

Sauk Rapids-Rice



High School
&
Middle School
Activities Handbook

Updated Summer 2024

TABLE OF CONTENTS

Storm Activities Department Mission and Values	3
Mission	3
Vision	3
Core Values	3
Membership	3
Activity Participation Fees	3
What is an Activity: Club, Fine Art, Competitive Activity, Sport?	4
Definitions	4
Protocol for Adding a New Activity/Club	5
Participation Information	7
Participant Responsibilities	7
Registration	8
Sports Qualifying Physicals	8
Activities Academic Protocols	8
Academic Eligibility and Graduation Credits	8
Credit Recovery	8
Failures from Previous Grading Period	9
In-Season Academic Referrals	9
Academic Dishonesty	9
MSHSL Bylaws	10
Attendance	12
Practice/Competition Attendance	12
Illness	13
Selection and Try-Out Process	13
Removing a Participant from an Activity	13
Health Protocols:	13
Medical Notes	13
Concussions	14
Varsity Lettering Standards	14
Storm Activity Captains	14
Transportation and Driving	15
Acceleration Procedure	15
Activities Communication Process	16
Captains Practice	16
Equipment and Supplies	18

Public and Family Information	18
Parent/Guardian Expectations	18
Supporting Coaches/Advisors	19
Booster Organizations	19
Coaching/Advising Out of Season Guidelines	
Miscellaneous	20
Fitness Center	20
Storm Training Program	20
Severe Weather	21

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 on to 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.

Participation Information

Participant Responsibilities

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

- Follow the policies and procedures of Storm Activities, Sauk Rapids-Rice Public Schools, the Minnesota State High School League, and the Central Lakes Conference.
- Display good sportsmanship.
- Respect the judgment of supervising officials.
- Positively represent Sauk Rapids-Rice with our language and actions.
- Communicate questions and concerns by following the Storm Activities Communication Process
- Attend all team functions (i.e. practices, competitions, lifting/training sessions, etc.)
- In unique circumstances, if a scheduling conflict arises, participants are responsible for communicating this with their coaches/advisors as soon as possible.
- Speak positively about peers, coaches, and programs
- Come prepared for practices and competitions/performances.

- Work to grow individually and support the growth of their program
- In-season sports participants will be provided a lock and an assigned locker. Participants will be responsible for securing their belongings in 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.

Registration

To participate in or try out for Sauk Rapids-Rice Activities Programs, individuals must first fully complete the registration process. Registration and further eligibility information can be found by going to: <https://storm.isd47.org/registration-eligibility>.

- As part of the online registration process, you will complete the MSHSL Eligibility Form, an updated health report, and pay the participation fee.
- If a participant does not make their team after the designated try-out period, their fee will be refunded.

Sports Qualifying Physicals

To complete registration for a sports program, a participant will need a completed Sports Qualifying Physical on file with Sauk Rapids-Rice Public Schools. A Sports Qualifying Physical must have occurred within three years of the final day of potential competition in a given sport.

Activities Academic Protocols

The primary focus of Sauk Rapids-Rice High School is academic achievement. Students must maintain satisfactory academic performance to participate in extracurricular activities.

Academic Eligibility and Graduation Credits

Per MSHSL Bylaws 103 and 108, in order for an individual to participate in extracurricular activities, they must be making satisfactory progress toward graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress. At Sauk Rapids-Rice Public Schools, satisfactory progress is determined by the following criteria.

<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	0	4
<u>10th Grade</u>	9	14	19
<u>11th Grade</u>	24	29	34
<u>12th Grade</u>	39	44	49

Credit Recovery

Those concerned about meeting the graduation credit thresholds are encouraged to connect with their school counselor to discuss their options.

Failures from a Previous Grading Period - Category 1 Activities

Definition - Category 1 Activities: Those school-sponsored activities in which there is a schedule of interscholastic contests, exclusive of tournaments or qualifiers.

Examples of Category 1 Activities: Baseball, Swimming & Diving, Volleyball, Speech; this is not an exhaustive list.

Any student registered for a Category 1 Activity who has failed a class in either of the two previous trimesters will serve a period of ineligibility. That period of ineligibility will be determined by the number of total classes failed. The participant will be ineligible for 5% of their regular season games, per each failed course, rounded to the nearest whole number. The minimum ineligibility period is 1 contest. The penalty will be served once and will be applied at the start of the participant's next activity following the failed class. 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.

Failures from a Previous Grading Period - Category 2 Activities

Definition - Category 2 Activities: Those school-sponsored activities that do not have a schedule of interscholastic events, and are exclusively comprised of qualifiers, tournaments, local performances, etc.

Examples of Category 2 Activities: Fall Musical, DECA, One-Act Play, Visual Arts; this is not an exhaustive list.

Registrants in Category 2 Activities who have failed a course(s) in the previous two trimesters will have a penalty that is determined by the Activities Director.

In-Season Academic Referrals

While a student is participating in a school-sponsored activity, they will be subject to academic referrals made by their classroom teachers or the Activities Office. Referrals will be submitted if a student is not displaying positive academic behaviors in a class and/or not making progress toward earning a passing grade.

Each referral will be shared via email with the Activities Office, the participant's Head Coach, Director, or Lead Advisor, the student's counselor, and the participant's parent/guardian who registers the individual for that given activity. Participants should also anticipate a conversation with a member of the Activities Staff following each referral.

Following a 3rd referral, and each subsequent referral, in a given class, a participant will become ineligible for competition/performance for a full week.

**Participants who are ineligible for academic reasons, will not be permitted to leave school early to attend competitions.*

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), where penalties will be progressive. 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:
 - a. use or consume, have in possession a beverage containing alcohol;
 - b. use or consume, have in possession tobacco; or,
 - c. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.
 - d. 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.
 - e. 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.
2. Penalty: Athletic Activities
 - a. First Violation Penalty
 - i. The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
 - b. Second Violation Penalty
 - i. The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.
 - c. Third or Subsequent Violation Penalty
 - i. The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.
 - ii. A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:
 - a) The student is assessed as chemically dependent,
 - b) enters treatment voluntarily, and
 - c) the director of the treatment center certifies that the student has successfully completed the treatment program.
 - d) The treatment option cannot be used for the first or second violation. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

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.
3. A student who is dismissed from school or who violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the school principal acting on the authority of the local board of education. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations. For example, when a student is suspended from school the student is not in good standing and cannot begin to serve the participation penalty until the student has completed the suspension from school and is returned to good standing.

Student Ejection From a Contest

a) During the Regular Season: A student-athlete who is ejected from a game/meet, shall not participate in a game/meet for the remainder of that day. The student is also suspended from the next scheduled, rescheduled, or contracted game/meet at that level of competition and all games/meets in the interim at other levels of competition.

b) The second and subsequent violations carry a four regularly scheduled game/meet ineligibility penalty.

c) During the League Tournament Series (Subsection, Section and State Tournament): A student-athlete who is ejected from a game, meet or individual competition shall not participate in a game, meet or individual round of competition for the remainder of that day. The student is also suspended from the next scheduled round of team or individual competition in that tournament series.

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

1. A student shall not engage in sexual, racial or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.
2. Sexual, Racial, Religious Harassment and Hazing Violations
 - a. Penalty for Category I Activities: Sexual, Racial, Religious Harassment and or Hazing Violations.
 - i. First Violation:

- The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.
- ii. **Second Violation:**
The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.
 - iii. **Third or Subsequent Violations:**
The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.
 - iv. **Progressive Penalties:**
Penalties for sexual harassment violations shall be progressive beginning with the first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.
- b. **Penalty for Category II Activities: Sexual, Racial, Religious Harassment and or Hazing Violations.** Each member school shall develop penalties which it will apply to the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.
3. **Sexual, Racial, Religious Violence and or Hazing Violations:**
 - a. **Penalty for Category I and II Activities:**
 - i. The student shall lose eligibility for the next 12 calendar months.

School Day 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 obligated to regularly attend all practices, competitions, and performances. Absences and tardies, whether excused or unexcused, will impact participation. Unexcused absences will almost certainly result in a participant missing a competition. 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

It is possible of course that emergencies may arise, e.g. illness, death in the family, etc, that render it impossible for a participant to attend. Absences though should be few and far between and, if necessary, arranged with the coach as soon as possible.

If and when your family considers scheduling vacations, non-emergency appointments, driver's tests, etc., know that these are considered unexcused absences.

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.

Illness

Any individual who is absent due to illness must be in attendance by period 3, and complete the school day in order to compete, practice, or perform that day.

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 middle school 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.

The opportunity to receive a Sauk Rapids-Rice Activities Letter is provided to individuals who participate in school-sponsored and school-operated activities.

General Lettering Criteria:

- Meet program-specific participation requirements
- Any participant who is eligible and becomes ineligible due to a MSHSL violation will forfeit their opportunity to letter in that activity.
- Competed or performed at the highest level Sauk Rapids-Rice offered in a given activity.
- Had zero unexcused absences from practices/competitions/performances/etc.

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
- Displays 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
- Meets individual program criteria

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
- Meets individual program criteria

*Programs have the ability to select "Lead Captains" from those who meet the captainship criteria. Responsibilities for captains and lead captains will be determined by individual programs.

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 must be arranged ahead of time and approved with the activities office via email communication.

Acceleration Protocol

7-12 Combined Programs: Dance, Cross Country, Swimming, Nordic Ski

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, Gymnastics

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.
4. If a student-athlete is accelerated to the High School level, and spends a majority of their season at the High School level, they will be required to pay the High School Activity fee.

Activities Communication Process

Questions and Clarifications

At any time throughout the year, individuals are encouraged to reach out to their program's coach/director when they have questions or are seeking clarification. Asking these questions supports alignment and a shared understanding.

Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children.

As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from the Coach

1. Locations and times of all practices and contests
2. Team requirements, i.e., special equipment, etc

3. Criteria for awards that will be presented at the end of the season
4. Discipline that results in the denial of your child's participation

Participants will experience some of the most rewarding moments of their lives while in activities. It is important to understand that there may also be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues NOT Appropriate to Discuss with Coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

Questions and Clarifications

At any time throughout the year, individuals are encouraged to reach out to their program's coach/director when they have questions or are seeking clarification. Asking these questions supports alignment and a shared understanding.

It is very difficult to accept your child not playing as much as you had hoped s/he would play. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team and for all of the individuals involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

There are situations that may require a conference between the coach, the participant, and the parent. These interactions are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If You Have a Concern to Discuss with a Coach, Please Follow This Procedure:

1. Email to set up an appointment with the coach.
2. If the coach cannot be reached, please email the Activities Director.
3. DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches. These types of confrontations do not promote a positive resolution to any concern.

If You Have a Concern about a Coach or Directors Conduct, Please Email the Activities Director. This conduct will be investigated, and, if a meeting is deemed necessary, one will be scheduled.

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 to the head coach, or designee, 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, a charge 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.

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 coach's job to coach, the official's job to officiate, and the player's job to play, it is your role 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 participant
 - Being on a team is not easy, let your participant know that their dedication to a program is an accomplishment in and of itself.
- Refrain from yelling for any reason other than for encouragement.
- Negative comments toward officials/judges will not be tolerated
- 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.
- Do not reach out to the coach to talk about your child's playing time.
 - 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 activities communication process chain.
- 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.
- Video Recording
 - Spectators are not to record, livestream, or broadcast, full contests/performances without prior approval from the Activities Office

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 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:

<https://storm.isd47.org/booster-clubs>

*Note: School personnel are not able to write checks on the booster club accounts.

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. The district requires that the adult be a school employee who has knowledge and is trained in this area.

Storm Training Program

The Storm Training Program is designed to mirror some of the best programs locally and nationally. Consistent participation has proven to help athletes develop their physical strength, endurance, speed, agility, explosiveness, and flexibility. The combination of these traits reduces the risk of injury and helps our athletes perform at a higher level.

- In-Season Sport Training: Participation in training sessions is a part of the program experience and not optional.
- Off-Season and Summer Training: Participants are highly encouraged to participate in our training programs, with their peers, in our facilities.
 - Consistency is more important than intensity in training. Gaps in training lead to significant speed and strength loss.

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.