

2022-23 Adapted Athletics

Dear SLPHS Student and Family,

Hope this letter finds you all doing well, enjoying our fall and we welcome you to the 2022-23 school year! We are reaching out to you because you have an opportunity to participate in the Adapted Athletics Coop with Centennial High School and participate on the Spring Lake Park High School Adapted Bowling Team in the spring. The bowling takes place on Thursdays during our DAPE scheduled classes. More info on that will be provided later this winter. There are three sports that take place throughout the year at Centennial High School that you can take part in. There is soccer in the fall, floor-hockey in the winter and softball in the spring. All three are played in a gymnasium. Spring Lake Park provides transportation over to Centennial High School to practice and catch the bus for games.

Students meet at the SLPHS Rotunda doors at 2:40 PM on the days they are being transported via a shuttle van. Parents or guardians **must provide** a ride back home from practice or once each player returns to Centennial from a game. Practices are done by 4:15 PM and usually take place Monday thru Wednesday. If a student signs-up to play, a practice/game schedule from Coach Deb Kline will be provided.

Each participant needs to have a copy of a medical physical on file with our school district athletic office indicating that they have had an examination by a doctor and able to participate. If this is an issue, please contact the SLPHS Activities Office for further info and they will assist you in making appropriate arrangements regarding the fee.

We believe the adapted athletics program is a great way to meet new students, participate on a team and get some exercise. This will enhance an adapted athlete's overall experience in high school! You could help build and become part of a great team culture in your time as a high school student playing for the North Metro Cougars!

Being a good family member/citizen and student are what this program strives for. Family and school always come before activities. We believe this set of priorities has served our young people well in being successful. We want each participant to be a good person, be a good teammate, be a good student and make our high school a better place to be each day!

Please read over this information with your child and hopefully they know they are invited and welcome to come join the Adapted Athletics program! If, as a family, you feel that you want your child to be part of this experience, please sign your child up online to play through our athletic registration on the district website under the SLPHS athletics link. We look forward to a great year and we look forward to making this a positive experience for your athlete!

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Link to Activity Registration:
<https://www.springlakeparkschools.org/activities-athletics>