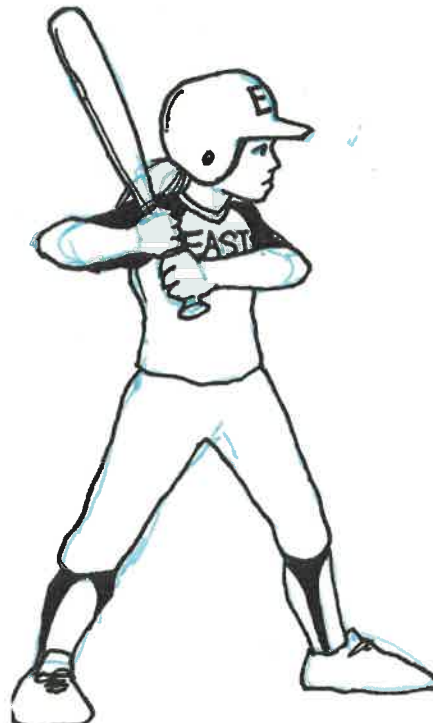


East Softball Team Handbook 2025



Our Purpose Statement

**We want to teach our Student Athletes
how to reach a common goal by
creating an atmosphere where they love and trust each
other and become good citizens and leaders.**

www.eastgreyhounds.com

Philosophy

The focus of our program is development, both in the skills needed to play softball and as student athletes. We have very high expectations for everybody involved with our program. Expectations include: academic growth, commitment to our team, and the development of positive relationships. Older girls are expected to help guide and mentor younger players by role modeling and also helping with the development of softball. This year we will have the opportunity to work with area youth softball players who will join us for a practice/clinic later in the year. Softball wise we will stress both individual and team fundamentals. Practice is where the most growth occurs, and we will work hard to improve throughout the year.

Scheduling/Communication

The East website is a great resource for accessing our game schedules and forms such as the "travel release form". Go to the Home page then "activities" then "calendar and schedule". Every attempt is made to keep this online schedule current; however, I will email specific information or schedule changes when needed. If there is a need for a last minute change or update I will do this via text to the team. Parents are encouraged to sign up for the "notify me" feature on the upper right side of the school calendar.

Forms and Fees

ONLINE REGISTRATION! Go to the "ONLINE REGISTRATION" TAB UNDER ACTIVITIES!

Contact Info, Emergency #s, Insurance info, Health History, Parent and Student Athlete must complete together.

Lettering Criteria

- All girls who see Varsity playing time and/or are included on the post season roster will earn a letter.
- All Managers in good standing will receive a letter award.
- Coaches reserve the right to use their discretion in awarding letters.

Playing Time

At the Varsity level playing time is earned. Valid excuses for missing games or practices include: illness, family emergencies, and school related activities that cannot be avoided or rescheduled. Time missed for any reason can affect playing time however as time missed affords others a chance to improve and play more. At the Junior Varsity and C Team level everyone will play each game if they have attended practices leading up to the game.



WHY WE PLAY

We believe:

- Students are our highest priority
- In dignity, worth, and self –esteem of participants should be paramount in all our activities
- The most important result of competition is the development of life-long values and skills
- That the extra-curricular programs are an integral part of the high school experience
- That extra-curricular programs should be fun and rewarding
- In open communication and mutual respect
- Morale, satisfaction, and performance are enhanced when we work together on challenges
- Positive parent support and involvement enhance student growth and program quality.

Objectives of High School Sports:

- To expand the horizons of each student
- To promote fitness
- To build better citizens through participation
- To equip students to handle adversity
- To develop Leadership

Why we play:

- To have fun
- To learn
- To improve
- To conduct yourself well
- To appreciate the opponent
- To do your best
- To learn life skills (star qualities)
- To learn from both winning and losing

Why High School Athletics Exist:

- To provide students with the opportunity to grow, learn, achieve, and fail in an environment of minimal risk.

MSHSL/Duluth Public Schools – Student Athlete Good Standing Eligibility

Simply put, this is *Student Code of Conduct Eligibility* based on the school's rules and based on the standards of the school community.

1) Students must understand and accept the following responsibilities:

- Respect the rights and beliefs of others and treat others with courtesy and respect.
- Accept responsibility for his or her actions and the consequences of those actions.
- Respect the property of others.
- Respect and obey the rules of the school and the laws of the community, state and country.
- Show respect to those who are responsible for enforcing the rules of the school and the laws of the community, state and country.

2) Students whose character or conduct violates the Student Code of Responsibilities or who are suspended or expelled are not in good standing and are ineligible for a period of time as determined by the principal or school administration.

3) While not in good standing, students may not serve any penalty for a chemical violation or other League bylaw violation.

Understanding "Good Standing" (Bylaw 206)

By definition, the term "Good Standing" means the student is eligible under all of the conditions and eligibility requirements of that school as well as the eligibility requirements of the League. This really means that the student has good behavior, is meeting all of the school's student code of conduct responsibilities, is academically eligible to participate, and also has no chemical suspensions.

Involvement in extra-curricular activities is viewed as an educational experience that will enhance the backgrounds of the students who participate. Students who participate in activities are representing the city of Duluth, ISD 709, and Central High School. A student must present the most positive image possible. Students are expected to give maximum effort to all aspects of their activities participation. In addition, they are expected to take excellent physical care of themselves.

Activities that have a defined season leading to MSHSL elimination tournaments, contests, and/or festivals, including inter-scholastic athletics for boys and girls, competitive speech, debate, music, cheerleading and dance team are governed by the rules as set forward by the MSHSL. The penalties for a violation of those rules are also set forward by the MSHSL. Anyone participating in MSHSL activities is responsible to abide by the rules set forth. Participants in all MSHSL activities are governed by the following ISD #709 rules:

Social Media Policy – Facebook/Twitter, etc.

As a student in the Duluth Public Schools, you are expected to follow student handbook guidelines, even though an event may happen off school property or after school hours.

- Social network sites, other digital platforms (including cell phones) and distribution mechanisms that facilitate students communicating with other students are considered "Social Networking" platforms. Participation in such networks has both positive appeal and potentially negative consequences. It is important that as a student in the Duluth Public Schools, you are aware of these consequences and exercise appropriate caution if they choose to participate.
- Students are not restricted from using any on-line social network sites and/or digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal, state and local laws, as well as, your Student Handbook. As a student in the Duluth Public Schools, you must be aware of your Student Handbook regulations and expectations of our said extra-curricular programs. Ignorance of these regulations does not excuse students from adhering to them. NOTE: COLLEGE COACHES LOOK AT SOCIAL MEDIA!!!

Hazing

Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.

Coaches will make sure that the team does not engage in the following:

1. Initiation rites that includes face-painting or unusual costumes
2. Any physical activities (paddling, blindfolds, obstacle courses, etc.)
3. Any public activities that would embarrass or single out a member. (singing in a restaurant, standing on a street corner waving at cars, making purchases which may embarrass the individual)
4. Any activity that involves putting up signs or toilet paper on any buildings or homes or anything in a yard.
5. Any activity that separates team members and treat them in an embarrassing way.

2023-2024 - DISTRICT #709 BEHAVIOR REGULATIONS

STUDENTS RESPONSIBILITY

- Students must serve a consequence in each activity in which they participate – MSHSL, Duluth High School Intramurals, Activities, and Fine Arts. Penalties may be served concurrently.
- Due Process including appeals procedure as defined in the MSHSL bylaw 213.02,8.

All penalties:

1. Are in effect year round (including summer and off-season.)
2. Carry over from school year to school year.
3. Carry over from sport/activity to sport/activity.
4. Are applied to MSHSL violations that occur anywhere and any time.
5. Student fully agrees to fully cooperate in any investigation honestly and truthfully.

Determination and notification of violations:

1. Any violation(s) of the MSHSL or ISD 709 policy known to a coach/advisor must be reported to the Activities Director and/or Principal in writing immediately upon learning of the violation.
2. The Principal and Activities Director are responsible for administering this policy and declaring a student ineligible. The Principal and Activities Director will conduct a thorough investigation prior to reporting findings in the case.
3. Written notification of a student's ineligibility and the reason for such should be provided to the parent, student, and the coach/advisor.
4. Serving a penalty: Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty).
5. A copy of this notification must be kept on file in the High School Activity Director's Office until the student graduates. All and any paperwork will be shredded immediately after the student no longer participates.

***MOOD-ALTERING CHEMICALS - Reference MSHSL Bylaw 205**

Twelve (12) months of the year, a student shall not at any time, regardless of the quantity: (1) use or consume, have in possession a beverage containing alcohol; (2) use or consume, have in possession tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia, (4) 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, (5) 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 substance 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.

Student Code of Responsibilities - Reference MSHSL Bylaw 206

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

1. *I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
 2. *I will be fully responsible for my own actions and the consequences of my actions*
 3. *I will respect the property of others.*
 4. *I will respect and obey the rules of my school and the laws of my community, state and country.*
 5. *I will show respect to those who are responsible for enforcing the rules of my school and the laws of my comm., state and country.*
- A student ejected from a contest shall be ineligible for the next regularly scheduled game or meet at that level of competition and all other games or meets in the interim at any level of competition, for the first ejection. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled games or meets. This suspension can be deemed longer or shorter based on the violation and is up to the discretion of the building principal.

SEXUAL/RACIAL/RELIGIOUS HARASSMENT / VIOLENCE and HAZING - Reference MSHSL Bylaw 209.00

A student shall not engage in the sexual, racial, religious harassment, 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.

Reporting Procedures:

1. Any person who believes he or she has been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual, racial, religious harassment, violence or hazing, shall inform the building principal immediately.
4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

Reprisal

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates against any person who makes a good faith report of alleged sexual, racial, religious harassment, violence or hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such sexual, racial, religious harassment, violence or hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

FAIR HEARING PROCEDURE — The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's determination of ineligibility for a student. The student has 10 calendar days in which to appeal the school's decision. The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school or on Web at www.mshsl.org in the Publications section.

First Offense

1. After confirmation of the first violation, 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. Students must remain during the season and finish the season in good standing in order for the penalty to be considered served.
2. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.

A team/group/club, in conjunction with the coach/advisor as well as the knowledge and approval of the activities director and principal, may increase the severity of a penalty. The coach/advisor shall clearly communicate in writing any changes or additional consequences to the parents and students prior to the season.

Second Offense

1. After confirmation of the 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. Students must remain during the season and finish the season in good standing in order for the penalty to be considered served.
2. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.

Third Offense (and subsequent):

1. 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. Students must remain during the season and finish the season in good standing in order for the penalty to be considered served.
2. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group. 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, enters treatment voluntarily, and 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.

Penalties for Category II Activities and Clubs

Definition - Category II Activities: Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments. Includes Fine Arts Activities:

1. Speech, Debate, Drama, Knowledge Bowl, Robotics, and Math Team, and One Act Play
2. Music Activities.
3. Visual Arts Activities. Each member school shall develop penalties which it will apply to the participants in these activities.

After confirmation of the first violation, The student shall lose eligibility for the prescribed time period set by the Principal. The student must remain during the season and finish the season in good standing in order for the penalty to be considered served.

Denial Disqualification: A student shall be disqualified from all interscholastic athletics 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.

Understand that this policy works in conjunction with the MSHSL policy and will supersede the State League's policy.

There also may be other ramifications due to the violation, some being, but not limited to: consideration being eliminated for All Conference, Team Captain, Team Awards, and School Awards.

ISD #709 Academic Eligibility

A. Academic Eligibility - (Including enrollment at ALC, AEO, CITS, Homeschool or an online school)

At the conclusion of each grading period, a student cannot have an F on a report card and must not have a "U" in conduct given by the administration. If a student receives an F on a report card, the student is ineligible as described below. Students must be making progress towards graduation.

No "F" for a grade period or final grade for a class.

B. Ineligibility Status

Ineligibility is described as a period of time in which the student **may practice but not participate in activities/games/contests**. Grades will be reviewed the Friday of the fourth week of the marking period.

- The student must have no F's and no administrative "U" in conduct on that day to gain eligibility.
- For **consecutive grade period violations**, a student is **ineligible** to participate until the issuance of the next report card.
- Ineligibility is described as a time the student may continue to practice but may not participate in varsity games or contests.
- If an "F" is changed to a passing grade, the student can become eligible immediately
- An "I" is considered a failing grade. If the "I" is changed to a passing grade, the student may gain eligibility.
- An "NC" will be equivalent to an "F" for purposes of eligibility

Fall 2023:

Eligibility review date for students who failed a class in Quarter 4 of the previous school year

Eligibility review date – **September 15, 2023**

End of 1st grade period - **November 3, 2023**

Winter 2023-24:

Eligibility review date for students who failed a class in Quarter 1 – **December 1

End of 2nd grade period – January 19 (All grades checked when report cards are issued)

Eligibility review date for students who failed a class end of Quarter 2 – **February 16, 2024

End of 3rd grade period – March 29 (All grades checked when report cards are issued)

Spring 2024:

Eligibility review date for students who failed a class in Quarter 3– **May 3, 2024

End of 4th grade period – **June 6 (All grades checked when report cards are issued)

Note: A student who fails a class during the fourth grading period, but passes the class for the semester will be ineligible in the fall. Students may take summer school to regain eligibility from a class failed in the spring.

Credit Eligibility

At the conclusion of the first semester and end of the school year, students must be making satisfactory progress toward graduation based on the credit schedule listed below. If a student falls below the credit requirements, they may be deemed ineligible for a period of time as determined by the building principal.

1. Incoming 10th grader (sophomore) – 5.00 credits, 7.875 credits at semester
2. Incoming 11th grader (junior) – 10.50 credits, 13.62 credits at semester
3. Incoming 12th grader (senior) – 15.75 credits, 18.875 credits at semester
4. 21.5 credits needed to graduate for the class of 2023 and 2024; 22.50 credits to graduate for the class of 2025 and beyond

- Have not dropped out of school or repeated a grade while in high school and will not participate in more than six (6) seasons in any sport in grades 7-12 - Will not have turned 20 before the start of the season in which I participate.

Less Than A Normal Course Load

All students must be fully enrolled (as defined by the Minnesota Department of Education) – minimum of four classes and one study hall. This includes students enrolled in PSEO classes. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7th grade.

Special Education Programs

These rules are applicable to students enrolled in Special Education programs; exceptions, with regard to academic performance and conduct, would be noted in the student's Individual Education Plan (IEP). An IEP cannot make exceptions to established academic standards.

ISD 709 Alternative Learning Center (ALC)

Students fully enrolled in ALC may participate at East or Denfeld where their attendance area resides.

Administrative Prerogative

The Principal reserves the right to declare a student eligible or ineligible for any appropriate period.

Home School Eligibility is based on State Statute

- Student must reside in the school's home attendance area (ie - Denfeld or East)
- Home school must be registered with ISD 709

Online Eligibility

- Students enrolled in an online school like Academic Excellence Online (Duluth Public Schools) or Minnesota Virtual Academy (MNVA), are fully eligible at either East or Denfeld - where their attendance area resides.
- If a student enrolls at an online charter school (Minnesota Transitions/Connections Academy) then that student is eligible to participate at that charter school.
- Not all online schools are created equally in the eyes of the MSHSL. Contact the activities director at East or Denfeld if you have any questions.

Cooperative Agreements

It is School District policy that ISD709 does not participate in cooperative agreements with charter or private schools. This is a decision by the school board.

- We do not offer cooperative sponsorships or articulation agreements with private or charter schools, they would take opportunities to participate away from our own students.
- Students enrolled at other schools would be eligible at their own school, or if they form a co-op with another MSHSL school.
- This includes students from; Edison, Marshall, Lakeview Christian Academy, Holy Rosary (and other parochial schools), Stella Maris High School, Harbor City, Online Charter Schools, and Montessori etc. Students from these schools are eligible at their school only, not Denfeld or East

Attendance:

- Students must be in attendance at school at least 2 hours at the end of the day in order to PRACTICE or participate in GAMES. Any unexcused absences on a game day may result in a one game suspension.
- If a student is at a medical appointment, emergency, college visit, or school related activity – accommodations can be made!
- Communicate with the AD or Coach in advance, and must be signed by the doctor, dentist, or be a family emergency.
- Student athletes must be in attendance the following day of an away event. Students are not allowed to "sleep in."
-

Transportation

The school does not provide transportation to our practice site at Ordean East Middle School or to local away games with Denfeld, Superior, Hermantown and Proctor. It is up to the parents to arrange transportation to and from these events. Ride sharing is encouraged for efficiency in safely transporting our students.

Travel Release Form- This form must be filled out and handed into the Activities Office or the coach in the event that a student needs to be transported to or from an away game instead of riding the bus. Coaches can sign this release. Form can be found outside the AD office or on the EHS Web page.

<https://dulutheast.isd709.org/activities-athletics/athletic-forms>

Home Games

For our home games at Ordean East Middle School the responsibility for setting up the temporary fencing is that of our players and coaches. Upon arriving at the field for home games players will assist in this task before warming up. Any assistance that parents can provide in doing this would be greatly appreciated. (This set up usually begins an hour and a half before game time).

<https://www.eastgreyhounds.com/public/genie/121/school/121/>

Field Use - User Rules:

- Do NOT allow the following under any circumstance • **Sunflower seeds, popcorn or tobacco products**
:These products will become trapped in the infill system and are too large to evacuate properly and too small to be picked up by regular grooming. .
- **Metal cleats or track spikes**: Metal cleats and spikes are harmful to your surface and can cause premature wear and tear on the fibers and may even puncture the backing system.
- **Wire bristle brushes or brooms** :These tools will damage turf fibers and cause premature wear of the surface area. Bristles may also come loose, leaving behind potentially dangerous debris. .
- **Harsh chemicals, ammonia, bleach and similar products** :These products are detrimental to your synthetic turf field and will void the manufacturer's warranty. If you are unsure about using a cleaning product on your field, consult your Sprinturf customer care manager before use.
- **Soda Pop and sports drinks**: Are a source of bacterial contamination and a source of staining on the synthetic turf field - so they shouldn't be used on the field. (Water is ok!)
- **Only U shaped legged chairs** :
- **Heaters, fire, or hot items**: Could melt the field as surface can melt at even low temperatures
- **Pets – NO PETS ALLOWED!**
Are an extreme source of bacterial contamination and a source of staining on the synthetic turf field.

Safety/Injuries

Duluth Public Schools Return to Play Procedure:

1. Coach/Certified Athletic Trainer evaluates and assesses the injury.
2. If, after the initial evaluation, the injury seems minor and the athlete wants to return to participation, the re several criteria and functional tests that will help assess the athlete's physical ability to return.
 - *The injured athlete should have nearly full strength of the uninjured side.*
 - *The injured athlete has complete range of motion of the affected body part.*
 - *The injured athlete should have NO significant swelling or fever in the affected body part.*
 - *The injured athlete should have NO significant pain in the injured area.*

The injured athlete should be able to perform a series of tests which will test his/her ability to participate in the activity. If there is any concern about an injury, DO NOT return a student to play. Refer the injured athlete to the Certified Athletic Trainer or Doctor.
3. Coach/Certified Athletic Trainer will immediately contact parents in the event of a significant injury.
4. If a PLAYER gets injured and they go to the doctor or professional **they must** be cleared to play by filling out the "resume participation" form by their doctor. The district "return to play" form must be used. Coaches will not accept a hand written note, or a note from a family friend or parent that is a doctor. The note must come from their primary doctor or the doctor that oversaw the student athlete.

NOTE:

- Injuries and sickness must be reported to coaches and trainers immediately by parents and players. Failure to do so could result in additional missed games or practices.
- The coach, in conjunction with the Certified Athletic Trainer, is responsible for making the "return to play" determination. The Certified Athletic Trainer (Jennie Koelling Jennie.Koelling@essentiahealth.org) will read and evaluate the "return to play" form and make a determination to which activities student athletes can participate in.
- If the Certified Athletic Trainer is not present, the coach must make a determination to the best of their ability. Coaches are instructed to always err on the side of safety; this directive comes from the MSHSL and is directly tied to reducing the chance for re-injury.
- No form = No play
Injured players will not be permitted to drive. Coaches will contact parents, parents will arrange for transportation.
The return to play form should be handed in 24 hours prior to a game or practice. The Coach, Certified Athletic Trainer, and AD should all participate in this process.

Fundamental reminder about this rule

It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that players are allowed to compete in practice or contests only if they are physically capable of doing so. Coaches are responsible for determining playing time; this protocol does not supersede that responsibility.

- The "return to play" form can be found in the activities office, trainer's room, or online.

ISD #709 EXTRACURRICULAR CONFERENCE PROCESS

INTRODUCTION

The ISD # 709 Extracurricular Conference Process has been developed for the purposes of establishing and maintaining the lines of communication between the school, parents/guardians, and students for the resolution of concerns related to the athletic/activity programs. This process is a means by which concerns/problems about the ISD #709 extracurricular programs can be resolved.

In order to establish a positive atmosphere and assure that the proper channels of communication will not be circumvented, the athlete, parent, coach and administrators have outlined a process for the use. All participants in the process are to adhere to the guidelines at all levels of the process. Any deviation from this plan will result in the expiration of the process.

Level I - Verbal

If a student and/or parent have a concern about an athletic program, decision, and/or coach, it is his/her responsibility to complete the following portion of the conference process:

Step I. Step One - Date: _____ Student has met with the Coach

A parent/student initiates the communication with the coach within five school days of the incident, decision, action that is under question.

Step II. Step One - Date: _____ Student & Parent/Guardian has met with the Coach

The parent/student is to meet with the coach and discuss the concern/problem with him/her with the intent to resolve the issue. (If the problem involves an assistant coach, the head coach of that sport is to be involved in the meeting).

- a. Parents/students are to address themselves only to concerns/problems related to them.
In order to be in compliance to the "Privacy in Information Act", concerns/problems related to other athletes are not to be discussed.

Step III. If the matter has been resolved to the parent's satisfaction, the process will end. If the matter has not been resolved to the parent's satisfaction, then the parents should proceed to level II

NOTE: Concerns regarding playing time/team selection/strategy can be discussed at Level I, but not beyond.

Level II - Written

If either party has not been satisfied by the proposed resolution of the problem on Level I, they have the option to request a continuation of the process to Level II.

Step I. Either party has the option to submit the necessary written form to initiate Level II. Failure to comply during the stated period of time will result in termination of the process.

Initiation of Level II, however, cannot be started unless all of the steps in Level I have been completed.

Step II. The parent and student meets with the coach and Activities Director to discuss the issue.

Step III. The Activities Director will give/mail a copy of the summary to all the participants in the conference within five school days and will forward a copy of the summary to the building principal.

Step IV. If the matter has been resolved to the parent's satisfaction, the process will end. If the matter has not been resolved to the parent's satisfaction, then the parents should proceed to level III.

Level III – Committee

The Principal will be responsible for convening a committee to review Level II Conference summary.

- I. The make-up of the four person committee shall be determined by the building principal.
- II. The building principal will complete a written summary of the conference with will include any resolutions/decisions reached in the conference.
- III. The Principal will give/mail a copy of the written judgment to all the participants in the conference with ten school days.
- IV. All decisions made by the Level Committee are final.

Duluth East Emergency Protocol

1. Call 911.
 2. Instruct one person to meet the ambulance at the easiest entrance.
- Athletes' yellow cards should be kept in kit at all times and be given to the ambulance in this situation
3. Calmly provide necessary information to EMS dispatcher and personnel on arrival.
 - a. Your name
 - b. Location/address of emergency
 - c. What happened
 - d. Number of victims
 - e. Condition of injured
 - f. What help has been administered
 - g. Other pertinent information requested by the dispatcher.
 - h. Head or neck injuries: do not move or let injured person drive, contacts parents and call 911
- AED is locations: OEMS Bathrooms and call 911.
4. **Do not hang up until instructed to do so by the dispatcher; Open Gate at OEMS.**

BOOSTER CLUBS (mission to BOOST)

All Booster clubs are responsible for the information on the link below

<https://dulutheast.isd709.org/activities-athletics/booster-club-guidelines>

Coaches Contact Information

COACH DENNIS PETERSON	218-343-1868	coachddawg@aol.com
Asst. Coach Ashley Norman	218-461-2028	asnorn01@gmail.com
JV Coach Crystal McClarey	218-393-4433	crystal.mcclarey@isd709.org
Asst. Coach Corrie Weise		
C Team Coach Kyle Tomaich		
Emma Carlson - Volunteer		

We hope this information is helpful
Please don't hesitate to call or Email with questions or concerns.

Field Locations

Ordean/East MS (We play our home games on the middle school field) 2900 East 4th Street Duluth, MN 55812
Cambridge-Isanti High School (The field is located on the H.S campus) 430 NW 8th Ave, Cambridge, MN 55008
Superior (Fields are on Elm avenue in back of Subway) Elm Avenue Take Hammond, left on Belknap, right on Elm
Superior Middle School (Hammond runs right into the Middle School) 3626 Hammond Ave, Superior, WI
Richfield Middle School (Fields are located at the Middle School) 7461 Oliver Ave S, Richfield, MN 55423
Bemidji High School (Fields are located on the H.S campus 2900 Division St. W Bemidji, MN
Hermantown (Field is behind the baseball field) Fichtner Fields Corner of Ugstad and Maple Grove
Virginia (Fields are located in Olcott Park) Olcott Park 53 N, right on 9th St. N, right on 9th Ave W.
Denfeld (Fields are located outside Wade Stadium) Wade 6 and 7 101 N 35 Ave. W Duluth, MN 55807
Grand Rapids Sports Complex NE 11th Ave, Grand Rapids, MN 55744
Blaine High School 12555 University Avenue Blaine, MN 55447
Braun Park (Fields on the corner of 14 St and Lawrence) Cloquet, MN
Forest Lake High School 6101 Scandia Trail N, Forest Lake, MN 55025

Brule Ball Fields (vs Northwestern) Corner of Hill Drive and E. Birch Avenue.....(Take HW 2 to Brule, WI, left on S. Lake St. Right on Old HW 2, left on Hill Drive)

Websites

- East Activities Home Page <https://dulutheast.isd709.org/activities-athletics>
- Online Activities Calendar – Team Schedules & Transportation Information – www.eastgreyhounds.com - “Notify Me” Option – receive automated schedule changes real time!
- Online Registration - <https://dulutheast.isd709.org/activities-athletics/athletic-registration-forms-fees>
- MSHSL – www.mshsl.org - - State Schedules/Coach Contact/State Tourney Info/Rules/etc

I understand that this policy works in conjunction with the MSHSL policy and will supersede the State League's policy. There also may be other ramifications due to the violation, some being, but not limited to: consideration being eliminated for Team Awards and School Awards. By receiving this handbook, we agree to abide by the rules and guidelines contained along with the MSHSL guidelines and ISD 709 information found in the student handbook.