

Robbinsdale Armstrong High School Activities/Athletics Policies

PHYSICAL EXAMINATION

Each student participating in interscholastic athletics **must** have a record of a physical examination on file with the school. This physical should be taken at the *beginning of the sophomore year*; and it will carry the student through his or her senior year. Physicals last for **three** years. **There are no exceptions.** This is a requirement of the Minnesota State High School League. In addition, an annual *parents' permit and health questionnaire* must be signed and on file with the school *before the student will be allowed to participate* in athletic practices or contests. *Middle school physicals will be on file at the high school for ninth-grade athletes. These will be acceptable for the ninth-grade year only!*

WARNING, AGREEMENT TO OBEY INSTRUCTIONS, RELEASE ASSUMPTION OF RISK AND AGREEMENT TO HOLD HARMLESS

Be aware that playing or practicing to play/participate in any sport can be a dangerous activity involving *many risks or injury*. Understand that the dangers and risks of playing or practicing to play/participate in any sports may result not only in serious injury, but in a serious impairment of future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in sports, the student and parent/guardian must recognize the importance of following coaches' instructions regarding playing techniques, training and team rules, and must agree to obey such instructions.

ACADEMIC ELIGIBILITY POLICY

It is the policy of Independent School District 281, Robbinsdale Area Schools, that in order for a student to be eligible to participate in any Minnesota State High School League (MSHSL) activity, the student must have had a passing grade (A, B, C, D or P) in 80 percent of the semester courses in which the student was enrolled during the previous semester. At the end of each semester, the school's activities office will screen the grades of all students who participate in MSHSL activities. First- and third-quarter grades will be checked as a warning to those students who are passing less than 80 percent of their courses. If an incomplete is not changed to a passing grade within three weeks after the semester, the incomplete changes to a *no credit* (NC).

A student who is declared scholastically ineligible may appeal the decision. The appeal will be on a standard district form and must be completed and sent to the Armstrong activities director. The appeals committee will be composed of the following people:

1. Building activities director
2. A principal from the building
3. A staff member from the building

To regain eligibility, a student must earn 80 percent passing grades for the nine-week marking period, 80 percent passing grades the next semester marking period, or attend summer school and make up enough subjects to qualify under the 80-percent rule. If declared scholastically eligible after a period of ineligibility, a student must complete five days of practice before re-entering competition.

Northwest Suburban Conference Commitment to Sportsmanship

The Northwest Suburban Conference is committed to activities that are both safe and respectful for the participants and spectators. We ask spectators to help to achieve this goal by doing the following:

- Take part in the respectful displaying of banners/signs, cheers and chants and applaud good performances.
- Work cooperatively with contest officials and supervisors in keeping order.
- Stay off the playing field or contest area at all times.
- Show respect for participants, coaches, officials, and the facilities.
- Display humility in victory and grace in defeat.

As members of the Northwest Suburban Conference we as student athletes, are asking those present to show respect to all competitors, fans and officials. Your demonstration of support and sportsmanship enhances our overall performance.

Nondiscrimination Information

District 281 does not discriminate on the basis of race, color, national origin, sex or handicap in admission, treatment or access to its programs and activities, or in employment in its programs and activities. The district has designated two individuals to coordinate efforts to comply with federal laws and regulations.

Kristine Wehrkamp is the designated coordinator under Title IX of the Educational Amendments of 1972 (nondiscrimination on the basis of sex in educational programs and activities, including employment and admission). She is responsible for coordinating district efforts to comply with Title IX, including investigation of complaints alleging noncompliance or alleging any actions prohibited by Title IX.

Marti Voight is the designated coordinator under Section 504 of the Rehabilitation Act of 1973 (nondiscrimination on the basis of handicap including admission, treatment or access to programs and activities, including employment in its programs or activities). He is responsible for coordinating district efforts to comply with Section 504.

Inquiries concerning Title IX and Section 504 may be directed to Independent School District 281, 4148 Winnetka Avenue North, New Hope, Minnesota 55427, phone number (612) 504-8000.