



District 742 Activities

Junior High Activities Handbook

Our purpose is to
create a culture where
students embrace a
growth mindset that
empowers students to
explore their passions.



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THIS HANDBOOK IS FOR ALL PARTICIPANTS IN JUNIOR HIGH ACTIVITIES, THEIR PARENTS/GUARDIANS, AND ADVISORS TO OPEN LINES OF COMMUNICATION AND ESTABLISH AN UNDERSTANDING OF THE ACTIVITIES PROGRAM AND POLICIES.

District 742 Activities Department Mission Statement

"Our purpose is to create a culture where students embrace a growth mindset that empowers them to explore their passions."

We believe that. . .

Sportsmanship builds character by teaching values of respect, tolerance, discipline, inclusion, and accountability.

Work Ethic is the combination of growth mindset and commitment

Attitudes can be learned and cultivated. The positive attitude of one can bring positive outcomes for all.

We learn **Together**. We grow **Together**. We succeed **Together**.

The St. Cloud Activities Department encourages every student to participate in at least one activity during the school year.

NORTH ATHLETICS

FALL Aug-Oct

Football
Volleyball (Girls)
Soccer (Boys & Girls)

WINTER Oct-Dec Basketball (Girls) Basketball (Boys) Jan-Feb

SPRING Mar-May Baseball (Boys) Softball (Girls) Track (Boys & Girls)

North ACTIVITIES

Community Problem Solvers/	
Future Problem Solvers	Oct-April
Knowledge Bowl	Sept- March
Vex Robotics	Nov- Feb
W.E.B	All Year
Speech	Jan-March
Musical	Oct- Dec
GSA	All Year
Math Team	Sept-Feb
Jazz Band	All Year
Art Club	All Year

SPORTS OFFERED THROUGH NORTH/APOLLO

FALL Starting in August

Swimming & Diving (Girls)
Cross Country (Boys & Girls)
Tennis (Girls)
Adapted Soccer (Co-ed)

WINTER Starting October or November

Swimming (Boys)
Dance (Girls)
Wrestling
Adapted Floor Hockey (co-ed)
Nordic Skiing (Boys & Girls)
Alpine Skiing (Boys & Girls)
Hockey (Girls)

SPRING Starting in March

Tennis (Boys)
Golf (Girls & Boys)
Lacrosse (Boys & Girls)
Trap Team (Co-ed)

North 6TH GRADE SPORTS

All JH Only activities will be offered to 6th grade with the exception of football. For 6th grade football, please sign up through Community Education.

CODE OF ETHICS

COACHES/ADVISORS

- The emotional and physical well being of the participants will be placed ahead of any personal desire to win.
- Each player will be treated as an individual, acknowledging the large spread of emotional and physical development for junior high age children.
- Advisors will do their best to organize practices that are fun and challenging for all participants.
- By their own example, advisors will demonstrate fair play and sportsmanship to all participants.

PARENTS

- By their own example, parents will encourage good sportsmanship by demonstrating positive support for all players, advisors and officials; this will provide an enjoyable experience for all participants.
- Parents will place the emotional and physical well being of their child ahead of any personal desire to win.
- Parents will expect their child to treat other participants, advisors, fans and officials with respect regardless of race, sex, creed or ability.
- Parents will demand a drug-free (to include alcohol and tobacco) environment for their child and will agree to set an example by refraining from drug use at all youth events.
- Parents will remember that the activity is for children and not for adults and will do their best to make the activity fun for the child.

STUDENTS

- Will be present, on time and prepared for the activity
- Focus on following directions and making smart decisions
- Learn from mistakes, and celebrate growth and successes
- Positively represent their team, and school with their words and actions
- Use appropriate behavior at all times during participation including hallways, locker rooms, sidelines, benches, and practice areas
- Treat personal and school property with care
- Treat teammates, officials, coaches, and opponents with respect
- Demonstrate collaboration and teamwork
- Show compassion and understanding for ourselves and others
- Speaking positively of ourselves and others
 - Cheering for our team rather than against the opponent

*Being a student athlete is a privilege, not a right

MSHSL POLICY

For detailed information regarding MSHSL policy, please refer to the Eligibility Brochure. The St. Cloud school district endorses the Minnesota State High School League's position on the use/abuse of mood-altering chemicals, tobacco, and/or alcohol. Penalties will be accumulative beginning with and throughout the student's participation in junior high and senior high activities. During the school year, a student shall not engage in sexual, racial or religious harassment or sexual, racial, religious violence or hazing. Violations will result in game suspensions and additional treatment requirements.

SCHOOL POLICY

Participants will follow all St. Cloud School policies required of students along with consequences established by the district.

SPORTSMANSHIP

One of the major benefits derived from a child's participation in competitive activities is the development of sportsmanlike attitudes and values such as honesty, fair play, and citizenship. Having a good attitude, being a good winner and loser, respecting the official's decisions, playing by the rules and giving maximum effort are commonly considered good sportsmanlike qualities. In youth activities, important role models for children include parents, coaches, officials, and other athletes. Participants and spectators at North Athletics are expected to know, understand and conduct themselves consistent with the following code:

Fundamentals of Sportsmanship

1. Show respect for the opponent.
2. Show respect for the officials.
3. Know, understand and appreciate the rules of the game.
4. Maintain self-control at all times.
5. Recognize and appreciate skill in performance regardless of the team.
6. Be no party to the use of profanity, obscene language or improper actions.
7. Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the number one priority.
8. Set a good example for players and spectators to follow.
9. Refrain from arguments in front of players and spectators.
10. Refrain from breaking or throwing objects in disgust.

STUDENT ACTIVITIES PARTICIPATION POLICY

ACCELERATION PROCEDURE

The acceleration procedure applies to 7th and 8th grade students with exceptional skills beyond the junior high level. The acceleration process should be exceptional, rare, and on a case by case basis. The high school programs recognize the inherent importance of the junior high program, so they will adhere to the following rules:

1. At no time can a junior high athlete tryout at the high school without that athlete being fully registered before the first day of tryout/practice. If they fail to do this, they cannot participate in the high school activity for that season.
2. The 7th or 8th grade player must make the roster of the varsity team. These players may split playing time on V and JV, but must hold a spot on the varsity roster and receive regular varsity playing time. If the player does not make the varsity team, they must be released and return to the junior high teams.
3. If the high school team is within 80% of filling the number needed to fill a JV or B team, they may keep 8th graders first, then 7th graders to fill those teams, not to exceed 4 total players.
 - a. AD and AC will have discretion to alter the number of students eligible for high school. (Every effort will be made to make decisions that are best for both levels.)
4. Once a 7th or 8th grade player makes a team at the high school, they may not return to the junior high for that sport during that season.

****Crush Co-op teams will not accelerate students from the junior high level except in the most exceptional circumstances.**

ATTENDANCE

In order to participate in practice, competitions or performances: Students must be in school all day with the exception of a pre-approved absence for funerals/family emergencies, appointments, school functions, and religious requirements.

ELIGIBILITY

Academic Eligibility: Junior High students are expected to maintain passing grades, D- or higher, to remain eligible to participate in games or events. Any participant with a failing grade must show satisfactory academic progress as subject to the Minnesota State High School League.

In the event a student is deemed ineligible, participants are still required to attend practices and must be in good standing with behavior expectations.

Behavior Eligibility: All students who participate in activities at North Junior High School are expected to follow behavior expectations at all times. Each week, coaches will be informed of any office referral for participants on their roster. Below are the progressive consequences for earning office discipline referrals during the season:

Office Referrals (NOT resulting in CAAP or other types of suspensions)

1st Referral: Participant sits out for half of a game/event.

2nd Referral: Participant sits out one full game/event.

3rd Referral: Participant sits out two full games/events.

4th Referral: Participant is removed from the activity. (NO refund)

Office Referrals (resulting in CAAP or other types of suspensions)

1st Referral: Participant sits out one full game/event.

2nd Referral: Participant sits out two full games/events.

3rd Referral: Participant is removed from the activity. (NO refund)

Students who have earned one of the above consequences, must still be in attendance at school for their eligibility to be reinstated. If the student is absent, the consequence will carry over to the next game/event. Students will still participate in practice.

PLAYING TIME PHILOSOPHY

Junior High coaches will establish fair playing time for all athletes. That does not necessarily mean equal playing time, but everyone will have the opportunity to participate in competition settings. Playing time will be impacted if a student's attendance, attitude, or behavior do not meet expectations. Students will be notified during practice if their playing time will be affected.

GENERAL INFORMATION

COMMUNICATION

Season information will be shared at the Activities Meetings held at the beginning of the year and the coaches' meetings at the start of each season. Please refer to the Activities website for current season information, schedules, and opportunities available to students.

We encourage players to have open, honest communication with the coaching staff, and to expect the same in return. If you have questions/concerns with your role on the team, areas you need to improve on, etc., please adhere to the following steps.

Step 1: Player meets with the coaching staff and discusses questions and concerns.

Step 2: If the player is not satisfied after step 1, then the parent(s)/guardian(s) will set up a meeting with your Coach. The meeting will include the player, the parent(s)/guardian(s), and the coaching staff.

Step 3: If questions/concerns are not addressed in step 2 or if the meeting is not resolved, then a meeting including the Activities Coordinator will be scheduled.

EQUIPMENT

Provided by the participant:

- Football: Mouth guard, molded rubber cleats (no metal or removable cleats).
- Soccer: Shin pads, black shorts, and a mouth guard(recommended).
- Volleyball: Black shorts, shoes, and kneepads.
- Girls/Boys Basketball: Basketball shoes, and a mouth guard(recommended).
- Baseball: Glove, white baseball pants (gray or black acceptable), metal or molded rubber cleats. Helmet and bat are recommended.
- Softball: Glove, black softball pants, molded rubber cleats. Helmet, bat, infield mask and orange socks are recommended.
- Track: Black shorts and running shoes or track spikes.

Provided by the school: Any uniforms, equipment, costumes or resource materials issued to students must be properly maintained and returned at the end of the activity.

Replacement of any items not returned or damaged will be charged to the student to whom they were issued. Students can be blocked from future participation in activities until fines are paid or equipment is returned.

Replacement costs are as follows:

Practice Jersey	20.00	Football Only:	
Game Jersey	40.00	Shoulder Pads	50.00
		Pants	20.00
		Helmet	100.00

**There are Nike Hijabs available for athletes to check out for the sport season. Please contact the Activities Coordinator.

HEALTH RISKS

By its nature, participation in athletics includes risk or injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

LOCKER ROOM

Excellent locker room behavior is expected of all participants. Please keep the area clean. Each activity participant is expected to safely secure all valuables. North is not responsible for missing or stolen items. **Keep lockers locked**

PRACTICE

Activities will practice Monday-Friday from 3:30-5:30pm except on game nights or none school days. Participation in an activity is a commitment to a group of people; therefore, attendance at an activity practice is mandatory. If you cannot attend, you must inform the coach/advisor ahead of time; the only exception to this would be an emergency situation.

1. Excused absences include medical reasons, family plans, church, and other school-related activities.
2. Unexcused absences and suspensions will result in less playing/participation time.
3. Students participating in activities program are required to be in school for that full school day unless properly excused through the attendance office.
4. When a student is returning from major surgery, serious illness or an injury, he/she must have a "Participation After Injury Report" filled out by the attending physician and returned to the Activities Coordinator before he/she can resume practice.

In the event practice is canceled, families will be notified via email through Skyward. Please make sure your contact information is current in your Skyward account. An announcement will also be made at school for students.

REGISTRATION

Prior to each activity season, participants must register online in order to participate in practice/games/competitions. Complete registration includes fees and parent consent forms and a copy of a valid sports physical. Sports physicals are required for all athletes starting in 6th grade and are good for 3 years. Registrations will be accepted through the first week of the season.

Activities Fees:

- All sports, Robotics and Drama cost \$80 per activity
- Academic Activities cost \$40 per activity

** Students whose families qualify for free/reduced lunch pay \$10.00 for Academic Activities. They pay \$20.00 for all sports, Robotics, and Drama.

Participation cap= \$280(includes all district sponsored extra-curricular activity programs)

In the event a student voluntarily terminates from a program, no refund will be issued after two weeks. In the event a student is removed from a program due to behavior, no refund will be issued.

SCHEDULES

Practice schedules will be distributed at the beginning of each season. Game schedules can be located on the Activities website. Using the menu on the right side of the calendar select "view schedule" then the specific schedule you wish to view. There are several useful features available on the calendar.

You are able to sync a specific team's calendar with a digital calendar. Select the specific team name in the toolbar on the right side of the screen. Then click "view" to pull up the schedule. In the top right corner of the new page, select "Subscribe." You will select which calendar format and follow the instructions.

Notify Me is another valuable feature. Select "Notify Me" in the right side toolbar. You will be able to select the specific teams you would like notifications for. Notifications include location or time changes. As well as game additions or cancellations.

TEAM ASSIGNMENTS

Each program will assign team placements according to our conference bylaws and registration numbers. Activities teams/groups are typically a combination of 6-8th grade students. Our athletic teams vary, but typically offer a 7th grade team and an 8th grade team. When numbers permit, the group will be split into A/B teams.

6th Grade Participation:

6th graders are eligible to participate in most activities and athletic programs at North Junior High. Each program is structured a little differently to accommodate the 6th grade players.

Football: the only 6th grade option is available through Community Education

Soccer: teams are made of players from 6-8th grade and then split into an A/B team.

Baseball, Softball: 6-7th grade combine, if numbers allow they will split into two teams. There is an 8th grade team, if numbers allow they will split into two teams.

Volleyball, Basketball: there is a team specifically for our 6th grade participants created to introduce participants to the game. They will follow the same practice schedule but will only play games vs. other St. Cloud Schools due to the absence of 6th grade programs outside of our district.

Track: 6-8th grade combined

TRANSPORTATION

Appropriate bus conduct is a requirement for participation. This includes behavior, respect for property and each other, and cleaning up after one's self. Activity advisors will provide estimates of return times from "away" activities. However, there are many variables when traveling to and from an activity. Students will ride the provided school bus to "away" activities except in occasional instances that have been pre-approved by the Activities Coordinator. Students will ride the provided school bus back to North unless they are signed out by a parent/guardian.

Activities Bus: The activities bus is provided by the district to assist students who need transportation home from activities. It leaves daily at 5:30pm from door 7. Participants should sign up with the activities secretary in the office. Please note it typically takes one week for participants to start riding. This option is subject to availability and may be canceled at any time. Students not following bus expectations will not be allowed to continue riding.

Pick- Up: All participants are expected to arrange rides immediately following the end of the activity.