

## School Song

*Hi Polars one and all  
We're proud of you rah rah rah!  
Fight, fight for ol' North High  
We'll see you through  
Fight Team Fight  
Onward to victory, that is our Goal  
GO TEAM GO  
While you get in there and fight  
We'll cheer for you!*

# NORTH ST. PAUL HIGH SCHOOL

## Activities Handbook 2024-2025



### North High School Activities Office

2416 11th Ave E  
North St. Paul, MN 55109

651-748-6020  
fax 651-748-6099

[www.isd622.org/north](http://www.isd622.org/north)

Follow us on Twitter @NorthActivities

Follow us on Instagram @Polarsactivities24



# Home Competition Locations

## Baseball

Varsity & JV: Kuenkel Fields, 2 blocks west of North High School  
B-Squad: Gladstone Fields, 1945 Manton St, Maplewood  
9th Grade: Harmony Learning Center, 1961 E County Rd C, Maplewood

## Football

Varsity: Polar Field, behind and east of North High School  
Lower Levels: South Field, directly south of North High School, near the track

## Golf

Boys: Manitou Ridge, 3200 McKnight Rd, White Bear Lake  
Girls: Keller Golf Course, 2166 Maplewood Dr, St. Paul

## Gymnasium

On the first level of North High School, at the west side of the building

## Polar Arena

Just east of North High School main entrance

## Pool

John Glenn Middle School, 1560 E County Rd B, Maplewood

## Soccer

Varsity: Polar Field, behind and east of North High School  
Lower Levels: East Soccer Field, east of our District Ed Center  
on Margaret St and 12<sup>th</sup> Ave

## Softball

McKnight Fields, 1 block west of North High School

## Tennis

John Glenn Middle School, 1560 E County Rd B, Maplewood

## Track

South side of North High School



## Message from Activities Director

# Jed Helwig

Welcome to the  
Polar Activities Department!

### **Polar Nation,**

I am excited to welcome you to the Polar Activities Department at North High School! Our department offers a wide range of co-curricular activities that aim to promote pride, build character, and foster good sportsmanship while encouraging personal and team excellence. We believe that student participation in activities is highly beneficial and provides numerous teachable moments where important values like empathy, courage, fairness, and responsibility, as well as self-respect and respect for others, can be developed.

Engaging in activities also allows students to form connections with caring adults in their learning environment who support their social-emotional growth and academic success. Furthermore, participation in activities offers opportunities for moral, social, emotional, and civic development. We strive to create an environment where success is not solely defined by the scoreboard but rather by the personal growth and higher purpose that students discover through their involvement.

Our aim is to provide well-defined pathways for students, supported by strong leadership and intentional coaching. By nurturing these pathways, we empower students to become leaders who can lead fulfilling lives while making a positive impact on society.

As the Activities Director, I am committed to serving with fairness and respect and providing positive support to students, staff, and families alike. I am here to ensure that our activities program is inclusive, enriching, and rewarding for all participants.

Let us unite as a community and rally behind our Polars! Together, we can make this a memorable and successful year. Go Polars!

Jed Helwig  
North St. Paul High School Activities Director



# North High School Activities Department

2416 11th Avenue East  
North Saint Paul, MN • 55109

<b>Activities Office</b>		651-748-6020	
Activities Director	Jed Helwig	748-6022	jhelwig2@isd622.org
Activities Assistant	Penny LaVick	748-6021	plavick@isd622.org
Activities Coordinator	Andy Navis	748-6026	anavis@isd622.org
Athletic Trainer	Hannah Tongen	748-6181	htongen@isd622.org
Activities Fax		748-6099	
Polar Arena	Eric Edhlund	748-6292	eedhlund@isd622.org
Tartan Arena	Eric Edhlund	702-8853	eedhlund@isd622.org

## Quick Reference Websites

[www.north.isd622.org/activities](http://www.north.isd622.org/activities)

<https://northstpaul2060.cf.affinety.com>

[www.metroeastconference.org](http://www.metroeastconference.org)

[www.mshsl.org](http://www.mshsl.org)



@NorthActivities



Activity Scheduler app  
*(in your app store)*



Northern Highlights  
newspaper



HUDL TV  
Live stream

## Administrative Team

Principal	Kevin Wolff	748-6010	kwolff@isd622.org
Principal's Secretary	Nita Bruun	748-6001	jbruun@isd622.org
Gr 9 Asst. Principal	Laura Kvamme	748-6011	lkvamme@isd622.org
Gr 10 Asst. Principal	Deron Drummond	748-6012	ddrummond@isd622.org
Gr 11 Assoc. Administrator	Jonathan Friedman	748-6013	jfriedman@isd622.org
Gr 12 Asst. Principal	Keith Reynolds	748-6168	kreynolds@isd622.org



# Minnesota State High School League

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

## **MSHSL Mission Statement**

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

## **Coaches and Players**

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

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



# Metro East Conference

## Sportsmanship Goals

### Fundamentals of Sportsmanship

- Gain an understanding and appreciation of the rules of the content.
- Show respect for game officials and opponents at all times.
- Recognize and appreciate skilled performances regardless of affiliation.
- Maintain self-control at all times.

### Acts of Misconduct

- Throwing objects onto the playing surface or in the stands.
- Behavior deemed dangerous or behavior which interferes with the rights of others to observe the game.
- Possessing, consuming or being under the influence of chemicals.
- Use of obscene, profane or abusive language or gestures, posters or banners which show disrespect for the opposing teams, officials, bands or other performing groups.
- The use of noisemakers.
- Entry onto the playing surface at any time.
- Any sexual, racial, religious harassment or hazing will be dealt with according to the policy set forth by the Minnesota State High School League.

**These acts of misconduct will not be tolerated  
and may result in removal without refunded admission.**

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### 622 Social Media Guidelines

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

# Adapted Athletics

## Opportunities

**Fall** - Adapted Soccer

**Winter** - Adapted Floor Hockey

**Spring** - Adapted Bowling

Contact Trudy McQuiston at [tmcquiston@isd622.org](mailto:tmcquiston@isd622.org) if you have any questions.

## CI (cognitively impaired)

Students with cognitive impairments, which includes full scale IQ of 70 or less on most recent evaluation, and students receiving DCD services, would be eligible to participate in the CI league. For more information, please:

- Contact the Activities Department

## PI (physically impaired)

Students with cardio/respiratory impairments that limit the intensity and duration of physical activity, and students with a physical impairment, such as: physical impairment that affects motor or gait patterns, neuromuscular, postural/skeletal, traumatic brain injury, growth, or requires the use of prosthesis or wheelchair, are eligible to play. A doctor's signature is required on page four of the MSHSL physical exam form addendum. For more information, please:

- Contact the Activities Department

## Autism Spectrum

Autism Spectrum Disorder (ASD) bowling: Students will need to have documented evidence of ASD and need to be receiving services from the district. Students must be able to participate in the activity without having physical prompts by an adult, coach or other athlete.

## 2024-2025 Athletic Start Dates

<b>Fall Sports</b>	
Adapted Soccer	September 2, 2024
Cross Country (Boys & Girls)	August 12, 2024
Cheer and Dance Teams	August 12, 2024
Football	August 12, 2024
Soccer (Boys & Girls)	August 12, 2024
Swimming/Diving (Girls)	August 12, 2024
Tennis (Girls)	August 12, 2024
Volleyball	August 12, 2024
<b>Winter Sports</b>	
Adapted Floor Hockey	November 25, 2024
Basketball (Boys)	November 18, 2024
Basketball (Girls)	November 11, 2024
Gymnastics	November 11, 2024
Hockey (Boys)	November 11, 2024
Hockey (Girls)	October 28, 2024
Nordic Ski (Boys & Girls)	November 11, 2024
Swimming/Diving (Boys)	December 2, 2024
Wrestling	November 18, 2024
<b>Spring Sports</b>	
Adapted Bowling	February 24, 2025
Badminton (Girls)	March 3, 2025
Baseball	March 17, 2025
Clay Target (Boys & Girls)	March 3, 2025
Golf (Boys & Girls)	March 17, 2025
Lacrosse (Boys & Girls)	March 31, 2025
Softball	March 10, 2025
Tennis (Boys)	March 24, 2025
Track & Field (Boys & Girls)	March 10, 2025
Volleyball (Boys)	March 17, 2025



# Activity/Athletic Registration

Registration and payments for all activities and athletics shall only be completed **ONLINE**. District 622 utilizes SmartSchoolK12 and the registration site can be accessed at:

<https://northstpaul2060.cf.affinetyolutions.com>

SmartSchoolK12 accounts must be set up by the parent or guardian. Once an account is created, all students in the family can be added to the main account. You will need your student's ID number for adding your student.

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

During the registration process, you will complete the following:

- **Emergency Medical Authorization**

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

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

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

- **ImPACT consent**

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

- **Parental Insurance Waiver**

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

- **Athletic Trainer Authorization**

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

- \* **Transportation Waiver**

**NOTE:** *Before your child participates in a practice or tryout, you must register them online, completing all the necessary eligibility forms and paying the fees.*  
<https://northstpaul2060.cf.affinetyolutions.com>

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

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

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

## Coaching Contacts and Participation Fees

### Fall Sports

Adapted Soccer (\$60)	Trudy McQuiston	tmcquiston@isd622.org
Cheer Team (varies)	Hillary Clark	HillaryClark45@gmail.com
Girls Cross County (\$165)	Leah Korf	lkorf@isd622.org
Boys Cross Country (\$165)	Matt Duffee	mduffee@isd622.org
Football (\$225)	Justin McDonald	McDonaldJustin219@gmail.com
Boys Soccer (\$185)	Dan Torrez	dtorrez@isd622.org
Girls Soccer (\$185)	Taylor Broussard	tbroussard@isd622.org
Girls Swim & Dive (\$165)	Tess Behrens	tbehrens@isd622.org
Girls Tennis (\$145)	Eric Duliere	eduliere1@gmail.com
Volleyball (\$165)	Stephanie Blanda	sblanda@isd622.org

### Winter Sports

Adapted Floor Hockey (\$60)	Trudy McQuiston	tmcquiston@isd622.org
Boys Basketball (\$185)	Anthony Harris	adhcis@gmail.com
Girls Basketball (\$185)	Doug Johnson	djohnson7@isd622.org
Gymnastics (\$165)	Leah Ingram	dmoelee.ingram@gmail.com
Boys Hockey (\$225)	Cole Leitch	cleitch@isd622.org
Girls Hockey (\$225)	Jim Jensen	jensen.james1984@gmail.com
Nordic Skiing (\$145)	Rachel Peterson	rdpeterson003@gmail.com
Boys Swim & Dive (\$165)	Tess Behrens	tbehrens@isd622.org
Wrestling (\$185)	Denver Moeller	dmoeller@isd622.org

### Spring Sports

Adapted Bowling (\$60)	Trudy McQuiston	tmcquiston@isd622.org
Baseball (\$165)	Jeff Towberman	jtowberman@isd622.org
Boys Golf (\$145)	Aron Helm	ahelm@isd622.org
Girls Golf (\$145)	Aron Helm	ahelm@isd622.org
Softball (\$165)	Tom Thole	tthole@isd622.org
Girls Lacrosse (\$165)	Rick Estes	rjestes@cbburnet.com
Boys Tennis (\$145)	Eric Duliere	eduliere1@gmail.com
Boys Track (\$165)	Aaron Goff	agoff@isd622.org
Girls Track (\$165)	Aaron Goff	agoff@isd622.org
Clay Target (\$175)	Craig Zupko	czupko@isd622.org
Boys Volleyball (\$165)	AJ Vang	anjinsan1983@yahoo.com

# Communications Protocol

## Coach/Advisor/Director

Students are encouraged to express their concerns directly with their coach/ advisor. Parents can contact the coach/advisor via email or telephone.



## Varsity Head Coach/Head Advisor

If the concern is not resolved, then the student or parent should discuss the matter with the activity's Varsity Head Coach/Head Advisor. If the head coach/head advisor is the person you contacted previously, please proceed to the next step.



## Activities Director

If a student or parent is dissatisfied with the response from the Head Coach or Head Advisor, please contact the Activities Director.



## Principal

Most concerns will have been resolved by this point. However, if you still have concerns after speaking with the Activities Director, please contact the Principal.



## Superintendent

If your concern has not been resolved through the Principal's Office, please contact the Superintendent.

# North High School Activities\*

Asian Student Alliance (ASA)	Music (Band and Choir)
Black Student Union (BSU)	National Honor Society
Bowling Club	Northern Highlights (Online newspaper)
Cheer Team	One Act Play
Debate - Spanish	Pop Culture Club
DECA	Robotics
Drama/Theatre	Show Choir
E-Sports	Student Council
Fellowship of Christian Athletes (FCA)	Super Fans
Fishing Club	World Culture Club
Fusion Drumline	Yearbook
Gender & Sexuality Alliance (GSA)	
Golden Prom	
Karaoke Club	
Knowledge/Quiz Bowl	
Latinx Club	
Link Crew	
Mock Trial	
Model UN Club	

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

## Activity Registration & Participation Fees

District 622 has a new online registration vendor this year. North is using SmartSchoolK12 online registration **only** for all activities. Create an account by visiting <https://northstpaul2060.cf.affinetyolutions.com>. You will need your student ID number to register for the first time. If you need payment assistance, contact the Activities Office.

## MSHSL Co-Curricular Eligibility

Students must be making satisfactory progress toward graduation to participate in activities. This applies to music, drama, and speech. Minnesota State High School League eligibility penalties for chemical violations apply to these activities.

The advisor/coach of each activity will inform participants of requirements for lettering.

***\*Activities are open to all North students grades 9-12 unless otherwise noted.***

## **Asian Student Alliance (ASA)**

Advisor: A Yang

ayang2@isd622.org

The ASA will promote cultural awareness, and organize events to celebrate various Asian cultures and traditions. Activities may include cultural nights, to showcase traditional dances, music, clothing, and food from different Asian countries.

## **Black Student Union**

Advisor: Deron Drummond  
Walt Whittaker

ddrummond@isd622.org  
wwhittaker@isd622.org

September - May  
Meets every Wednesday

*Our mission for BSU is to create a safe space for black students, and anyone interested in learning about the African American community. We are a group that sponsors cultural and social events, provides leadership opportunities, and holds a space for African American students to have a voice.*

- *Be a voice for the larger student body*
- *Share input and ideas for school-wide events*
- *Facilitate student group discussions*
- *Assist in putting on school-wide events (NAAPID)*

## **Bowling Club**

Advisor: Jenell Kreuger

jlkreft@comcast.net

Cost: \$100

August - May

*The Co-ed season starts with practice the second week of August. Competition begins the second week of September. Practice is Monday and Wednesday at Saxon Lanes in Little Canada after school. Competitions are Fridays after school at various bowling houses in the metro east area. The season ends with state tournaments the first weekend of December (earlier if eliminated). The bowling is Baker (five people bowl each game).*

*The Girl's season starts with practice about mid-December. Competition begins after the first of January. Practice is Monday and Wednesday after school at Saxon Lanes. Competitions are on Sunday afternoons at various bowling houses around the Twin Cities. The season ends in late April with state tournaments.*

## **Cheer Team**

Advisor: Hillary Clark

hillaryclark45@gmail.com

Cost: Variable

August - March

*North's cheer team supports our student athletes. Cheers, stunts, tumbling and dance routines will be seen and heard at home games throughout the school year. Winter tryouts are in early October and Fall tryouts are in mid-April.*

## **Debate Team - Spanish**

Advisor: Elizabeth Martinez

emartinez@isd622.org

Cost: No fee

Starts in January

*The Spanish Debate Team is part of Augsburg College's Urban Debate League. Spanish Debate starts practices in January/February, and the season.*

## **DECA**

Advisor: Kelli Potthoff

kpotthoff@isd622.org

Cost: No fee

September - June

Open to students in grades 9-12 enrolled in marketing courses with above average performance.

*A sales and marketing club at North with 200,000 members nationwide. An opportunity for students to showcase or demonstrate skills learned in Sales & Marketing classes. Students compete in a variety of sales job interviews, promotions and marketing events at the District and State levels.*

## **Drama: Fall & Spring Productions**

Advisor: Jack Bonko

bonko.j@gmail.com

Cost: \$60

September - May

*North High presents a musical in the fall and a play in the spring. Production titles and schedules are announced prior to the auditions. Opportunities exist for actors as well as crew (set-building, audio, lighting) and musicians (for the fall musical). All students are welcome to participate. Auditions for acting roles are held in Sept. and Jan/Feb. Any student may participate in crew (set building, props, audio, lighting etc.)*

## **E-Sports**

Advisor: Austin Storm

astorm@isd622.org

Cost: No fee

Fall and Spring

*Students must have access to the PC/console of desired game(s).*

*Games include: Rocket League, League of Legends, Super Smash Bros Ultimate, Valorant, and others.*

*This is a competitive club, and depending on numbers, tryouts may be necessary to determine rosters.*

*North High students compete against other talented high school teams for the chance to win the state championship. North competes in the MN Varsity League.*

## **Fellowship of Christian Athletes (FCA)**

Advisors: Eric Berg eberg@isd622.org  
Bob Hackney bhaackney@isd622.org  
Dan Salava dsalava@isd622.org

Cost: No fee

September - May, meeting weekly in Room 214 - day and time to be determined

NOTE: One need not be an athlete to participate

*FCA is a faith-based group that teaches the importance of competing in athletics in a way that is positive and respectful for all involved. This includes the athletes, coaches, parents, officials and fans. FCA Mission Statement: To see the world impacted for Jesus Christ through the influence of athletes and coaches.*

## **Fishing Club**

Advisor: Andrew Valek avalek@isd622.org

Fall & Spring

*The North Fishing Club gives students in grades 9-12 the opportunity to get outdoors and go fishing with friends, while learning about and becoming stewards of our beautiful Minnesota lakes and rivers.*

## **Fusion Drumline**

Advisor: John Povolny jpovolny@isd622.org

Cost: \$185 (Additional incidental costs may occur)

October - April

Open to District 622 students in grades 7-12

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

## **Gender & Sexuality Alliance (GSA)**

Advisors: Deborah Cane dcain@isd622.org  
Shelly Yoder syoder@isd622.org

Cost: No fee

September - June

*A student-organized group, GSA works to "Create Awareness, Respect, and Equality" for all students at North High. This group provides support and resources for LBGQTIA issues.*

## **Golden Prom**

Advisor: Elaine Simon

esimon@isd622.org

Cost: No fee  
September - May

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

## **Karaoke Club**

Advisor: A Yang

ayang2@isd622.org

Join the new karaoke club! This club is for students who love music, singing, and having a great time. This group welcomes all personalities, interests, and musical tastes, making it an inclusive and welcoming space for everyone.

## **Knowledge Bowl/Quiz Bowl**

Advisors: Joe Simms  
Deborah Cane

jsimms@isd622.org  
dcane@isd622.org

Cost: \$60  
September - March

*A competitive interdisciplinary academic contest with BUZZERS. Teams of students compete in written and oral rounds by answering questions related to all areas of learning: literature, math, science, geography, history, etc.*

## **Latinx Club**

Advisor: David Echavez Valdez

dechavezvaldez@isd622.org

Cost: Free  
September - May

*Latinx Club connects Latino/a students to their roots and is a place where students can feel comfortable speaking Spanish. Meets once per week from 2:45 - 4 p.m. College visits, cultural traditions, field trips, and guest speakers are just some of the fun things that happen in Latinx. It is also open to all students who share a passion for the Spanish language and Latin/Hispanic culture. Todos son bienvenidos!*



## **Link Crew**

Advisors: Deborah Cane  
Logan Ross  
Andrew Valek  
Alison Wohlwend

dcane@isd622.org  
lross@isd622.org  
avalek@isd622.org  
awohlwend@isd622.org

Cost: Free  
August - May  
Open to all 11th and 12th graders

*Link Crew is a high school transition program. Students will develop leadership and mentoring skills to help welcome freshmen and make them feel comfortable during their first year of high school. Students apply in April the year prior to their 11th or 12th grade year. Applicants must be in good academic standing, have no prior discipline referrals, and be enthusiastic about making a positive impact!*

## **Mock Trial Club**

Advisor: Kelli Potthoff

kpotthoff@isd622.org

Cost: \$60  
October - February  
(Tryouts in Sept, practice begins in Oct, competitions from Dec - Feb; District competitive trials are every Tuesday in January from 5 - 8 PM.)

*The Mock Trial Program is a law-related education program that introduces students to the American legal system. Students exercise their critical thinking and teamwork skills, as well as the basic skills learned from an experienced trial lawyer. The program is run through the Minnesota State Bar Association. Students will prepare a case and perform both sides at trial. Civil and criminal cases alternate years. 2023-2024 is a criminal case.*

## **Model UN Club**

Advisor: A Yang

ayang2@isd622.org

Cost: No fee  
Meeting times to be determined

*Model United Nations calls for students to role play delegates in a simulation of the United Nations General Assembly and other specialized UN committees. MUN will teach you how to be a good diplomat and will increase your diplomacy and negotiation skills. Model UN conferences are opportunities to practice research public speaking, teamwork, negotiation, and writing skills in a safe and structured environment. We will meet once a week.*

## Music (Band & Choir)

Advisors: Aaron Hammerman (Band) ahammerman@isd622.org  
Amy Johnson (Choir) ajohnson12@isd622.org

September - June

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

## National Honor Society

Advisors: Darla Armstrong darmstrong@isd622.org  
Erin Naughton enaughton@isd622.org

Cost: No fee

Year-round

Open to 11th- and 12th-grade students with a 3.25 GPA or better and selection by the NHS faculty committee

*Organization for students to demonstrate that they possess "leadership, character, service, and scholarship". Once selected for membership, they work on service projects that benefit the school and the community.*

## Northern Highlights (Newspaper - Online Edition)

Advisor: Rachel Myers rmyers@isd622.org

Cost: No fee

September - June



*Students cover North High and the surrounding community - writing articles, taking pictures, and having a great time producing North's school newspaper.*

## One Act Play

Advisor: Jack Bonko bonko.j@gmail.com

Cost: \$30

December - January

*Each winter, North submits a One-Act play as part of the MSHSL competition. Auditions for actors will be held at the end of October. Student crews will also be required to travel with us to run technical elements. Some rehearsals may take place over winter break.*

## Pop Culture Club

Advisor: A Yang ayang2@isd622.org

Culture Pop Club celebrates and explores various aspects of popular culture. The club's main goal is to create a space where students can come together to share their interests, engage in discussions, and participate in fun activities related to different forms of popular culture.

## **Robotics**

Advisor: Dave Moran

dmoran@isd622.org

Cost: No fee  
November - April

*Robotics is about designing and building a robot from scratch and entering the national FIRST Robotics competition. During the building season, students are expected to take part in the activities a minimum of 3-4 times a week, 5-6 times a week to letter. Use all of your skills to build a competitive robot in six weeks!*

## **Show Choir**

Advisor: Amy Johnson

ajohnson12@isd622.org

Cost: Varies  
August - June

*Open to choir students in grades 9-12 by audition. Students are also needed for the crew and instrumental combo, which rehearse outside the school day.*

*Students learn popular songs and dances and prepare a full choreographed show that is performed at regional and national competitions and community events. There is a one week show choir camp in August. Rehearsals are Fridays from 3-5 pm. Competitions are on Saturdays during the winter months.*

## **Student Council**

Advisors: Courtney Johnson  
Jon Tschida

cjohnson5@isd622.org  
jtschida@isd622.org

Cost: \$20  
Year-round

*Applicants must be in good standing with school authorities, have no prior discipline referrals, has a 3.0 GPA or better, and be elected by his/her class.*

*The North High Student Council is an elected group of students that provide leadership and input into the operation of the school. The council coordinates school events, dances, and community projects.*

## **Super Fans**

Advisor: John Chaplin

jchaplin@isd622.org

Cost: Free

*Support and cheer on Polar Nation. Plan special nights. Meeting early in September.*

## **World Cultures Club**

Advisor: A Yang

ayang2@isd622.org

Cost: No fee  
September - June

*Our mission is to celebrate cultures around the world as represented by students at North High School. We will seek to build community and understanding of each other. We will host community donation drives to help our North Community. We will meet twice a month.*

## **Yearbook**

Advisor: Brian Reda

breda@isd622.org

Cost: Free  
September - June  
Open to all North students with advisor permission

*Students help create, design, and write the text for the yearbook.*

# ISD 622 Activities Academic Standards

## Philosophy

The Minnesota State High School League policy states that to be eligible for participation in MSHSL activities, one must be making satisfactory progress towards graduation. Our goal is to develop the total student in all of our

## Credits Required

There is a credit requirement in place for a student to be able to participate: A student has an opportunity to earn 18 credits per year equaling 72 credits to graduate. A student is required to have 66 credits for graduation. If a student is 7 or more credits behind their progress to graduate, that student will not be eligible for participation. If a parent/guardian wishes to appeal this academic standard they must submit a formal request to the Activities Director in writing prior to the start of the sport season.

## Grading

### 1. Grade Monitoring

- Grade Sheets will be used on a as needed basis.
- Online Communication: Regular cell phone pings to notify student-athletes about required athletic study hall on Monday's starting the third week of school.

### 2. Academic Study Hall

- Student Athletes with a grade of F: Weekly attendance is required.
- Once the grade is above a D: Study hall attendance is no longer required.

### 3. Supervision

- Staff will oversee the study hall sessions.
- Attendance, communication, and grade updates will be tracked.

### 4. Schedule

- Study Hall Sessions: To be determined

### 5. Eligibility

- The Activities Director will make the final decision regarding student eligibility.

# North High School Activities Department Policies & Guidelines

## Participation

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

## Release from Class

North High students will receive an electronic pass via email indicating the time and date of their release from class. All work shall be made up at the convenience of the teacher.

## Dropping or Transferring Sports

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

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

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

## Equipment

School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss or damage of any equipment is the athlete's financial obligation. Summer equipment rental needs to be cleared by the coach and forms completed.

## Missing Practice

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

## Travel

All athletes must travel to and from athletic/activity contests with their team if transportation is provided by the Activities Department unless previous arrangements are made by the parents for exceptional situations.

Athletes will remain with their squad and under the supervision of the coach when attending away contests. Athletes who do not ride on the team bus will not be allowed to participate in the contest unless there are extenuating circumstances. All regular ISD 622 school bus rules will be followed.

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

## **Policies & Guidelines continued**

### **Conflicts in Co-Curricular Activities**

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

### **Scheduling of Events**

The Activities Director and Fine Arts Department will schedule events in the spring of the year as completely as possible for the following school year.

Events scheduled after that date would have to be cleared with the master schedule in the Activity Director's office. Official district, region, and state additions or corrections should take precedent over non-conference and locally scheduled events. The original schedule will take priority over all later scheduled events. When it becomes necessary to reschedule a sport or fine arts activity, which has been postponed because of weather conditions, the coach or director must check the existing school schedule before rescheduling the event. If there is possible conflict, the change must be approved by the Activity Director and the fine arts department.

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

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

### **Vacations Guidelines**

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

1. Contact the head coach prior to the vacation.
2. Be willing to assume the consequences related to their status on that team.

## **Policies & Guidelines continued**

### **Squad Selection Guidelines**

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

### **Cutting Guidelines**

Choosing the members of athletic squads is the sole responsibility of the coaches.

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

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

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

### **Participation and the School Day**

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

### **Team Pictures**

Lifetouch Pictures will be taking all team and individual athletic pictures. The Activities Office will schedule team picture day each season.

If you have questions after receiving photos, call Lifetouch Customer Service at 1-800-736-4753.

### **Financial Obligations and Equipment**

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

If a student does not make a team, the student will be refunded the entire fee.



## Return to Play Protocol - Concussion

North High provides a Twin Cities Orthopedics (TCO) Athletic trainer for all varsity games and after-school practices. The training room is located in the athletic hallway near the locker rooms. Office hours are 2:30 - 6 p.m. Contact Hannah Tongen, Athletic Trainer, at 651-748-6181.

Return-to-play decisions are complex. An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of signs and symptoms, a step-wise return-to-play progression overseen by a licensed medical professional must be completed. For all MSHSL sports, a specific return-to-play protocol must be completed, documented, and on file with the school's athletic trainer. Additionally, if the athlete was taken to a physician and diagnosed with a concussion, that physician must clear the athlete to begin the return-to-play protocol and the athletic trainer must be given documentation of physician clearance.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if he/she continues to be free of any symptoms and/or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

The return to play after a concussion follows a stepwise process:

1. No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise - for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the persons medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

# Penalties for Violations

## First Violation

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

## Second Violation

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

## Third and Subsequent Violations

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

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

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

## Student Parking Permit Information

Parking permit sign up starts on Monday, August 5, 2024 via the GoFan app. Your parking permit will be ready for pick up at the open house. Parking permits are limited. Purchase is on a first-come, first-served basis.

Cost is \$155 for a full-year pass. Parking spots are limited.

Permits must be displayed on the first day of school to park in student lots.

- Students are **ONLY** allowed to park in the main parking lot - the east lot by Polar Arena.
- Limited spots - purchase early.
- To purchase a parking permit, visit GoFans at



If you have any questions contact Andy Navis in the North High Activities Office at 651-748-6026 or [anavis@isd622.org](mailto:anavis@isd622.org).

## Activities - Safety Practices

District 622 athletic events are governed by the Minnesota State High School League (MSHSL)

District 622 student conduct at school and district events is governed by the District 622 Student Responsibility Policies. ([www.isd622.org/about/handbook](http://www.isd622.org/about/handbook))

### Online Ticketing Only

Tickets are only sold online. Buy tickets using the GoFans QR code and ticket prices on the next page. Tickets are \$8 for adults and \$5 for students. Seniors 60 years of age and older are free.

### IDs

The home and visitor team students (grades 9-12) are the ONLY students allowed into the game with a valid student ID.

### K-8 Students

Students grades K-8 must be accompanied by an adult chaperone.

### Re-entry Policy

Fans will not be allowed re-entry after exiting the building/venue. An exception will only apply when restrooms or concessions are not within the venue.

### Home/Visitor Seating

Fans are expected to be in their designated school section.

### Backpacks

Backpacks are not allowed at home football games.

### Event Policies

- No outside food or drink allowed in the stadium.
- District 622 prohibits the following at school events:
  - Weapons
  - Alcoholic beverages
  - E Cigarettes/vaping
  - Tobacco
  - Controlled substances including Cannabis
- Spectators are prohibited from bringing balls into an event.
- Only hand-held signs are allowed. Signs must be positive, appropriate, promote the participants, and not be unduly distracting or block the view of others.
- Artificial noise makers are prohibited.
- Only authorized personnel will be admitted onto the playing surface.
- Animals, other than service animals, are not permitted in the event.

***Persons who violate these rules may be removed without refund.***

## Student Code of Responsibilities

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- I will not participate in any behavior that could be considered harassment, bullying, or hazing.
- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and the laws of my community, state, and country.
- 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.
- A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student is not in good standing, a student may not serve any penalty for MSHSL bylaw violations.

## Athletic Admission Prices

\$8 - Adults

\$5 - Students

Tickets may be purchased online only using the QR code below or on the GoFan events website. No cash sales at the door.

Scan this QR code to purchase tickets:



Or visit: <https://gofan.co/app/school/MN9795>

## **Home Competition Locations**

### **Baseball Fields**

Varsity & JV: Kuenkel Fields, 2 blocks west of North High School

B-Squad: Gladstone Fields, 1945 Manton St, Maplewood

9th Grade: Harmony Learning Center, 1961 E County Rd C, Maplewood

### **Bowling Lanes (Adapted Bowling)**

Sun Ray Lanes, 2245 Hudson Road, St. Paul

### **Football Fields**

Varsity: Polar Field, behind and east of North High School

Lower Levels: South Field, directly south of North High School, near the track

### **Golf Course**

Boys and Girls: Manitou Ridge, 3200 McKnight Rd, White Bear Lake

### **Gymnasium**

On the first level of North High School, at the west side of the building

### **Ice Arenas**

Polar Arena, just east of North High School main entrance

Tartan Arena, behind Tartan High School, 740 Greenway Ave N, Oakdale

### **Pool**

John Glenn Middle School, 1560 E County Rd B, Maplewood

### **Soccer**

Varsity: Polar Field, behind and east of North High School

Lower Levels: East Soccer Field, east of our District Ed Center on Margaret St and 12th Ave

### **Softball**

McKnight Fields, 1 block west of North High School

### **Tennis**

John Glenn Middle School, 1560 E County Rd B, Maplewood

### **Track**

South side of North High School

