



North High School Activities Handbook

2025-2026



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Message from Activities Director

Jed Helwig

Welcome to the
Polar Activities Department
at North High School!

Polar Nation,

I'm thrilled to have you join our vibrant and dynamic community. At North, we offer a diverse range of co-curricular activities designed to inspire pride, build strong character, and encourage both personal and team experience. Our programs are rooted in the values of good sportsmanship, leadership, and integrity - fostering an environment where students not only grow as athletes or performers but also as well-rounded individuals.

Participation in activities provides meaningful opportunities for students to develop empathy, courage, fairness, and responsibility, while building self-respect and respect for others. Beyond the playing fields, courts, and stages, students form lasting connections with caring adults who are dedicated to their academic and social-emotional growth. These experiences also nurture moral, civic, and emotional development - essential qualities that extend far beyond high school.

Success in our programs isn't solely measured by wins or accolades, but by the personal growth and purpose students discover along the way. We're committed to providing clear, intentional pathways supported by strong leadership and coaching to help students thrive and lead impactful lives.

As Activities Director, I am here to support students, staff, and families with fairness, positivity, and a commitment to inclusion. Together, we'll continue to build a welcoming and enriching activities program that reflects the best of who we are.

Let's make this year an incredible one - full of growth, memories, and Polar pride. Go Polars!

With appreciation,

Jed Helwig
Activities Director
North St. Paul High School



North High School Activities Department

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

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Activities Director	Jed Helwig	748-6022	jhelwig2@isd622.org
Activities Assistant	Lauren Berfeldt	748-6021	lberfeldt@isd622.org
Activities Coordinator	Andy Navis	748-6026	anavis@isd622.org
Athletic Trainer	Hannah Tongen	748-6181	htongen@isd622.org
Activities Fax		748-6099	
Polar Arena	Eric Edhlund	748-6292	eedhlund@isd622.org
Tartan Arena	Eric Edhlund	702-8853	eedhlund@isd622.org

Quick Reference Websites

www.north.isd622.org/activities

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

www.metroeastconference.org

www.mshsl.org



@NorthActivities



Activity Scheduler app
(in your app store)



Northern Highlights
newspaper



HUDL TV
Live stream

Administrative Team

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



Minnesota State High School League

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

MSHSL Mission Statement

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

Coaches and Players

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

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



Metro East Conference

Sportsmanship Goals

Fundamentals of Sportsmanship

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

Acts of Misconduct

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

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

622 Social Media Guidelines

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

Adapted Athletics Opportunities

We are proud to offer inclusive athletics opportunities for students with cognitive and/or physical impairments. Our adapted athletics programs are designed to provide all students the chance to compete, grow, and be part of a team in a supportive and welcoming environment.

Seasonal Sports Offerings

- **Fall** - Adapted Soccer
- **Winter** - Adapted Floor Hockey
- **Spring** - Adapted Bowling

CI - Cognitively Impaired League

Students are eligible to participate in the CI league if they:

- Have a full-scale IQ of 70 or below (based on the most recent evaluation)
- Are receiving Developmental Cognitive Disability (DCD) Services

PI - Physically Impaired League

Students may be eligible if they:

- Have cardio/respiratory conditions limiting physical activity
- Have physical impairments affecting motor or gait patterns
- Are diagnosed with neuromuscular or postural/skeletal conditions, traumatic brain injury, or growth disorders
- Require prosthetics or use of a wheelchair

Autism Spectrum Disorder (ASD) Bowling

To participate in ASD bowling, students must:

- Have documented evidence of ASD
- Be receiving related services from the school district
- Be able to participate independently without physical prompts from an adult, coach, or teammate

If you have questions or need additional details, contact the Activities Department.

2025-2026 Athletic Start Dates

Fall Sports	
Adapted Soccer	September 8, 2025
Cross Country (Boys & Girls)	August 11, 2025
Cheer and Dance Teams	August 11, 2025
Football	August 11, 2025
Soccer (Boys & Girls)	August 11, 2025
Swimming/Diving (Girls)	August 11, 2025
Tennis (Girls)	August 11, 2025
Volleyball	August 11, 2025
Winter Sports	
Adapted Floor Hockey	December 1, 2025
Basketball (Boys)	November 17, 2025
Basketball (Girls)	November 10, 2025
Gymnastics	November 10, 2025
Hockey (Boys)	November 10, 2025
Hockey (Girls)	October 27, 2025
Nordic Ski (Boys & Girls)	November 10, 2025
Swimming/Diving (Boys)	November 24, 2025
Wrestling	November 17, 2025
Spring Sports	
Adapted Bowling	February 23, 2026
Badminton (Girls)	March 2, 2026
Baseball	March 16, 2026
Clay Target (Boys & Girls)	March 2, 2026
Golf (Boys & Girls)	March 16, 2026
Lacrosse (Girls)	March 30, 2026
Softball	March 9, 2026
Tennis (Boys)	March 23, 2026
Track & Field (Boys & Girls)	March 9, 2026
Volleyball (Boys)	March 16, 2026

Activity/Athletic Registration

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

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

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

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

During the registration process, you will complete the following:

- **Emergency Medical Authorization**

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

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

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

- **ImPACT consent**

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

- **Parental Insurance Waiver**

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

- **Athletic Trainer Authorization**

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

- * **Transportation Waiver**

NOTE: Before your child participates in a practice or tryout, you must register them online, completing all the necessary eligibility forms and paying the fees.

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

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

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

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

Coaching Contacts and Participation Fees

Fall Sports

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

Winter Sports

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

Spring Sports

Adapted Bowling (\$60)	Trudy McQuiston	tmcquiston@isd622.org
Badminton (\$145)	Panou Xiong	panouxiong97@gmail.com
Baseball (\$165)	Jeff Towberman	jtowberman@isd622.org
Boys Golf (\$145)	Aron Helm	ahelm@isd622.org
Girls Golf (\$145)	Aron Helm	ahelm@isd622.org
Softball (\$165)	TBD	
Girls Lacrosse (\$165)	Rick Estes	rjestes@cbburnet.com
Boys Tennis (\$145)	Eric Duliere	eduliere1@gmail.com
Boys Track (\$165)	Aaron Goff	agoff@isd622.org
Girls Track (\$165)	Aaron Goff	agoff@isd622.org
Clay Target (\$175)	Craig Zupko	czupko@isd622.org
Boys Volleyball (\$165)	AJ Vang	anjinsan1983@yahoo.com

Communications Protocol

Coach/Advisor/Director

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



Varsity Head Coach/Head Advisor

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



Activities Director

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



Principal

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



Superintendent

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

North High School Activities*

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

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

Activity Registration & Participation Fees

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

MSHSL Co-Curricular Eligibility

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

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

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

Asian Student Alliance (ASA)

Advisor: A Yang

ayang2@isd622.org

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

Black Student Union

Advisor: Deron Drummond
Walt Whittaker

ddrummond@isd622.org
wwhittaker@isd622.org

Wednesdays, September - May

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

We embrace unity, love, diversity, and our cultural heritage. Our members are goal-driven leaders who actively seek out ways to make an impact in their community through volunteering and participating in social causes.

To fulfill our mission, BSU is committed to the following core values:

- *Be a voice for the larger student body*
- *Share input and ideas for school-wide events*
- *Facilitate student group discussions*
- *Serve our community through volunteering*
- *Create lifelong learning opportunities*

Bowling Club

Advisor: Jenell Kreuger

kreugerjenell@gmail.com

Cost: \$100
August - April

The Co-Ed season starts with practice the second week of August. Competition begins in September. Practices are Tuesdays and Thursdays at Saxon Lanes in Little Canada from 4-5:30 p.m. Competitions are Fridays after school at various bowling houses in the Metro East Conference. The season ends with a state tournament the first weekend of December (earlier if eliminated). The team bowls the Baker System, with five people bowling two frames per game.

The Girl's season starts practice the second week of December. Practice is Tuesday and Thursday at Saxon Lanes in Little Canada from 4-5:30 p.m. Competition begins in January usually on Sunday early afternoons at various bowling centers in the North Metro Area. The season ends the first week of March with a state tournament (if not eliminated). The team bowls the Baker System, with five people bowling two frames per game.

Debate

Advisor: A Yang

ayang2@isd622.org

Cost: No fee

Starts in January

Team members learn about the debate process and exercise their ability to present information in a persuasive manner while speaking with confidence, poise, and enthusiasm.

Debate Team - Spanish

Advisor: Elizabeth Martinez

emartinez@isd622.org

Cost: No fee

Starts: late January - May

The Spanish Debate Team is part of Augsburg University's Urban Debate League. Practices are held at North HS twice a week after school beginning the last week of January. There are three tournaments. An intermediate to high level of written and oral Spanish is recommended.

DECA

Advisor: Kelli Potthoff

kpotthoff@isd622.org

Cost: No fee

September - June

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

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

Drama: Fall & Spring Productions

Advisor: Jack Bonko

bonko.j@gmail.com

Cost: \$60

September - May

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

E-Sports

Advisor: TBD

Cost: No fee
Fall and Spring

Students must have access to the PC/console of desired game(s). Games include: Rocket League, League of Legends, Super Smash Bros Ultimate, Valorant, and others. This is a competitive club, and depending on numbers, tryouts may be necessary to determine rosters.

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

Fellowship of Christian Athletes (FCA)

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

Cost: No fee
September - May, meeting weekly at 7:30 a.m., day of week to be determined
NOTE: One need not be an athlete to participate

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

Fishing Club

Advisor: Andrew Valek avalek@isd622.org

Fall & Spring

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

Flag Football - Girls

Advisor: Carrie Boche (Head Coach) cboche@isd622.org
Julia Lutz (Assistant Coach) jlutz@isd622.org

Cost: \$25
March - June

Open to all girls in grades 9-12. Flag football is a fast-paced, non-contact version of traditional football that emphasizes speed, strategy, and skill. Whether you're a seasoned player or just starting out, we would love to have you be part of our team. Our goal is to build a supportive and inclusive environment where girls can thrive both on and off the field. Through practices, games, and team events, you'll develop not only as an athlete but also as a leader and teammate.

North is part of the Minnesota Vikings Girls Flag Football League, with games played on Sunday afternoons in April and May. Playoffs are held at the end of the regular season.

Fusion Drumline

Advisor: John Povolny

jpovolny@isd622.org

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

October - April

Open to District 622 students in grades 7-12

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

Gender & Sexuality Alliance (GSA)

Advisors: Jill Muecke
Shelly Yoder

jmuecke@isd622.org
syoder@isd622.org

Cost: No fee

September - June

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

Golden Prom

Advisor: Elaine Simon

esimon@isd622.org

Cost: No fee

September - May

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

Karaoke Club

Advisor: A Yang

ayang2@isd622.org

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

Knowledge Bowl/Quiz Bowl

Advisors: Joe Simms

jsimms@isd622.org

Cost: No fee

September - March

Let's hit the buzzers! Teams compete by answering questions from all areas of learning: literature, math, science, history, sports, entertainment, and more. If you like quiz shows, this is your activity!

Latinx Club

Advisor: David Echavez Valdez

dechavezvaldez@isd622.org

Cost: Free

September - May

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

Link Crew

Advisors:

Amy Johnson

Logan Ross

Andrew Valek

Alison Wohlwend

ajohnson12@isd622.org

lross@isd622.org

avalek@isd622.org

awohlwend@isd622.org

Cost: Free

August - May

Open to all 11th and 12th graders

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

Multicultural After School Activities (MASA)

Advisor:

Sarah Currie

scurrie@isd622.org

Cost: No free

Meets Tuesday & Wednesday from 3-4 p.m.

Math Team

Advisor:

Carraig Hegi

chegi@isd622.org

Cost: \$60

October - February

Team members will participate in individual and team events at five divisional math meets. Exceptional performances qualify you for state competition.

Mock Trial Club

Advisor: Kelli Potthoff

kpotthoff@isd622.org

Cost: \$60

October - February

(Tryouts in Sept, practice begins in Oct, competitions from Dec - Feb; District competitive trials are every Tuesday in January from 5 - 8 PM.)

The Mock Trial Program is a law-related education program that introduces students to the American legal system. Students exercise their critical thinking and teamwork skills, as well as the basic skills learned from an experienced trial lawyer. The program is run through the Minnesota State Bar Association. Students will prepare a case and perform both sides at trial. Civil and criminal cases alternate years. 2023-2025 is a criminal case.

Model UN Club

Advisor: A Yang

ayang2@isd622.org

Cost: No fee

Meeting times to be determined

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

Mug Club

Advisor: Josh Granlund

jgranlund@isd622.org

Cost: Free

September - May

Note: Recommend completing Ceramics 1 before joining

Mug Club is a creative after-school group where students design and craft handmade ceramic mugs and other creative items in the ceramics room. Members learn pottery techniques, glazing, and how to prepare for sale at the school's Coffee Cave and other venues. It's a fun, hands-on way to express creativity and contribute to a community project.

Music (Band & Choir)

Advisors: Aaron Hammerman (Band)
Amy Johnson (Choir)

ahammerman@isd622.org
ajohnson12@isd622.org

September - June

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

National Honor Society

Advisors: Keith Reynolds
Jennifer Treinen

kreynolds@isd622.org
jtreinen@isd622.org

Cost: No fee

Year-round

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

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

Northern Highlights (Newspaper - Online Edition)

Advisor: Rachel Myers

rmyers@isd622.org

Cost: No fee

September - June



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

One Act Play

Advisor: Jack Bonko

bonko.j@gmail.com

Cost: \$30

December - January

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

Pop Culture Dance Club

Advisor: A Yang

ayang2@isd622.org

Cost: No fee

Meeting day/time TBD

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

Robotics

Advisor: Dave Moran

dmoran@isd622.org

Cost: No fee

November - April

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

Show Choir

Advisor: Amy Johnson

ajohnson12@isd622.org

Cost: Varies
August - June

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

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

Student Council

Advisors: Courtney Johnson
Jon Tschida

cjohnson5@isd622.org
jtschida@isd622.org

Cost: \$20
Year-round

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

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

Super Fans

Advisor: John Chaplin

jchaplin@isd622.org

Cost: Free

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

World Cultures Club

Advisor: A Yang

ayang2@isd622.org

Cost: No fee
September - June

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

Yearbook

Advisor: Brian Reda

breda@isd622.org

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

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

ISD 622 Activities Academic Standards

Philosophy

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

Eligibility

To be eligible for activities, students must be making continued progress toward graduation. With this consideration, the District has established the following academic guidelines for eligibility.

According to the Academic Eligibility Guidelines, any student who is within three (3) of making progress towards graduation will be placed on an academic contract to continue participation. The student will be eligible as long as the contract goals are being met at the time of the midterm and end-of-trimester grading reviews.

Any student who is more than three (3) credits short of making progress towards graduation, according to the Academic Eligibility Guidelines, will be immediately ineligible for participation.

Appeals

For extenuating circumstances not specified in this regulation, an appeal process exists to seek a waiver of the academic eligibility rule. The regulation and appeal forms may be obtained from the Activities Director.

Grading

1. Grade Monitoring

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

2. Academic Study Hall

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

3. Supervision

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

4. Schedule

- Study Hall Sessions: To be determined

5. Eligibility

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

North High School Activities Department Policies & Guidelines

Participation

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

Release from Class

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

Dropping or Transferring Sports

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

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

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

Equipment

Assigned school equipment is the responsibility of the student/athlete. Equipment should be kept clean and in good condition. Loss of or damage to any equipment is the participant's financial obligation. Summer equipment rental requires coach approval and completion of forms.

Missing Practice

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

Travel

All participants must travel to and from athletic/activity contests with their team if transportation is provided by the Activities Department unless previous arrangements are made by the parents or guardians for exceptional situations. Participants will remain with their team/group and under the supervision of the coach/advisor when attending away events. Participants who do not ride on the team bus will not be allowed to participate in the contest unless there are extenuating circumstances. All regular ISD 622 transportation rules will be followed.

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

Policies & Guidelines continued

Conflicts in Co-Curricular Activities

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

Scheduling of Events

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

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

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

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

Vacations Guidelines

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

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

Policies & Guidelines continued

Squad Selection Guidelines

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

Cutting Guidelines

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

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

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

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

Participation and the School Day

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

Team Pictures

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

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

Financial Obligations and Equipment

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

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

Return to Play Protocol - Concussion

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

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

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

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

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

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

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

Penalties for Violations

First Violation

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

Second Violation

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

Third and Subsequent Violations

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

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

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

Student Parking Permit Information

Parking permit sign up starts on Monday, August 4, 2025 via the GoFan app. Your parking permit will be ready for pick up at the open house. Parking permits are limited. Purchase is on a first-come, first-served basis.

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

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

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



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

Activities - Safety Practices

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

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

Online Ticketing Only

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

IDs

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

Students Fan Policy (Grades K-12)

Only students with a valid ID from the two competing schools are allowed as spectators at the event. Anyone who is not a North student must be accompanied by an adult. This includes:

- Students in grades K-8 (from ISD 622 and other districts)
- High school students (grades 9-12) from schools not involved in the event

Re-entry Policy

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

Home/Visitor Seating

Fans are expected to be in their designated school section.

Backpacks

Backpacks are not allowed at home football games.

Event Policies

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

Persons who violate these rules may be removed without refund.

Student Code of Responsibilities

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

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

Metro East Conference Athletic Admission Prices

\$8 - Adults

\$5 - Students

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

Scan this QR code to purchase tickets:



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

Home Competition Locations

Baseball Fields

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

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

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

Bowling Lanes (Adapted Bowling)

Sun Ray Lanes, 2245 Hudson Road, St. Paul

Football Fields

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

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

Golf Course

Boys and Girls: Oak Marsh

Gymnasium

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

Ice Arenas

Polar Arena, just east of North High School main entrance

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

Pool

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

Skyview Middle School, 1100 Heron Avenue North, Oakdale

Soccer

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

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

Softball

McKnight Fields, 1 block west of North High School

Tennis

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

Track

South side of North High School

NOTES

North High School Song

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



North High School Activities Office
2416 11th Avenue E
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651-748-6020 (P) • 651-748-6099 (F)

www.North.isd622.org
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