

2022 Fall ImPACT & Physical Form Turn In
Concussion Testing

LCSD #1 ImPACT tests (concussion baseline testing) all incoming 7th, 9th and 11th grade student athletes as well as those junior high and high school athletes that are new to the school district.

Below are the times and locations for the 2022 fall athletes:

August 1, 2022 Central High School Athletes @ Central High School computer labs (signs will be posted to provide direction)

3:00 p.m. Football

4:00 p.m. Volleyball, Golf,

5:00 p.m. Girls Swimming & Diving and Tennis

6:00 p.m. Cheer, Dance, Cross Country

August 4, 2022 McCormick Athletes and makeups at Central computer labs (signs will be posted to provide direction)

3:00 p.m. Football

4:00 p.m. Volleyball

5:00 p.m. Cross Country and Makeups

***FOR THOSE THAT CAN'T MAKE THE TIMES SCHEDULED, THEY WILL BE MADE UP ONCE THE SEASON STARTS.**

****All Central High School Athletes are welcome to bring their physicals on August 1, 2022 between 3:00 p.m. and 6:00 p.m. to be collected. This can be all grade levels, not just those that need to be tested. They can also turn them in to coaches the first day of practice.**

2022 FALL SPORTS START INFORMATION

All athletes will register using the online registration platform. A link to the website as well as to a registration quick card are located on the Central Athletics webpage (www.central.rschooleams.com).

Each athlete must provide a physical that is dated after May 1 of the current year. Those may be uploaded to the online registration, they can be turned in during baseline Impact testing or they can be turned in to their coach the first day of practice. NO ATHLETE will be allowed to practice without a physical.

Football:

1st practice will be August 8, from 7:00 a.m.- 1:30 p.m. Athletes can meet in the varsity Locker room at Central. Players need mouthpiece, cleats and football girdle.

Golf:

1st practice will be August 8 at 8:00 a.m. at the Airport Golf Course. Athletes will need to have golf clubs, golf balls, collared shirt, and golf shoes or tennis shoes no sandals. They will practice again at 3:00 p.m.-Parent Meeting August 1, 2022 at 5:30 in the Central Commons.

Tennis:

1st practice August 8 returning players will meet at 2:30 p.m. at the Central Tennis Courts, new players will meet at 3:30 p.m. at the Central Tennis Courts. Please bring tennis racket and water.

Cross Country:

1st Practice August 15, 7:00 a.m. meet in West Parking lot at Central

Women's Swimming & Diving:

1st practice will be August 15, from 6:00-7:00 a.m. and then 3:00-5:00 p.m. at the Central Swimming pool. Athletes will need swim suits, cap and goggles.

Volleyball:

1st practice will be August 15, 8:00 a.m.-10:00 a.m. meet in the Central Fieldhouse. Sophomores though seniors will also practice from 4:00 p.m.-6:00 p.m.