



12111 NE First Street, Bellevue, Washington 98005 / P.O. Box 90010, Bellevue, Washington 98009-9010

DATE: February 4, 2021
TO: High School Students and Families
FROM: Jeff Lowell, District Athletics and Activities Director
RE: Weekly high school athletics update

During the month of February, the Athletics and Activities Department will send a weekly update to all high school families. We anticipate that each week more details about the upcoming sports seasons will be finalized and commit to providing as much information as we can.

Registration Information for February Conditioning and Upcoming Seasons

Each high school continues to offer athletic opportunities during the month of February for registered athletes. If a student is not currently registered, there is still time and space. Registration requirements for these opportunities are included on the district's [high school athletics page](#).

- Updated program plans are focused on ensuring that all necessary safety measures are in place for all district programs as the new guidance is applied to in-person opportunities.
- Each program will communicate safety plans with participants and families.
- If any participant or family has questions about safety measures, please contact the athletics and activities department through [Let's Talk](#).

We encourage all families to review all program offerings available to students this spring. We encourage new registrations and hope that all students find something that interests them. Visit the district's [high school athletics page](#) for information about registration requirements for high school sports. Important: For athletes to be cleared and eligible to participate in any practice or competition for the upcoming seasons, two items must be completed prior to March 1:

1. **Physical Evaluation:** Athletes must have a current preparticipation physical on record as part of their registration for summer (or regular season) activities. Coaches cannot allow an athlete to participate without a current physical. This process is explained further at the [high school athletics page](#).
2. **IMPACT Testing:** Athletes for most sports must have a current concussion baseline IMPACT test completed to participate. Each school's athletic director is sending information to their school community this week with specific information that will include test dates, times, safety measures, and registration processes. Most sports require students to take the test. Sports that do not require IMPACT testing are: Cross Country, Badminton, Drill Team, Swim Only, Tennis, Golf, or Track & Field (except Pole Vault requires the IMPACT test).

Important Information about Academic Eligibility

All interested students have the month of February to improve any area of deficiency. Interested students need to know that there are academic eligibility standards that we must follow this year:

- Athletic Directors will run an academic eligibility report on **Monday, February 22**, ahead of Season 1. Athletic Directors need to identify those student athletes not passing 6 or more courses at that time. Those student athletes that are not passing 6 or more courses at that time will not be eligible for **competitions** until they are passing 6 or more courses.
- Athletic Directors will communicate during the last week of February with student athletes who are declared ineligible to develop and support a plan to meet eligibility requirements.

- A mid-season eligibility report will also be run on **Friday, March 12** and the same process will be followed for Season 1 athletes. A similar process will be in place for athletes who participate in Season 2 and Season 3 sports.
- If you have specific questions about your student's current academic standing, please contact your school's [athletic director](#) during the month of February to develop and support a plan to meet eligibility requirements prior to the initial eligibility report.

Review of Information Shared Last Week

The KingCo Conference continues to finalize schedules and agreed upon health and safety measures to be implemented as conditions and regional metrics allow. We expect more information from KingCo next week.

The governing organizations for Lacrosse and Water Polo are finalizing their seasonal calendars:

- Current discussion about water polo focus on having both seasons (girls and boys) offered later in the spring, likely during Season 3.
- Current discussions about lacrosse focus on having both seasons (girls and boys) offered later in the spring, likely during Season 3.
- When the season dates and structure for both sports are finalized, we will share that information with all families.

Next Week's Updates

Please look for updates about transportation, fees, and further KingCo information next week. In each of these updates, we will include a link to previous updates. Last week's update is included here for your reference:

- [Friday January 29, 2021](#) (General update about KingCo Conference athletics)

I will continue to emphasize that an essential area of focus for all of us is to remain focused on following all safety measures currently in place across the state, including but not limited to wearing a mask, washing hands, and maintaining physical distancing. Our shared commitment to these safety measures is one way we can all help our Region remain in Phase 2 of the reopening plan as we approach the start of the regular sports' seasons.

If you have additional questions, please contact the Athletics and Activities Department through email (lowellj@bsd405.org or arnonea@bsd405.org), phone (425-456-4010 or 425-456-4050) or [Let's Talk](#).

We are happy to assist!

In partnership,



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<https://bsd405.org/departments/athletics-activities/>