



Activities Handbook



2017-2018



Message from the Activities Director **Bryan Munter**

Welcome to Titan Activities.

We believe that the participation in activities plays an extremely important role in the growth and development of students. It is also a tremendous way for students to feel connected to our school community. Our goal is to provide a variety of opportunities for our students so that varied interests and abilities are enhanced.

From the Minnesota State High School League....

Decades of research prove that students who participate in high school activities tend to have:

- *higher grade-point averages*
- *better attendance records*
- *lower dropout rates*
- *fewer discipline problems than non-participating students.*

National studies repeatedly report that high school activities:

- *build character*
- *increase self-confidence*
- *relieve tension*
- *support classroom learning by generating school pride, a sense of community, and by nurturing a feeling of belonging that makes students want to achieve.*

These studies also show that students who participate in athletic and fine arts programs are more likely to:

- *graduate from high school*
- *stay off drugs*
- *attend college*
- *avoid unwanted pregnancies.*

Go Titans!



TARTAN HIGH SCHOOL

Activities Department

828 Greenway Avenue North
Oakdale, MN • 55128

Activities Hotline		651-702-8721
Activities Director	Bryan Munter	651-702-8620
Activities Assistant	Patty Troendle	651-702-8621
Activities Coordinator	Chris Decorsey	651-702-8833
Athletic Trainer		651-702-8675
Activities Fax		651-702-8651
Tartan Arena		651-714-9251
Polar Arena		651-748-6292

Quick Reference Websites

www.isd622.org/tartanactivities

isd622.feepay.com

www.metroeastconference.org

www.mshsl.org

Follow us on Twitter: @Tartan_AD

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Athletics

Minnesota State High School League

All schools are voluntary members of the Minnesota State High School League and compete only with member schools. As a member school district, Tartan High School agrees to abide by and enforce all rules and regulations endorsed by this League. The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

MSHSL Mission Statement

The Minnesota State High School League provides educational opportunities for students through interscholastic athletics and fine arts programs, and provides leadership and support for member schools.

Coaches and Players

Coaches and players have unique positions in the school community and have an opportunity to provide leadership for all school personnel by their actions while participating in the athletic program. It is important that this unique position of leadership be utilized in a responsible manner.

1. Treat your opponent with respect. Make a special effort to be courteous and respectful even when you feel your team has not been treated fairly.
 - Be a humble winner and a respectful loser.
 - Conduct yourself in a manner of controlled intensity.
 - Use only positive verbal interchange with any person from opposing team or school.
 - A handshake or pat on the back is the only physical contact acceptable outside of the normal contact allowed in each sport.
2. Respond to official decisions in a controlled manner and with a spirit of good sportsmanship.
 - Use only positive actions and words toward officials.
 - Use principles of sportsmanship and fair play regardless of the situation or outcome of the contest.
3. Make sure buildings and property are in good condition when you finish using them.
 - Respect opponents' school and locker room areas, and also respect any personal property.
 - Pick up any litter and leave area used cleaner than you found it.

2017-2018 Athletic Start Dates

Fall Sports	
Adapted Soccer	August 28, 2017
Cross Country (Boys & Girls)	August 14, 2017
Football	August 14, 2017
Soccer (Boys & Girls)	August 14, 2017
Swimming/Diving (Girls)	August 14, 2017
Tennis (Girls)	August 14, 2017
Volleyball	August 14, 2017

Winter Sports	
Adapted Floor Hockey	November 20, 2017
Basketball (Boys)	November 20, 2017
Basketball (Girls)	November 13, 2017
Dance Team	October 23, 2017
Gymnastics	November 13, 2017
Hockey (Boys)	November 13, 2017
Hockey (Girls)	October 30, 2017
Nordic Ski (Boys and Girls)	November 13, 2017
Swimming/Diving (Boys)	November 27, 2017
Wrestling	November 20, 2017

Spring Sports	
Adapted Bowling	March 5, 2018
Baseball	March 26, 2018
Golf (Boys and Girls)	March 19, 2018
Lacrosse (Boys and Girls)	April 2, 2018
Softball	March 12, 2018
Tennis (Boys)	March 26, 2018
Track & Field (Boys and Girls)	March 12, 2018
Trap Shooting (Boys and Girls)	March 5, 2018

Activity/Athletic Registration

Registration and payments for all activities and athletics shall only be completed **ONLINE**. District 622 utilizes FeePay and the registration site can be accessed at ***isd622.feePAY.com***

FeePay accounts must be set up by the parent or guardian.

Once account is created, all students in the family can be added to the main account. You will need your students ID number for adding your student.

All students participating in an athletic activity will be required to provide a copy of their current physical examination. Physicals are good for three years from the date of the exam. The physical exam must be provided to the activities office prior to being cleared to practice, try out or compete.

During the registration process, you will complete the following:

- **Emergency Medical Authorization**

Each athlete's parents shall complete an Emergency Medical Authorization giving permission for treatment by a physician or hospital when the parent(s) are not available. Emergency information will be kept in the medical kit for availability at all practices and contests.

- **MSHSL Annual Health Questionnaire and Athletic Eligibility Statement**

Minnesota statutes require concussion education and information to be made available by the League for all student athletes and parents. The MSHSL Eligibility Brochure has incorporated concussion information and additional resources. Students and parents who review the new MSHSL Eligibility Brochure will indicate on the Eligibility Statement they had reviewed the concussion information.

- **ImPACT consent**

Each parent and student athlete will sign a consent form to participate in the ImPACT Concussion management program.

- **Parental Insurance Waiver**

The school district does not carry insurance to cover student injuries.

- **Athletic Trainer Authorization**

Gives permission for the Athletic Trainer to treat injuries and discuss any injuries or medical conditions with coaches, school staff and other qualified health care providers as deemed necessary.

Before your child participates in a practice or tryout, you must register them online, completing all the necessary eligibility forms and pay the fees.

Athletic Participation Fees: Each sport season, when squads are selected, Athletes are assessed a fee as established by the Board of Education to help maintain the high quality of the activities program.

Reduced Athletic Fee: The athletic fee will be reduced for students who are enrolled in the Federal Free or Reduced Lunch Program.

Refund of Athletic Fee: The Athletic fee will be refunded in full to students who drop the activity before the first official contest in that sport. One-half of the fee will be refunded if the student drops before the 3rd official contest. No refund will be given following the 3rd official contest. Students who drop the activity for a medical reason will be handled on an individual basis.

COACHING CONTACTS AND PARTICIPATION FEES

Fall Sports

Adapted Soccer (\$60)	Pam Brandt	pbrandt@isd622.org
Girls Cross County (\$165)	Jim Boyle	jboyle@isd622.org
Boys Cross Country (\$165)	Matt Duffee	mduffee@isd622.org
Football (\$225)	Matt Diediker	mdiediker@isd622.org
Boys Soccer (\$185)	Josh Wendorf	jwendorf@isd622.org
Girls Soccer (\$185)	Erik Tvedten	etvedten@isd622.org
Girls Swim & Dive (\$165)	Mike Brudzinski	mbrudzinski@isd622.org
Girls Tennis (\$145)	Larry Fronczak	lfronczak@isd622.org
Volleyball (\$165)	Alyssa Engel	aengel@isd622.org

Winter Sports

Adapted Floor Hockey (\$60)	Pam Brandt	pbrandt@isd622.org
Boys Basketball (\$185)	Mark Klingsporn	mklingsporn@isd622.org
Girls Basketball (\$185)	Justyn Burgess	jburgess@isd622.org
Dance Team (\$145)	Rachel Price	rprice@isd622.org
Gymnastics (\$165)	Lisa Heart	lheart@isd622.org
Boys Hockey (\$225)	Cole Leitch	cleitch@isd622.org
Girls Hockey (\$225)	Nick Fuerst	nfuerst@isd622.org
Nordic Skiing (\$145)	Becky Boyle	bboyle@isd622.org
Boys Swim & Dive (\$165)	Mike Brudzinski	mbrudzinski@isd622.org
Wrestling (\$185)	Joe Recchio	jrecchio@isd622.org

Spring Sports

Adapted Bowling (\$60)	Pam Brandt	pbrandt@isd622.org
Baseball (\$165)	Curt Russell	crussell@isd622.org
Boys Golf (\$145)	Don Lee	dlee@isd622.org
Girls Golf (\$145)	Amy Mousel	amousel@isd622.org
Softball (\$165)		
Boys Lacrosse (\$165)	Kevin Lindahl	klindahl2@isd622.org
Girls Lacrosse (\$165)	Erik Tvedten	etvedten@isd622.org
Boys Tennis (\$145)	Larry Fronczak	lfronczak@isd622.org
Boys Track (\$165)	Matt Duffee	mduffee@isd622.org
Girls Track (\$165)	Jim Boyle	jboyle@isd622.org
Trap Shooting (\$175)	Ken Balfanz	kbalfanz@isd622.org

**ALL REGISTRATION AND PAYMENTS ARE MADE
ONLINE VIA ISD622.FEEPAY.COM**

TARTAN HIGH SCHOOL ACTIVITIES

Anime Club	Prom
Asian Student Alliance (ASA)	Robotics Team
Book Club (The Real)	Scholars, Organizing, Unity, through Leadership (S.O.U.L.)
Business Professionals of America (BPA)	Students Against Destructive Decisions (S.A.D.D.)
Drumline	Skills USA
DECA	Speech Team
French Club	Super Fans
Gay Straight Alliance (GSA)	Student Council
Golden Prom	Theatre/Drama
High Schools Against Cancer (HAC)	Uprising
Knowledge Bowl	Video Club
Link Crew	Yearbook
Math Team	
National Honor Society (NHS)	
Tartan Plaid Press (Newspaper)	

Tartan High School believes that the activities program of the school plays a substantial and important role in providing successful and meaningful experiences for students. In addition to a comprehensive list of courses, Tartan High School offers a wide variety of activities to meet students' interests and needs. All students are encouraged to participate according to their interests and abilities.

Activity Registration & Participation Fees

Tartan uses online registration **only** for all activities.

Register at **isd622.feepay.com**. You will need your student ID number to register for the first time.

MSHSL Co-Curricular Eligibility

Students must be making satisfactory progress toward graduation to participate in activities. This applies to music, drama and speech.

Minnesota State High School League eligibility penalties for alcohol and chemical violations apply to these activities.

The advisor/coach of each activity is able to inform participants of requirements for lettering.

Anime Club

Advisor: Ms. Moe

mmoe@isd622.org
www.isd622.org/tartananime

Cost: No fee.
September - June
Open to all Tartan Students

Meets to discuss, show, and promote anime in a local community setting and can also focus on broadening Japanese cultural understanding.

Asian Student Alliance

Advisor: Ms. Thao

kthao@isd622.org
www.isd622.org/tartanasa

Cost: No fee.
September - June
Open to all Tartan Students

Asian Student Alliance promotes Asian culture through diversity, opportunities and achievements. All students at Tartan are welcome to join ASA. Weekly meetings are run by student leaders and consist of activities that include community building, games, outdoor events, collaboration, community involvement planning, event planning and more. ASA has opportunities for field trips that include college visits, volunteer events, and our annual Valley Fair trip at the end of the school year. ASA runs and organizes the talent show for Tartan as well.

Book Club (The Real)

Advisor: Mr. Bodurtha

abodurtha@isd622.org
www.isd622.org/tartanthereal

Cost: No fee.
September - June
Open to all Tartan Students

A club for students who enjoy reading and giving back to their community. We meet every Wednesday during lunch and once a month after school.

Business Professionals of America (BPA)

Advisor: Ms. Kapaun

vkapaun@isd622.org
www.isd622.org/tartanbpa

Cost: \$35
September - June
Open to students enrolled in business courses with above average performance.

A national organization with local and state chapters that provide leadership opportunities for high school students. The organization's activities provide for leadership, social, professional, and citizenship development as well as an increased knowledge of business and its future. The objectives of the BPA/Seminar class are to make school real, engage in career exploration, gain leadership skills, and participate in activities that build your college application or work resume.

DECA

Advisor: Mr. Spreiter

cspreiter@isd622.org
www.isd622.org/tartandeca

Cost: \$100

September - June

Open to 11th & 12th grade students enrolled in marketing courses with above average performance.

DECA prepares emerging leaders and entrepreneurs for careers in marketing, finance, hospitality and management in high schools and colleges around the globe. Our Tartan chapter is recognized as one of the best in Minnesota and is offered as a one-year co-curricular class. We manage and operate the DECA School Store, participate in a variety of competitive events, earn credit for working part-time, and earn college credit.

Drumline

Advisor: Mr. Povolny

jpovolny@isd622.org
www.isd622.org/tartandrumline

Cost: \$125 (Additional incidental cost may occur)

October - April

Open to all North & Tartan Students (8th grade members with Director consent)

The Winter Drumline is an activity that offers an opportunity to become better musicians. Members perform a show comprised of both marching & playing of percussion instruments & various support instruments. They play at various schools functions and compete with other drumlines in the Midwest. Rehearsals are twice a week & one full day every other weekend beginning in October.

French Club

Advisor: Ms. Dahlberg

mdahlberg@isd622.org
www.isd622.org/tartanfrenchclub

Cost: No fee

September - June

Open to all Tartan Students

French Club is for all students and enthusiasts of the French language and all things Francophone. It is also a great way to build community and camaraderie among THS students at varying levels of language proficiency.

Gay Straight Alliance (GSA)

Advisor: Ms. Cabak

kcabak@isd622.org
www.isd622.org/tartangsa

Cost: No fee

September - June

Open to all Tartan Students

GSA works to create an awareness of respect and equality for all students at Tartan High School. This group is open to all students and provides support and resources for GLBT Issues.

Golden Prom

Advisor: Ms. Ingberg

bingberg@isd622.org
www.isd622.org/tartangoldenprom

Cost: \$15
September - May
Open to 11th & 12th grade students.

Each May, North & Tartan host their annual **Golden Prom** for over 500 Senior Citizens. The event is held at a local venue and consists of a four course meal, dancing, casino and bingo. The senior citizens even take home a prom picture and the event is completely free to the senior citizens. Students find different ways to raise money such as writing grants and organizing and implementing fundraisers. A steering committee will begin the grant writing process in the fall. Students can sign up to participate only for the event.

High Schools against Cancer (HAC)/Relay for Life

Advisor: Ms. Churchill

jchurchill@isd622.org
www.isd622.org/tartanrelayforlife

Cost: No fee
September - May
Open to all Tartan Students

HAC is the planning committee behind Tartan's Yearly Relay for Life event. Tartan's Relay for Life is consistently placing in the Top 10 fundraising in its age group for the country and has raised over \$1.5 million dollars in the last 13 years.

Knowledge Bowl

Advisor: Mr. Norlander

dnorlander@isd622.org
www.isd622.org/tartanknowledgebowl

Cost: \$60
September - May
Open to all Tartan Students

A competitive interdisciplinary academic contest. Teams of students compete in written and oral rounds by answering questions related to all areas of learning (Math, Science, Geography, History and more).

Link Crew

Advisors: Ms. Brown
Mr. Freeberg
Mr. Hoemann

tbrown@isd622.org
pfreeberg@isd622.org
shoemann@isd622.org
www.isd622.org/tartanlinkcrew

Cost: No fee
September - June
Open to all Juniors and Seniors

Link Crew is a group of students selected to be positive role models, student mentors and class leaders and to help guide freshmen in their transition to high school. Link Leaders lead freshmen orientation at the beginning of the year, and then participate in freshmen homerooms and social activities throughout the year.

Math Team

Advisors: Ms. Hyers
Mr. Stutsman

khyers@isd622.org
jstutsman@isd622.org
www.isd622.org/tartanmathteam

Cost: \$60
October - March
Open to all Tartan Students

Do you like solving problems? Do you enjoy math challenges? Then be among the many other students who feel the same and join the math team. We work on techniques for solving challenging problems and study interesting mathematical topics that don't always fit in a traditional high school curriculum.

Music (Band & Choir)

Advisors: Dr. Didier (Band)
Ms. Hanson (Choir)

adidier@isd622.org
thanson@isd622.org

September - June
Open to all Tartan Students

Please see Guidance to register for Band or Choir as an academic class.

National Honor Society

Advisors: Ms. Fuerst
Ms. Mousel

kfuerst@isd622.org
amousel@isd622.org
www.isd622.org/tartannhs

Cost: No fee
Year Round
Open to 11th and 12th grade students with a 3.33 GPA or better and selection by the NHS faculty committee.

A national organization with a focus on leadership, scholarship, service and character. Students may be inducted into the organization beginning at the end of their sophomore year if they meet the GPA and service requirements. NHS participates in many fun community activities such as working with Twin Cities in Motion at the Twin Cities Marathon, holding a dance for 200 senior citizens in February and organizing and executing the annual Academic Awards Ceremony in April. Many members find they benefit in being a NHS member when it comes to college applications, job application and during interviews. Additionally, volunteering is a major component in job hiring and NHS gives members a means to volunteer and learn the value of giving unselfishly to others.

Plaid Press (Tartan Student Newspaper)

Advisor: TBA

www.isd622.org/tartanplaidpress

Cost: No fee
September - June
Open to all Tartan Students

The Plaid Press is a student-run, online newspaper that covers all the Tartan news important to students, from athletics to academics and everything in between.

Prom

Advisors:

Mr. DeLaCroix
Ms. Ingberg

rdelacroix@isd622.org
bingberg@isd622.org
www.isd6222.org/tartanprom

Cost: No fee
October - May
Open to all 11th and 12th grade students

Responsible for planning and implementing the current year's prom activities. This includes Grand March and the actual Prom dance.

Robotics

Advisor:

Mr. Balfanz

kbalfanz@isd622.org
www.isd6222.org/tartanrobotics

Cost: No fee
November - May
Open to all Tartan Students

The Tartan Robotics Team is a club that participates in the national FIRST Robotics Competition (usfirst.org). The team meets a minimum of 3 days a week starting in November and usually ends its season in May. The first weekend in January marks the start of the league's six week build season. During the build season the team will often meet six days per week as they build their robot for the current year's competition. The time commitment to participate in robotics is equivalent to participation in a varsity sport. Students may earn a Tartan Letter in robotics. Through the generous support of our team's sponsors at the Pentair Foundation there is no fee to participate in robotics. Parents and community experts often volunteer with the team.

Scholars, Organizing, Unity, through Leadership (S.O.U.L.)

Advisor:

Mr. Blakely

mblakely@isd622.org
www.isd6222.org/tartansoul

Cost: No fee
November - May
Open to all Tartan Students

S.O.U.L. was created as a means for black students to come together. S.O.U.L. shall provide an intellectual, cultural, and social environment for students as well as community members. SOUL exists to encourage a positive image of black people and to support its members in achieving their educational goals.

Students Against Destructive Decisions (SADD)

Advisor:

Ms. Badger

bbadger@isd622.org
www.isd6222.org/tartansadd

Cost: No fee
September - June
Open to all Tartan Students

Provide students with the best prevention tools possible to deal with the issues of underage drinking, other drug use, risky and impaired driving, and other destructive decisions. Each year, S.A.D.D. sponsors a Mock Crash event and Day of the Dead as well as other events to promote safe alternatives.

SkillsUSA

Advisor: Ms. Roberto

jroberto@isd622.org
www.isd622.org/tartanskills

Cost: No fee
September - June
Open to 11th and 12th grade students.

SkillsUSA has three basic components. First component is a seminar class, in which you learn job ability, job search, job holding, and job specific skills. Competition is the second component. You become a part of a great community within the classroom by preparing for state competitions. There are also leadership and delegate competitions available! The third component is work experience. You may be excused for 5th and/or 6th hour classes to work at a job site. You also have the option of working outside school hours and earning double credits.

Speech

Advisor: Ms. Raebel

iraebel@isd622.org
www.isd622.org/tartanspeech

Cost: \$60
November - April
Open to all Tartan Students

For anyone who enjoys talking, acting, reading or just wants to have fun with others who do! Coaches will provide individual work with students in public speaking and oral interpretation. Speech can help you build your confidence with your communication skills and increase your knowledge of language and communication. Many famous people (actors, newscasters, sports figures and business people) were Speech students in high school or college! Students compete in one or more of 13 categories of Speech.

Spanish Club

Advisor: TBD

www.isd622.org/tartanspanishclub

Cost: No fee
September - June
Open to all Tartan Students

Spanish Club is for all students and enthusiasts of the Spanish language and all things Español. It is also a great way to build community and camaraderie among THS students at varying levels of language proficiency.

Superfans

Advisor: Ms. Dwyer

bdwyer@isd622.org
www.isd622.org/tartansuperfans

Cost: No fee
September - June
Open to all Tartan Students

Superfans are students in any grade who enjoy going to sporting events and cheering on their classmates. We plan and advertise for events, determine themes for games, plan tailgating, and most importantly WE HAVE FUN! We have a wide range of students, from those who are crazy and love to lead cheers, to those who like to do work behind the scenes creating posters and fliers for advertising. Superfans participate in every sports season. If you are an athlete, you can still participate with Superfans for the events that work around your schedule.

Student Council

Advisors: Mr. Decorsey
Mr. Lotze

cdecorsey@isd622.org
slotze@isd622.org
www.isd622.org/tartanstudencouncil

Cost: No fee
September - June
Open to all Tartan Students

Student Council is an elected group of students from each class. The group's function is to provide leadership and input into the operation of the school. The council coordinates school events, dances, community and service projects and acts as the voice of the student body.

Theatre/Drama

Advisor: Mr. DeLaCroix

rdelacroix@isd622.org
www.tartantheatre.org

Cost: \$100/cast; \$80/crew (per show)
Year Round
Open to all Tartan Students

Each year, Tartan Theatre presents 2-3 productions during the school year as well as opportunities for summer productions. Students have opportunities to be onstage as a performer or behind the scenes as a crew member. Open to all students and abilities.

Trap Shooting Team

Advisor: Mr. Balfanz

kbalfanz@isd622.org
www.isd622.org/tartantrapshooting

Cost: \$275 (approx.)
March - June (Mondays)
Open to all Tartan Students

The Tartan Trap Shooting Team is a club sport run through the MN State High School Clay Target League. Tryouts are each Fall and participants are required to provide their own transportation to the range, a shotgun (usually a 12 gauge, 20 gauge is fine too), and have a MN Firearm Safety Certificate before trying out. Those who can compete at a high level are able to earn a Tartan Letter in Trap Shooting.

Uprising

Advisor: Ms. Ingberg

bingberg@isd622.org
www.isd622.org/tartanuprising

Cost: No fee
September - June
Open to all Tartan Students

Uprising is an extracurricular service group of up to 60 Tartan High School students dedicated to helping others. We include freshmen, sophomore, junior and seniors who are interested in volunteering in our community. We have helped construct playground structures, served holiday meals at our local women's shelters, and have been Book Buddies at Webster Elementary.

Video Club

Advisor: Mr. Granlund

jgranlund@isd622.org
www.isd622.org/tartanvideoclub

Cost: No fee
September - June
Open to all Tartan Students

Come and make movies! All fans of cinema are welcome to come and create movies with the Video Club which meets every Monday after school in room 025 from 3 to 5pm. We begin the last week in September and run through out the year competing in various video competitions around the country. Check out our website and youtube channels!

Yearbook (Tartan Torch)

Advisors: Mr. Bast
Mr. DeLaCroix

jbast@isd622.org
rdelacroix@isd622.org
www.isd622.org/tartantorch

Cost: No fee
September - June
Open to all Tartan Students

Torch yearbook staff designs Tartan's annual yearbook. Staff members learn how to capture the year's events through design, writing and photography as well as market the book to students, families and community members. Regular participation is expected and necessary for the club to be successful. Students also develop skills in communication, time management, leadership, public speaking and technology. Tartan Torch is open to all students in grades 9-12.

Scholastic Eligibility Requirements

The Minnesota State High School League policy states that to be eligible for participation in MSHSL activities and sports, one must be making satisfactory progress towards graduation. Our goal is to develop the total student in all of our programs. This requirement will improve our students and give much needed credibility to our programs.

1. Student in activities and sports must pass or be passing all classes at each "Checkpoint". "Checkpoints" include midterms, Trimester end or year end.
2. If a student is failing any class at a "Checkpoint", an "Intervention" takes place. "Interventions" include students placed on weekly progress reports, 2 hours minimum student study time with a teacher or approved location. They also can include peer tutoring, teacher tutoring or staff supervised study tables.
3. The intervention will continue until the student is passing all classes. They will remain on weekly progress reports until the next checkpoint or the end of that particular season.
4. If a student refuses to participate or fails to continue participating in an intervention, they will be ineligible to participate in games or events.
5. Parents will be notified of the Tartan Academic Policies at the designated pre-season parent/player/coach meeting.
6. If a student drops a class, it must be within the designated "Guidance Timeline" as to not receive an "F" in the class.
7. A student must be offered an intervention before a suspension can be enforced.
8. Parents will be notified whenever an intervention or suspension takes place.
9. If a student successfully completes an intervention, they must reenter an intervention before a suspension can be enforced.
10. If a student is a special education student, interventions and/or suspensions will be reviewed in accordance with their IEP and case manager.

There is a credit requirement in place for a student to be able to participate. A student has the opportunity to earn 18 credits per year for a total of 72 credits to graduate. The school board has set the graduation credit requirement at 66 credits. If a student is seven or more credits behind their progress to graduate, that student will not be eligible for participation. If a parent wishes to appeal this policy, the parent must submit a formal request in writing to the Activities Director.

Tartan High School Activities Department Policies

Participation:

An athlete may participate in only one sport per season. Any exception requires the agreement of the head coach, the activities director and principal.

Release from Class:

Tartan High staff will receive a list of student athletes and the time to be released. It is the responsibility of athletes to see their teacher the day before the classes they miss because of an athletic contest. All work shall be made up at the convenience of the teacher.

Dropping or Transferring Sports: On occasion, a student athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Consult with your immediate coach and then the head coach.
2. Report your situation to the Activities Director.
3. Check in all equipment issued to you.

If an athlete wishes to change sports during a season, or after having won an award in one sport and he/she wishes to change sports, he/she shall consult with both coaches concerned and the Activities Director. This procedure assures a smooth transfer which is in the best interest of the student.

Equipment: School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss or damage of any equipment is the athlete's financial obligation.

Missing Practice: An athlete should always consult with their coach before missing practice. Missing practice or a game without good reason will be dealt with on an individual basis.

Travel: All athletes must travel to and from athletic/activity contests in transportation provided by the Activities Department unless previous arrangements are made by the parents for exceptional situations. Athletes will remain with their squad and under the supervision of the coach when attending away contests. Athletes who do not ride on the team bus will not be allowed to participate in the contest unless there are extenuating circumstances. All regular ISD 622 school bus rules will be followed.

College Recruitment Policy: In the event an athlete is contacted personally by a college recruiter, he/she has an obligation to work with their coach and the Activities Department. Inform your coach of such a contact as soon as possible.

Conflicts in Co-Curricular Activities:

It is the philosophy of the school that both athletic and fine arts events play an important role in the lives of Titans' students and their families. It is with this in mind, and with mutual respect, that fine arts and activities directors coordinate their schedules. The purpose is to avoid bringing pressure on an individual student as a result of conflicting schedules. The following criteria are an attempt to provide an equitable basis concerning the scheduling of events for Titan students and a procedure to follow if conflicts do arise.

Scheduling of Events:

The Activities Director and Fine Arts Department will schedule events in the spring of the year as completely as possible for the following school year. Events scheduled after that date would have to be cleared with the master schedule in the Activity Director's office. Official district, region, and state additions or corrections should take precedent over non-conference and locally scheduled events.

The original schedule will take priority over all later scheduled events. When it becomes necessary to reschedule a sport or fine arts activity, which has been postponed because of weather conditions, the coach or director must check the existing school schedule before rescheduling the event. If there is possible conflict, the change must be approved by the Activity Director and the fine arts department.

Where conflicts seem to be unavoidable, the following regulations will prevail. Every attempt shall be made so that the student need not be asked to make a choice, not be penalized due to the outcome of a decision stemming from these policies. When conflicts arise, both departments are to be notified of the situation.

1. All performances (games, concerts, meets, and contest) take priority over a practice or rehearsal.
2. A post season game or tournament will take priority over a musical concert. If other circumstances arise, the principal will make a decision and the student may not be penalized in any way by either department.

Vacations Guidelines: Vacations by athletic team members during a sport season are discouraged. In the event of an absence due to a vacation is unavoidable, an athlete must:

1. Be accompanied by his/her parents while on vacation.
2. Contact the head coach prior to the vacation.
3. Be willing to assume the consequences related to their status on that squad.

Squad Selection Guidelines: In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Tartan High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport.

Cutting Guidelines: Choosing the members of athletic squads is the sole responsibility of the coaches.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extent of try-out period.
2. Criteria used to select the team.
3. Practice commitment if they make the team.
4. Game commitments.

Coaches will discuss alternative possibilities for participation in the sport or other areas in the activities program.

Participation and the School Day

Students who participate in athletics/activities must be in attendance the **entire** school day. A student who does not meet the entire school day criteria will not be allowed to practice or participate in an event that day. Exceptions will be made for a written excuse from a doctor, a school sponsored activity, and family emergencies. ***Coaches/Advisors will monitor and enforce this procedure.***

Risk of Participation

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Tartan High School will use the following safeguards to make every effort to eliminate injury:

- Conduct parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
- Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- Instruct all athletes about the dangers of participation in the particular sport.
- Tartan High School in partnership with OSI Physical Therapy implements an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

Social Media Guidelines

- Consider social media communications as public at all times - even if created with private intentions. If you are going to use social media in any form, consider your communication may be read by anyone at any time.
- Represent Tartan High School, your team, and the Metro East Conference.
- Promote your team, school, and conference in a positive light and with a general feeling of pride.
- Remember that ethical restrictions that apply to any form of public speech also apply to social media. It is inappropriate to communicate specifics about your teammates, opponents, game situations, and so on using these tools.
- Remember that many forms of direct electronic communication can be made public without the knowledge of the original message creator.
- Be very sparing in the sharing of your personal information, including photos. Adjust security settings accordingly.
- Report fake profiles or posts to the appropriate authorities/governing bodies in a timely fashion.
- Follow specific school, school district, and team policies regarding the use of social media.

Team Pictures

Lifetouch Pictures will be taking all team and individual athletic pictures. Contact Lifetouch for any questions at 763-416-8642.

Financial Obligations and Equipment

Each sport season, when squads are selected, athletes are assessed a fee as established by the Board of Education to help maintain the high quality of the activity program.

Penalties for Violations

First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) interscholastic contests which occur in a consecutive chronological sequence or 14 days of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

Second Violation: After confirmation of the second violation, the student shall lose eligibility for the next six (6) interscholastic contests which occur in a consecutive chronological sequence or 21 days, whichever is greater, in which the student is a participant. No exception is permitted for a student who becomes a participant in a treatment program.

Third and Subsequent Violations: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) interscholastic contests which occur in a consecutive chronological sequence or 28 days, whichever is greater, in which the student is a participant. If after the third or subsequent violations, the student is on his/her own violation becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.

Penalties shall be accumulative (the second and/or third violation will be served only after the consequences of the first violation have been served).

A student shall be disqualified from all activities for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule is allowed to participate and then is subsequently found guilty of the violation.

A student who participates in both Category I and Category II activities shall serve the penalty prescribed for that violation in both Category I and Category II activities in which the student participates.



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www.isd622.org/tartanactivities

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