

Sauk Rapids-Rice



High School
&
Middle School
Activities Handbook

Updated Summer 2020

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MISSION

Storm Activities is dedicated to providing high quality, positive experiences for students in education-based activities.

PHILOSOPHY

Storm Activities programs will strive to encourage participants to chase their passions while challenging them to grow in the areas of accountability, composure, and integrity. By doing so, we will continue to develop pride in being part of the Storm in both our participants and our communities.

VALUES

Growth

Storm Activities is dedicated to having a growth mindset to help develop academic and athletic leadership skills as well as life skills through overcoming obstacles and adversity.

Passion

Storm Activities is dedicated to providing students the opportunity to give of themselves to an activity and emotionally invest in something that sparks interest in bettering the program.

Community

Storm Activities is dedicated to creating a bond and mentality that embraces the pride and tradition of the District and Community in a collaborative effort to create a place of belonging and support.

Accountability

Storm Activities is dedicated to producing responsible, respectful and proactive students to help participants set, align and achieve their personal and program goals.

Composure

Storm Activities is dedicated to developing students to be mentally strong and having a culture able to respond and not react.

Integrity

Storm Activities is dedicated to instilling morals that lead students to make the best choices now and in the future.

MEMBERSHIP

Sauk Rapids – Rice Schools are participating members of the Minnesota State High School League (MSHSL) and the Central Lakes Conference (CLC). The rules and guidelines of these two organizations apply to all sanctioned activities within the District.

Within the MSHSL, our governing Section is Section 8AA, led by Secretary John Ross.

Other affiliated groups are the Minnesota Clay Target League Association, Minnesota Percussion Association, Winterguard Performance Association, and Minnesota State High School Coaches Association.

ONE STORM & STORM NATION

One Storm is the current initiative within Storm Activities, where we are One together, greater than each individual, as a family. One Storm brings all individuals, participants, coaches/directors/advisors, faculty/staff/administrators, families, alumni and the community together.

Being part of something bigger than yourself gives you pride and hope in something you can support. SRR is proud of who we are, where we come from and that we are One Storm, together.

STORM NATION

Storm Nation is the student fan/booster club for Storm Activities.

MISSION: Storm Nation will strive to uphold the high moral character, positive attitude, and strong commitment of Storm Activities, by creating an atmosphere of support and pride for all participants, coaches, spectators and officials.

All students in grades 9-12 attending Sauk Rapids-Rice High School are members. They will receive free admission to each home regular-season event that sells tickets. They can obtain the Storm Nation card in the Activities Office. At each home event they will get their card punched. After attending five events, they can receive their annual Storm Nation t-shirt.

Storm Nation's purpose is to create school pride through providing opportunities for all students in grades 9-12 to attend and support the Storm while having a great experience.

WEBSITE & SOCIAL MEDIA

The Storm Activities webpage is: www.isd47/org/storm

*All programs have a page linked under Teams and Clubs

Storm Twitter: @SRRStorm

Storm Facebook: facebook.com/SRRStorm

Storm Instagram: Storm_Sports_Updates

STORM PARTICIPATION FEES

High School Sports: \$150 (Free: \$25, Reduced: \$50)

Middle School Sports: \$40 (Free: \$10, Reduced: \$20)

High School Activity: \$75 (Free: \$15, Reduced: \$35)

Middle School Activity: \$25 (Free: \$10, Reduced: \$15)

*Most Clubs do not have a participation fee, but may choose to have a membership fee.

II. WHAT IS AN ACTIVITY: CLUB, FINE ART, COMPETITIVE ACTIVITY, SPORT?

What is an activity?

Activities are programs of involvement that can be in correlation or outside of the school day, associated with the School District. There are various types of activities for students to participate, which are both extracurricular and co-curricular in nature. Extracurricular activities are those that happen entirely outside of the academic day and are not associated with a class or earning a credit. Co-curricular activities are those that are associated with a course of study in the academic school day, and may also include credits earned.

Within extracurricular and co-curricular activities, we will find MSHSL Sports, MSHSL Fine-Arts, non-MSHSL activities, non-competitive activities, clubs and competitive co-curriculars. There are no MSHSL sports or fine arts that are considered co-curricular, but the other categories will have crossovers between extra and co-curriculars, depending on the program and courses offered within our school.

MSHSL Sports

- Are competitive in nature, include practices and contests and are scheduled at home and away.
- Have post-season experience outlined through an MSHSL Region.
- Are governed by the MSHSL and follow NFHS rules and regulations.
- Are overseen by the Activities Office.

MSHSL Fine-Arts

- Are competition based activities that may be associated with classes and clubs.
- May include practices and multiple contests, however there are some that only have one competition recognized by the MSHSL.
- Have state and post-season experience outlined through an MSHSL Region.
- Are governed by the MSHSL.
- Are overseen by the Activities Office.

COMPETITIVE ACTIVITY

- Has practices and contests both home and away.
- Competes against other schools and organizations.
- Has a post-season experience.
- Does not have a curricular element or partner with a course.
- Governed by a certified organization.
- Overseen by the Activities Office.

NON-COMPETITIVE ACTIVITY

- An activity that has regular practices and has an event or multiple events that are a culmination of the practices throughout a season.
- Does not have a curricular element or partner with a course.
- Not governed by a certified organization, but may be affiliated through a license membership.
- Overseen by the Activities Office.

CLUB

- Non competitive group that gathers for a common purpose.
- Not related to any curricular opportunities and do not travel for competition.
- Overseen by the Principal's Office.

CO-CURRICULAR

- An in-school opportunity that gathers for a common purpose (Student Council, Principal's Cabinet, Storm Leadership). Might not have curriculum base, however, this group operates during the school day and benefits the school in non-academic ways.
- Has a designated advisor.
- Overseen by the Principal's or Activities Office

COMPETITIVE CO-CURRICULAR

- A competitive group that travels and practices, but also has a tie to curriculum and classroom activity.
- Students often have to participate in the class prior to being involved in this activity.
- Governed by a Nationwide Organization, has a post-season experience.
- Overseen by the Principal's Office.

ADDING A NEW ACTIVITY/CLUB

Guidelines/requirements for an application of a new activity/club.

1. Must have an activity name and detailed description of the sport/activity. Please provide with the description the governing body for the organization and where rules/regulations can be found.
2. Must provide a formal application that lists a detailed financial plan and participant sustainability and involvement plan.
3. Must fully complete application form.
4. Must have sufficient officials and coaches to provide a safe and efficient environment. The applicant must find the general cost of officials for the sport and the going pay rate for coaches.
5. A competitive schedule must be possible with schools in reasonable distance to SRR.
6. All new activities must provide a safe environment for students.
7. Must not interfere with Title IX legislation.
8. Must have adequate facilities on site or in close proximity to SRR (as approved by the AD).
9. In regards to interest in the activity, there must show future interest in the activity by projected numbers in youth organizations so it can be sustainable at the Middle School and/or High School levels.
10. SRR understands that not all activities will fall under MSHSL rules, but all activities that are on school grounds or in partnership with the school, will have to follow SRR requirements.

What Does the financial plan consist of:

1. Must include a five year budget plan and expense report.
2. The five year budget and expense report must include financial plans for things such as equipment, staffing, practice and competition space and transportation. Showing adequate forethought in the activities sustainability as a program.
3. The five year report must show what the financial impact would be to the school district.
4. Must show how they will have a sufficient start up and sustainability budget through those three years.
5. Have a plan for equipment care and maintenance to prolong the life of equipment.
6. Show how it will not interfere with any of the already standing program budgets to keep up with exemplary standards.
7. Show how income will be provided for sustainability. Also show how the activity has impacted other schools that have brought it in.
8. Show if a booster club would be a part of the program and define the direct responsibilities of the booster club.

How does this new activity affect current activities:

1. The application must show that there is some interest in the activity. This may come from showing other schools having excessive growth in the sport/activity or from SRR's student body. You must provide proof from survey or predetermined facts that the activity is on the rise or already a highly desirable activity.
2. The activity should, not required, have operated as a club for a minimum of two years, inside or outside of the district, with district students, prior to application consideration.
3. The new activity cannot take away space from activities that already need the allotted space for their practices or competitions during their set seasons.
4. The school's space must be able to sustain all activities, old and new proposed ones. If not, the applicant must research how much it is to rent the proper space for the activity that is in close proximity to SRR.
5. Determine what grades will be affected/included in the activity.
6. The time of the new activity must not infringe on an already in place activity that is of similar style to keep competitiveness and participation numbers high across all activities.
7. It also must not infringe on Title IX rules to affect the school.

Approval Process and implementation:

1. The order of approval for new activity is as follows: 1-Activities Director & Principal, 2-District Administration, 3-School Board, 4-MSHSL/CLC (if needed). At any time during this process one of these channels can edit or pass on suggestions prior to moving onto the next level of the approval process.
2. Must have the approval of the School Board, Superintendent, Principal(s) and Activities Director.
3. There will be a minimum of 12 months from when the application is reviewed before the new activity can be allowed to be added.

*Official application form can be requested from the High School Activities Office

*If no financial plan is presented, the activity will automatically be rejected

*ALL ACTIVITIES ARE SUBJECT TO TWO- YEAR CLUB STATUS BEFORE BEING SUBJECT TO SCHOOL SPONSORSHIP CONSIDERATION, UNLESS SPECIAL CIRCUMSTANCES ARE WARRANTED.

*SRR School Board, Superintendent and Athletic Director hold all rights to reject an application or adjust it for any and all activities. Also, all applications must not interfere with any MSHSL rules and regulations or SRR policies.

*The MSHSL requires each school district to perform an interest survey every two years. This is how SRRHS monitors the need and requests for programs outside of the applications.

CURRENT ACTIVITIES BY
CATEGORY

MSHSL Sports

(*denotes 7-12 program,
^denotes has separate HS
9-12 & MS 7-8 program, no
sign denoted means it is a HS
9-12 program)

Adapted Soccer*
Cross Country*
Boys Soccer^
Girls Soccer^
Football^
Volleyball^
Girls Swim & Dive*
Girls Tennis
Adapted Floor Hockey*
Boys Basketball^
Girls Basketball^
Dance Team*
Gymnastics*
Boys Hockey (10-12)
Girls Hockey (10-12)
Nordic Ski*
Boys Swim & Dive*
Wrestling*
Adapted Softball*
Baseball^
Clay Target
Boys Golf*
Girls Golf*
Boys Lacrosse
Girls Lacrosse
Softball^

Boys Tennis*
Boys Track & Field^
Girls Track & Field^

MSHSL Fine Art (all grades
9-12 programs)

Art: Visual Arts
Drama: One Act Play
First Robotics
Speech
Instrumental Music
Vocal Music

Competitive Activity (MS
means middle school
program)

Drumline
Knowledge Bowl
Marching Band/Honor Guard
Math League
Vex Robotics
Winter Colorguard
MS Knowledge Bowl
MS Math Masters
MS Vex Robotics
MS Speech
MS Spelling Bee

Non-Competitive Activity
(MS means middle school
program)

Art Club
Drama: Fall Musical
Drama: Spring Play
Homecoming Committee

Minnesota Honor Society
Pep Band
Stage Crew
MS Chamber Choir
MS Jazz Band
MS Spring Musical
MS Student Council
MS WEB Leaders
MS Yearbook

Club

Diggin' Diversity
Drama Club
Link Crew Leaders
Photography Club
Prom Committee
Project for Teens
SADD
Science Green Team
MS Art Club
MS Diggin' Diversity
MS Drama Club
MS Newspaper

Co-Curricular

Chamber Singers
Jazz Band
Student Council
Yearbook

Competitive Co-Curricular

Culinary
DECA
FFA

III. STUDENT AND PARTICIPANT INFORMATION

STUDENT RESPONSIBILITIES

Student responsibility is vital to the success of the activities program. The following guidelines are given for participants:

1. Follow the rules and procedures of Sauk Rapids-Rice Schools, the Minnesota State High School League, Central Lakes Conference and the coaches/advisors of the chosen activity.
2. Registration needs to be fully completed online prior to the first practice. All fees must be paid prior to participation in an activity through the online registration, with the exception of fine art programs with auditions (those will register the week after the cast list has been announced).
*Sport programs with try-outs require all registration to be completed, if a student is cut during the designated try-out periods, their fee will be refunded.
3. Display good sportsmanship at all times, respect the judgment of supervising officials, and keep both winning and losing in proper perspective. The use of profanity and/or abusive language is unacceptable, making the student potentially subject to disciplinary action.
4. Exemplify a positive attitude by treating other players, coaches/advisors, spectators, officials, and parents with dignity and respect.
5. Communicate problems and concerns to coaches/advisors and/or to the High School Activities Director.
6. Communicate any scheduling conflicts regarding both practices and games/performances to the coach/advisor as soon as possible.
7. Make a commitment to yourself and your team. It is expected that students will participate until the completion of the chosen activity.
8. The locker room is a space used to store personal items in a locked locker for participants in activities and physical education. Students are responsible for locking their locks, their items within the lockers, and locker rooms.
9. All items (uniform and equipment) issued to participants are to be returned no later than one week after the participant's final day in the program. If items are not returned, an invoice and bill will be issued to the family for replacement of the item.

SRRHS GRADUATION CREDITS & ELIGIBILITY

Any student wishing to participate in extracurricular activities must have adequate credits or potential credits to be on track to graduate by the first day of practice of an activity season. Credits are earned beginning with the 9th grade year. In order to be "on track" to graduate, students must have accumulated credits according to the following criteria, at the start of the respective grading periods.

THESE REFLECT THE MINIMUM CREDITS NEEDED AT THE START OF A TRIMESTER

Grade 9 – Trimester 1: 0; Trimester 2: 4; Trimester 3: 8

Grade 10 – Trimester 1: 12; Trimester 2: 16.3; Trimester 3: 20.67

Grade 11 – Trimester 1: 25; Trimester 2: 29.67; Trimester 3: 34.33

Grade 12 – Trimester 1: 39; Trimester 2: 44; Trimester 3: 49 (need 54 total credits to graduate)

SRRHS ACADEMIC POLICY:

The primary focus of Sauk Rapids-Rice High School is academic achievement. Students must maintain satisfactory academic performance in order to participate in extracurricular activities. During each grading period, the Activities Office will monitor academic progress for all students registered for an extracurricular program. This will be done at the halfway point during the regular season for each activities' competitive season, when the season is 12 weeks or shorter; for activities regular competitive season longer than 12 weeks, grades will be checked at the one-third and two-thirds point in the season.

Any students who are failing will serve a two-week probationary period, but can continue to practice and participate. During the probationary period, these students will take an Academic Progress Sheet to all of their teachers to check academic status. The progress sheets should be given to teachers on Wednesday's of each week, and turned in to the Activities Office by Friday at 10:00 AM. At the end of the second week of probation, the probationary students who are still failing will serve a two-week ineligible period from contests. They will remain ineligible until they are passing all classes. Students who are academically ineligible may continue to practice. These students will continue to complete weekly Academic Progress Sheets until they become eligible.

Failure From Previous Grading Period

Any student registered for an extracurricular or co-curricular activity who has a failure from either of the two previous grading periods, will be ineligible for the next two contests after the "incomplete" period has been completed. The ineligibility will begin on the following Monday. For activities with less than 10 regularly scheduled season events, the student will miss the first contest after grades are distributed. The penalty will be served the first activity following the failure, and will be resolved after the completion of the entire season. I.E. grades from winter and spring trimester will affect fall activities.

On Wednesday of the third week of a new trimester, students who have failed a class will take an Academic Progress Sheet to all of their current teachers. This will continue on a weekly basis during the current grading period. Academic Progress Sheets must be turned in weekly by 10:00 AM on Friday to the Activities Office. Students who have failed a class in the previous trimester will not be allowed to participate in extracurricular contests until they are showing significant progress in all classes, but they may continue to practice and travel with the team.

ACTIVITIES SPORTS GRADE CHECKS

**Programs not listed will be checked at the halfway point in their practice/regular season*

FALL –

- Sept. 21 – Football, Girls Tennis, Boys Soccer, Girls Soccer
- Oct. 5 – Girls Swim & Dive, Volleyball, Cross Country, Adapted Soccer

WINTER –

- November 23 & Jan. 13– Girls Hockey, Dance
- December 18 & February 3 – Girls Basketball, Wrestling, Nordic Ski
- January 6 & February 10 – Boys Basketball, Boys Hockey, Boys Swim & Dive, Winterguard, One Act Play (Jan. 6 only), Adapted Floor Hockey

SPRING –

- February 22 - Drumline
- March 29 – Robotics
- April 26 – Softball, Track & Field, Boys Tennis, Trap Shooting
- April 28 – Baseball, Golf, Lacrosse, Adapted Softball

MIDDLE SCHOOL ACADEMIC STANDARDS AND ELIGIBILITY

Extracurricular activities are viewed as an opportunity for students to participate in a non-academic experience that is considered beneficial to their overall well-being. However, the following academic standard is a minimum requirement for their participation:

The Middle School Activities Office will monitor grades for all students registered for an extracurricular program. This will be done at mid-season and at the end of each trimester. At these times, the Activities Office will verify that all students are passing their courses.

Any students who are failing will serve a two-week probationary period, but will continue to practice and participate. After two weeks from the initial date of grade checks, these students will take an academic eligibility sheet to all of their classes to check their academic status. Any probationary students who are still failing will serve a two-week ineligible period from contests. They will remain ineligible until they are passing all classes. Students who are academically ineligible will continue to practice, but not participate in contests or events.

Failures From a Previous Grading Period

Any student registered for an extracurricular activity who has a failure from a previous grading period will be ineligible for the next two contests after report cards are distributed. The ineligibility will begin on the following Monday. For activities with less than ten (10) regularly scheduled season events, the student will miss the first contest after grades are distributed. Grades from spring trimester will affect fall activities.

On Wednesday of the third (3rd) week of a new trimester, students who have failed a class will take an academic eligibility sheet to all of their current teachers. This will continue on a weekly basis during the current grading period. Students who have failed a class will not be allowed to participate in extracurricular contests until they are showing significant progress in all classes, but will continue to practice.

ACADEMIC DISHONESTY

Students who knowingly commit any cheating that would be in relation to their academic courses, are considered to have committed academic dishonesty or academic misconduct. This includes all forms of plagiarism. Academic dishonesty will be assessed as a Code of Conduct Violation (MSHSL or CLC), where penalties will be distributed to the student and violations will be served. Penalties assessed will be determined by the Principal and Activities Director.

ATTENDANCE POLICY

Students in activities must be in attendance at school by 11:00 AM at the Middle School or by third hour at the High School in order to participate or practice in an activity the same day. Any unexcused absence during the school day will result in no participation in activities that evening. School sponsored activities are considered class periods. Students in evening activities are expected to be in all their classes the following day, or they will not be allowed to participate in the next event. No early release will be given for students leaving for an activity to get clothes, food, etc.

Excused Absences – these must have prior approval, sickness/emergency for a missed practice will be excused with a prior note, email or phone call by parent(s)/guardian(s).

Unexcused Absences – detention, work, homework, make-up tests, etc. are unexcused. Participants will not start in the next contest or other participation as outlined by the advisor/coach.

*When in doubt, communicate with the Program Coach or Advisor as soon as you can about the absence.

MSHSL BYLAW 206 – GOOD STANDING: Code of Responsibility

1. Good Standing: In order to be eligible for regular season and MSHSL tournament competition, a student must be in good standing. Definition: The term “Good Standing” shall mean that the student is eligible under all of the conditions and eligibility requirements of that school as well as the eligibility requirements of the Minnesota State High School League.
2. Student Code of Responsibilities: Participation in interscholastic activities is a privilege, which is accompanied by responsibility. As a student participating in MSHSL sponsored activities, I understand and accept the following responsibilities:
 - a. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
 - b. I will be fully responsible for my own actions and the consequences of my actions.
 - c. I will respect the rights and property of others.
 - d. I will respect and obey the rules of my school and the laws of my community, state and country.
 - e. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

REGISTRATION

Families are responsible for registering their students for activity participation. All registration materials can be found online through www.isd47.org/storm/register. Payments for all activities will be paid at the time of registration. The only form that will be turned in via paper copy will be a Sports Physical Form, which can be found in the Activities website or in the Activities Office. The Sports Physicals are good for three years from the date of the physical.

INSTRUCTIONS ON HOW TO REGISTER FOR ACTIVITIES

www.isd47.org/storm/register

Prior to beginning practice, each participant will need to:

1. Have an up-to-date physical on file at the school (you can drop off a new one at the HS Activities office or fax it to 320-258-1714 – both HS and MS athletes).
2. Register for the activity at: www.isd47.org/storm/register.
3. Sign off (electronically) on the MSHSL Eligibility Form, and all required questions, through the registration site.
4. Pay the participation fee through the registration site.

SRR SELECTION PROCESS AND TRY-OUT PROCESS FOR ATHLETICS

The District supports the involvement of as many students as possible in the activities programs. Coaches/Advisors strive to keep as many students involved without negatively impacting the integrity of their activities. Factors that could place limitations on activity rosters may include, but are not limited to, time, space, facilities, equipment, budget, coaches/advisors.

No students will be cut from 7th and 8th grade programs

***The only exception will be in programs that encompass 7-12 grades and are limited due to space and team capacities set by the guidelines in the activity. The exception for programs that are grades 7-12, will be Dance, Winterguard and Gymnastics.**

STORM TRY-OUT PROCESS

1. All decisions are communicated to participants in individual meetings with the coaches. There will be no posting of rosters as a method to inform.
2. If a program chooses to cut, individual meetings will happen with each athlete, whether they are being cut or not, to talk about their try out.
3. Athletes are given a minimum of three (3) days to try out.
4. Storm Activities will do our best to create additional levels in order to avoid cuts at 9th and 10th grade levels. We offer 9B and JV2 levels where possible (in 2020-21, currently offer both JV2/9B in volleyball and boys basketball and 9B in softball and baseball).
5. There is no guarantee that the JV2 and 9B level will have as many games as the other levels, due to availability from other schools.
6. As per the AD's discretion, 9th grade athletes may be cut if roster sizes exceed 9th grade teams allowance, pending the sport (9A & 9B).
7. All cut procedures are communicated to both athletes and parents in the pre-season meeting.
8. All cuts need to be approved by the Activities Director prior to officially making cuts and meeting with the athletes.

REMOVING A PARTICIPANT FROM AN ACTIVITIES PROGRAM

Coaches/Advisors have the right and responsibility to remove participants from their team who are not meeting team rules and guidelines. The coach/advisor will contact the Activities Director and parents/guardians about the suspension or dismissal.

To remove a participant from the activity for more than two days requires that the coach/advisor meet with the Activities Director to discuss the situation. At this meeting, the coach/advisor may request that the participant be removed for a longer period of time, a plan to discuss the situation with parents will be made and the future participation of the student will be discussed.

When a student is in violation of the MSHSL eligibility rules, due process, as defined in the MSHSL handbook, will be followed.

HEALTH INFORMATION AND CONCUSSION PROTOCOL

Every student participating in activities needs to have an updated health report (this is different from the Sports Physical) filled out through the registration process. Each family can also update their health information through Skyward Family Access. Any student that has been issued a medical note to be held out of an activity due to health or injury, must have a return visit to the doctor and obtain a doctor's note which grants clearance to return to action. Students cannot be held out of Physical Education class and still be eligible for activities or visa versa.

SPORTS PHYSICAL EXAMS

Sauk Rapids-Rice Schools and the MSHSL require a sports physical every three years, for all activities that require physical movement or contact. Please schedule your sports physical and bring your MSHSL physical form with you. Forms are available in the high school and middle school activities offices, as well as online at www.isd47.org/Storm/PhysicalForm. **Sports Physicals are not the same as your yearly check-up.*

CONCUSSIONS

A concussion or violent blow to the head that may or may not result in loss of consciousness, are serious injuries. Safety of each participant is a top priority, so every precaution will be taken when a concussion is suspected, whether by impact to the head or other symptoms that are present. Each coach is required to take concussion training through the MSHSL, and will aid in determining if a participant should sit out due to symptoms of a concussion. If a coach or athletic trainer suspect a student of having a concussion, they are mandated to remove that participant from the contest.

If a student is suspected of having a concussion or has been diagnosed with a concussion, it is mandatory that the student is seen by a medical professional (doctor or nurse practitioner) to be cleared to return to action. This clearance must come from a medical practice office to the Activities Office or Main School Office fax or personally handed in by the participant upon return to school. Return to Play plans will be enacted on any student that has been diagnosed with a concussion and should be given by the participant's doctor. Coaches, parents and athletic trainers may not clear a student to return to action after they have been diagnosed with a concussion.

STORM VARSITY LETTERING STANDARDS

Earning a varsity letter entails demonstrating Character, Commitment and Contribution to a varsity program. Participants must be in good standing in accordance with the MSHSL Code of Conduct and the academic policies defined by ISD 47. Coaches/Directors will have discretion with lettering consideration.

All high school coaches/advisors should develop criteria for lettering within their activities. This policy will be discussed with students at the beginning of the season. This information will be provided to the Activities Director.

TRANSPORTATION AND DRIVING

All participants are expected to ride (bus, van or suburban) with the team to and from events on trips where transportation is provided by the district. Under no circumstances should a coach/advisor permit a student to arrive or leave from a contest with other students or to drive themselves when district transportation is provided. Any transportation outside of the team-provided transportation to and from events, needs to be arranged ahead of time with the Activities Office.

All students participating in Storm Activities need to sign off on the transportation form through the online registration form. To see a copy of this text, after you have read and signed off through the online portal, please contact the HS Activities Office.

ACCELERATION POLICY

7-12 Combined Programs: Dance, Cross Country, Swimming, Gymnastics, Wrestling, Winterguard

These programs have combined Middle and High School levels to ensure opportunity for all students. In 7–12 combined programs, students are eligible to compete without use of the Acceleration Policy.

9-12 Programs without Middle School Programs: One- Act Play, Hockey (10-12)

Students in 7th and 8th grade are strongly encouraged to participate in programs available at their level. While MSHSL rules state that all 7-12 students are eligible to participate in the 9-12 program, these activities will follow the acceleration policy listed below.

9-12 Programs with separate Middle School Programs: Tennis, Soccer, Football, Volleyball, Basketball, Softball, Baseball, Golf, Lacrosse, Speech, Track & Field, Music

Guideline: It is the general policy of School District 47 not to accelerate students from Middle School programs to High School MSHSL programs.

The decision to accelerate students from the Middle School program to the High School program should be taken seriously by examining the following considerations:

- Physical abilities and emotional needs of the student(s).
- Effect on both Middle School and High School programs.

- Safety of the student and participants in that program.
 - Academic performance of the student(s).
 - Student, parents, coach and Activities Directors are in agreement.
- Acceleration may be to 9th Grade, 10th Grade, JV or Varsity levels.

Procedure for Acceleration: In the rare instances where acceleration will be considered from a Middle School program to senior high program, these procedures must be followed:

1. The head coach will initiate in writing the proposed acceleration to both the Middle School and High School Activities Directors.
2. The two Activities Directors will conduct a review to determine the feasibility of the proposed acceleration according to the guidelines established. The decision to accelerate must be reached through consensus.
3. If the recommendation is to further consider acceleration, the parents and the student will then be notified by the High School Activities Director. If the parents and student do not concur with the recommendation, the process ends. If the student and his/her parents concur with a recommendation to accelerate, the student will be moved to the appropriate level.
4. Once the student has been accelerated, the student will have a two-week evaluation period. At the end of that time, a final decision on placement for the season shall be made.

HAZING AND HARASSMENT POLICY

The purpose of this policy is to maintain a safe learning and working environment for students and staff that is free from hazing and religious, racial or sexual harassment and violence. Hazing and harassment activities of any type are inconsistent with the educational goals of the school district and are prohibited at all times. (MSHSL Bylaw 209)

General Statement of Policy:

1. *No student, coach, or advisor of the school district shall plan, direct, encourage, aid, or engage in hazing.*
2. *No student, coach, or advisor of the school district shall permit, condone, or tolerate hazing.*
3. *Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.*
4. *This policy applies to behavior that occurs on or off school property and during and after school hours.*
5. *A person who engages in an act that violates school policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act.*
6. *The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, coach, or advisor of the school district who is found to have violated this policy.*

COMMUNICATION CHAIN FOR THE SRR ACTIVITIES RESOLUTION PROCESS

The Sauk Rapids-Rice School District's Resolution Process has been developed for the purposes of establishing and maintaining positive lines of communications between the school, parents/guardians and students for the resolutions of concerns and as a forum for exploration of program ideas. This process is a means by which both concerns and issues about the programs can be resolved.

If parents/guardians or students have concerns, they should contact the coach/advisor the next work day. Coaches/advisors will share with parents' specific times when they are available during the work day because the District does not believe it is acceptable to interrupt classes in order to process an extra-curricular conflict.

Concerns that arise should not be addressed during or immediately following a contest. Event sites, practice areas, lobbies or locker rooms are not appropriate places to handle conflicts. Coaches/Advisors, parents and students are not to meet or deal with concerns at these times or places, rather to set up a later meeting date.

*If the concern is over something your child has told you about a game, practice or other situation, please make sure you have the complete story from your child and that your child is with you in the resolution meetings.

Steps for Resolution

Step One (Participant Concerns)

A meeting between the student and coach/advisor will be scheduled or held to resolve issues or answer questions that are initiated by either the student or the coach/advisor.

-Or-

Step One (Parent/Guardian Concerns)

A meeting between the coach/advisor, the parent/guardian and/or the student will be held or scheduled. The parent/guardian, student, or coach/advisor can initiate this meeting.

Step Two

A meeting with the Activities Director will be held/scheduled if any one of the three parties (parent/guardian, student, or coach/advisor) still feels that the issues or questions have not been resolved.

Step Three

A meeting with the building Principal will be held/scheduled if the issues or questions persist. The building Principal, along with the Activities Director, will be asked to mediate the issue.

Step Four

If the issues or questions still have not been resolved, they will then be referred to the Superintendent and if he/she chooses, to the Board of Education.

- At any step in the process, when an issue or question has been resolved, the resolution should be communicated to the affected parties.

Guidelines for a Resolution Meeting

In any meeting between parent/guardian, student, and coach/advisor:

- Conversations will be respectful and appropriate in nature or the meeting will need to be rescheduled.
- Conversations regarding playing or participation time will be focused on skills, work ethic, attitudes and roles.
- Resolution participants are encouraged to be open-minded and keep the goals of the entire program in mind.

For purposes of data privacy, discussions will focus on the parent's/guardian's student or child and not on other players or participants.

CAPTAINS' PRACTICE

The Minnesota State High School League (MSHSL) has defined Captains' Practice (Bylaw 208.2) as follows: *Captains' Practice is primarily for the purpose of physical conditioning, organized and conducted by the students. Students may participate in captains' practice provided that salaried and non-salaried personnel are not involved in any capacity. It is the responsibility of school officials to become aware of the preseason activities in their school district and to ensure that the spirit and intent of the League rules are observed.*

There is no requirement for students to attend captains' practice as a prerequisite for membership on a high school team. A school district employee must supervise captains' practice. All facilities used for captains' practices must be reserved through the High School Activities Office.

EQUIPMENT AND SUPPLIES

All equipment and supplies that are purchased by the school district or booster clubs for district programs, are property of the District. Any equipment or supplies handed out to participants is to be returned at the end of the participant's season.

Storm Activity programs may issue equipment and/or uniforms during this season. All items issued to participants are to be returned no later than one week after the participant's final day in the program. If items are not returned, an invoice and bill will be issued to the family for replacement of the item. Middle school uniforms can be up to \$75 for replacement, and high school uniforms average around \$150-\$200 to replace per uniform color. Also, any equipment not returned will subject the family to replacement at a single item cost. This invoice, if not paid within 30 days of the season completion, will be assessed to the family's district Skyward account.

PUBLIC AND FAMILY INFORMATION

THE ROLE OF PARENTS

Parents, you play an integral role in the development of your child as an athlete. Your support is absolutely necessary for the success of your child and for the success of the team. Just as it is the coaches job to coach, the officials job to officiate and the players job to play, it is your role to parent. A coach will not tell you how to parent. This is your privileged role to support your student, just as a coach, player and official have their privileged roles.

- Be positive with your child. Let them know that they are accomplishing something by being an activity participant.
- Please refrain from yelling for any reason other than for encouragement.
- Please do not try to coach your child in or out of competition. It is hard for young athletes to make sense of conflicting messages. Advisors/Coaches sincerely care about the students! Coaching styles differ when interacting with people and situations. Student's lives are enriched by the experience of different types of leadership.
- Do not offer excuses to them if they are not participating. Encourage them to work hard and do their best. Just as important, is that you support the efforts of your child's coaches. If you are criticizing other players or coaches at home, you are putting your child in a no-win situation.
- Support the MSHSL rules pertaining to no use or possession of tobacco, alcohol or other controlled substances.
- Please do not call the coach to talk about your child's playing time. You have the role of parent and coaches have the role of coach. Coaches see players every day in practice and it is their desire to place players in situations where they can succeed.
- If you need to discuss issues or concerns, please follow the chain of communication.
- When you have a concern or issue with the program or coach, please follow the chain of communication/resolution process (process outline begins on page 18) after getting a full story from your child. Please avoid communicating concerns with the coach/advisor directly following a performance or contest. The coach's duty, immediately following a contest/performance, is to the participant/team, not the spectator. Allow at least one night/24 hours to pass to get your thoughts together.

Have Discussions with Your Child

Talk to your child about their expectations for the season. Do so at the beginning as well as in the middle of the season. Often parents project their own hopes and dreams for their children onto their children without stopping to ask what they want for themselves. Do not assume you know. Ask your child about where they think they fit in on the team, what their perceived strengths and weaknesses are and what they hope they will accomplish over the course of the season. Ask your child what they want to accomplish throughout the course of their career. Most often, players know what their skill level is and where they belong.

Once you have the discussion, support your child. When your child is finished with a game, tell them that you love and support them. Tell them that you enjoyed watching them play. Do not rehash the game with your child unless they initiate it. Always speak positively, even if they are angry.

STORM NATION FAN EXPECTATIONS/GUIDELINES

PARTICIPATE: Get in the stands, watch the game and cheer loud and strong for YOUR team! Don't hang out in non-viewing areas.

CHEER: Cheer positively towards your team, celebrate in your teams' success and encourage your team to a big play. Don't boo or cheer negatively towards an opponent. And definitely don't use opponents' names or numbers.

RESPECT: Respect yourself, those around you, and the facilities the Storm and opponents compete in/at.

Not following these guidelines may result in removal from an event and further meetings with school administration to determine a return to events timeline.

BOOSTER ORGANIZATIONS

A close working relationship should exist between the coaching staff and the boosters in determining the needs for a program. The finances of the Booster Club will not involve school personnel. Current coaches cannot serve on the Booster Club board. Find the Booster Club informational sheet at: www.isd47.org/storm/boosters.

*Note: School personnel are not able to write checks on the Booster Club accounts.

COACHES AND ADVISORS DUTIES AND RESPONSIBILITIES

Coaches/advisors must be aware that they have a tremendous influence in the education of students and should instill the highest desirable ideals of character. The following responsibilities are given to coaches/advisors:

1. Educate students through participation in activity programs without interfering with opportunities for academic success.
2. Strive to set an example of the highest ethical and moral conduct. The use of profanity/abusive language is unacceptable.
3. Be knowledgeable about all rules, procedures, and policies associated with your activity and be responsible for their interpretation to participants.
4. Know and enforce the policies of the school district and the rules of the Minnesota State High School League.
5. Promote and support the entire activities program of the school district. Coaches/Advisors should support and encourage student's participation in activities outside of their program.
6. Actively use personal influence to promote positive audience/spectator behavior.
7. Respect decisions of event officials and judges.
8. All head coaches/advisors are required to have First Aid and CPR training. All coaches/advisors are requested to have or obtain CPR/First Aid training.
9. Keep communication lines open with parents/guardians during the season.
10. Represent the high standards of the district and the community at all times. Maintain appropriate dress and conduct.
11. Consult with the Activities Director before making changes in practice schedules or plans.

SUPPORTING YOUR COACH

The coaches were hired for their expertise in the program they are leading as well as their ability to teach and connect with participants. The best way to support your coach is to be open and honest with them, as well as communicate on a regular basis. For parents, the best way to support the coach is to be supportive of your participant but encourage them to speak to their coach if there are issues or items they are frustrated with. Coaches can not solve problems without knowing about them. If you would like an explanation for things regarding your participant, please connect with the Communication Chain in mind.

INJURIES AND ACCIDENT REPORTING PROCEDURES

The trainers or coaches/advisors will complete the School Injury Report Form immediately following all injuries or accidents that require medical care beyond immediate care by coach/advisor and/or trainer. This applies to all students under their supervision during a practice, event, or while traveling to and from an event. The trainers or coaches/advisors are to call the Activities Director and inform them immediately if a participant is taken to the hospital.

The form shall be turned into the Activities Office the following morning with the trainer or coach/advisor retaining a copy.

When an accident report form is required, coaches/advisors will attempt to personally contact the parents or guardians.

If a physician, due to illness or injury, excuses a participant from events or practices, students must supply a written statement from the physician allowing them to return to the activity.

GUIDELINES FOR COACHING OUT OF SEASON – MSHSL Bylaw 208

What may a coach do and not do before and after the high school season with his/her high school athletes?

May Do

1. *Provide camp and non-school team information to athletes if approved for a summer waiver and authorized by your Athletic Director to do so.*
2. *Coaches approved for summer coaching may provide coaching during the prescribed time period.*
 - a. *Summer Coaching Waiver: Member schools shall have the authority to approve a coaching waiver following the fourth Friday in May through July 31 of the same calendar year. Coaches who have been granted a summer coaching waiver by their high school to coach a summer league team may continue to coach that team through Labor Day if that team participates in an end-of-the-season tournament as a natural extension of the summer team season. The high school Athletic Director of that school must approve said exception, in writing.*
 - b. *Summer Camp/Clinic Waiver: Member schools shall have authority to approve a coaching waiver for camps and/or clinics following the fourth Friday in May and ending July 31.*
 - c. *Procedure for Granting Summer Coaching or Summer Camp/Clinic Waivers: The designated school representative of the member high school shall document, in writing and keep on file in the school:*
 1. *A letter of verification from the coach indicating an agreement to coach the students;*
 2. *The letter required for summer coaching shall be documented on an official League Summer Coaching Form, which is available on the League website.*

May Not Do

During the school year, prior to and following the sport season:

1. *May not provide coaching, instruction, training, etc. to any member of their high school team, B-squad, JV or varsity, other than during the season or under the summer waiver.*
2. *May not influence or direct a player's non-school play. This includes:*
 - a. *Directing athletes to play in a league or attend a camp or clinic.*
 - b. *Place athletes on a roster, develop or organize a team roster; draft players for a team; select, secure, evaluate or otherwise influence the placement of athletes on a team for leagues, tournaments, camps or clinics other than those athletes approved for the summer coaching waiver.*
 - c. *May not direct or unduly influence an athlete to participate in open gym, captains' practice or non-school teams, leagues or camps.*

- d. May not organize, supervise, direct or otherwise be involved in the organization of captains' practice.*

HOSTING SECTION & CONFERENCE CHAMPIONSHIP EVENTS

When hosting conference and section events, it is required that the entire coaching staff and participants of the program be in attendance and help to host (unless competing - there will be a cooperative effort in this case). Planning will begin three to four months prior with the Activities Director, Head Coach and may include the booster club or parent lead in the program.

EQUIPMENT AND SUPPLIES

Equipment will be the responsibility of the head coach/advisor. The responsibility for equipment shall include detailed check out to participants, proper care during use, and proper return and storage of all equipment. If uniform/equipment is lost or damaged, the student to whom it was last issued will be responsible for the replacement/repair cost. All equipment and supplies will be inventoried by the Head Coach/Director, and all inventory documents will be turned into the Activities Director prior to signing off on the season.

MISCELLANEOUS

FITNESS CENTER

Students cannot use the fitness center unless there is approved adult supervision and must register for use in the fitness center for all times outside of the school day (registration through the same as the activities programs, there is no fee). A sports physical must be completed in order to use this space to provide safe and efficient supervision for the students.

The schedule for in- season and out-of-season workout times will be posted by Friday the week prior, and students that are not currently participating in an in-season sport, will need to use the fitness center during the designated out-of-season time or the open time scheduled. The District requires that the adult be a school employee who has knowledge and is trained in this area.

Employees may gain access to the fitness center through the Activities Office. All access of the fitness center by the public, those not employed by the District, is prohibited.

SEVERE WEATHER

SRR will follow and be guided by the MSHSL Weather Conditions and Competition Board Policy which includes: Lightning/Threatening Weather, Competition Index for Cold, and Competition and Practice Index for Heat. Keeping in mind that the School District's prime concern is students' safety, the following procedures will be followed in severe weather situations.

- 1) Before an activity/contest has started, it will be the Activities Director's decision as to whether or not the activity should begin. Parents may contact the Activities Director for information.
- 2) During an activity/contest, the responsibility for determining "playability" is left with officials and Activities Director or Principal. Whenever there is danger to the participants (e.g. lightning, etc.) students will not continue to play. SRR will follow the MSHSL Guidelines for Lightning conditions.
- 3) No practices/events will be allowed to take place on any day when school has been canceled due to severe weather.
- 4) Cancellation of scheduled practices or events needs prior approval from the Activities Director.

CONTACT INFORMATION

The following list includes the contact information for Activities Program Leads as of June 1, 2020. A complete and updated list can be found on the Storm website, under each activity.

Activity	Name	Email
Adapted Sports	Michael Bakken	michael.bakken@isd742.org
Cross Country	Sandie Lahr	sandra.lahr@isd47.org
Boys Soccer	Chris Rothstein	chris.rothstein@isd47.org
Girls Soccer	Kris Fremo	krisfremo@gmail.com
Football	Phil Klaphake	phillip.klaphake@isd47.org
Girls S&D	Megan Dingmann & Whitney Weisz	megan.dingmann@isd47.org or whitney.weisz@isd47.org
Tennis Girls	Jamie Hatlestad	jamiehatlestad@gmail.com
Volleyball	Karen Beckmann	karen.beckmann@isd47.org
Boys Basketball	Derek Peterson	derekpeteron2@charter.net
Girls Basketball	Jon Roesch	jon.roesch@isd47.org
Dance Team	Ali Mohr	srrdancecoachali@gmail.com
Gymnastics	Elizabeth Walek	elizabethwalek@hotmail.com
Boys Hockey	Brady DeGagne	bjdegagne@gmail.com
Girls Hockey	Marty Anderson	marty.anderson@sartell.k12.mn.us
Boys S&D	TBD	
Wrestling	Cole Wilson	cole.wilson@isd47.org
Baseball	Jeff Hille	jeff.hille@isd47.org
Clay Target	Paul Frierick	Paulf@northcentralinc.com
Golf Boys	John Gans	john.gans@isd47.org
Golf Girls	Scott McCabe	scott.mccabe@isd47.org
Lacrosse Girls	Leah Summerville	leah.summerville@isd47.org
Lacrosse Boys	Jake Sailor	jacob.sailor@sartell.k12.mn.us
Softball	Ken Karna	ken.karna@isd47.org
Tennis Boys	Jamie Hatlestad	jamiehatlestad@gmail.com
Track & Field Boys	Rod Fuchs	rod.fuchs@isd47.org
Track & Field Girls	Loren Finlayson	loren.finlayson@isd47.org
Strength	Brady Roden	brady.roden@isd47.org

Art Club	Shelly Chambers	shelly.chambers@isd47.org
Fall Musical	Erin Thompson	erin.thompson@isd47.org
One Act Play	Jan LeFebvre	jan.lefebvre@isd47.org
Spring Play	Steven Mick	steven.mick@isd47.org
FFA	Heidi Anderson	heidi.anderson@isd47.org
Knowledge Bowl	Susea Manea	susana.manea@isd47.org
Band	Richard Owen	richard.owen@isd47.org
Choir	Steven Mick	steven.mick@isd47.org
Mathleague	Brian Olmanson	brian.olmanson@isd47.org
Robotics	Adam Jonson	adam.johnson@isd47org
Speech	Joanie Hauck	joanie.hauck@isd47.org
Colorguard	Brianne Koester	bkoester14@gmail.com
Drumline	Justin Gapinski	snareman@hotmail.com
DECA	Josh Bauer	josh.bauer@isd47.org
Culinary	Mary Levinski	mary.levinski@isd47.org