

Parents/Future Royals,

As we navigate through this difficult time, it is becoming increasingly more clear that every day we need to expect the unexpected. Since Travel Basketball has been canceled for 7th and 8th grade, the Lady Royal Basketball Staff is going to hold workouts for those athletes in September and October. The workouts will be every Tuesday and Thursday evening starting September 10th and concluding October 15th. I would encourage any girl wanting to play basketball to attend, but these workouts will also be progressive. So, we are looking for players that are going to be able to attend every practice.

Below are some forms we would need filled out in order for your daughter to participate.

I have attached a calendar with the dates, times and places of the workouts. We look forward to the opportunity to work with your daughter.

The four items below are required for an athlete to participate on September 10th. Please take care of these and follow directions with detail. Athletes will not be allowed to participate if the four items below are not taken care of.

2020-21 Health History Update and Consent & Release Certificate – 2020-21 Health History Update and Consent & Release Certificate This is new this year from the IHSAA and can be done electronically online with the link above. ***Reminder that if an athlete answers YES to any of the seven (7) questions on the Health History Questionnaire, they must get a new 2020-21 Athletic Physical and turn it in to the athletic office prior to working out.***

Physical - Reminder that a physical done in 2019-20 will be valid for this year. This needs to be on file with the junior high your daughter attends.

Rank One Consent Forms - [Rank One Online Forms](#) – These must be filled out/signed each year.

Consent and Release Form - HSE ECA Consent and Release Form

Also, for every workout, each athlete will be required to bring the following. Please encourage your daughter to bring these in a separate bag.

Water bottle/water jug (put your name on it)
Hand sanitizer
Large clean beach towel
Facial mask

If interested, please contact Coach Huppenthal by Tuesday, September 8th at chuppenthal@hse.k12.in.us

Please include your daughter's name, parent's name and a parent email.