

**Winter: 2018-19**

**Downers Grove South Student Athlete and Parent:**

Community High School District 99 requires all student–athletes and their parent or guardian to participate in a Healthy Lifestyle presentation each year. This presentation reviews the athletic handbook including the Code of Conduct and also meets the state mandated steroid and concussion education requirement. In the past, we conducted these meetings at the high school for each sport season. It is now on-line for you to view on your own.

**\*\*Be reminded that you only need to complete this process once per year for each athlete!**

Follow the steps below. **Remember to come back to this e-mail after each step to click the next link and finally sign off to verify that you have viewed and understand the material.**

**You have until December 1<sup>st</sup>, 2018 to complete the videos and verification form. After that date your son/daughter will be held from competition.**

If you have any questions, please contact our office at 630-795-8517.

Thank You

Randall Konstans, C.A.A  
Director of Athletics  
Downers Grove South High School

**Directions:** Click each link and watch the videos or screen cast. Each segment can be done independently of each other if you need to discontinue a viewing. Approximate times are listed after each segment.

1. Click on [Healthy Lifestyles link](#) to begin. **:31 minutes**
2. After viewing, return to this e-mail and click on [Steroid Video Link](#): **:21 minutes**
3. After viewing, return to this e-mail and click on [Concussion Video Link](#): **:13 minutes**
4. After completing Steroid video, please click on [Verification Link \(Google Form\)](#) and follow directions to get credit for participation.