

2025-2026 NRHEG Activities Handbook



A Guide to a Positive Experience V.7.21

NRHEG Schools
Activities Office
306 Ash Avenue South
New Richland, MN 56072
<http://www.nrheg.k12.mn.us>

Affiliations

1. Minnesota State High School League
2100 Freeway Boulevard
Brooklyn Center, MN 55430
763-560-2262
<http://www.mshsl.org>

NRHEG is a member in good standing with the M.S.H.S.L., which serves as a representative of the Department of Education in the supervision and control of the interscholastic athletics activities of member schools. Membership implies abiding by M.S.H.S.L. bylaws, rules and regulations.

2. Gopher Conferences (website- <http://www.gopherconference.org>)

Gopher Conference membership:

- | | |
|----------------------------------|---------------------|
| 1) Bethlehem Academy - Faribault | 7) Hayfield |
| 2) Blooming Prairie | 8) Kenyon Wanamingo |
| 3) Medford | 9) Triton |
| 4) United South Central | 10) JWP |
| 5) NRHEG | 11) Randolph |
| 6) Waterville-Elysian-Morristown | |

3. Administrative Region 2A

* Membership implies abiding by conference and Section schedules, bylaws, rules and regulations. *

Activity Fees 2025-2026

Junior High Sports\$75.00/season
High School Sports.....\$130.00/season
Family Max.....\$400/year

** Note - Fee will be waived if involved in another sport during the same season. Coaches and Activities Director prior approval.
Managers/Statisticians.....No Fee

Activity fees will be determined by the academic grade not the level of participation.

Refunds

No refunds will be allowed in the following situation when a student:

- voluntarily withdraws from squad membership (this is interpreted to mean after the student attends his/her first practice)
- is suspended or is dropped from the squad for violating training rules, and/or established rules and procedures of the sport season or department

A refund will be granted if injury or illness prevents continuation in the sport/activity and that fact is substantiated by a physician's written statement. There are no refunds after the mid-season of an activity has been reached. The mid-season date is determined by using the last regularly scheduled contest, excluding the MSHSL tourney play.

NRHEG Mission

Provide and Promote Athletic and Fine Arts Activities that will have a positive impact on students.

Purpose of the Handbook

The purpose of the District 2168 Activities Handbook is to assist parents, guardians, coaches and fans of NRHEG programs, by creating a better understanding of the issues and concerns, and develop awareness of the policies and procedures that surround a student's participation in interscholastic activities.

Philosophy

It is the basic educational philosophy of the NRHEG School District to prepare our students to become productive, contributing citizens of our community and society. We believe that a comprehensive program of student activities is vital to the educational development of our students. The activities program is an extension of this philosophy.

Within this context, it is the purpose of the school's activities program to foster and promote:

- ÿ Appropriate physical, social and psychological development.
- ÿ The ideals of competition, teamwork, and sportsmanship while achieving the twin goals of success and participation.
- ÿ The development of self-confidence, self-discipline, organization, decision making skills and goal orientation.
- ÿ The concept of an integral relationship between a sound mind and a sound body leading to a lifetime of appreciation for physical fitness and good health habits.
- ÿ A positive feeling of school loyalty and pride which can be shared by all participants, other students, parents, coaches and the community as a whole.
- ÿ The development of self-esteem and a healthy self-concept. Regardless of the role students play on a team, they should complete their experience in activities feeling good about themselves.

Goals:

NRHEG School District has an active commitment to meet the following goals in its Activities Program.

1. To provide all student-athletes with positive experiences, which promote the ideals of leadership, physical fitness, competition and the pursuit of excellence.
2. To protect the wellbeing of student-athletes through policies and procedures concerned with safety, fitness, and injury.
3. To instill good sportsmanship and citizenship, ethical behavior, integrity and honesty, and desirable health and safety habits into our student-athletes.
4. To develop friendships and respect for teammates, opponents, coaches and officials through the social experiences and contests with schools in other communities.
5. To foster progress of student-athletes through the academic curriculum at NRHEG Schools.

Athletic Program Design

The following guidelines have been developed to help students, parents and coaches understand the objectives and guidelines of activities at each grade level.

Elementary Grades

Elementary programs will be run through community services, or individual sport clubs, with an emphasis on player participation. This level shall emphasize (fun/enjoyment) opportunities for all athletes and a strong emphasis on the building of skills. The head coaches should work collaboratively with these programs in creating their philosophy, in conjunction with community services or the individual sport club.

Junior High

- ÿ The program design for junior high teams will lend itself to interscholastic competition.
- ÿ A major focus on a fair amount of participation will continue by developing innovative ideas for allowing continued opportunities for each athlete to participate in practice and during scheduled contests.
- ÿ The program will be designed to allow for individual differences in growth patterns. Each coach should be looking for the potential in each athlete.
- ÿ The continued emphasis on skill development, as well as fun and enjoyment, will be stressed with an introduction of more defined team concepts in all aspects of play.
- ÿ This level indicates a need for coaches to communicate with athletes regarding areas for improvement.

9th Grade & "C" Squads Junior Varsity

- ÿ There is a recognized transitional period in the athletic program that calls for a balance between participation and winning. The program will allow each athlete the opportunity to participate in practice and scheduled contests.
- ÿ This team level indicates a need for coaches to communicate with athletes regarding areas for improvement and the possibility of opportunities in the other activities programs.
- ÿ Our major focus continues on the teaching of basic fundamentals to further develop the skill level of each participant.

Varsity

- ÿ Varsity competition lends itself to an emphasis on winning and advancement in postseason play. Although winning is a point of emphasis, the program should never sacrifice the rules governing play, good sportsmanship or the safety of the team members at the expense of winning.
- ÿ Recognition of performance will be judged on the basis of improvement shown during the entire season.
- ÿ Individuals should be making maximum contributions within the limits of their abilities.

Note: NRHEG has a no cut policy, meaning students that want to participate may, as long as they meet all requirements. In no way does this guarantee playing time. Team members may be cut by the coaching staff after discussions with the Activities Director and High School Principal for documented disciplinary reasons. Cheerleading will hold tryouts to be part of the sideline cheer team.

NRHEG Eligibility Guidelines

Academic Eligibility

All students engaged in extracurricular activities must meet academic requirements for practice and participation. If a student receives an "F" in any subject for a nine week grading period, he/she will be put on probationary status and miss the next two (2) weeks of competition starting with the first day of participation. Students are required to attend practices and competitions but will not be allowed to participate in competitions during the two (2) weeks of ineligibility.

After the two (2) weeks of ineligibility the student will obtain written notice from his/her teachers that s/he is passing all classes. If the student is not passing after this two-week period s/he will remain ineligible until which time the student can show that they are passing all classes.

Daily Attendance

All students engaged in extracurricular activities must follow the requirements for practice and participation:

A. PARTICIPANTS must be in attendance ALL DAY. If a student is not in school prior to 9:00am this is considered an absence and the student is not eligible to participate in practice or competitions that day.

1. IN ORDER to practice.

2. IN ORDER to participate in a school activity or athletic contest.

B. EXCEPTIONS

1. With principal's approval upon prior notification.

C. Missing Practice

1. Coach must be notified by the individual, parent or guardian.

D. Consequence for UNEXCUSED and Untimely Absences:

1. First Violation, miss next activity.

2. Second Violation, mandatory meeting with student, parent(s), coach(es), athletic director(s), and principal(s).

MSHSL Eligibility

Category 1 Activities: League sponsored activities in which member schools have a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

NRHEG Category 1 Activities: All Athletic teams including cheerleading, Speech, Knowledge Bowl.

Violations and Penalties: Refer to the MSHSL Athletic Eligibility Brochure.

Category 2 Activities: League sponsored activities in which member schools do not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

NRHEG Category 2 Activities: Band, Choir, Visual Arts and One-Act Play

Violations and Penalties: First and Subsequent Violations Penalties

The student shall lose eligibility for as many contests as determined by the High School Principal and Activities Director.

**** Students active in Category 1 and Category 2 activities are required to serve penalties in both categories.**

Other Important Issues

Transportation

Transportation to and from Extra Curricular Activities. Students are required to travel in school provided transportation unless receiving prior written approval from the Principal or Athletic Director. Under no circumstances will students be allowed to drive themselves or ride with other students.

Squad Advancement

Any 9th - 12th grade student can participate at the varsity level if they are selected for the team. Advancement of junior high athletes to other levels requires permission from the athlete, coach, parent (s) and Activities Director. The following guidelines should be considered when promoting an athlete:

There must be a reasonable expectation of the student being able to compete on the squad to which they are being promoted.

The student must be able to physically handle the change.

The promotion should be beneficial to both the student and the program.

Note - In some sports (ie: wrestling, cross country, golf and track) advancements may be made without a meeting due to necessity. All rules governing playing time and contests will be followed.

Lettering

Coaches will communicate to student-athletes prior to the beginning of the season as to the lettering qualifications.

Forms Needed for Participation

No student will be allowed to practice or participate until all the following obligations are taken care of in the High School Office. Needed forms are: **(1) Parental Athletic Insurance or Waiver Form**. **(2) Parent's Permit and Health Questionnaire**. **(3) A current physical examination must be on file**. (Good for 3 years) **(5) Signed Minnesota State High School League Eligibility Brochure**. **(7) Athletic Fee**.

**** All regulations contained herein supersede all previously set regulations. Any regulation in this booklet may be amended, deleted or modified. To initiate change, it is recommended the change be in writing with reason for change and how the change should read. This request should be given to the Activities Director. Any change will be voted on by the Board of Education. ****

Parent Section

NRHEG Fundamentals of Sportsmanship

The following will help everyone understand their responsibilities and expectations at contests involving NRHEG.

1. Exercise appropriate behavior at all times.

A prerequisite to Good Sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Whether you are aware of it or not, your behavior influences others.

2. Recognize and appreciate skilled performances regardless of affiliation.

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents Good Sportsmanship, but also reflects a true awareness of the game by recognizing and acknowledging quality.

3. Exhibit respect for officials.

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contest are part of the game. The rule of Good Sportsmanship is to accept and abide by decisions made. This value is critical for students to learn for later appreciation in life.

4. Display openly a respect for opponents at all times.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for NRHEG, your team, and family. This fundamental is the Golden Rule in action.

5. Display Pride in your actions at every opportunity.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and others and how others perceive you.

Communications Between Parents and Coaches

Communication from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child
3. Location and times of all practices and games and lettering requirements
4. Team expectations, i.e. practices, special equipment, out of season training
5. Procedures to follow should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

Communication that coaches may expect from parents:

1. Concerns expressed directly to the coach
2. Specific concerns with regard to a coach's philosophy and or expectations
3. Notification of any illness or injury of missed practices

Appropriate concerns to discuss with the coaches:

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

It is very difficult to accept your child not playing as much as you may hope. Coaches are teachers. They make judgment decisions based on what they believe to be best for all students involved. As you can see from the above list, certain things can and should be discussed with the coach. Other things, such as the ones listed below, must be left to the professional judgment of the coach.

Issues not appropriate to discuss with the coach:

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

There are often situations that may require a conference between the coach and the parents. The student athlete should be involved in these meetings. To resolve the problem, we must have everyone's help and involvement.

Resolving Conflicts

I. If there is a problem:

- * Have your son or daughter talk directly to the coach, one on one - this is part of the learning and maturing.

II. If the problem is not resolved:

1. Call the coach for their insight into the problem.
2. Set-up a face-to-face meeting with the coach and your son or daughter.

III. If the meeting with the coach does not provide a satisfactory resolution:

- * Call the Activities Director and request a meeting with all parties. The Activities Director will attempt to mediate a resolution.

Parents Should Not:

1. Contact a coach regarding a conflict within 24 hrs of a contest.
2. Confront the coach before or after practice.
3. Confront the coach before or after a game.
4. Confront the coach before or after the banquet.

Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher for a poor grade, so please do not confront the coach in a public setting. There are proper ways to communicate and have your concerns addressed. Practices and games are highly emotional times for everyone involved, player, coaches, and parents. Confrontations take everyone out of their game. Just like an athlete who prepares mentally and physically for a practice or game, coaches are also thoughtful in their daily preparation. During a practice or game, coaches need to be able to focus 100% of their energy on the athletes as individuals and as a team.

Frequently Asked Questions

1. I am very concerned about my child's coach, but I fear that a conversation with the coach will lead to retaliation and resentment. What should I do?

If your child was having problems in their math or science class, would you call the school and ask to schedule an appointment with the teacher to find out what you as parents can do to assist your child? If your child continued to have pain in their teeth long after visiting the dentist, would you schedule a follow-up visit? The answers are obvious, YES. Your concerns regarding retaliation should not enter your mind. Your manner of inquiry can either help or hinder a response. In most situations, when attacked, an attacking tone or manner generally results in a defensive response. The best inquiry method is to schedule a face-to-face meeting with the coach and include your child at the meeting, just like you would in a meeting with their math teacher. Make sure you are seeking answers to questions that will ultimately enhance your child's experience and what you as a parent can do to assist in that effort.

2. When my child played youth sports everyone got to play. Now that my child has made the high school team, it seems that she doesn't get much playing time. Should I encourage my child to seek other interests?

You are assuming that your child's role on the team has not been rewarding. Kids play for a variety of reasons and everyone including parents have a desire for more playing time and a higher profile on the team. Not everyone can be the star on a team, yet the most successful teams are ones where all members contribute, be it in practice or at/in games. Kids

learn great lifelong skills about commitment, dedication, teamwork, effort, accountability and never giving up while participating in high school sports. Those are the character traits we all want our children to learn.

3. Is one particular coaching “style” more effective?

About the time that you argue that one style is more effective, a host of exceptions come to mind. There is no one way to coach. We generalize that there are the three basic coaching styles; command, submissive, and cooperative. We strongly advocate a combination of all three. A command style coach might be viewed as a “my way or the highway” type of personality, yet when it comes to the health and safety of the students, the coach must be assertive as to expectations. There are times when the best lessons kids learn are when we let them fail and they have to recover. Studies have shown that kids and teams excel best when the team has some say in the goals and decisions for the team. However, again, ultimately the coach is the adult and has the duty to ensure that the kids grow and mature under their leadership. Good coaches use a multitude of tools and styles to accomplish that goal.

4. Why is officiating so poor at our high school games? I wouldn’t yell so much if the officials were better?

An unfortunate attitude currently in our society is to “place the blame” and the official becomes an easy target or villain. We hope that you will realize that officials are similar to players, coaches, and teams...some are good and some are not so good. It is sometimes difficult finding people who are willing to become game officials as the potential for abuse far out-weighs the pay. High school officials must attend “rules interpretation” meetings annually, to test their knowledge of the rules in addition to ongoing evaluations and ratings for competencies. Most officials participate for the love of the sport and for the benefit of high school students and athletic programs. Let’s make sure that they know officials are providing a service to the student/athletes, the high school, the sport and the community. As we look to build our pool of officials, it would be beneficial if these officials were treated with respect vs. abuse. Be a Fan, not a Fanatic!

Coaches Section

Coaches Information

Objectives of the Coaches

- ÿ To realize their responsibility to the school program adhering to the objectives as stated by the total faculty and within their own department.
- ÿ To recognize coaching as teaching in its truest form.
- ÿ To recognize winning as being important, but never at the expense of our total program, or the welfare of our student participants.
- ÿ To work towards a goal of improvement from the standpoint of the individual and the team during the course of the season.
- ÿ To give careful consideration to the physical condition of our athletes at all times, including following up on injured students.
- ÿ To deal fairly with each student athlete and be responsive to individual needs and concerns.
- ÿ To provide opportunities for each student athlete to actively participate in practice sessions, whenever possible in game situations, and to strive for additional opportunities to participate through scrimmages etc.
- ÿ To conduct oneself in the highest professional manner.
- ÿ To provide, through association, a positive role model for student athletes.
- ÿ To recognize loyalty as a very important ingredient in the success of any program, and to be loyal to fellow coaches, teachers, the school and the community.
- ÿ To recognize all programs below varsity level as developmental activities for the individual and the team concept as well.

Team and Player Rules

Coaches will establish rules and regulations for their sport and requirements for earning a letter. A copy of these rules must be given to the Activities Director for approval. These rules must be explained fully at the start of the season to parents and student participants.

Facilities

Suggestions for improvement of athletic facilities should be made in writing to the Activities Director. These recommendations will be discussed with the coach and then submitted to the Supervisor of Buildings and Grounds.

Work orders will be submitted by the Activities Director to the Supervisor of Buildings and Grounds. Coaches should turn in their requests to the Activities Director during the Spring (or earlier) of the previous year during planning time for the new school year.

A complete facilities schedule will be kept by the Activities Director. When facilities must be shared, practice schedules will be drawn up by the Activities Director and Head Coaches. Once drawn up they may not be changed unless prior approval of the Activities Director,

A Facilities Use Agreement is needed for all non-school days by school groups and any day for non-school groups. A permit must be filled out in advance for approval by the Facilities Use Manager.

Recognizing the demand for usage of facilities, the following priority list has been established.

- scheduled academic activities

- scheduled athletic contests

- scheduled athletic practices

- scheduled school related activities and groups

- scheduled community services activities

- athletic boosters, band boosters, parent group (P.I.E.)

other community groups may use during evening hours and other times when listed activities above will not be hindered.

Coaches Information continued...

Supervision

Coaches are responsible for the supervision of all participants when using any facilities related to NRHEG activities. Coaches should be the last to leave the locker rooms both at home and on the road. Make sure lights are off and the locker room is in orderly condition. Coaches are also to supervise all participants while using school transportation. If at least one coach is unable to supervise the bus, the AD must be notified and other arrangements made. Please remind everyone that we are always representing the NRHEG community.

Keys

Keys will be issued to each coach at the start of the sport season for the athletic facilities and should be returned to the Activities Director at the conclusion of the season. Coaches are responsible for the safekeeping of keys and at no time should students be given keys. Occasions may arise for a student manager to use keys to run an errand for the coach.

Weight Room

Weight room (Coed). The proper use of the weight room is the responsibility of each coach who uses it. Each coach is responsible for the equipment and care of the weight room. Coaches must supervise the weight room when students are present.

First Aid Supplies

Necessary first aid supplies should be picked up prior to the season and whenever necessary during the season. The Activities Director will order and supply all necessary supplies. It is the coach's responsibility to keep a kit stocked and maintained.

Fund Raising

The Athletic Department does not encourage fund-raising projects. However, from time to time it may be necessary for a specific group to create money for a particular project. All fund-raising projects must be approved by the Activities Director and Principal of the building.

Practice Regulations

No practices will be held on a day school has been dismissed early due to bad weather. On days of cancellation, practice may be held upon the approval of the Activities Director. On Wednesdays, practice will end so that all students are out of the building by 5:45 pm. Coaches must be present at all practice and workout sessions. No athlete is to be given permission to use the facilities unless a coach is present at all times. No athletic practices, workouts, etc. will be conducted in the morning before school, without prior approval by the Activities Director.

Publicity and Promotions

The reporting of news items and game results is the responsibility of the head coaches and their staff. Playoff games may be the responsibility of the game manager, please confirm with the Activities Director. A list of News organizations and phone numbers or emails will be distributed before the season.

Scrimmages

Transportation will be provided for varsity teams to attend one scrimmage per year. Coaches may plan to attend more but will need to make arrangements to pay for transportation. If students or parents are to drive students to a scrimmage, the coach must first get approval from the Activities Director and Principal. Scrimmages will be scheduled by the Activities Director with the help of the Head Coach.

Coaches Information continued...

Squad Selection

It is the intent of NRHEG Schools to encourage maximum participation while also recognizing that competitive play increases with every level. As such, not every athlete will earn equal playing time. The following guidelines should be followed for squad selection:

NRHEG has adopted a no cut policy. No athlete will be cut from an athletic program for non-disciplinary reasons. No tryouts or limits on squad size will be allowed for 9th grade or B squad with the exception of Cheerleading. Playing time will be at the discretion of the coach.

Varsity coaches shall be allowed to determine their playing squad, taking into consideration guidelines set forth by the Minnesota State High School League. Coaches must follow the procedure listed below prior to the start of the season:

Players and parents will be informed there may be a limited number that will dress for games/contests/tournaments.

Players and parents will be informed of the timeline for making their squad selection and the coach will communicate with players about their role on the team.

Squad Advancement

Any 9th - 12th grade student can participate at the varsity level if they are selected for the team. Advancement of junior high athletes to other levels requires signed permission from the athlete, coach, parent (s) and Activities Director. Note in some sports (i.e. Track, Cross Country and Wrestling) due to numbers or necessity a meeting may not be necessary.

The following guidelines should be considered when promoting an athlete:

There must be a reasonable expectation of the student being able to compete on the squad to which they are being promoted.

The student must be able to physically handle the change.

The promotion should be beneficial to both the student and the program.

* What effect will the advancement have on game/match limitation as set forth in MSHSL guidelines?

State Tournament Attendance

Head Coaches will be allowed to attend the State Tournament of the sport they coach. The school will provide for a substitute. All other expenses will be paid for by the coach. One Assistant Coach will be allowed to attend the State Tournament per day.

Disqualification

Any NRHEG coach that is disqualified from a contest must immediately inform the Activities Director and give detailed description of the events leading to the disqualification.

Minnesota State High School League Bylaw 207 states that any student or coach disqualified from an interscholastic contest by game officials for flagrant, violent or verbal misconduct will be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition. The second violation carries a four (regularly scheduled) game/meet ineligibility.

Coaches Dashboard

Head Coaches and Lower Level Assistant Coaches that work with a varsity and junior varsity team in any capacity must create an MSHSL Coaches Dashboard. These coaches are required to complete the required continuing education courses established. All coaches paid or volunteer are required to establish a Coaches Dashboard to utilize the information for understanding and improvement of their coaching.

Undue Influence

At no time should any coach use any type of influence or pressure on a student/athlete with the intent of having an athlete go into one activity rather than another. If anything resembling pressuring athletes to go out for a particular sport occurs, the situation should be brought to the attention of the Activities Director or Principal.

Upon completion of any MSHSL investigation, any penalty levied against the school district will be sent to the Activities Committee for review. The Activities Committee will review the findings and recommend the penalty against said coach to the School Board.

It is our philosophy that students should go out for whatever sport they want without any pressure exerted on them. If a student is not out for any sport, coaches may encourage the student to go out for a sport.

Coaches Code of Ethics

1. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
2. Respect the integrity and personality of each individual athlete.
3. Encourage the highest standards of conduct and scholastic achievement.
4. Seek to incorporate good health habits including the establishment of sound training rules.
5. Fulfill responsibilities to provide health services and an environment free of safety hazards.
6. Exemplify the highest moral character, behavior and leadership.
7. Provide ethical relationships among coaches.
8. Encourage a respect for all athletics and their values.
9. Abide by the rules of the game in letter and spirit.

10. Respect the integrity and judgment of sport officials.
11. Display modesty in victory and graciousness in defeat.
12. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

This code of ethics has been adopted by the Minnesota State High School Coaches Association (MSHSCA) for all members of that organization. All NRHEG coaches should strive to embody this code.