

WJHS SPRING ATHLETICS

As previously announced, Wells Junior High School will be offering Spring Athletics this year, with teams competing in 7/8 Baseball, 7/8 Softball, 7/8 Boys Lacrosse, 7/8 Girls Lacrosse, and 6/7/8 Outdoor Track and Field! These programs will begin practicing on Monday April 26th, with competitions starting May 10th and concluding by June 4th.

Game schedules are still being finalized with surrounding schools.

Tryouts for Baseball, Softball, Boys Lacrosse, Girls Lacrosse, and practice for Track and Field will begin on Monday, April 26th.

- Girls Lacrosse will practice from 2:00 - 3:30
- Track & Field will practice from 2:00 - 3:30
- Boys Lacrosse will practice from 5:00 - 6:30
- Softball will practice from 5:00 - 6:30
- Baseball will practice from 5:00 - 6:30

If your student does not have practice at 2pm, they MUST go home after school and return just prior to their practice time.

Students who will be participating will need to have had a valid sports physical on file and complete the school permission slip and athletic code in Rank One.

All Covid-19 safety protocols will be in place.

Critical Details:

- Athletes and Coaches will remain in masks at all times, and must frequently sanitize both the equipment used and their hands.
- *Please log into Rank One to confirm that your athlete is showing as "Green" and eligible.*

- ***In order to participate – You MUST have all Rank One forms completed and a valid physical on file with the WJHS Nurse, Erin DeMauro.***

Details about both follow:

For 2020-21 we will continue to utilize the streamlined online athletic program called “Rank One”. This system allows parents and athletes the opportunity to review and sign several required forms including the WJHS Athletic Handbook verification, the Emergency Information form, the Mild Traumatic Brain Injury/Consent to Treat form, etc. These electronic forms are identical to the paper versions that have been used in the past but allow parents to save information and electronically update any changes as needed.

The Student ID# required to access your student’s information is the same as their Lunch Code (three, four, or five digits).

If you have used Rank One last year, then your log-in information and password will be the same as in prior seasons.

Updated information regarding physicals:

Student sports pre-participation clearance on record will be valid for two years with the following conditions:

1. An updated health history form is to be completed by the student and their parent/ guardian.
2. This form is to be reviewed by the school nurse. If there are no health history changes, then the student will be eligible to participate in school sports.

3. If there are changes to the student's health history, then the school nurse will notify the parent/guardian that further medical evaluation (and a written clearance) is required before the student is eligible to participate in school sports.

4. Click here to access the [health history form](#) proposed for the "off" or interim physical year.

5. Please be sure to indicate if your student athlete has a life threatening allergy, asthma, or other condition. It is expected that students will have their emergency inhalers, epinephrine etc with them at all games and practices.

6. The school nurses, Director of Athletics, and School Physician Dr. Cote will re-evaluate this system in Spring 2021 and make a recommendation on sports pre-participation clearance policy going forward into the 2021-2022 school year and beyond.

Please follow the link below to sign up for and complete the required information for this program:

<https://wellsogunquitcsd.rankonesport.com/>