

Sauk Rapids-Rice



High School
&
Middle School
Activities Handbook

Updated Summer 2023

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Storm Activities Department Mission and Values

Mission

Storm Activities is dedicated to providing high quality, competitive, and growth focused experiences for students in education-based activities.

Vision

By utilizing coaches, advisors, support staff, and administrative personnel, Storm Activities will create supportive and growth-focused environments. As a result, Sauk Rapids-Rice (SRR) Activities will:

- Provide a rallying point for the student body, faculty and staff, alumni, and community.
- Field programs that prepare to perform and compete at the highest level.
- Support the development of participants in their academic, athletic, and personal achievements.
- Be a department that aligns its core values with the Minnesota State High School League (MSHSL), Central Lakes Conference, Region 8AA, and ISD47.

Core Values

- School Engagement
 - Actively and appropriately participate in all aspects of our school community.
- Respect
 - Show consideration and acceptance for all members of our school community.
- Responsibility
 - Demonstrate integrity in relationships, actions, and academics.

Membership

Sauk Rapids-Rice Public Schools are participating members of the Minnesota State High School League (MSHSL), the Central Lakes Conference (CLC), and other activity specific governing bodies. The rules and guidelines of these organizations apply to all sanctioned activities within the district.

Activities Participation Fees

	Activity Fee	Activity Fee for Approved Educational Benefits - Reduced	Activity fee for Approved Educational Benefits - Free
High School Sports	\$200*	\$100	\$50
Middle School Sports	\$80	\$40	\$20
High School Activity	\$100	\$50	\$25
Middle School Activity	\$80	\$40	\$20
*No fee reductions for Clay Target due to range and ammunition fees.			

What is an Activity: Club, Fine Art, Competitive Activity, Sport?

Definitions

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 in, 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, there are

- ❖ MSHSL Sports
- ❖ Non-MSHSL Activities
- ❖ Clubs
- ❖ MSHSL Fine Arts
- ❖ Non-Competitive Activities
- ❖ 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 postseason experience outlined through an MSHSL region
- Are governed by the MSHSL and follow National Federation of State High School Associations (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 postseason 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 postseason 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

- 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
- Might not have curriculum base, however, the 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

- 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 postseason experience
- Overseen by the principal's office.

Protocol for 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
 - a. Must 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 a participant sustainability and involvement plan
3. Must have sufficient officials and coaches to provide a safe and efficient environment
 - a. The applicant must find the general cost of officials for the sport and the going pay rate for coaches
4. A competitive schedule must be possible with schools in reasonable distance to Sauk Rapids-Rice Public Schools (SRR)
5. All new activities must provide a safe environment for students
6. Must not interfere with Title IX legislation
7. Must have adequate facilities on site or in close proximity to SRR (as approved by the activities director).
8. 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
9. 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
 - a. Five year budget and expense report must include financial plans for things such as equipment, staffing, practice and competition space and transportation.
 - b. Must showing adequate forethought in the activities sustainability as a program
 - c. Five year report must show what the financial impact would be to the school district.
2. Must provide a sufficient start up and sustainability budget through those five years.
3. Must provide a plan for equipment care and maintenance to prolong the life of equipment.
4. Must provide verification the activity will not interfere with any of the already standing program budgets to maintain exemplary standards.
5. Must provide information regarding the activity's income sustainability.
 - a. Also provide information regarding how the activity impacted other schools that have brought it in.
6. Confirm 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 interest in the activity.
 - a. Provide information regarding growth in the sport/activity and/or provide information regarding interest from SRR's student body
 - b. Provide proof from surveys or predetermined facts that the activity is on the rise or already a highly desirable activity
2. The activity should have operated as a club for a minimum of two years, inside or outside of the district, with district students, prior to application consideration. (Not required)
3. The new activity cannot take away space from activities that already have allotted space for practices or competitions during set seasons.
4. The school's space must be able to sustain all activities, old and new proposed ones.
 - a. If school space is not available, the applicant must research the cost to rent 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 season dates of the new activity must not infringe on a current activity of similar style to keep competitiveness and participation numbers high across all activities.
7. The activity must not infringe on Title IX rules.

Approval process and implementation:

1. The order of approval for new a activity is as follows:
 - a. Activities director and principal
 - b. District administration
 - c. School Board
 - d. MSHSL/CLC (if needed)

At any time during this approval process, one of these approval levels can edit or recommend 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 added.
4. The official application form can be requested from the high school activities office.
5. If no financial plan is presented, the activity will automatically be rejected.
6. All activities are subject to two-year club status before being considered for sponsorship, unless special circumstances are warranted.
7. SRR School Board, Superintendent and Activities Director hold all rights to reject an application or adjust it for any and all activities.
8. Applications must not interfere with any MSHSL rules and regulations or SRR policies.
9. The MSHSL requires each school district to perform an interest survey every two years. This is how SRRHS monitors the needs and requests for programs outside of the applications.

Student and Participation Information

Student Responsibilities

Student responsibility is vital to the success of the activities program. Participants must adhere to the following guidelines:

- Follow the rules and procedures of Storm Activities, Sauk Rapids-Rice Public Schools, the Minnesota State High School League, and the Central Lakes Conference.
- Complete registration online prior to participating in an activity
 - exception: fine art program auditions (those participants will register the week after the cast list has been announced).
 - try-outs require all registration materials to be completed.
 - If a student does not make the team at the conclusion of the designated try-out period, their fee will be refunded.
- Display good sportsmanship and respect the judgment of supervising officials. The use of profanity and/or abusive language is unacceptable, making the student potentially subject to disciplinary action.
- Communicate questions and concerns by following the Storm Activities Communication Chain
- Communicate scheduling conflicts regarding both practices and games / performances to the coach/advisor as soon as possible.
- Secure lockers in the locker room. Students may keep personal items in lockers, but are responsible for locking their lockers.
- Return all items (uniform and equipment) issued to participants to their coach/advisor 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.

Academic Eligibility and Graduation Credits

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 ninth 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.

<u>Grade Level</u>	<u>Trimester 1</u> (Minimum Credits Needed By START of Grading Period)	<u>Trimester 2</u> (Minimum Credits Needed By START of Grading Period)	<u>Trimester 3</u> (Minimum Credits Needed By START of Grading Period)
<u>9th Grade</u>	0	3	7
<u>10th Grade</u>	12	16	20
<u>11th Grade</u>	25	29	34
<u>12th Grade</u>	39	44	49

Activities Academic Protocol:

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 activities participants. This will be done at the halfway point during the regular season for each activities' competitive season-

Participants who are failing will serve a two-week monitoring period, but can continue to practice and compete. Any student still failing at the end of the two-week monitoring period will be ineligible to compete. Students who are academically ineligible are still allowed to *travel** and practice during this period. Students will remain ineligible to compete until earning a passing grade in all of their classes and receiving approval from the activities director.

**Students will be unable to leave school early to travel to away competitions*

Failures from a Previous Grading Period

Any student registered for an extracurricular or co-curricular activity who has failed a class in either of the two previous trimesters will be ineligible for the next two contests. For activities with less than ten regular season events, the student will miss the first contest. The penalty will be served once and will be invoked in the first activity following the failed grade. Similar to other activity penalties, the penalty for a failed grade will be considered served upon the participant's successful completion of the entire season. Note: A student may be penalized in the fall for failed grades from either the previous winter or spring trimester.

Academic Dishonesty

Students who knowingly commit any cheating 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 Responsibilities 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.

MSHSL Bylaw 205 – Chemical Eligibility

1. At any time during the calendar year, a student shall not, regardless of the quantity: use or consume, have in possession a beverage containing alcohol;
 - a. use or consume, have in possession tobacco; or,
 - b. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.
 - c. use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals.

“Tobacco products” means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product.

- d. use or consume, have in possession, buy sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substances or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal Law.

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.

MSHSL Bylaw 209 - Sexual/Racial/Religious Harassment/Violence and Hazing

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.

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.*

Attendance

Any unexcused absence during the school day may impact participation in activities. School-sponsored activities are considered class periods. No early release will be given for students leaving for an activity to get clothes, food, et cetera.

Practice/Competition Attendance

Activities participants are expected to be at all practices, competitions, and performances. Absences and tardies, whether excused or unexcused, may impact participation. Consistent attendance is critical to the overall success of Storm Activities, because:

- Important information is shared at each practice, competition, and performance
- Practices prepare individuals to be both safe and help their programs be competitive/successful
- Consistent attendance demonstrates accountability, a desire for growth, and pride

Individuals who anticipate consistent scheduling conflicts due to their participation in multiple, same season activities, must communicate these conflicts with their program's head coach/advisor to determine if participation in both of those activities is viable.

Registration

Families are responsible for registering their children for activity participation. All registration materials can be found online through storm.isd47.org/registration-eligibility. Payments for all activities are due at the time of registration. The only form that may be turned in via paper copy is the Sports Physical Form, which can be found in the activities website (www.isd47.org/Storm/PhysicalForm) or in the activities office. Physicals can be emailed to the activities offices. The sports physicals are good for three years from the date of the physical. Individuals will not be permitted to participate until they have fully completed the registration process.

Instructions on how to Register for Activities

storm.isd47.org/registration-eligibility

Prior to beginning practice, each participant will need to:

1. Have an up-to-date Sports Qualifying Physical on file at school. These can be dropped off in the main offices at either the high school or middle school. They can be faxed to 320-258-1714. They can also be scanned and emailed to phillip.klaphake@isd47.org or matthew.bueckers@isd47.org.
2. Register for the activity at: storm.isd47.org/registration-eligibility
 - a. As part of the online registration process, you will complete the MSHSL Eligibility Form, an updated health report, and pay the participation fee.

Selection and Try-Out Process for Activities

Sauk Rapids-Rice Activities believes in the benefits of being involved in extracurricular activities. As a department, we are tasked with supporting participation while developing programs that strive to compete at the highest level. At times, roster decisions need to be made.

All try-out procedures are communicated to both athletes and parents/guardians in the program's pre-season meeting.

There will be no try-outs for 6th-8th grade programs

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

Removing a Participant from an Activity

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.

Removing a participant from the activity for more than one day 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/guardians 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 Protocols

Medical Notes

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 medical authority* and obtain document signed by a medical authority* 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.

*(*Medical doctor, clinical psychologist, physician assistant or nurse practitioner who has seen or treated the student)*

Concussions

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 suspects a student may have a concussion, they are mandated to remove that student from the contest/practice/performance.

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, physician assistant 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, via hard copy, email, or fax upon the student's 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/guardians and athletic trainers may not clear a student to return to action after they have been diagnosed with a concussion.

Varsity Lettering Standards

Earning a varsity letter entails demonstrating Character, Commitment and Contribution to a varsity program.

Lettering Criteria

At any point participant:

- Competed or performed at the highest level SRR offered in a given activity,
- Had zero unexcused absences from practices/competitions/performances/etc, and
- Was eligible for all contests.

Coaches/Advisors have the ability to elevate an individual to earn a letter, but do not have the ability to remove a letter from an individual who met this criterion.

Storm Activities Captains

Definition: In Sauk Rapids-Rice Activities, being a captain means a participant:

- Is committed to their program and their growth as a leader
- Leads by example in their academic performance
- Display the school's core values of student engagement, respect, and responsibility

Captainship is earned by meeting the following criteria.

Junior Criteria

- Must have participated in the activity during the previous school year
- Must have achieved a 3.00 or higher GPA during their sophomore year
- Must have less than two (2) major discipline referrals (during student's sophomore and junior years combined)
- No school suspensions during sophomore or junior year (in school or out of school)
- No MSHSL chemical violations and no MSHSL Code of Responsibility Violations during sophomore or junior year
- Consistently meets the school's core values of student engagement, respect, and responsibility

Lack of attendance at Captain's Council Meetings may impact captainship

Senior Criteria

- Must have participated in the activity during the previous school year
- Must have achieved a 3.00 or higher GPA during their sophomore year
- Must have less than two (2) major discipline referrals (during student's sophomore and junior years combined)
- No school suspensions during sophomore or junior year (in school or out of school)
- No MSHSL chemical violations and No MSHSL Code of Responsibility Violations during sophomore or junior year
- Consistently meets the school's core values of student engagement, respect, and responsibility

Lack of attendance at Captain's Council Meetings may impact captainship

Transportation and Driving

All participants are expected to ride district transportation (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.

Acceleration Protocol

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

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 the use of the acceleration protocol.

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

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 protocol listed below.

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

Guideline: It is the general protocol of Sauk Rapids-Rice Public Schools 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)

Procedure for Acceleration: In the rare instances where acceleration will be considered from a middle school program to a high school program, these procedures must be followed: The head coach will initiate in writing the proposed acceleration to both the middle school and high school activities directors.

1. 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.
2. If the recommendation is to further consider acceleration, the parents/guardians and the student will then be notified by the high school activities director. If the parents/guardians and student do not concur with the recommendation, the process ends. If the student and their parents/guardians concur with a recommendation to accelerate, the student will be moved to the appropriate level.
3. 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.

Communication Chain for Activities Resolution Process

The district resolution process has been developed for the purposes of establishing and maintaining positive lines of communication between the school, students, and their parents/guardians.

If participants have questions or concerns, they are encouraged to connect with their coach/advisor as soon as possible. If parents/guardians have questions, they are encouraged to reach out to their coach/advisor to first seek clarification. If a meeting becomes appropriate as determined by the coach/advisor, that coach/advisor will work to share with parents/guardians 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.

Questions that arise must not be addressed during or immediately following a contest. Event sites, practice areas, lobbies or locker rooms are not appropriate places to have these conversations. Coaches/Advisors, parents/guardians and students are not to meet at these times or places, but rather to set up a later meeting date.

Playing/Performance time is not a topic that is open for discussion.

*If questions arise over something your child has told you, please make sure you have the complete story from your child and that your child is with you if a potential resolution meeting becomes appropriate.

Steps for Resolution

1. **Step One (Participant and Coach/Advisor)**
The participant will connect with their coach/advisor to share their question or concern.
2. **Step Two (Participant and Coach/Advisor)**
A meeting between the participant and coach/advisor will be scheduled or held to answer questions that are initiated by either the student or the coach/advisor.

3. **Step Three (Participant, Parent/Guardian and Coach/Advisor)**
A meeting between the coach/advisor, the parent/guardian and the participant will be held or scheduled. The parent/guardian, participant, or coach/advisor can initiate this meeting.
4. **Step Four (Participant, Parent/Guardian, Coach/Advisor and Activities Director)**
A meeting with the activities director may be held/scheduled if any one of the three parties (parent/guardian, participant, or coach/advisor) still feels that the concerns or questions have not been resolved.
5. **Step Five (Participant, Parent/Guardian, Coach/Advisor, Activities Director and Principal)**
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.
6. **Step Six (Superintendent)**
If the issues or questions still have not been resolved, they will then be referred to the Superintendent and if they choose, 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 must be respectful and appropriate in nature or the meeting will need to be rescheduled.
- 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 average \$75 for replacement, and high school uniforms average approximately \$150 - \$200 to replace per uniform color. Also, any equipment not returned will be subject to family 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

Parent/Guardian Expectations

Parents/Guardians, you play an integral role in supporting the growth of Storm Activities, the development of your child as a participant and your child's ability to respond to challenges and adversity. 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.
- Refrain from yelling for any reason other than for encouragement.
- 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.
 - The experience of different types of leadership enriches students' lives.
- Do not offer excuses to them if they are not participating.
 - Encourage them to work hard and do their best.
 - Support the efforts of your child's coaches.
 - Do not criticize other players or coaches at home - this puts your child in a no-win situation.
- Support the MSHSL rules pertaining to no use or possession of tobacco, alcohol or other controlled substances.
- Do not reach out to 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 questions or concerns, follow the communication chain (process outline which begins on page 14).
- Avoid communicating concerns with a 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 24 hours to pass to get your thoughts together.

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/guardians 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.

Supporting Coaches/Advisors

Our programs, coaches and advisors need your support in order to be successful. Ask how you can help them, consider volunteering when opportunities present themselves, speak highly of them when talking to your kids and community members. If you have questions, please ask!

The number of willing and available coaches and advisors is shrinking. If we want high-quality coaches, we need to support them.

Booster Organizations

A close working relationship must exist between the coaching staff and the booster organizations 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

Coach/Advisor Responsibilities

Coaches/Advisors have tremendous influence in the education of student participants and must demonstrate and instill the highest desirable ideals of character. Coaches/Advisors have the following responsibilities:

1. Educate students through participation in activity programs.
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 the interpretation for 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 department.
6. Coaches/Advisors should support and encourage students' participation in activities outside of their program.
7. Actively promote positive audience/spectator behavior.
8. Respect the decisions of event officials and judges.
9. All head coaches/advisors are required to have First Aid and CPR training.
10. Keep communication lines open with parents/guardians.
11. Represent the high standards of the district and the community at all times.
12. Consult with the activities director before making changes in practice schedules or plans.

Coaching/Advising Out of Season – MSHSL Bylaw 208 - Guidelines

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

May Do

1. *Provide camp and non-school team information to athletes if approved for a summer waiver and authorized by the athletic director.*
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 activities 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:*
 - i. *A letter of verification from the coach indicating an agreement to coach the students;*
 - ii. *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. Placing athletes on a roster, developing or organizing a team roster; drafting players for a team; selecting, securing, evaluating or otherwise influencing the placement of athletes on a team for leagues, tournaments, camps or clinics other than those athletes approved for the summer coaching waiver.*
- 3. May not direct or unduly influence an athlete to participate in open gym, captains' practice or non-school teams, leagues or camps.*
- 4. May not organize, supervise, direct or otherwise be involved in the organization of captains' practice.*

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 follows the same procedure as the activities programs, there is a 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. Access to the fitness center by the public (those not employed by the district) is prohibited.

Severe Weather

Sauk Rapids-Rice Public Schools 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 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/guardians 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.
Cancellation of scheduled practices or events needs prior approval from the activities director.