



# **ROCORI SCHOOLS**

**Winter Sports Meeting  
Welcome!**

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# ROCORI Schools

## ROCORI Mission:

To be Central Minnesota's Standard of Excellence

- Academics
  - Activities
  - Character
  - Sportsmanship
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# Rocori Activity Notes

- Over 75% of ROCORI students participate in at least one activity...Most are in two or three
  - ROCORI has a NO-CUT policy
  - ROCORI Activities have educational value
  - ROCORI has some of the finest facilities in the CLC
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# MSHSL Stats

Students that participate in activities:

- Say the main reason to be out for sports is to be with friends and have fun
- Gain necessary life skills needed in a job such as teamwork..
- Tend to be better students and are more apt to further their education beyond high school
- Tend to make less destructive decisions and discipline issues

\*Students who participate as starter or not have the same tendencies

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- Enjoy the journey!
- Very few athletes will become professionals
- Coaches and athletes in professional sports make millions
- Coaches in high school make very little
- Athletes pay to play
- Our kids play because they love the game and want to be part of a team
- Coaches coach because they love the sport and students
- Sports fans today have gotten to be very critical and negative
- We need to be Central Minnesota's standard of excellence in sportsmanship

# **REALITY in Sports**

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- Students must not use chemicals-tobacco, drugs or alcohol - 2, 6 and 12 contests
- Students must fill out all necessary paperwork-contract, physical (every 3 years), fees
- Students must display good character-Code of Responsibility
- Hazing and Bullying are serious offenses!
- Social Media Responsibility! Posted items or statements.
- Students must maintain a C- or above grade point average
- Students must pass all classes and be on track to graduate
- Students must be in attendance to participate that day-excused absences ok

# **ROCORI Eligibility Rules**

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REMEMBER: (no cut policy creates issues)

- ROCORI Varsity Activities play to win
- JV and 10<sup>th</sup> Grade play to develop and win
- 9<sup>th</sup> Grade plays to develop and participate
- Middle School plays to participate, experience and develop

# Playing Time

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- Preparation is key to success
- Follow coaches plan offseason
- Involvement in other activities benefits
- Strength Training is essential-plans for each sport

# Activity Preparation

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# ROCORI Roles

- **Players' roles:** academics, practice, commitment, character, performance-PLAY
  - **Coaches' roles:** character, commitment, planning, leadership, decision making-COACH
  - **Parents' roles:** encouragement, support, mentoring, paying bills-FANS CHEERING
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## Top 20 Good Teammate Guidelines

- #1 job is to help others succeed
  - Communicate you matter to others
  - Honor the absent
  - See the problem, own the problem
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**Attendance**-prompt, attend all practices and games

**Attitude**-positive, team, prepare, take care of yourself, work hard

**Communication**-ask questions, communicate issues to coach, display respect

**Academics**-student responsibilities first

**Character**-sportsmanship, good teammate, citizen, community member, family

## **Student Responsibilities**

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- **Attendance**-provide schedule, communicate changes
- **Attitude**-prepared, open, encouraging, school rules, professional, leadership
- **Communication**-philosophy of program, expectations, schedules, plans, changes, MSHSL policies, team decisions

## **Coaches Responsibilities**

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- **Attendance**-When possible, try to schedule vacations and appointments around practice and events.
- **Attitude**-Help your student to know and understand expectations, schedule and rules. Encourage your student to embrace team approach while supporting their team role. Be positive, supportive and listen.
- **Communication**-Notify coaches of schedule conflicts in advance when possible as well as injury and illness updates.

## **Parent Responsibilities**

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- Player and Coach Meeting
- Player, Parent and Coach Meeting
- Administration (AD) involvement with Coach, Player and Parent
- Administration (AD/Principal or Superintendent) with Coach, Player and Parent

## Notes:

\*24 hour cooling off period-No emotion-If this is not followed, you will be contacted by administration and there could be consequences.

\*Playing time or team placement will not be discussed beyond coaches

\*Complaints that are written need to be signed/owned or they are not considered valid. Listen. Action?

# Complaint Procedure

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- **Cancellations or Make up days?**
- **Make up work-Missing class?**
- **Communication from Coaches?**
- **Practice times and places-Shared spaces**
- **Morning practices?**
- **Driving?**
- **Parent rides?**
- **Parent permission slips to give rides.**
- **Dress and Preparation?**
- **Illness and Injury?**
- **Lockers-Take care of personal items-Lock up items!**
- **Parent assistance for team-lots of jobs**



# **Winter Issues**

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- Activities and events operating if school is in person or hybrid.
- Covid plans in place for all activities to keep students safe.
- Coaches have plans/checklists from MSHSL.
- Will take temps and determine if ok to practice-stay home if sick.
- Practice/Play will be JV and V 7-12 for swimming, skiing, wrestling.
- Spectators limited outside to 250 or less. Family members only? Social distanced.
- Limited locker room use. Go home to change when possible.
- Bus limitations of 50% or less-about 35-masked.
- Pod sizes for all activities. Limit team sizes in a space.
- Social distancing and mask use in tight areas, transition and on the bench.
- New schedule includes mostly conference play. Playoffs TBD-Sections only.
- Most games on Tuesday, Thursday, Friday. Limit to 2 events per week until last weeks.
- Could have shutdown if sick players.
- Middle school only contests are limited. Just practice and intra-squad scrimmages.

# Covid Issues

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# Ending Thoughts

- Activities are an important part of education-very affordable
  - ROCORI is passionate about activities
  - ROCORI is a great place to be a student-Great community!
  - Mission Statement: Central Minnesota's Standard of Excellence
  - Challenge-Support our programs, coaches and students
  - Parent support is essential to operate many programs!
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REMEMBER: Activity start dates-paperwork completion-  
online on website.

**Questions????**

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