



UNIVERSITY LABORATORY SCHOOL ATHLETICS

August 23, 2019

To: Parents/Guardians of Students in grades 7-12
From: Walt Quitan, Athletic Director
Re: ATHLETICS - School Year 2019-2020

Aloha Parents and Guardians,

Welcome to the new school year! If your child will be or is considering participating in athletics this school year this memo is to inform you about the requirements and give you general information that you may need.

Athletic Participation

All students representing the University Laboratory School in interscholastic activities must meet all requirements and eligibility provisions set by the school and the Interscholastic League of Honolulu.

All student-athletes will need four things before being cleared to practice or play. Medical insurance, physical examination, parent consent, and baseline concussion testing.

1. All student athletes are required to have medical insurance prior to team tryouts in order to participate in any sport. Accident insurance policies are optional.
2. All student athletes are required to have a signed, completed physical examination for athletes form on file with the athletic department. The medical examination is valid for one calendar year. [Athletic Physical Form](#) [PDF]
3. Parent and student-athlete are required to complete and sign the Student Participation and Parent/Guardian Consent, Release, and Assumption of Risk Form. [Athletics Consent and Assumption of Risk Form](#) [PDF]
4. ImPACT concussion baseline testing conducted by ULS athletic trainers. Baseline concussion test occurs every two years.

Both forms are available on our school website in the athletic section under athletic forms and documents. **Please turn in the forms to the school office, athletic office, or to our athletic trainers.** Email athletic trainer, Shane Nunokawa (shane_nunokawa@universitylaboratoryschool.org) if you have any questions regarding athletic clearances.

Annual Concussion Education Program

Information about the Hawaii Concussion Management Awareness Program can be found at the following [link](#).

Please complete the Concussion Training Course for Parents: [Click here for the link](#).

At the completion of the course, please fill out the Student Athlete-Parent connector tool that will connect your child's information to the school. Please input one student athlete participating in one school/organization at a time. The link can also be found on the school's athletic webpage.

Academic Requirements

All student athletes need to meet all academic requirements to be eligible to practice and play. If any student during the school PowerSchool update receives two or more D's or an F in any class they will be ineligible to practice or participate in games until that grade or grades are improved in the next powerschool update.

Transportation

Transportation in the school busses will be available for most practices and games off campus on school days. However, due to lack of school busses, available drivers and the high number of athletes that need to be transported daily some farther practices and games such as Corp, Sand Island, Hanalani, etc. transportation may not be available and parents will have to arrange their own rides. Transportation is not available during weekends and holidays. Transportation is only a one way drop off to practices and game sites. Pick up will need to be arranged by parents. Early releases for transportation will be in the daily school bulletin. Student athletes need to meet down by the basketball courts where the buses are. Students need to be on time or make prior arrangements with the athletic office or the bus will leave without them.

Sign ups for sports

We will have sign ups for all sports offered at the beginning each of the sport seasons, Fall, Winter and Spring.

I will send notice via email to all students as well as put information in the school bulletin. The last couple of years we had an issue with some of our athletes quitting the sport they signed up for and also not informing the coaches or me. For Pac 5 sports, we are assessed a full fee after 5 practices. If your child will be going out for a sport, please talk to them about the time and commitment that will be required. If a circumstance comes up and they can no longer participate, please notify me immediately. If a student quits the sport in season, the family may be responsible for the financial participation athletic fee based on the sport your child plays.

ILH Discount Cards

ILH discount cards are available for \$50.00 and are good for any 10 ULS games. You can make payment by cash or check payable to: University Laboratory School.

Athletic Updates and Schedules

Athletic updates and schedules can be found on our school website under the athletics section. <http://universitylaboratoryschool.org/athletics/> The athletic calendar includes all events and games. You can also find all our forms and links to the ILH sport schedules.

ULS Athletics Handbook

Parents of student athletes are required to read the [ULS Athletics Handbook](#). It has information and protocol to deal with situations that may arise during the season.

Sports Offered: 2019-2020

Fall (ULS)

Girls Volleyball (Inter/JV/Var)
Girls Bowling (Var. Only)
Boys Bowling (Var. Only)
Girls JV Tennis w/SA
Boys JV Tennis w/MS

Fall (PAC5)

Football (Inter/Varsity)
Boys Cross Country (Inter/JV/Var)
Girls Cross Country (Inter/JV/Var)
B/G Air Riflery-Sporter (JV/Var)
(Inter/JV/Var)

Winter (ULS)

Boys Basketball (Inter/JV/Var)
Girls Basketball (Inter/JV/Var)

Winter

Girls Inter Tennis CT w/SA
Boys Inter Tennis CT w/ MS

Winter (PAC5)

Boys Wrestling (Inter/JV/Var)
Girls Wrestling (Inter/JV/Var)
Boys Soccer(Inter/JV/Var)
Girls Soccer(Inter/JV/Var)
Boys Swimming (Inter/JV/Var)
Girls Swimming (Inter/JV/Var)
Girls Paddling (JV/Var)
Boys Paddling (JV/Var)
Mixed Paddling (Var. Only)
Boys Air Riflery-Precision (JV/Var)
Girls Air Riflery-Precision (JV/Var)

Spring (ULS)

Boys Volleyball (Inter/V)

Spring (Combined w/MS)

Girls/Boys Varsity Tennis

Spring (PAC5)

Baseball (Inter/JV/Var)
Girls Softball (Inter/Var)
Girls Judo(Inter/JV/V)
Boys Judo (Inter/JV/Var)
B/G Track & Field

Girls Water Polo (Var)

Any questions please contact the athletic office at 956-7955 or email
walt_quitan@universitylaboratoryschool.org