

EPHS Fall Athletics Parent, Athlete & Coach Meeting

August 16th ~ 6:00 pm



EDEN PRAIRIE SCHOOLS

Inspiring each student every day

Activity Office Staff

First Name	Last Name	Position/Title	Email	Voicemail
Russ	Reetz	Activities Director	Russell_Reetz@edenpr.k12.mn.us	952-975-8101
Jummy	Barlass	Activities Coordinator	Jummy_Barlass@edenpr.org	952-975-8102
Trevor	Mbakwe	Activities Coordinator	trevor_mbakwe@edenpr.k12.mn.us	952-975-8107
Jay	Asfeld	Auditorium / PAC Manager	Jay_Asfeld@edenpr.org	952-975-8144
Nolana	Holloway	Support Staff - Finance Assistant	Nolana_Holloway@edenpr.org	952-975-8103
Sherae	Zaccardi	Support Staff - Registration	Sherae_Zaccardi@edenpr.org	952-975-8106
Jon	Madson	Evening Facilities Supervisor / Intramurals	Jonathan_Madson@edenpr.org	952-975-8109



Education Based Programming

We are an extension of the school day

- Our coaches are teachers
- We prepare the person not the path
- We PREPARE, PLAN and PLAY to WIN but...
- We define success of our programs beyond the scoreboard
- Our athletes are human beings not human doings
- Mistakes are part of the learning process
- MSHSL & School board policy govern our activities



THE FOUR AGREEMENTS

BE IMPECCABLE WITH **YOUR WORD**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

DON'T TAKE ANYTHING **PERSONALLY**

Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

THE FOUR AGREEMENTS

DON'T MAKE **ASSUMPTIONS**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

ALWAYS **DO YOUR BEST**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.

THEAMPPOSTERS.COM

BY DON MIGUEL RUIZ



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Unanticipated Negative Random Events

- Expect the unexpected to happen
- Lots of uncertainty remains
- Game schedules will change
- Pods may be quarantined
- Limited or no spectators



Communication Chain

- Message delivered vs Message received
- 24-hour rule (includes sending an email)
- Meeting procedures
 - Athlete & Coach
 - Athlete, Parents & Coach
 - Athlete, Parents, Coach & A.D.
 - Athlete, Parents, Coach, A.D. & Principal



School Attendance

- Athletes must be in school all day to be eligible for practice or the event.
- Dr Appt is allowable but student must produce a note to the activity office upon return
- School sponsored field trips are allowable



Attendance/Early Dismissal

- If your student-athlete needs to be dismissed early from class to attend a competition or ride the team bus:
 - the **COACH** will send a list of students to the attendance office
 - only those students participating in the competition will be excused
 - Parents do not need to call the attendance office or send a note to excuse their student early for competition
 - Any students who leave early who are not on the coach's roster will be marked as unexcused absence



Transportation

- A School bus will be provided for away events
 - At this time, District is requiring the wearing of masks on school buses
- Athletes are allowed to drive to practice & competitions
- Parents can drop off & pick up athletes for games & practice
- Carpooling is allowed
 - Any time students are not riding the bus, a Transportation Waiver must be completed by the driver and submitted online (online form can be found on Activities website)



Academics

- Athletes are eligible for 12 consecutive semesters starting with day 1 of 7th grade
- Athletes must be on track to graduate with their peers
- Grade checks at mid-terms and quarter may result in academic contracts and loss of playing time



COVID-19 Student expectations

- Do your daily Self Health Screening
- Stay home if
 - You are not feeling well or are experiencing any symptoms
 - You have been tested and are awaiting results



COVID-19 Student expectations

- Mask use is optional to start season
- Masks are required when on a school bus

Safe practices are encouraged

- Sick?.. stay home, get tested
- Wash hands often
- Bring your own water bottle
- Consider getting a Vaccine (File with school nurse)



Reporting a positive case or close contact

Reporting of a positive COVID test:

- Any player(s) that test positive should notify the Coach immediately – coach will report case to the AD who will notify the District COVID-19 Coordinator
- Positive cases will require a 10 day isolation period from date of test
- Close contacts will be notified of a positive case with information on next steps





Gary Smith, ATC
Teri Edlebeck, ATC
Eden Prairie High School



MSHSL Return to Play



- If your son/daughter is seen or treated by a physician for an injury or serious illness, they must bring a written note from the physician before they can return to practice or play in a game.
- This is for the student's protection as well as to keep everyone informed as to the student's readiness to return to participation.
- Post Covid-19 Graduated Return to Play process
- Post Concussion Graduated Return to Play process



Fall Home Event Training Coverage

- V & JV Football
- V Soccer
- V & JV VB

Trainers are available to ALL student-athletes, but these are the Fall events they cover

Fall Training Room Hours
3:00-6:00pm



Training Room Contact Information

- Phone number to training room: 952-975-8234
- Email is best.
 - garysmith@tcomn.com
 - teriedlebeck@tcomn.com
- In the event of an injury during practice or game, every effort is made to contact a parent or guardian.
- Communication is vital. Please contact our athletic trainers if you have any questions or concerns.





What is Boosters?

- A 503(c) parent-run, volunteer organization that supports ALL EPHS co-curricular activities including student clubs, organizations, competitive academic activities, interscholastic athletics, intramurals, student publications, student government, choir, band, and theater.

How do we raise money?

- Corporate Sponsorships
- Activity Passes
- Concession sales
- Spirit Store - "The Nest"

****All earned profits go back to Student Activities****





The Nest

SHOW YOUR EAGLE PRIDE WITH CLOTHING AND ACCESSORIES FROM THE NEST!

The Nest Store is located next to the Activities Office at the Eden Prairie High School.

We're open at the noted days/times:

- **Tuesdays | 11:30 am - 3:30 pm**
- **Thursdays | 11:45 am - 1:45 pm & 3:30-6:30pm**
- **3rd Saturday of the month 12 - 4:00 pm**

******* Store is only open when school is in session**





If you are interested in volunteering for the Eden Prairie Booster Association please contact Katie Cole: BoostersEPHS@gmail.com

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Do you need help with back to school supplies?

Stop by the test center (ACE room)

Open until 8PM

edenpr.org/schoolsupplies

***Sponsored by EP Schools Family Resource**



Breakout meetings by program (6:30PM)

Girls Tennis-Staff lounge near south commons

Swim & Dive-East Commons

Cheer- South Collab near south commons

Volleyball-Small gym

Boys Soccer: Activity Center Courts 1 & 2

Girls Soccer: Activity Center 3 & 4

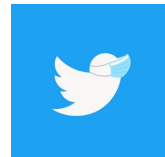
Football-Main gym

Cross Country-PAC



Thanks for joining us tonight!

Follow us on Social Media!



@EPAactivities



@EPAactivities

