pressure	<input type="checkbox"/>	Heart murmur
<input type="checkbox"/>	Heart infection	<input type="checkbox"/>	High cholesterol
<input type="checkbox"/>	Kawasaki disease	<input type="checkbox"/>	Other:
	Has a doctor ordered a test for your heart? (example, ECG/EKG, echocardiogram)		
	Do you get lightheaded or feel more short of breath than expected during exercise?		
	Do you have a history of seizure disorder or had an unexplained seizure?		
	Do you get more tired or short of breath more quickly than your friends during exercise?		
- HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Y	N
	Has anyone in your family had unexplained fainting, unexplained seizures or near drowning?		
	Does anyone in your family have a heart problem, pacemaker or implanted defibrillator?		
	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident or sudden infant death syndrome)?		
	Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia?		
- BONE AND JOINT QUESTIONS		Y	N
	Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game?		
	Have you ever had any broken or fractured bones, dislocated joints or stress fracture?		
	Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast or crutches?		
	Do you regularly use a brace, orthotics or other assistive device?		
<input type="checkbox"/>	Do you have a bone, muscle or joint injury that bothers you?		
	Do any of your joints become painful, swollen, feel warm or look red?		
	Do you have any history of juvenile arthritis or connective tissue disease?		
	Have you ever had an x-ray for neck instability or atlantoaxial instability (Down syndrome or dwarfism)?		

- MEDICAL QUESTIONS		Y	N
	Do you cough, wheeze or have difficulty breathing during or after exercise?		
	Have you ever used an inhaler or taken asthma medicine?		
	Is there anyone in your family who has asthma?		
	Were you born without, or missing a kidney, eye, testicle (males), spleen or any other organ?		
	Do you have groin pain or a painful bulge or hernia in the groin area?		
	Have you had infectious mononucleosis (mono) within the last month?		
	Do you have any rashes, pressure sores or other skin problems?		
	Have you had a herpes or MRSA skin infection?		
	Do you have headaches or get frequent muscle cramps when exercising?		
	Have you ever become ill while exercising in the heat?		
	Do you or someone in your family have sickle cell trait or disease?		
	Have you had any problems with your eyes or vision or any eye injuries?		
	Do you wear glasses or contact lenses?		
	Do you wear protective eyewear such as goggles or a face shield?		
	Immunization History: Are you missing any recommended vaccines?		
	Do you have any allergies?		
	Have you ever had a head injury or concussion?		
	Do you have any concerns that you would like to discuss with a doctor?		
	Have you ever received a blow to the head that caused confusion, prolonged headache or memory problems?		
	Have you ever had numbness, tingling, weakness or inability to move your arms or legs after being hit or falling?		
	Have you ever had an eating disorder?		
	Do you worry about your weight?		
	Are you trying to or has anyone recommended that you gain or lose weight?		
	Are you on a special diet or do you avoid certain types of foods?		
- FEMALES ONLY (Optional)		Y	N
	Have you ever had a menstrual period?		
	How old were you when you had your first menstrual period?		
	How many periods have you had in the last 12 months?		
CURRENT-YEAR PHYSICAL = GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR			

PHYSICAL EXAMINATION & MEDICAL CLEARANCE: Completed by MD, DO, PA or NP - RETURN DIRECTLY TO PATIENT

EXAMINATION: Height: _____ Weight: _____ Male Female BP: _____ / _____ Pulse: _____ Vision: R 20/ _____ L 20/ _____ Corrected: Y N

MEDICAL	NORMAL	ABNORMAL	MUSCULOSKELETAL	NORMAL	ABNORMAL
Appearance: Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			Neck		
Eyes/Ears/Nose/Throat: Pupils Equal Hearing			Back		
Lymph nodes			Shoulder/Arm		
Heart: Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI)			Elbow/Forearm		
Pulses: Simultaneous femoral and radial pulses			Wrist/Hand/Fingers		
Lungs			Hip/Thigh		
Abdomen			Knee		
Genitourinary (males only)			Leg/Ankle		
Skin: HSV: Lesions suggestive of MRSA, tinea corporis			Foot/Toes		
Neurologic			Functional Duck Walk		

RECOMMENDATIONS:

I certify that I have examined the above student and recommend him/her as being able to compete in supervised athletic activities NOT crossed out below.

- BASEBALL – BASKETBALL – BOWLING – COMPETITIVE CHEER – CROSS COUNTRY – FOOTBALL – GOLF – GYMNASTICS – ICE HOCKEY
LACROSSE – SKIING – SOCCER – SOFTBALL – SWIMMING/DIVING – TENNIS – TRACK & FIELD – VOLLEYBALL – WRESTLING



Name of Examiner (print/type): _____ Date: _____

Signature of Examiner: _____ (Check One): MD DO PA NP

----- (DETACH HERE IF NEEDED TO ACCOMPANY STUDENT-ATHLETE) -----

EMERGENCY INFORMATION: COMPLETED BY PARENT or GUARDIAN or 18-YEAR-OLD

Student: _____ Grade: _____ Doctor: _____ Phone: (____) _____

IN EMERGENCY (1): _____ Home #: (____) _____ Cell #: (____) _____

IN EMERGENCY (2): _____ Home #: (____) _____ Cell #: (____) _____

Drug Reactions: _____ Current Medications: _____

Allergies: _____



PRE-PARTICIPATION PHYSICAL - CONSENT - INSURANCE

Shaded headline areas are to be completed by student, parent/guardian or 18-year-old

There are FOUR (4) signatures on this page [4] to be completed by student, parent/guardian and/or 18-year-old

A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR

Student Name: last first middle initial
Student Address: street city zip
Gender: M F Age: Date of Birth: Place of Birth (City/State):
School: Circle Grade: 6 7 8 9 10 11 12
Father/Guardian Name:
Phone (home): (work): (cell):
Mother/Guardian Name:
Phone (home): (work): (cell):
Email Address: Parent/Guardian/18-Year-Old:

STUDENT PARTICIPATION & PARENT or GUARDIAN or 18-YEAR-OLD CONSENT

The information submitted herein is truthful to the best of my knowledge. By my/my child's signature below, I/we acknowledge that I/we have received concussion educational information that meets Michigan Department of Health and Human Services and MHSAA requirements.

Further, in consideration of my/my child's participation in MHSAA-sponsored athletics, I/we do hereby agree, understand, appreciate, and acknowledge: that participation in such athletics is purely voluntary; that such activities involve physical exertion and contact and that there is inherent risk of personal injury associated with participation in such activities, which risk I/we assume; and that I/we agree to, and hereby waive any and all claims, suits, losses, actions, or causes of action against the MHSAA, its members, officers, representatives, committee members, employees, agents, attorneys, insurers, volunteers, and affiliates based on any injury to me, my child, or any person, either because of inherent risk, accident, negligence, or otherwise, during or arising in any way from my/my child's participation in an MHSAA-sponsored sport.

I/we understand that I am/we are expected to adhere firmly to established athletic policies of my school district and the MHSAA. I/we hereby give my consent for the above student to engage in interscholastic athletics and for the disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics. My child has my permission to accompany the team as a member on its out-of-town trips.

1 Signature of STUDENT: Date:
2 Signature of PARENT or GUARDIAN or 18-YEAR-OLD: Date:

INSURANCE STATEMENT

Our son/daughter will comply with the specific insurance regulations of the school district.

The student-athlete has health insurance: YES NO

If YES, Family Insurance Co: Insurance ID #:

Additionally, I hereby state that, to the best of my knowledge, my answers to the medical history questions (see reverse) are complete and correct.

3 Signature of PARENT or GUARDIAN or 18-YEAR-OLD: Date:

(DETACH HERE IF NEEDED TO ACCOMPANY STUDENT-ATHLETE)

MEDICAL TREATMENT CONSENT: COMPLETED BY PARENT or GUARDIAN or 18-YEAR-OLD

I, an 18-year-old, or the parent or guardian of, recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.

4 Signature of PARENT or GUARDIAN or 18-YEAR-OLD: Date:



THIS FORM MUST BE GIVEN TO COACH CLAIRE BEFORE I CAN PRACTICE:

I, _____ have read over, understand, and it has been explained to me what will be expected of me at practice, at games, and what I must do in order to letter. I agree to conduct myself in a manner that reflects positively on my Walled Lake Consolidated Schools and the Walled Lake Women's Water Polo Team. I will also abide by the student-athlete code of conduct. I realize that my conduct to a large extent is a direct reflection on Walled Lake Consolidated Schools, and the Consolidated Women's Water Polo Team.

I agree to carry myself as a positive example and model student-athlete of Walled Lake Combined Women's Water Polo Program.

Date: _____

Athlete: _____

Printed Name

Parent: _____

Printed Name

Athlete: _____

Signature

Parent: _____

Signature



Walled Lake Consolidated Schools

**Walled Lake Central
High School**

**Walled Lake Northern
High School**

**Walled Lake Western
High School**

**Clifford H. Smart
Middle School**

**Sarah Banks
Middle School**

**James R. Geisler
Middle School**

**Walnut Creek
Middle School**

Student-Athlete/Parent Athletic Contract

We, the parents/guardians and student-athlete, have attended a Walled Lake Consolidated Schools athletic/parent meeting and agree to accept the responsibilities and obligations required to participate in athletics. The head coach has reviewed all sports-specific information with us, including the *Student-Athlete Handbook*. The *Student-Athlete Handbook* is available online at www.wlcsd.org >Parent>Athletic tab.

Student-Athlete	_____	Date	_____
Parent/Guardian	_____	Date	_____
Parent/Guardian	_____	Date	_____
Coach	_____	Date	_____

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION  www.facebook.com/CDCHeadsUp



HEADS UP

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

WALLED LAKE CONSOLIDATED SCHOOL DISTRICT
ATHLETIC PRIVATE TRANSPORTATION AUTHORIZATION

School _____ Sport _____ Coach _____

Effective only from _____ to _____
Date Date

Our team will be participating in a sport that requires transportation in privately owned vehicles. Students will NOT be allowed to participate unless this form is completed and returned to the team coach by _____.

Check all that apply:

1. I would like to **volunteer as a driver** for this athletic season only. I am aware and informed of my responsibilities as a volunteer driver. I have a valid driver's license, insurance and registration and I will maintain a smoke free environment for our students. I am able to provide _____ seatbelts.

2. I authorize my child, _____, to be transported by a **volunteer driver** as I am not able to provide transportation for this athletic season only.

3. I authorize my child, _____, to drive **his/her self only** for this athletic season only. I verify that my child has a valid driver's license, insurance and registration.

4. I authorize my child, _____, to **drive his/her self and others** for this athletic season only. I verify that my child has a valid driver's license, insurance and registration and will maintain a smoke free environment for other students. My child is able to provide _____ seatbelts.

I release the Walled Lake Consolidated Schools and its Board members, administrators, teachers, employees and agents ("released parties") from any and all claims whatsoever arising from or relating to my participation or my child(s)'s participation in this event ("released claims"). I also agree to indemnify and hold harmless the released parties from the released claims, including any and all related costs, attorney fees, liabilities, settlements and/or judgments.

Student Name Printed

Student Signature

Parent/Guardian Name Printed

Guardian Signature

Parent/Guardian Name Printed

Guardian Signature

Address

Day Phone

Coach Signature

Date

Principal Signature

Date

NCAA Eligibility Guidelines

Walled Lake Central High School

Check list for College-Bound Student-Athletes

- Register at the beginning of your junior year at www.eligibilitycenter.org
- Ask your high school counselor to send your transcript to the NCAA Eligibility Center at the end of your junior year.
- Take the ACT or SAT and use the code "9999" to have your official scores sent directly to the NCAA Eligibility Center.
- Check with your high school counselor to make sure you are on track to graduate on time with your class and have the required amount of core courses.
- Request final amateurism certification during your senior year (beginning April 1).
- Ask your high school counselor to submit your final transcript with proof of graduation.

Divisions I and II Initial-Eligibility Requirements

Core Courses	Test Scores	Grade-Point Average
<ul style="list-style-type: none"> NCAA Division I & II requires 16 core courses. See the charts below. For students enrolling on or after August 1, 2016, NCAA Division I will require 10 core courses to be completed prior to the seventh semester (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement. Beginning August 1, 2018, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement. <i>Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.</i> Visit the www.eligibilitycenter.org for addition information. 	<ul style="list-style-type: none"> Division I uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is available at www.eligibilitycenter.org. Division II currently requires a minimum SAT score of 820 or an ACT sum score of 68. Beginning August 1, 2018, Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used. The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used. 	<ul style="list-style-type: none"> Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide. Division I students enrolling full time before August 1, 2016, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year. Division I uses a sliding scale to match test scores and core grade-point averages (GPA) (corresponding test-score requirements are listed on Sliding Scale B available at www.eligibilitycenter.org) The current Division II core GPA requirement is a minimum of 2.200. Division II core GPA required to be eligible for competition on or after August 1, 2018, is 2.200 (corresponding test-score requirements are listed on Sliding Scale B available at www.eligibilitycenter.org). Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses		DIVISION II 16 Core Courses
<ul style="list-style-type: none"> 4 years of English. 3 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 2 years of social science. 1 years of additional courses (from any area above) 4 foreign language or comparative religion/philosophy). 		<ul style="list-style-type: none"> 3 years of English. 2 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 3 years of additional English, mathematics or natural/physical science. 2 years of social science. 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Student Name PRINT: _____

2021-22 NCAA Initial Eligibility Waiver

- As a student in Walled Lake Schools who plans to participate in collegiate sports, I understand and agree to abide by the rules and procedures indicated by the NCAA Eligibility Center.
- I have read and understood the NCAA Eligibility Guidelines including:
 - The check list for College-Bound Student Athletes (1) Register at www.eligibilitycenter.org (2) Communicate with your counselor to ensure that you are on track to graduate and meet the NCAA Core Course requirements.
 - Division I and II Eligibility Requirements** (1) Core Courses Requirements (2) Test Score requirements (3) Grade-Point Average requirements.
- I realize that it is my responsibility as a prospective student athlete to register at the www.eligibilitycenter.org and seek additional assistance from my school counselor as needed.

Student's Signature: _____ Date _____

Parent's Signature: _____ Date _____

Walled Lake Central High School Code 233690

List of Approved Core Courses

Legal Disclaimer: The list of NCAA courses, and courses contained within, are maintained as a guide for prospective student-athletes seeking NCAA initial-eligibility. The list of approved courses does not, nor is intended to, signify accreditation, certification, approval or endorsement of any high school or specific courses by the NCAA or NCAA Eligibility Center and is subject to change at any time and without notice. Core course information is provided for guidance purposes only and should not be solely relied on as an indication of NCAA initial-eligibility. Certification of a prospective student-athlete is case-specific, and the Eligibility Center has the authority to determine in its sole discretion whether the prospective student-athlete has met all criteria.

Courses designated with a '=' symbol are courses that may be used only by students with a diagnosed disability. A course for a student with disabilities must be **exclusively** open to students with documented learning disabilities. The course must be quantitatively and qualitatively the same as the regular equivalent and there must be a standardized curriculum/syllabus.

NCAA legislation permits a student to receive credit for a core course only one time. As a result, if a student repeats a core course, the student will only receive credit once for the core course, and the highest grade earned in the course will be included in the calculation of the student's core course grade point average. Likewise, if a student completes a course that is duplicative in content with another core course, the student will only receive credit for one of the duplicative courses, and the course with the highest grade earned will be included in the calculation of the student's core course grade point average.

For a complete list of NCAA courses: visit www.eligibilitycenter.org and enter the site as an NCAA College-Bound Student-Athlete. Navigate to the "Resources" tab, click "U.S. Students" and then "List of NCAA Courses." Follow the prompts to search for your high school's list by name.

Approved High School Course Information (08/01/2021)

ENGLISH	MATHEMATICS	NATURAL/PHYSICAL SCIENCE	SOCIAL SCIENCE	ADDITIONAL COURSES
AP ENGLISH LIT AA	ALG 2 A 1 (.25 UNITS MAX)	ANATOMY	AFRICAN AMERICAN	FRENCH 1 AB
AP ENGLISH LIT BB	ALG 2A 2(.25 UNITS MAX)	ANATOMY & PHYSIO A	HISTORY	FRENCH 2 AB
AP SEMINAR AA	ALG 2B 1(.25 UNITS MAX)	ANATOMY & PHYSIO B	AP MACRO ECON AA	FRENCH 3 AB
AP SEMINAR BB	ALG 2B 2(.25 UNITS MAX)	BIOLOGY AA/BB/AP	AP MACRO ECON BB	FRENCH 4 AB
COLL WRIT	ALG 2 CALC PATH AA	BIOLOGY AA/H	AP MICRO ECONOMICS AA	FRENCH 5 AB
CONT NOVEL	ALG 2 CALC PATH BB	BIOLOGY BB/H	AP MICRO ECONOMICS BB	FRENCH AA/AP
CREAT WRIT	ALGEBRA 1 AA/BB/H	CHEM AA/BB/AP	AP PSYCHOLOGY AA	FRENCH BB/AP
ENG AA/AP	ALGEBRA 1A	CHEM/GEN/H	AP PSYCHOLOGY BB	GERMAH 5 AB
ENG BB/AP	ALGEBRA 1B	CHEMISTRY AA/H	AP WORLD HISTORY AA	GERMAN 1 AB
ENG/LNG AA/AP	ALGEBRA 2 A	CHEMISTRY BB/H	AP WORLD HISTORY BB	GERMAN 2 AB
ENG/LNG BB/AP	ALGEBRA 2 B	EARTH SCI A	BIG HISTORY	GERMAN 3 AB
ENGL 10AA/H	AP STATICTICS BB	EARTH SCI AA/H	CIVICS	GERMAN 4 AB
ENGL 10BB/H	AP STATISTICS AA	EARTH SCI B	CONTEMPORARY SOCIAL	GERMAN AA/BB/AP
ENGL 9AA/H	CALC AA/AP	EARTH SCI BB/H	PROBLEMS	IND STD F LG
ENGL 9BB/H	CALC BB/AP	ECOLOGY	E HIST AA/AP	SPANISH 1 AB
ENGLISH 10 A/B	GEOMETRY A	ENVSCI/AP AA/BB	E HIST BB/AP	SPANISH 2 AB
ENGLISH 11A	GEOMETRY AA/H	FORENSIC SCIENCE	ECONOMICS	SPANISH 3 AB
ENGLISH 11B	GEOMETRY B	FORENSIC SCIENCE 2	ECONOMICS 9	SPANISH 4 AB
ENGLISH 12 A	GEOMETRY BB/H	GEN BIO A	IND STD SOC STUD	SPANISH 5 AB
ENGLISH 12 B	GEOMETRY CALC PATH AA	GEN BIO B	INTERNL REL	SPANISH AA/AP
ENGLISH 9 A/B	GEOMETRY CALC PATH BB	IND STD SCI	MICH HIST	SPANISH BB/AP
FORENSICS	HON INT MATH 3 AA	PHYSICS AA/H	PRACTICAL LAW [04.26.01]	
HON ENG 11 AA	HON INT MATH 3 BB	PHYSICS AP AA/BB	PSYCHOLOGY 1	
HON ENG 11 BB	HON PRECALC AA	PHYSICS BB/H	PSYCHOLOGY 2	
IND STD ENGL A/B	HON PRECALC BB	PHYSICS/A	SOCIOLOGY	
JOURNALISM	HONORS ALGEBRA 2 AA/BB	PHYSICS/B	US GOV AA/BB/AP	
MYTHOLOGY	INTG MATH 3A		US GOVT	
WORLD LIT A	INTG MATH 3B		US HIST AA	
WORLD LIT B	INTG MATH STUDIES		US HIST AA/AP	
WRLD LIT AA/H	PRE-CALC A/B		US HIST BB	
WRLD LIT BB/H	PROB AND STATS		US HIST BB/AP	
	STATISTICS A/B		US HISTORY A	
	TRIG/PROB/STATS A		US HISTORY B	
	TRIG/PROB/STATS B		W HIST 1	
	TRIGONOMETRY		W HIST 2	
			WORLD GEOG	
			WORLD HIST AA	
			WORLD HIST BB	
			WORLD HISTORY A	
			WORLD HISTORY B	

NCAA Eligibility Guidelines

Walled Lake Northern High School

Check list for College-Bound Student-Athletes

- Register at the beginning of your junior year at www.eligibilitycenter.org
- Ask your high school counselor to send your transcript to the NCAA Eligibility Center at the end of your junior year.
- Take the ACT or SAT and use the code "9999" to have your official scores sent directly to the NCAA Eligibility Center.
- Check with your high school counselor to make sure you are on track to graduate on time with your class and have the required amount of core courses.
- Request final amateurism certification during your senior year (beginning April 1).
- Ask your high school counselor to submit your final transcript with proof of graduation.

Divisions I and II Initial-Eligibility Requirements

Core Courses	Test Scores	Grade-Point Average
<ul style="list-style-type: none"> NCAA Division I & II requires 16 core courses. See the charts below. For students enrolling on or after August 1, 2016, NCAA Division I will require 10 core courses to be completed prior to the seventh semester (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement. Beginning August 1, 2018, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement. <i>Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.</i> Visit the www.eligibilitycenter.org for addition information. 	<ul style="list-style-type: none"> Division I uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is available at www.eligibilitycenter.org. Division II currently requires a minimum SAT score of 820 or an ACT sum score of 68. Beginning August 1, 2018, Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used. The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used. 	<ul style="list-style-type: none"> Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide. Division I students enrolling full time before August 1, 2016, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year. Division I uses a sliding scale to match test scores and core grade-point averages (GPA) (corresponding test-score requirements are listed on Sliding Scale B available at www.eligibilitycenter.org) The current Division II core GPA requirement is a minimum of 2.000. Division II core GPA required to be eligible for competition on or after August 1, 2018, is 2.200 (corresponding test-score requirements are listed on Sliding Scale B available at www.eligibilitycenter.org). Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses		DIVISION II 16 Core Courses
4 years of English. 3 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 1 years of social science. 2 years of additional courses (from any area above, 4 foreign language or comparative religion/philosophy).		3 years of English. 2 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 3 years of additional English, mathematics or natural/physical science. 2 years of social science. 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Student Name PRINT: _____

2020-21 NCAA Initial Eligibility Waiver

- As a student in Walled Lake Schools who plans to participate in collegiate sports, I understand and agree to abide by the rules and procedures indicated by the NCAA Eligibility Center.
- I have read and understood the NCAA Eligibility Guidelines including:
 - The check list for College-Bound Student Athletes (1) Register at www.eligibilitycenter.org (2) Communicate with your counselor to ensure that you are on track to graduate and meet the NCAA Core Course requirements.
 - Division I and II Eligibility Requirements** (1) Core Courses Requirements (2) Test Score requirements (3) Grade-Point Average requirements.
- I realize that it is my responsibility as a prospective student athlete to register at the www.eligibilitycenter.org and seek additional assistance from my school counselor as needed.

Student's Signature: _____ Date _____

Parent's Signature: _____ Date _____

Walled Lake Northern High School Code 230689

List of Approved Core Courses

Legal Disclaimer: The list of NCAA courses, and courses contained within, are maintained as a guide for prospective student-athletes seeking NCAA initial-eligibility. The list of approved courses does not, nor is intended to, signify accreditation, certification, approval or endorsement of any high school or specific courses by the NCAA or NCAA Eligibility Center and is subject to change at any time and without notice. Core course information is provided for guidance purposes only and should not be solely relied on as an indication of NCAA initial-eligibility. Certification of a prospective student-athlete is case-specific, and the Eligibility Center has the authority to determine in its sole discretion whether the prospective student-athlete has met all criteria.

Courses designated with a '-' symbol are courses that may be used only by students with a diagnosed disability. A course for a student with disabilities must be **exclusively** open to students with documented learning disabilities. The course must be quantitatively and qualitatively the same as the regular equivalent and there must be a standardized curriculum/syllabus.

NCAA legislation permits a student to receive credit for a core course only one time. As a result, if a student repeats a core course, the student will only receive credit once for the core course, and the highest grade earned in the course will be included in the calculation of the student's core course grade point average. Likewise, if a student completes a course that is duplicative in content with another core course, the student will only receive credit for one of the duplicative courses, and the course with the highest grade earned will be included in the calculation of the student's core course grade point average.

For a complete list of NCAA courses: visit www.eligibilitycenter.org and enter the site as an NCAA College-Bound Student-Athlete. Navigate to the "Resources" tab, click "U.S. Students" and then "List of NCAA Courses." Follow the prompts to search for your high school's list by name.

Approved High School Course Information (06/01/2019)

ENGLISH	MATHEMATICS	NATURAL/PHYSICAL SCIENCE	SOCIAL SCIENCE	ADDITIONAL COURSES
American Cultural Studies	ALGEBRA 2 A/B	ANATOMY	AMERICA AT WAR	FRENCH 1 A-B
CREAT WRIT	ALGEBRA 2 A1 / TERM 1-4 (.25 UNIT MAX)	ASTRONOMY	AP ECONOMICS	FRENCH 2 A-B
ENGLISH 10 A-B	ALGEBRA 2 A2 / TERM 2-4 (.25 UNIT MAX)	BIOLOGY A-B/GEN	AP WORLD HISTORY	FRENCH 3 A-B
ENGLISH 10 AA-BB/H	ALGEBRA 2 A2 / TERM 2-4 (.25 UNIT MAX)	BIOLOGY AA-BB/AP	BIG HISTORY	FRENCH 4 A-B
ENGLISH 11 A-B	ALGEBRA 2 AA/BB/H	BIOLOGY AA-BB/H	BUS LAW	FRENCH AA-BB/AP
ENGLISH 12	ALGEBRA 2 B1 / TERM 3-4 (.25 UNIT MAX)	CHEMISTRY A-B/GEN	CIVICS	GERMAN 1 A-B
ENGLISH 9 A-B	ALGEBRA 2 B1 / TERM 3-4 (.25 UNIT MAX)	CHEMISTRY AA-BB/AP	CIVIL WAR	GERMAN 2 A-B
ENGLISH 9 AA-BB/H	ALGEBRA 2 B2 / TERM 4-4 (.25 UNIT MAX)	CHEMISTRY AA-BB/H	Contemporary Soc Problems Soc 2	GERMAN 3 A-B
ENGLISH AA-BB/AP	ALgebra 2 Calculus Path A/B	EARTH SCIENCE A-B	ECONOMICS 9	GERMAN 4 A-B
ENGLISH LIT AA/BB/AP	Algebra 2 Calculus Path A/B	EARTH SCIENCE AA-BB/H	European History AA/BB/AP	GERMAN AA-BB/AP
ENGLISH LNG AA-BB/AP	ALGEBRA I	ENV SCIENCE AA-BB/AP	MICHIGAN HISTORY	JAPANESE 1 A-B
HONORS ENG 11 AA/BB	ALGEBRA I AA/BB/H	FORENSIC SCIENCE	PRACTICAL LAW	JAPANESE 2 A-B
INTERMEDIATE WRITING	AP CALCULUS B/C	FORENSIC SCIENCE II	PSYCH AA-BB/AP	JAPANESE 3 A-B
INTERMEDIATE WRITING 2	AP COMPUTER SCIENCE	OCEANOGRAPHY	PSYCHOLOGY 1	RUSSIAN 1 A-B
JOURNALISM	AA/BB	PHYSICS A-B	PSYCHOLOGY 2	RUSSIAN 2 A-B
LIT/COMP 9 AA-BB	AP STATISTICS	PHYSICS AA-BB/AP	SOCIOLOGY	RUSSIAN 3 A-B
MYTHOLOGY	CALCULUS AA/AP	PHYSICS AA-BB/H	US GOVT	RUSSIAN 4 A-B
WORLD LIT A-B	CALCULUS BB/AP		US GOVT/AP	SPANISH 1 A-B
WORLD LIT AA-BB/H	GEOMETRY A/B		US HIST A-B	SPANISH 2 A-B
AP Seminar	GEOMETRY AA/BB/H		US HIST AA-BB/AP	SPANISH 3 A-B
Communications	Geometry Calculus Path A/B		US HISTORY AA-BB/H	SPANISH 4 A-B
Contemporary Novels	INT MATH 3 AA/H		WORLD GEOGRAPHY	SPANISH AA-BB/AP
Literature on Film	INT MATH 3 BB/H		WORLD HIST A-B	
	INT MATH 3A		WORLD HISTORY AA/BB/H	
	INT MATH 3B			
	INT MATH 4A			
	INT MATH 4B			
	Integrated Advanced Mathematical Studies			
	PRE CALCULUS A			
	PRE CALCULUS AA/H			
	PRE CALCULUS B			
	PRE CALCULUS BB/H			
	Probability & Statistics			
	TRIGONOMETRY			
	Year Long Statistics			

NCAA Eligibility Guidelines

Walled Lake Western High School

Check list for College-Bound Student-Athletes

- Register at the beginning of your junior year at www.eligibilitycenter.org
- Ask your high school counselor to send your transcript to the NCAA Eligibility Center at the end of your junior year.
- Take the ACT or SAT and use the code "9999" to have your official scores sent directly to the NCAA Eligibility Center.
- Check with your high school counselor to make sure you are on track to graduate on time with your class and have the required amount of core courses.
- Request final amateurism certification during your senior year (beginning April 1).
- Ask your high school counselor to submit your final transcript with proof of graduation.

Divisions I and II Initial-Eligibility Requirements

Core Courses	Test Scores	Grade-Point Average
<ul style="list-style-type: none"> NCAA Division I & II requires 16 core courses. See the charts below. For students enrolling on or after August 1, 2016, NCAA Division I will require 10 core courses to be completed prior to the seventh semester (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement. Beginning August 1, 2018, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement. <i>Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.</i> Visit the www.eligibilitycenter.org for addition information. 	<ul style="list-style-type: none"> Division I uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is available at www.eligibilitycenter.org. Division II currently requires a minimum SAT score of 820 or an ACT sum score of 68. Beginning August 1, 2018, Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used. The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used. 	<ul style="list-style-type: none"> Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide. Division I students enrolling full time before August 1, 2016, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year. Division I uses a sliding scale to match test scores and core grade-point averages (GPA) (corresponding test-score requirements are listed on Sliding Scale B available at www.eligibilitycenter.org) The current Division II core GPA requirement is a minimum of 2.000. Division II core GPA required to be eligible for competition on or after August 1, 2018, is 2.200 (corresponding test-score requirements are listed on Sliding Scale B available at www.eligibilitycenter.org). Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses		DIVISION II 16 Core Courses
4 years of English. 3 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 1 years of social science. 2 years of additional courses (from any area above, 4 foreign language or comparative religion/philosophy).		3 years of English. 2 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 3 years of additional English, mathematics or natural/physical science. 2 years of social science. 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Student Name PRINT: _____

2021-22 NCAA Initial Eligibility Waiver

- As a student in Walled Lake Schools who plans to participate in collegiate sports, I understand and agree to abide by the rules and procedures indicated by the NCAA Eligibility Center.
- I have read and understood the NCAA Eligibility Guidelines including:
 - The check list for College-Bound Student Athletes (1) Register at www.eligibilitycenter.org (2) Communicate with your counselor to ensure that you are on track to graduate and meet the NCAA Core Course requirements.
 - Division I and II Eligibility Requirements** (1) Core Courses Requirements (2) Test Score requirements (3) Grade-Point Average requirements.
- I realize that it is my responsibility as a prospective student athlete to register at the www.eligibilitycenter.org and seek additional assistance from my school counselor as needed.

Student's Signature: _____ Date _____

Parent's Signature: _____ Date _____

Walled Lake Western High School Code 233689

List of Approved Core Courses

Legal Disclaimer: The list of NCAA courses, and courses contained within, are maintained as a guide for prospective student-athletes seeking NCAA initial-eligibility. The list of approved courses does not, nor is intended to, signify accreditation, certification, approval or endorsement of any high school or specific courses by the NCAA or NCAA Eligibility Center and is subject to change at any time and without notice. Core course information is provided for guidance purposes only and should not be solely relied on as an indication of NCAA initial-eligibility. Certification of a prospective student-athlete is case-specific, and the Eligibility Center has the authority to determine in its sole discretion whether the prospective student-athlete has met all criteria.

Courses designated with a '-' symbol are courses that may be used only by students with a diagnosed disability. A course for a student with disabilities must be **exclusively** open to students with documented learning disabilities. The course must be quantitatively and qualitatively the same as the regular equivalent and there must be a standardized curriculum/syllabus.

NCAA legislation permits a student to receive credit for a core course only one time. As a result, if a student repeats a core course, the student will only receive credit once for the core course, and the highest grade earned in the course will be included in the calculation of the student's core course grade point average. Likewise, if a student completes a course that is duplicative in content with another core course, the student will only receive credit for one of the duplicative courses, and the course with the highest grade earned will be included in the calculation of the student's core course grade point average.

For a complete list of NCAA courses: visit www.eligibilitycenter.org and enter the site as an NCAA College-Bound Student-Athlete. Navigate to the "Resources" tab, click "U.S. Students" and then "List of NCAA Courses." Follow the prompts to search for your high school's list by name.

Approved High School Course Information (8/14/21)

ENGLISH	MATHEMATICS	NATURAL/PHYSICAL SCIENCE	SOCIAL SCIENCE	ADDITIONAL COURSES
ENGLISH 9 A/B	ALGEBRA 1A/B	BIOLOGY A/B	CIVICS	FRENCH 1 A/B
HON ENGLISH 9 AA/BB	ALGEBRA 1 A/B ESP	HON BIOLOGY AA/BB	ECONOMICS	FRENCH 2 A/B
ENGLISH 10 A/B	ALGEBRA 2 A/B	CHEMISTRY A/B	US HISTORY A/B	FRENCH 3 A/B
HON ENGLISH 10 AA/BB	ALGEBRA 2A 1 & 2A 2	HON CHEMISTRY AA/BB	WORLD HIST A/B	FRENCH 4 A/B
ENGLISH 11A/B	ALGEBRA 2B 1 & 2B 2	PHYSICS A/B	PSYCHOLOGY 1	GERMAN 1 A/B
HON ENGLISH 11AA/BB	HON ALGEBRA 2	HON PHYSICS AA/BB	PSYCHOLOGY 2	GERMAN 2 A/B
ENGLISH 12 A/B	GEOMETRY A/B	ANATOMY	SOCIOLOGY	GERMAN 3 A/B
COMMUN 1	PRE CALC A/B	ASTRONOMY	US GOVT	GERMAN 4 A/B
COMMUN 2	HON PRE CALC AA/BB	EARTH SCI A/B	BUS LAW	SPANISH 1 A/B
CREAT WRIT	PROB-STAT	FORENSIC SCI	PRACT LAW	SPANISH 2 A/B
MYTHOLOGY	TRIGONOMETRY	OCEANOGRAPHY	AP MICROECONOMICS A/B	SPANISH 3 A/B
LITERATURE ON FILM	AP CALC AA/BB	AP BIOL AA/BB	AP PSYCH AA/BB	SPANISH 4 A/B
AP ENGLISH LANG AA/BB	AP CALC BC AA/BB	AP CHEM AA/BB	AP US GOV AA/BB	AP SPANISH AA/BB
AP ENGLISH LIT AA/BB	AP STATS AA/BB	AP ENVSCI AA/BB	AP US HIST AA/BB	IB FRENCH AB INITIO SL
IB ENGLISH HL1 AA/BB	IB MATH SL 1 AA/BB	AP PHYSICS AA/BB	AP WORLD HST AA/BB	IB FRENCH SL 1 AA/BB
IB ENGLISH HL 2 AA/BB	IB MATH SL 2 AA/BB	IB BIOLOGY SL AA/BB	IB GLOBAL POLITICS SL	IB FRENCH SL 2 AA/BB
	IB MATH HL 1 AA/BB	IB BIOLOGY HL 1 AA/BB	AA/BB	IB FRENCH HL 1 AA/BB
	IB MATH HL 2 AA/BB	IB BIOLOGY HL 2 AA/BB	IB GLOBAL POLITICS HL	IB FRENCH HL 2 AA/BB
	IB MATH/APPS/INTERP/SL 1AA/BB	IB CHEMISTRY SL AA/BB	AA/BB	IB GERMAN SL 1 AA/BB
	IB MATH/ANALYSIS & APPROACHES HL 1AA/BB	IB ENVIRSYS & SOC SL AA/BB	IB HISTORY SL AA/BB	IB GERMAN SL 2 AA/BB
	IB MATH/ANALYSIS & APPROACHES HL 2 AA/BB		IB HISTORY HL1 AA/BB	IB GERMAN HL 1 AA/BB
	IB MATH/ANALYSIS & APPROACHES SL 1AA/BB		IB HISTORY HL 2 AA/BB	IB GERMAN HL 2 AA/BB
	IB MATH/ANALYSIS & APPROACHES SL 2AA/BB		IB PSYCHOLOGY SL AA/BB	IB SPANISH AB INITIO SL
	GEOMETRY/CALCULUS/MATH/PATH AA-BB			IB SPANISH SL 1 AA/BB
	ALGEBRA 2/CALCULUS/MATH/PATH AA/BB			IB SPANISH SL 2 AA/BB
				IB SPANISH HL 1 AA/BB
				IB SPANISH HL 2 AA/BB
				IB THEORY OF KNOWLEDGE 1
				IB THEORY OF KNOWLEDGE 2