

**MINNEOTA HIGH
SCHOOL
2025-26**



**RULES AND REGULATIONS
PERTAINING TO
HIGH SCHOOL ACTIVITIES**

MISSION

The mission of Minneota activities will be to help students learn: Respect, Discipline, Commitment, Sportsmanship, Faith, Trust, Loyalty, Honor, Integrity and Passion.

ACTIVITIES

Your high school career includes many activities aside from the regular classroom experiences in which you may participate. You are urged to take part in some of them. Besides being entertaining and satisfying, these activities broaden your interests and help you to develop many extra skills. Minneota High School offers the following activities for our students:

Music

We are proud of our music programs and their exhibitions during the school year at various sporting events, fine concerts, competitions, and other public appearances. Its pep does much for our fine school spirit. Musicians are made through practice; they are not born musicians. If you are interested in music, reach out to the music instructors. If you do not have an instrument, some may be available for your use. A rental fee for certain instruments will be charged.

Speech

Minneota High School participates in speech activities sponsored by the Minnesota State High School League. The fields include Oratory, Dramatic Reading, Extemporaneous Reading and Speaking, Humorous Selection, Story-Telling and several other categories. Here is a challenge to develop diction, confidence and poise. Participate in speech activities!

Drama Activities

In the fall, MHS will produce either a musical or a play. The genre of the production will be at the discretion of the director. Plays are selected by the director and approved by the administration. The cast is selected by tryouts, which are open to all students. Those interested in trying out will be asked to attend a meeting where information concerning the production will be presented. In winter, MHS will offer One-Act Play sponsored by the Minnesota State High School League. Play selection will be determined by the director. Cast and technical crew will be selected through tryouts by the director. Opportunities will exist to perform the play for our community as well as at the MSHSL competitive level.

Visual Arts

Minneota High School has added Visual Arts as an MSHSL competitive activity for the 2025-26 school year. This is a yearlong activity where participants will have the opportunity to showcase their artistic talents for an opportunity to participate in a statewide show in the spring.

Athletics

Minneota participates in eleven interscholastic sports. They include football, cross country, and volleyball in the

fall; basketball, wrestling, hockey, and dance team in the winter; softball, baseball, track, and golf in the spring. We are members of the Camden Conference in basketball, volleyball, track, cross-country, baseball, softball, and dance team. We are a member of the Southwest District North Sub-District for football. Minneota is a member of the Minnesota State High School League. We are in a co-op with Canby for dance, cross-country, track and softball. Minneota hosts softball and the others are held in Canby, including practices. We are in a co-op with Marshall for hockey, and Marshall is the host for that sport.

Our eligibility rules are those of the Minnesota State High School League, supplemented by local rules to govern special situations. We expect our athletes to be well behaved off the field as well as on. While every effort is made to have excellence in athletic achievements, emphasis is mainly on good sportsmanship and fair play.

FCCLA Organization

Family, Career and Community Leaders of America is a dynamic and effective national student organization that helps young men and women in grades 7-12 become leaders and address important personal, family, work, and societal issues through Family and Consumer Sciences Education.

Chapter projects focus on a variety of youth concerns, including teen pregnancy, parenting, family relationships, community service, substance abuse, peer pressure, environment, nutrition and fitness, teen violence, and career exploration.

Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life--planning, goal setting, problem solving, decision making, and interpersonal communication--necessary in the home and workplace.

To be eligible, a student must be enrolled in a Family Consumer Science class or have had one year of Family Consumer Science class.

Robotics

The Robotics program is designed to explore the current and future use of automation technology in industry and everyday use. The students will receive a comprehensive overview of robotic systems and the subsystems that comprise them.

FFA

The FFA organization promotes agriculture and premier leadership through hands on experience. FFA prepares students for life after high school; whether that be college or in a career field. Students have the unique opportunity to travel to conventions and meet other FFA members as well as exciting leadership training.

Clay Target League

The Clay Target League is offered through Community Education and is an extracurricular coed activity for students in grades seven through twelve who have their Firearms Safety Certification.

MSHSL State Qualification Policy

The top five shooters, based on competition averages, will be selected to represent the Minneota Clay Target League at the Prior Lake competition.

Competition average scores are calculated by combining the shooter's regular season average with their score from the Alexandria competition.

Tiebreaking procedures are as follows:

The shooter with the higher score at Alexandria will advance.

If a tie remains after comparing Alexandria scores, the tie will be broken using a reverse run method (evaluating the most consecutive targets hit from the end of the round backward).

Student Council

The Student Council is an organization of students selected to serve as their official representatives in matters of concern to the entire school in areas where the council has been given power and authority by the administration. It is comparable to a lawmaking body in that student members are elected to represent and speak for the group.

In the spring, students apply for officer positions and a faculty committee selects officers from the applicants. Officer positions are president, vice-president, secretary, treasurer, and parliamentarian to serve as executive officers for the council. If we have a regional or state officer in our school, they are automatically a member of the council.

National Honor Society

The Viking Chapter of the National Honor Society has as its objectives to create an enthusiasm for scholarship, to stimulate a desire to render service, to promote worthy leadership and to encourage the development of character in students of Minneota High School. Membership in this chapter is based upon scholarship, service, leadership and character. To be eligible for membership, candidates must meet G.P.A. requirements. Their eligibility shall then be considered on their service, leadership and character. Selection is by the NHS Faculty Council and is limited to Juniors and Seniors.

Knowledge Bowl

Minneota offers Knowledge Bowl to students in grade 7-12. Knowledge Bowl is an interdisciplinary academic contest that combines intense competition with the incredible skill of knowledge recall. Team members work cooperatively to solve oral and written questions while teams race against each other to be the first to answer the question correctly.

AWARDS PRESENTATION

Awards may be presented to students at the conclusion of the activity. Coaches/directors may hand out all awards, with the paper being notified so that an article with accompanying picture can be placed in the *Minneota Mascot*.

AWARD SYSTEM

It is the hope that all students will take part in some extra-curricular activities. School will be more interesting and valuable with participation in some extra-curricular activity.

In some cases, it will take more than one year to earn a letter. Registration for each activity is done in Arbiter and records are kept online. Reports are available upon request. In most activities, you will be awarded a letter when you first earn it. See specific activity in the section below for an explanation of the types of awards to be given. In no case will any awards be given if the student is not in good standing at the time the letters are awarded.

The coaching staff/advisor/director of a particular activity has the option to letter a student/athlete based on predetermined criteria they have established for that activity.

If any suspensions occur during the season, the student will not letter in that activity. They will receive a participation certificate. The season will be defined from the first day of practice as defined by the MSHSL to the last contest for the team or individual.

Winning a letter in Athletics/Activities at Minneota High School

1. Point System

A player must attain one-third plus one of the number of quarters in football and the same number of innings in baseball and softball. For basketball one-half plus one number of halves. For example, if we have 7 games this would equal 28 quarters. One-third of 28 is 9 plus 1 would equal 10 quarters that a player would have to participate in.

Players can also letter if they are a member of the tournament team.

Dance athletes will letter if they are on the varsity team and participate in the end of the year tournament. Should an injury or other unique circumstance take place, coach/advisor discretion will be used in the lettering process.

Wrestlers will be awarded letters if they

- participate in one-third of the varsity matches, or
- earn ten team points, or
- are a member of the tournament team, or
- distinguished themselves or team in outstanding manner, or
- Senior with the team for three years.

Girls' golfers must average under 60 and participate in 3/4 of the matches or (2) place in district, or (3) participate for three years but not earn enough points (Senior only).

Boys' golfers must average under 50 and participate in 3/4 of the matches, or (2) place in district, or (3) participate for three years but not earn enough points (Senior only).

This alone would not entitle a player to a letter. The following will also be taken into consideration:

Injured Player: Anyone injured/medical disability during the course of the season who the coach/advisor in his/her opinion would have lettered will be awarded one.

In addition, a participant must complete the regular season/activity period to be eligible for a letter.

Student Manager: Must complete two years of duty in the same sport from grades 7 through 12 to the satisfaction of the coach/advisor to receive a letter.

2. Type of Awards

A. Emblem - A participant may get a letter "M" for the first time in grades 7-12 providing he/she has met these activity requirements. An individual will receive only one emblem.

B. Insignia - Given to participants the first time they letter.

C. Gold Bars & Certificates - Gold bars and certificates will be given to participants each time a letter is earned.

Policy for Lettering in Senior High Band

Letters and music emblems shall be awarded on a point basis. To be entitled to a band emblem, a student must earn a total of 18 points. Points start accumulating at the beginning of the student's 9th grade year. The points earned are cumulative through the course of the student's band career.

One point shall be granted to each member of a group for each public appearance of the group, other than assembly program, band/choir concerts, parades and graduation. Public appearances include pep band performances, solo/ensemble contest, large group contest and other performances outside of the school day that are not a part of your quarter grade.

Soloists and ensembles taking part in the section/state contest will receive 3 points for a superior rating, 2 points for an excellent rating, and 1 point for participation if a superior or excellent rating is not scored.

An accompanist will receive 1 point for accompanying a soloist or ensemble.

Seniors will receive a letter their final year if they have not received one previously in band.

Chorus

To be entitled to a choir pin, a student must earn a total of 15 points through participation in extra-curricular choral activities. At least eight of these points must be earned in public appearances and contests.

Ways to earn points:

1. Regular attendance at rehearsals - 1 point for each semester.
2. Participation in each public appearance of an ensemble - 1 point per event.
3. Solo/small ensemble opportunities within the large ensemble - 1 to 3 points each year.
4. Accompanying opportunities - 1 to 5 points (based on quantity and quality of services provided) each year
5. Solo and small ensemble participation in sub-section and/or region/state contests - Superior rating = 3 points; Excellent rating = 2 points; Participation = 1 point

Ways to lose points:

1. Unexcused absences - 1 point for each occurrence.
2. Ineligibility at the time of a major performance or contest - 2 points for each occurrence.

Points start accumulating at the beginning of each academic year with letters awarded based on total points earned as of May 5. Seniors in good standing may be awarded a letter at the discretion of the director even though they may not have earned the necessary 15 points.

Speech Activities

1. 25 points are necessary to secure a letter
2. Breakdown of points
 - Participating in regular season meets 5-10 pts.
 - Participating in the Sub-Section contest 15-20 pts.
 - Participating in the Sectional contest as either an alternate or a contestant 25 pts.(Points are awarded at coach's discretion)

Drama Activities

1. 25 points are necessary to secure a letter
 - Earning a Letter in Drama (Theater)
 - To be entitled to a drama pin, a student must earn a total of 25 points in a school sponsored production. Ways to earn points:
 - 1) Participation as an actor/actress
 - 10-15 points for a leading role
 - 8-10 points for a supporting role
 - 5-8 points for a small role
 - 2) Participation in various support crews (set construction, lighting, costumes, make-up, etc.)
 - 5-10 points based on degree of commitment
 - 3) Student Director
 - 10-15 points
 - 4) Member of the orchestra (for musical productions)
 - 10 points

Ways to lose points:

- 1) Frequent unexcused absences from rehearsals or performances
 - -1 point
- 2) Ineligibility at the time of a major performance or contest
 - -2 points for each occurrence

2. One-Act Play Contest

- Lead 10 pts.
- Other Roles 5 pts.
- Student Director 10 pts.
- Technical Crew 5-10 pts.
- Advancing to Regional Contest 10 additional pts.

Outstanding Actor or Actress Award 5 additional pts.

3. Three-Act Plays

Lead 10-15 pts.

Other Roles 5-10 pts.

Student Director 10-15 pts.

Stage Manager 10-15 pts.

Technical Director 10-15 pts.

Orchestration 10-15 pts.

Technical Crew 5-10 pts.

(Points are awarded at director's discretion)

When enough points are accumulated, a letter will be awarded. A dramatics emblem is to be awarded at the same time as the letter.

Knowledge Bowl

Letters and emblems shall be awarded on a point basis. Points are earned by attendance at practice, attendance at meets, and achievement at meets. Points will be earned as follows:

Practice Points: Attend a minimum of 80% of the practices 25 points
Attend between 50% and 79% of the practices 15 points
Attend less than 50% of the practices 0 points

Meet Points: Attend a minimum of 80 % of the meets 25 points
Attend between 50% and 79% of the meets 15 points
Attend less than 50% of the meets 0 points

Excellence points: Place in the top 5 at the region level 20 points
Place in the top 10 at the region level 15 points
Place in the top 15 at the region level 10 points
Place in the top 20 at the region level 5 points

A total of 60 points will earn a letter. Points will carry over to the following year.

Visual Arts

Letters and emblems shall be awarded on a point basis. Points are earned by attendance at practice, attendance at meets, and achievement at meets. Points will be earned as follows:

1. COURSES:

- a. Complete four semester courses in the Visual Arts with an exception of a minimum of two courses for graduating classes of 2026
- b. Maintain a 3.2 or higher G.P.A. in all Visual Arts classes

2. CHARACTER:

- a. Exhibit Respect, Responsibility, Character, and Pride!
- b. Show leadership and kindness to others in the Visual Arts classroom (i.e. class discussions, responsibility of materials, helpful to others)

3. COMPETITION:

- a. Exhibit original art work in shows and competitions (2 minimum): this includes but is not limited to the, MSHSL regional or state Visual Arts section 3A, MHS Fine Arts Showcase, Lyon County Fair, Other as approved by advisor.

GUIDELINES FOR EXTRACURRICULAR ACTIVITIES

The eligibility rules of the Minnesota State High School League and those of the Board of Education will apply to all extra-curricular activities at Minneota Junior and Senior High School. All forms necessary for participation must be completed and turned into the high school office prior to the start of scheduled activity.

I. Extra-Curricular Activities Policy on Truancy

A participant, who is truant or who has an unexcused absence from school will be dealt with on an individual basis by the high school principal and/or activities director based on the length of the truancy or unexcused absence.

Students, who receive detention from teachers for disciplinary reasons and, therefore, miss practice, will fall under the rules imposed by their respective coaches. Information concerning rules for specific activities will be handled as stated in the "Rules and Regulations Manual" regarding student activities.

II. Extra-Curricular Activities Rules and Regulations

Violations related to MSHSL will fall under the guidelines of the MSHSL. Refer to the MSHSL handout for these guidelines.

III. Activities not covered by the Minnesota State High School League will fall under district rules/regulations.

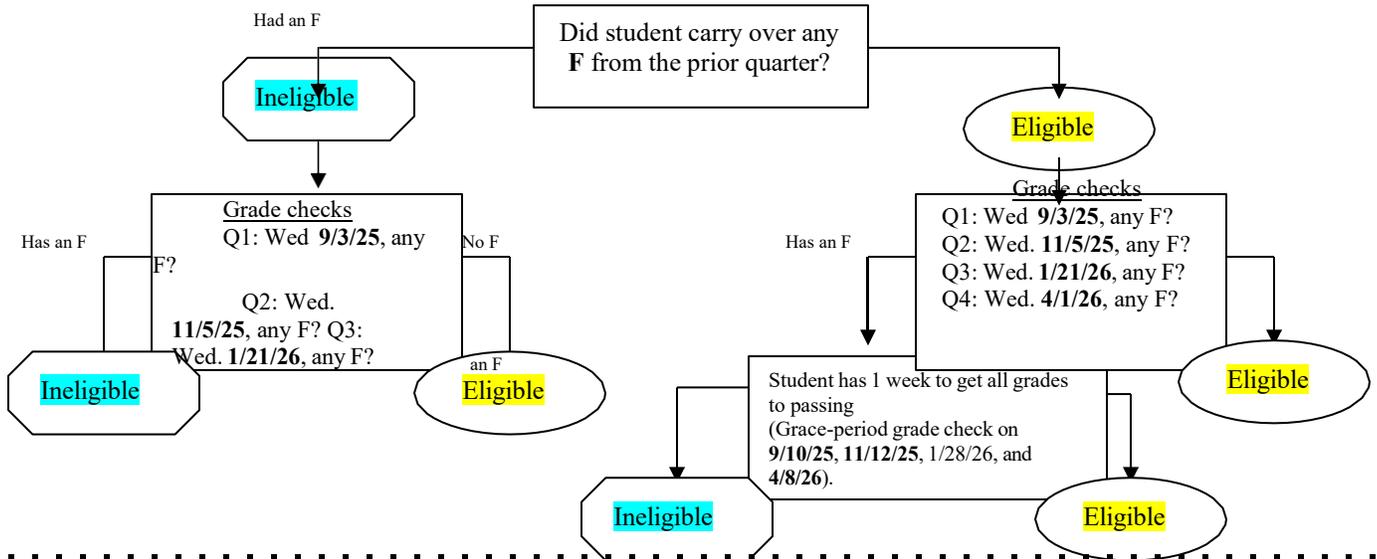
Any student who is involved or will be involved in school sponsored activities, not covered by the Minnesota State High School League, found in violation of the district rules/regulations shall be ineligible for two weeks or one contest/event, whichever is greatest. Consequences for similar violations (i.e. chemical or code of conduct) during the same school year will be cumulative and will be subject to ineligibility for the following

Second violation: 6 events, 3 weeks or 21 calendar days, whichever is longer

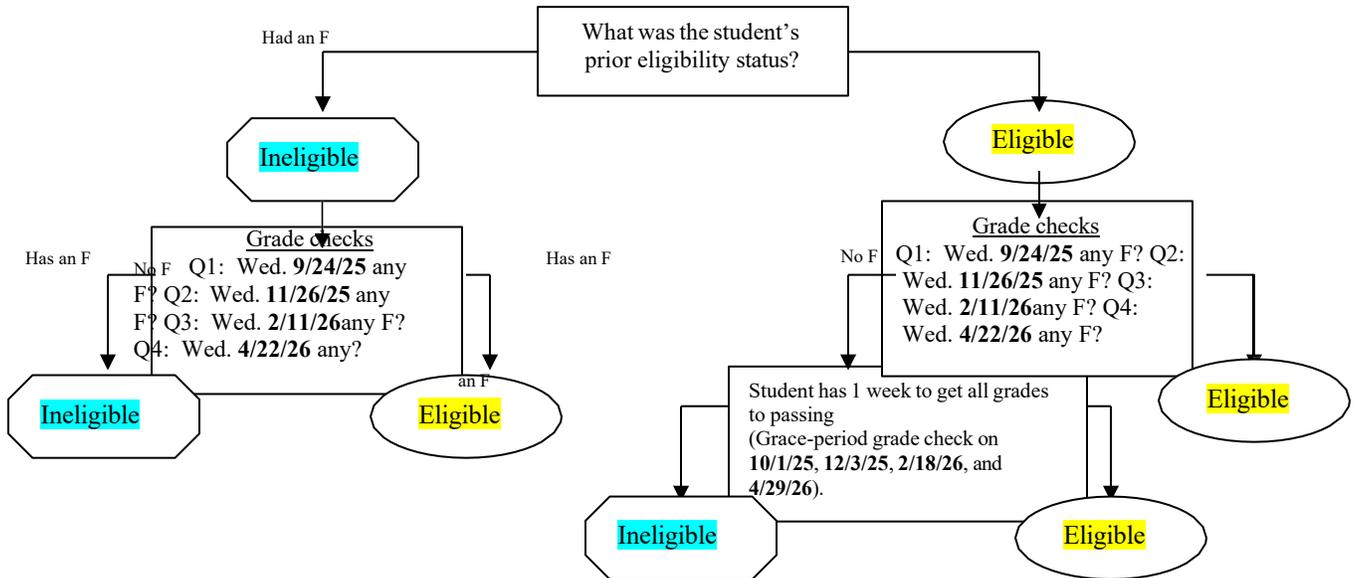
Third violation: 12 events, 4 weeks, or 28 calendar days, whichever is longer

Minnesota High School Academic Eligibility Procedure 2025-26

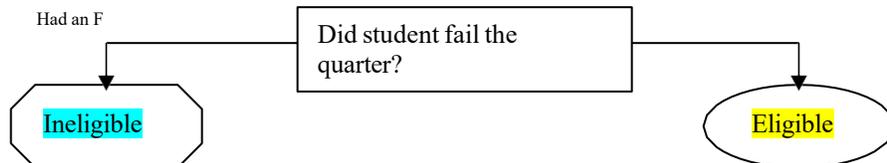
*Academic Eligibility verification procedure to use for the beginning of a Quarter until week 3 of a Quarter.



*Academic Eligibility verification procedure to use for week 6 of a quarter.



*Academic Eligibility verification procedure to use for the end of the Quarter. (Oct 16, Jan 3, Mar 12, May 21)



Students with disabilities will not be discriminated against. All IEPs are to be followed by the teachers/district

Academic Eligibility

Student education is the number one priority of Minneota Public Schools. Grade checks and progress toward graduation will be completed by members of the administration according to the flowchart above. All students that participate in activities are subject to grade checks. This includes all public and parochial students, PSEO students, Online students, Home School students and those that participate on a team as part of a co-op agreement.

If a student is ineligible at grade check and has not been ineligible prior to that grade check, they will be given a 1-week grace period to get their grade to a passing mark. If they are not passing at the end of this grace period, they will become ineligible. If a student is ineligible at grade check and was ineligible at the check prior, they will be ineligible until the next grade check. If a student is ineligible at the end of the quarter, there is no grace period. The ineligibility will be in effect until the next grace period.

Students that are on grace period are allowed to practice and compete during that week of grace period. Students that are ineligible are allowed to practice but cannot compete in events, travel with the team, dress for events, or sit on the team bench.

Conflict Resolution Process

If participants or parents have concerns, they will need to follow the appropriate chain of command. The appropriate chain is as follows:

1. Participant meets with Team Captains
2. Participant meets with Coaches
3. Participant & Parents meet with Coaches
4. Participant, Parent & Coaches meet with Activities Director
5. Participant, Parent, Coaches & Activities Director meet with High School Principal

As your student becomes involved in the programs at Minneota High School, they will experience some of the most rewarding moments of their lives. However, it is important that they understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with your child and their coaches is encouraged.

Examples of These Situations

- Treatment of your student, mentally or physically
- Ways to help your student-athlete improve
- Concerns about your student's attitude
- Academic support and possible college opportunities

It is very difficult to accept your student is not playing as much as or in the role you may hope. Coaches/advisors/directors are professionals; they make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other situations should be left to the discretion of the coach.

Examples of These Situations

- Team Strategy
- Other student-athletes
- Playing time

Coach/Parent Conferences

There are situations that may necessitate a conference between the coach and parents. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. The following steps should be followed to help promote resolution.

- Conflicts should first try to be resolved between the student-athlete and the coach. No parent meeting will take place before that happens.
- Parents should call or email the coach to set up a meeting time. Coaches will return calls or emails in a timely fashion.
- Meetings will be held in a professional setting in the school building during school/professional time. If emotions rise to an unreasonable level during the meeting, it will be ended and rescheduled.
- It is inappropriate to approach a coach unscheduled, immediately prior to, during, or at the conclusion of a contest. Meetings of this nature do not promote resolution.
- If, after a good faith attempt to discuss a situation or resolve an issue without reasonable satisfaction, the next step is to call the activities director to discuss the situation.
- If it is deemed that any behavior by parents and/or fans is excessive and out of control consequences may include removal for the competition, suspension from attending 1 or more events or being served with trespass.

Both parenting and coaching are extremely difficult vocations. By understanding each position, we are better able to accept the actions of the other and provide greater benefits to our student -athletes. As a parent, when your student becomes involved in one of our programs, you have a right to understand the expectations put on them. This begins with clear communication from the coaches in charge of each program.

Communication Expected from Coaching Staff

- Philosophy of the coach
- Locations and times of all practices and contests
- Any team rules or requirements
- Discipline policy and anything that might result in the denial of the student's participation

Communication Coaches Expect from Parents

- Concerns expressed directly to the coach
 - Notification of any schedule conflict
 - Specific concerns with regard to the coaches' philosophy and/or experience.
- **Communication between Parents and Students (not your own child)** Parents should not engage in conversation with other students that is degrading to other students or coaches. It also should not solicit requests of the student to circumvent the game strategy or instruction of the coaching staff.
 - This form of communication may be considered bullying or harassment of a minor child and will not be tolerated. Appropriate actions will be taken by the school in such instances.

Attendance

Each athletic participant and coach/advisor/director representing Minneota Public School shall dress and conduct himself/herself in such a manner that he/she brings credit to the school and community. In order for a student to participate in a practice, or event, he/she must be signed in by 10:00am if absent due to illness. Any student who leaves school ill after 10:00am for any length of time is not allowed to participate in practices or events.

Exceptions will include dental/medical/legal appointments, family emergencies, funerals, religious instructions and/or school related activities. A note must accompany all appointments from a parent per standard district procedure. The Activities Director or Principal must approve any other exceptions.

Additional Team Rules

Coaches/activity directors shall publish any additional training rules of the squads and file a copy of the training rules with the Principal and Activities Director. Such rules are to be clear, concise, and capable of practical enforcement. If a coach has rules other than those listed in the Manual, a copy must be given to the students, Activities Director, and High School Principal. The School Board must approve these rules.

Incriminating Evidence

If the administration is alerted to Internet sites, photos, or other evidence of a breach in MSHSL rules, an investigation will ensue. Photos of possession (holding tobacco products, drug paraphernalia, or alcoholic beverages) will be treated as a violation.

Level of Play

A student/athlete may only play at one level lower than the highest level that the coaching staff place the student/athlete. Example: If a student/athlete dresses for the varsity team, he/she can only play at the B squad or JV level. If the student/athlete is moved up to a higher level during the season, that level will be considered the “new” highest level.

Supervision

It is the responsibility of the advisor/coach to maintain supervision at all times, with special attention given to this duty, when overnight lodging of participants is required. Only those participants involved directly in the activity are to be allowed at the lodging site, with exception being members of the immediate family.

Student Managers

Student managers are an integral piece of each team/activity. Students that wish to be a team manager must inquire with the coach/advisor of the team about available opportunities. Coaches/advisors will give instructions and duties that they need the student managers to complete at practices and competitions. Student managers are expected to follow all MHS, MSHSL and team rules and are subject to the same consequences as those participating in the activity.

Cameras in Locker Room

Pursuant to MSHSL and Minnesota Public Schools rules, the use of cameras in the locker room, bathroom, athletic training room, or other area where students change clothing or where a student’s personal medical/injury status may be disclosed is prohibited. We understand that students may keep a smart phone in their gym locker and play music from it (music that is not profane or offensive) – that this activity is not prohibited. However, the use of cameras in these locations is strictly prohibited. If your child notes an object or action that violates MHS or MSHSL code of conduct, they should notify a coach or school personnel immediately. Violations of this MSHSL policy may include MHS disciplinary steps and or an MSHSL code of conduct violation.

Transportation Policy

Minneota Public School provides transportation from the Minneota Public School to the sponsored activities, and back to the Minneota Public School for all students involved in school sponsored activities. The Ivanhoe School District will be responsible for transporting students to the Minneota Public School, and back to Ivanhoe for Minneota Public School sponsored activities. The shuttle bus is determined by the Ivanhoe Board of Education and is subject to change. Any questions regarding the Ivanhoe Shuttle Bus should be directed to the Ivanhoe School.

All students are to ride on the buses to and from school sponsored activities unless there is a specific and valid reason as to why they will be riding with their parents or an approved adult who is not a student in high school to or from the activity. If this is the case, the parent will submit in writing the reason as to why their son or daughter should be permitted to use this alternate form of transportation. This request must be received by email no later than noon of the day of activity. The high school principal, activities director, or coach who will decide whether to honor such request will review this request. Any changes or cancellations need to be reviewed by the proper personnel.

Parents must talk to the coach and provide a written note when they (parents) are going to provide a ride home for the student. A parent may request that their son or daughter ride home with an approved adult who is not a student in high school. If the student rides home with their parents or an approved adult who is not a high school student, the **Parent** will submit the request to the high school principal, activities director or coach in writing by noon of the day of competition the reason as to why their son or daughter should be permitted to use this alternate form of transportation and who will be driving. Failure to comply with this policy will result in the student riding the school provided transportation.

Co-op activity transportation. Minneota will provide transportation for our co-op activities held at Canby High School. Students should ride the school provided transportation to and from all practices held in Canby. With parental permission, a student with a valid driver's license may transport themselves to and from practice. If a student wishes to ride with another student to and from practice both the parents of the student providing the transportation and the parents of the student riding with the student must give written permission to the Activities Director.

Parents must provide written permission to the Activities Director for their child to transport themselves. If a student rides school transportation to Canby for practice, it is expected that they will ride this transportation back to Minneota. If the student will be staying in Canby, parental permission must be provided in writing to the Activities Director prior to 12:00pm.

If a student misses the bus to a competition, they will not be allowed to transport themselves to the event even with parent permission. A parent may bring them to the competition, however team rules on being allowed to dress, sit on bench or play will be followed. Please note the team bus will not stop at a residence to pick up a student that has missed the bus.

****School administrators have the ability to exercise discretion regarding the above transportation policy.**

Scheduling Procedure for Use of District Facilities

Any staff member who wishes to use the school building for an organized activity, outside of normal school day, must follow the below procedures:

1. Meet with the Activities Director to discuss proposed activity:
 - A. purpose of activity,
 - B. scheduled dates and times for use of the school building, i.e. gymnasium, classroom, study

hall room, weight room, etc.
C. staff who will supervise the activity,

D. To register for the Facilities Scheduling Service please select the Facility Scheduling link on the Minneota Public Schools website.

2. Responsibilities

- A. keep track of all equipment used and make sure it is properly cared for (equipment must be used at school facilities),
- B. properly supervise all activities,
- C. make sure facilities are properly taken care of and cleaned up following activity,
- D. provide documentation of liability and student insurance as deemed necessary.

Note: This would also pertain to activities not sponsored by Minneota Public School District

Student Accident Insurance

STUDENTS ARE REQUIRED TO REPORT ALL ACCIDENTS TO THE OFFICE WITHIN 24 HOURS OF THE OCCURRENCE SO THAT A WRITTEN REPORT CAN BE FILED.

Participation Fees and Registration

All students in grades 7-12 must pay a designated participation fee per activity before they will be allowed to participate in any contests. **The fee must be paid before the first scheduled contest.** If the fee is not paid, the student will not be allowed to compete until the fee is paid. If a student/athlete cannot pay the participation fee, a sliding scale is available by contacting the Activities Director or the District Office. There will be a family cap of \$460, Senior High Individual Cap of \$265 and a Junior High Individual Cap of \$215.

Blue Category Activities			Gold Category Activities		
<u>Fall Activities</u>	<u>9-12 Fee</u>	<u>7-8 Fee</u>	<u>Activity</u>	<u>9-12 Fee</u>	<u>7-8 Fee</u>
Cross Country	\$ 110.00	\$ 85 .00	Competition Band	\$ 20 .00	\$ 10 .00
Football	\$ 110.00	\$ 85 .00	Competition Vocal	\$ 20 .00	\$ 10 .00
Volleyball	\$ 110.00	\$ 85 .00	Speech	\$ 60 .00	\$ 30 .00
<u>Winter Activities</u>	<u>9-12 Fee</u>	<u>7-8 Fee</u>	Robotics	\$ 60 .00	\$ 30 .00
Basketball	\$ 110.00	\$ 85 .00	FCCLA	\$ 60 .00	\$ 30 .00
Dance	\$ 110.00	\$ 85 .00	FFA	\$ 60 .00	\$ 30 .00
Wrestling	\$ 110.00	\$ 85 .00	Knowledge Bowl	\$ 50 .00	\$ 25 .00
Hockey	\$ 110.00	\$ 85 .00	Math Counts	\$ 50 .00	\$ 25 .00
<u>Spring Activities</u>	<u>9-12 Fee</u>	<u>7-8 Fee</u>	MSHSL Visual Arts	\$ 50 .00	\$ 25 .00
Baseball	\$ 110.00	\$ 85 .00	Fall Musical/Play	\$ 60 .00	\$ 30 .00
Golf	\$ 110.00	\$ 85 .00	One-Act Play	\$ 60 .00	\$ 30 .00
Softball	\$ 110.00	\$ 85 .00	Clay Target	\$ 60 .00	\$ 30 .00
Track	\$ 110.00	\$ 85 .00			
Free-Meal students pay 25% of the Activity Fee					
Reduced-Meal students pay 50% of the Activity Fee					
Individual Cap/Maximum is \$215 for Junior High & \$265 for Senior High					
Family Cap/Maximum is \$460					

***Free & Reduced Rates Determined by submission of Free & Reduced forms

Reimbursements

If a student has paid their participation fee and then decides to quit the activity during the two-week pre-season practice time, they will be reimbursed 100% of the participation fee. If you cancel out of an athletic/fine arts activity, notification must be given to both the Activities Director and the coach prior to the start of the first official contest/game to be given a full refund.

Once the activity has had its first official contest/game, you will not be eligible to receive a full or partial refund. If cancellation is due to an injury, please contact the Activities Director at 507-872-6532 ext.1141. A doctor's note will be needed to have on record. Refunds due to injury will be handled on a per-case basis.

Injuries/Illness

If a student has an injury or illness that requires surgery, hospitalization, concussion or other health issue that requires extended care and note of clearance to participate must be received by the Activities Director. This note of clearance must come from the primary doctor of record for the injury/illness. In the case of concussion, this clearance must be received from the partner doctors of our Athletic Training Provider.

Air Quality Guidelines

BACKGROUND / AQI / WILDFIRES

Increasing incidence of wildfires and other pollutants affecting air quality have led institutions to attempt to determine when and where it is safe for practice and competition in athletics. There is currently little medical, or data driven guidance for participation in athletics. Furthermore, in competitions there is the added concern of safety for spectators, officials and working personnel.

The air quality index (AQI) is a nationally uniform index promulgated by the Environmental Protection Agency (EPA) for reporting and forecasting daily air quality across the country. It is used to report information about the most common ambient air pollutants, including particulate matter (PM_{2.5} or PM₁₀) and ozone. The AQI uses a normalized scale from 0 to 500 and provides associated health-based descriptors for each category; it is based on a full 24 hours of data.

Air quality conditions can change rapidly, especially when air quality is affected by smoke from wildfires. In addition, air quality conditions can vary significantly from specific locale to specific locale and a general AQI for a region, metropolitan area or local area may not accurately reflect air quality at a specific athletic venue within or adjacent to those areas.

The AQI was developed for people living and working in an area with poor air quality and not specifically for those participating in athletic activity. Short-term exposure to temporarily poor air quality may primarily be of risk to those with underlying health conditions and is of unknown risk for healthy individuals. Poor air quality may be more concerning in highly polluted areas with chronic poor air quality compared to short-term exposure associated with wildfires. As a result, duration of exposure, type of exercise, as well as anticipated air quality over a period of time should be factored into athletic participation decisions.

Whenever there are concerns about air quality related to the health and safety of student-athletes during practices or competitions, the Air Now tool provided by the US Environmental Protection Agency is the primary tool to be used to make decisions about the efficacy of outdoor physical activity. AirNow.Gov is a multi-agency web site operated by the EPA that reports air quality using the AQI and estimates the air quality for each hour within a given region. Although AirNow.Gov does not provide venue specific air quality readings, using AirNow.Gov to obtain AQI and particulate matter information can be helpful in providing estimates for a specific venue and educating the public about current conditions. The Air Quality Index (AQI) is a color-coded index informing users about the quality of the air and its relationship to health.

There is a direct link of increased health risk for asthmatics as well as others with cardiac conditions such as heart attacks, strokes, and irregular cardiac rhythms when engaging in physical activity with poor air quality. It is the responsibility of the host athletic trainer to determine when an event should be suspended and when it is safe to return to play as the result of air quality concerns. There are three reasons why otherwise healthy athletes are at special risk for inhaling pollutants. First, as physical activity increases minute ventilation, the number of pollutants that are inhaled relative to when the athlete is at rest increases. Second, during activity, a larger proportion of air is inhaled through the mouth, which bypasses the body's built-in nasal filtration system. Third, pollutants are inhaled more deeply and may diffuse into the bloodstream more quickly during physical activity. These risks are heightened in athletes with pre-existing pulmonary or cardiac conditions

1. When the AQI is between 101 – 150, student-athletes with preexisting conditions affecting their cardiac or respiratory systems should be closely monitored by the athletic trainer. If there are any signs or symptoms of distress, the student-athlete is to be pulled from the practice/competition. Practices should decrease in both duration and intensity. Practices should not be longer in duration than 2hrs. Rest breaks and substitutions should be utilized to decrease breathing rate when possible. General air quality warnings need to be provided to the spectators, guests, and coaches at the venue describing the risk of prolonged exposure to poor air quality.

2. When the AQI is at 151 – 200, student-athletes with preexisting medical conditions should be removed from participation, as the air quality is unhealthy. Some members of the general public may experience adverse health effects, and those participants from sensitive groups (respiratory and cardiac preexisting conditions) may experience more serious health effects. At this rating practices should not last longer than 90min. Rest breaks and substitutions should be utilized to decrease breathing rate. No conditioning or fitness testing should be done outside. If possible, practice should be moved inside. General air quality warnings should be provided to the spectators, guests, and coaches at the venue describing the risk of prolonged exposure to poor air quality.

3. When the AQI is at 201 or greater, outdoor physical activity should be discontinued as the rating is very unhealthy; meaning that a health alert is in effect and there is increased risk of adverse health effects for everyone. General air quality warnings should be provided to the spectators, guest, and coaches at the venue describing the risk of prolonged exposure to poor air quality. When the AQI drops below 200 and the forecast indicates that weather patterns are favorable for the air quality to remain below that threshold, return to play is permissible.

Air Quality Index Chart Link: <https://airnow.gov/index> AQI Basics for Ozone and Particle Pollution

Daily AQI Color	Air Quality Index	Visibility	Description of Air Quality	Activity Modifications
Good Green	0 to 50	15 miles and up	Air quality is satisfactory, and air pollution poses little or no risk	None. Athletes' w/asthma should keep inhalers at hand and pretreat before exercise as directed by their healthcare provider.
Moderate Yellow	51 to 100	8 to 14 miles	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.	Athletes' w/asthma should keep inhalers at hand and pretreat before exercise as directed by their healthcare provider. All athletes' w/respiratory illness should limit outdoor activity, monitor symptoms and reduce/cease activities.
Unhealthy for Sensitive Groups Orange	101 to 150	3 to 7 miles	Members of sensitive groups may experience health effects. The general public is less likely to be affected.	Consider postponing/delaying/relocating events, especially high exertion sports (i.e. soccer, cross-country). Activities over 2hrs should decrease in intensity and duration. Add rest breaks or substitutions to lower breathing rates.
Unhealthy Red	151 to 200	1.5 miles to 2.5 miles	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects	Consider postponing/delaying/relocating events, especially high exertion sports (i.e. soccer, cross-country). Activities over 90 min should decrease in intensity and duration. No intense conditioning/fitness should be done outdoors. Add rest breaks or substitutions to lower breathing rates. If possible, move practices/events indoors.
Very Unhealthy Purple	201 to 300	1 mile	Health alert: The risk of health effects is increased for everyone.	Postpone/delay/relocate outdoor sport events. Move all practices indoors.
Hazardous Maroon	301 and higher	> 1 mile	Health warning of emergency conditions: everyone is more likely to be affected.	Cancel all outdoor events or relocate to another site.
<p>Note: Values above 500 are considered beyond the AQI. Follow recommendations for the "Hazardous category." Additional information on reducing exposure to extremely high levels of particle pollution is available here.</p>				

Forms

All mandatory forms must be turned in by the first scheduled practice. If the forms are not turned in by the first practice, the student will not participate. This includes registration for activities. If a student is not registered for the activity they are participating in, they will not be allowed to participate until they are registered. Students participating in all Blue Category Activities must have a valid physical on file every 3 years. Activity fees must be paid prior to the first competition. If fees are not paid, the student will not be allowed to participate.

Infractions

All infractions, whether by an employee or student of Minneota Public Schools, will be governed by the Minnesota State High School League Policies, Minneota High School, and at the discretion of the Minneota school administration.

MSHSL Bylaws

Minneota High School will follow all rules as outlined in the MSHSL Bylaws.

Playing Time Guidelines

Minneota School District encourages all students to participate in any extra-curricular programs offered by the district. The district will do all it can to provide staff, equipment, and facilities for these programs. Coaches,

students and parents need to understand that there can sometimes be limitations and restrictions to the amount and level of participation that can be made available to the student.

Playing time is a concern for parents and players. Our coaches recognize the value of game experience in the development of players and will make efforts to provide that experience. In order for a student to learn the value of hard work, cooperation, and teamwork, the playing time of a participant will be based on many factors as listed below, and assuming all other team rules are being followed. Playing time is recognized as a coach's decision and based on a player's:

- Attendance at practice
- Performance at practices and in competitive situations
- Attitude
- Effort
- Commitment to the team
- Player/situational match-ups

Junior High (grades 7 and 8): This is an age where exploration of the activity occurs, and fundamental skills are emphasized. While playing time will be provided for every participant, practice also plays a very significant role in the overall development of a player. Skill development, introduction to competition, and teamwork are the emphasis, while winning is a secondary goal.

C squad: Participation and individual development for all students remain the focus of the activity, but now winning will not necessarily be sacrificed so everyone can have played time. The coach is now charged with the beginning stages of developing those who have worked hard, shown exceptional skill, and have dedicated themselves to that activity. However, the coach will still see that everyone gets some meaningful playing time throughout the course of the season. Skill development, fundamentals, sport concepts and teamwork are emphasized.

JV: Consisting of a wide range of grade levels, the main objective of participation here is to continue development of those participants who have worked to improve their skills, while providing student athletes with opportunities to achieve success at the varsity level. While all members of the team will continue to be seen as “developing”, and continue to receive some playing time, the amount of playing time at this level will be weighted toward those who are more skilled and developed as deemed by the coaching staff in accordance with the Playing Time Guidelines above. Teamwork and skill development continue to be the emphasis.

Varsity: The goal of the varsity squad is to provide the most competitive team possible to represent Minneota High School, while adhering to the principles of sportsmanship, teamwork and cooperation. This will consistently mean playing the best available athletes within roles designed by the coach to produce the most success possible for the team. Playing time will be given to those who will help the team attain these objectives. In situations where an individual may not understand why playing time is limited, the coach is expected to explain, upon request, what will be necessary in order for playing time to increase. Everyone must remember that this is competitive interscholastic athletics and that the amount of playing time will not be guaranteed.

MSHSL 9th Grade Governance

Starting with the 2025-26 school year the MSHSL Board of Directors and member schools have approved the inclusion of 9th grade students under the umbrella of the MSHSL. What does this change mean?

- Students in 9th grade are now considered High School participants and are subject to all rules and regulations of the MSHSL.
- Students in 7/8th grade cannot participate in more than 1 event versus a team of 9th grade and up students and continue to participate at the Junior High level.
- Students wishing to open enroll and participate in an activity without MSHSL penalty must do so by the end of their 8th grade year in order to be immediately eligible. This does not apply if a student is moving into the district at any point.

Tips on Being a Good Activities Parent

Support Coaches/Directors

Be supportive and positive of coaches/directors in front of your children.

Teach Respect for Authority

There will certainly be times when you disagree with a coach or official, but remember, they are trying their best to be fair. Show good sportsmanship by staying positive.

Open Communication/Dialogue

If there are concerns regarding a situation with a team or staff member, it is imperative that these concerns be addressed first and foremost with the coaches. Student participants must be involved in these discussions as well. There cannot be understanding or potential for change to occur if there is not communication. This should take place in a calm manner, in a professional setting and it is important that the student is present to avoid misunderstandings or misinterpretations of any circumstances or situations.

Reinforce Lessons Being Learned

The coaching staff is teaching while your child is on the court, field, stage, or at contest but you can help by reinforcing things like sportsmanship, and how to deal with success and failure after practices and contests. Help us teach character and the life skills that athletics develop.

Learn Through Failure

It is often said that failure is the best teacher. Help your kids cope with failure in a constructive way. It is okay to be disappointed, but keep the big picture in mind.

Get to Know the Coach/Advisor/Director

Coaches/Advisors/Directors are powerful influences on your kids, so take time to get to know them. Attend any preseason meetings to get to know the coaches'/directors' philosophy, expectations, and background.

Your Child is an Individual

Focus on what your child does well as well as areas they need to improve. Do not compare the progress or success of other athletes.

Stay Rational

Always listen to your child, but remember to stay rational until you have investigated the situation. Remember, there is always another side to the story.

Be a Role Model

Take a good, honest look at your actions and reactions during games, performances, and contests. You have a huge impact on how your student will react to the same situations.

Show Unconditional Love

Make sure your kids know you love them, win or lose.