



GSL School District #2859

1621 E. 16th St., Glencoe, MN 55336

Phone 320-864-2491 ~ Fax 320-864-6320

www.gsl.k12.mn.us

Activities Participation Prerequisite Information



COMMITMENT TO EXCELLENCE...AT GSL

*Proudly serving the communities of
Biscay, Brownton, Glencoe, New Auburn, Plato, and Silver Lake*

October 2025



The vision of the GSL activities program is to provide many different learning activities, to enhance learning opportunities, and to provide opportunities for our students to make connections. This plan is an ever evolving and changing attempt to meet the needs of our students.





GSL MISSION STATEMENT

“Creating an environment where education is valued, excellence is expected and lifelong learning thrives”

GSL VISION STATEMENT

“To Connect To Lead To Inspire”

CORE BELIEFS VALUES AND PRINCIPLES

- All students can learn
- All students are valued
- All students can be successful
- All students have gifts and talents
- All students have the right to a safe and positive learning environment
- All members of the district are valued stakeholders

GSL DISTRICT GOALS

- Goal #1 Increase student achievement
- Goal #2 Increase focus on literacy in all subject areas
- Goal #3 Promote positive community relationships
- Goal #4 Maintain fiscal responsibility while addressing district needs

OVERVIEW

GSL has a long tradition of successful activities programs. We are proud to offer a variety of activities through our activities program. These activities help provide opportunities for our students to learn important life skills including teamwork, discipline, dedication and time management to mention a few.

Participation in extracurricular activities carries added expectations and responsibilities. Each activity has a basic set of prerequisite skills. Students are free to pursue participation in any of our extracurricular activities as long as they meet the basic eligibility requirements and possess the skills needed for a safe and successful experience.

In the pages that follow, the individual coaches/directors/advisors have indicated their thoughts on the social, physical, and cognitive skills that students must possess for a successful experience in their activity.

OVERALL REQUIREMENTS



In addition to the prerequisite skills identified below for each individual activity, all students participating in extracurricular activities must abide by the following requirements:

1. Participants in team sports and activities governed by the Minnesota State High School League are required to meet the prerequisite and conduct standards established by the League and set forth in the Minnesota State High School League Rules.
2. In order to participate in any extracurricular activity established by the GSL School District, a student must possess the ability to follow the rules established by the coach, the team, the game, and the supervisor for that game/activity.
3. Moreover, while accommodations for students with disabilities will be made in order to enable students with disabilities to participate in extracurricular activities, the provisions of such accommodations: a) are limited by the rules and regulations of the Minnesota State High School League; and b) cannot change the basic nature of the activity.
4. All students participating in GSL activities will be responsible to have all paperwork turned in and fees paid BEFORE they begin participation in an activity.
5. All students, by signing the MSHSL eligibility statement, agree to abide by the rules of chemical violations, hazing violations, and all rules set forth by the MSHSL.
6. Finally, in order to participate in the District's extracurricular activities, all students must possess an understanding of what behaviors are acceptable and unacceptable in the individual activity or team sport and be able to conduct themselves in a manner which ensures a spirit of good sportsmanship and the safety of the participants and spectators.

INDIVIDUAL REQUIREMENTS FOR EACH ACTIVITY/PROGRAM



Art Club

1. Participants must be willing and able to follow direction from the advisor.
2. Participants must be able to attend all mandatory meetings.
3. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct.

Baseball

1. Participants in this activity must demonstrate the skills or capacity to develop the physical ability and eye-hand coordination to run, catch, hit, move and handle and throw a baseball in a manner deemed satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the sport of baseball, including an understanding of the rules, how to apply them, and how each position is played. In addition, participants must be able to have physical contact with other students.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants in this activity must be able and willing to attend all mandatory practices and engage in physical training to prepare for scrimmages and games.
5. Participants must be able to learn, memorize, and perform assigned maneuvers.
6. Participants must understand and practice good sportsmanship and respect their opponents and the game. They must, at all times, adhere to GSL's eligibility rules Code of Student Conduct, and the rules of the Minnesota State High School League.

Basketball (Boys' and Girls')

1. Participants in this activity must demonstrate the physical strength, ability and/or skills or the capacity to develop the strength, physical ability and skills to run quickly while holding or dribbling a ball, jump, aim, handle a basketball, and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of basketball and possess the ability to apply those rules to the game.

3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants in this activity must be able and willing to attend all mandatory practices and engage in physical training to prepare for scrimmages and games.
5. Participants must be able to learn, memorize, and perform assigned maneuvers.
6. Participants must understand and practice good sportsmanship and respect their opponents and the game. They must, at all times, adhere to GSL's eligibility rules Code of Student Conduct, and the rules of the Minnesota State High School League.

Business Professionals of America

1. Participants must be willing and able to follow direction from the advisor.
2. Participants must be able to attend all mandatory meetings.
3. Participants in this activity must compete in the school-level BPA contest by taking the qualifying test at the local level and each level of competition thereafter.
4. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the BPA organization.
5. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the BPA organization.

Cheerleading

1. Participants in this activity must demonstrate that they either possess or have the capacity to develop the physical ability to cheerlead in a manner satisfactory to coaching staff.
2. Participants must be able to demonstrate an understanding of the requirements of cheering for a particular sport and the ability to interact cooperatively with squad members of the cheerleader's own school and/or other schools.
3. Participants must be able to follow the directions of coaching staff and team captains. Participants must be able to interact appropriately with teammates, coaches, opponents, officials, fans, and media. Participants must be able to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.

4. Participants must be able to attend all mandatory practices and events.
5. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the Minnesota State High School League.

Cross Country (Boys' and Girls')

1. Participants in this sport must demonstrate the physical ability and/or skills or the capacity to develop the physical ability, agility and skills necessary to complete either a 4K (for females) or 5K (for males).
2. Participants must have a basic understanding of the sport of cross country, including an understanding of the rules of the sport and how to apply them.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains and to accept constructive criticism.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must be able and willing to attend all mandatory practices, scheduled scrimmages and meets.
6. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Dance Team

1. Participants must demonstrate the physical strength, skills, and ability or the capacity to develop the strength, physical ability, and skills to move quickly, while engaging in rigorous dance routines and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of dance team and possess the ability to apply that understanding.
3. Participants must be able to follow the directions of coaching staff and team captains. Participants must be able to interact appropriately with teammates, coaches, opponents, officials, fans, and media. Participants must be able to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able to attend all mandatory practices and scheduled events.

5. Participants must be able to work cooperatively with their teammates to learn, memorize, and perform dance routines. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Football

1. Participants in this activity must demonstrate the physical ability and/or skills or the capacity to develop the physical ability and skills necessary to play the game of football. This includes, but is not limited to, the ability to run for long distances while carrying a football and wearing safety equipment; the ability to block other players and withstand blocks from other players; the ability and skills necessary to protect himself and his teammates; and the ability to maintain focus in stressful situations in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the game of football, an understanding of the rules applicable to the game and the ability to apply those rules in the course of a game. In addition, the athlete must understand the concepts of the game, from offense to defense to special teams.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to work cooperatively with their teammates, follow strategies and learn, memorize, and perform assigned maneuvers. They must, at all times, adhere to GSL's eligibility rules; Code of Student conduct, and the rules of the Minnesota State High School League.

FIRST Robotics

1. Participants must be willing and able to follow direction from the advisor.
2. Participants must be able to attend all mandatory meetings.
3. Participants in this activity must compete as a team at the state competition.
4. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the FIRST Robotics organization.

5. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the FIRST Robotics organization.

Geography Bee

1. Participants must be willing and able to follow direction from the advisor.
2. Participants in this activity must compete in the school-level Geography Bee contest by taking the qualifying test at the local level.
3. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the National Geographic Bee.
4. Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the National Geographic Bee.

Golf (Boys' and Girls')

1. Participants in this activity must demonstrate that they either possess or have the capacity to develop the physical ability and eye-hand coordination necessary to swing a golf club, hit a golf ball, and hold a golf ball and golf clubs in a manner satisfactory to coaching staff.
2. Participants must be able to demonstrate an understanding of the rules of golf; the ability to comply with the etiquette requirements of the game; the ability to maintain the speed of play and interact cooperatively within a foursome of golfers from his/her own school and/or from other schools.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able to attend all mandatory practices and tournaments.
5. Participants must be able to play and walk an 18-hole golf round while carrying golf clubs. They must, at all times, adhere to GSL's eligibility rules, code of Student Conduct, and the rules of the Minnesota State High School League.

Gymnastics

1. Participants in this activity must demonstrate the physical ability and/or skills or the capacity to develop the physical ability, agility and skills necessary to perform gymnastics. This includes,

but is not limited to, the ability to do a handstand and hold it without assistance; and to memorize and perform assigned maneuvers and/or a 90 second routine in a manner satisfactory to coaching staff.

2. Participants must have a basic understanding of the sport of gymnastics, including an understanding of the rules of the sport and how to apply them.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must be able and willing to attend all mandatory practices, scheduled scrimmages and meets.
6. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.

History Club

1. Participants must be willing and able to follow direction from the advisor.
2. Participants must be able to attend all mandatory meetings.
3. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct.

Knowledge Bowl

1. Participants must be willing and able to follow direction from the advisor.
2. Participants must be able to attend all mandatory meetings.
3. Participants in this activity compete in various levels of competition including local, regional, and state.
4. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the Minnesota Service Cooperative's Knowledge Bowl competition.

5. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct and the code of conduct of the Minnesota Service Cooperative's Knowledge Bowl competition.

Math Counts

1. Participants must be willing and able to follow direction from the coach.
2. Participants in this activity must compete in the local chapter and at chapter competitions.
3. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the Math Counts organization.
4. Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the Math Counts organization.

Math Olympiads

1. Participants must be willing and able to follow direction from the coach.
2. Participants in this activity must be able to attend all mandatory meetings and/or contests.
3. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the Math Olympiads organization.
4. Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the Math Olympiads organization.

Music (Choir, Band, Music Contests, Pit Band)

1. Participants must demonstrate an ability or capacity to develop the ability to read music, play an instrument of choice or vocalize music of choice in a manner deemed satisfactory to the director. In addition, participants must demonstrate an ability to play/perform additional music selected by the director.
2. Participants must be able to play or sing appropriately and at the right time with others playing or singing in the group. They must be able to memorize and play assigned music.
3. Participants must be willing and able to follow direction from the director.
4. Participants must be able to attend all mandatory practices and scheduled performances.

5. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues, coaches, opponents and director. They must, at all times, adhere to the School District's Code of Student Conduct and the Rules of the Minnesota State High School League.

National Honor Society

1. Participants must be selected by the faculty in order to be inducted into the National Honor Society.
2. Upon becoming a member of NHS, participants assume certain obligations as outlined by the local chapter, including encouraging scholarship, promoting leadership and service, and building character.
3. NHS members are expected to maintain the standards that were used as the basis for their selection.
4. Participants must take part in a service project or projects conducted by the local chapter each year.
5. Participants must be able to attend all mandatory meetings.
6. Participants must be able to follow the directions of the chapter advisor.
7. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct.

Soccer (Boys' and Girls')

1. Participants in this activity must demonstrate the physical ability and/or skills or the capacity to develop the physical ability and skills necessary to play the game of soccer. This includes, but is not limited to, the ability to run for long distances while dribbling (kicking) a soccer ball); the ability to block other players and withstand blocks from other players; the ability and skills necessary to protect himself/herself and his/her teammates; and the ability to maintain focus in stressful situations in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the game of soccer, an understanding of the rules applicable to the game and the ability to apply those rules in the course of a game. In addition, the athlete must understand the concepts of the game, from offense to defense.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.

4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to work cooperatively with their teammates, follow strategies and learn, memorize, and perform assigned maneuvers. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and rules of the Minnesota State High School League.

Softball (Girls')

1. Participants in this activity must demonstrate the skills or capacity to develop the physical ability and eye-hand coordination to run, catch, hit, and throw a softball in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the sport of softball, including an understanding of the rules, how to apply them, and how each position is played. In addition, participants must be able to have physical contact with other students.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants in this activity must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to learn, memorize, and perform assigned maneuvers. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Speech

1. Participants must be able to communicate orally, either in spoken work or through artificial mechanisms.
2. Participants must be able to write, read, and comprehend information to which they are expected to respond in practices and competitions.
3. Participants must be able to respond to oral and written information received in a strategic and analytical way.
4. Participants must be able to memorize and recite assigned materials and to select criteria to perform based on their understanding of performance expectations in each category.

5. Participants must be able to communicate with coaches, teammates, judges, adversaries and teammates. They must be able to receive and apply constructive criticism to their performance.
6. Participants must be able to attend all mandatory practices and scheduled events. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Spelling Bee

1. Participants in this activity must compete in the school-level Scripps National Spelling Bee contest by taking the qualifying test at the local level.
2. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the Scripps National Spelling Bee.
3. Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the Scripps National Spelling Bee.

Student Council

1. Participants must be willing and able to follow direction from the advisor.
2. Participants must be able to attend all mandatory meetings.
3. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct.

SuperMileage

1. Participants must be willing and able to follow direction from the advisor.
2. Participants must be able to attend all mandatory meetings.
3. Participants in this activity must compete as a team at the state competition.
4. Participants must meet the criteria and be willing and able to follow the eligibility rules and procedures provided by the SuperMileage organization.
5. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct and the rules of the SuperMileage organization.

Tennis (Girls')

1. Participants must demonstrate the physical strength, endurance, skills and ability or the capacity to develop the physical strength, endurance, skills and ability and skills to move quickly while holding a racket and keeping an eye on the ball, aiming, jumping, serving or hitting a ball while using a racket with sufficient strength to get it over a net; eye-hand coordination, jumping, aiming and hitting a tennis ball in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of tennis and possess the ability to apply those rules to the game.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for games.
5. Participants must attend all mandatory practices and scheduled games.
6. Participants must be able to work cooperatively with their teammates in order to learn, memorize, and perform team strategies during a game. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Theatre (Musical/One Act/Spring Play)

1. Participants in this activity must attend an audition where they demonstrate their abilities and skills or their capacity to develop the abilities and skills to follow directions, memorize and recite assigned lines, act, and interact appropriately with their coaches and/or supervisory staff.
2. Participants must be willing and able to follow direction, instruction, and constructive criticism from the coach/director, choreographer, team captains, and/or other supervisors. Participants must act in a respectful manner towards fans and media; and express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
3. Participants must be able to attend all mandatory practices and scheduled performances.
4. Participants must understand and practice good sportsmanship and respect their fellow cast members and/or opponents and the activity. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Track and Field (Boys' and Girls')

1. Participants in this activity must demonstrate that they either possess or have the capacity to develop the physical ability and skills to run, jump, throw, and/or perform other track and field activities in which they wish to participate in a manner deemed satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the event in which he/she wishes to participate, including an understanding of the rules of the sport and how to apply them.
3. Participants must demonstrate the ability to function independently, move, and handle sporting equipment in a manner consistent with the requirements of the event in which they wish to participate. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able to follow the directions of coaching staff and team captains.
5. Participants must be able to attend all mandatory practices and scheduled scrimmages or meets in order to prepare for scrimmages and meets. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Trapshooting

1. Participants must possess a valid State Firearms Safety Training Certificate to be included on a team, meet all school curricular activity eligibility requirements, and the team must have room at the gun club to accommodate the student athlete.
2. Participants must have a basic understanding or the capability of learning how to trapshoot, including an understanding of the rules and how to apply them.
3. Participants must demonstrate the ability to function independently, move, and handle sporting equipment in a manner consistent with the requirements of the event in which they wish to participate. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able to and agree to follow the instructions of coaches, team captains, volunteer coaches, and officials.
5. Participants must be able to attend all mandatory practices and scheduled competition.
6. Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School Clay Target League.

Volleyball

1. Participants must demonstrate the physical strength, skills and ability or the capacity to develop the strength, physical ability and skills to move quickly while holding a volleyball, serve, swing, jump, aim, and hit and/or serve a volleyball, and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of volleyball and possess the ability to apply those rules to the game.
3. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and/or games.
5. Participants must attend all mandatory practices, scrimmages and scheduled games.
6. Participants must be able to work cooperatively with their teammates to learn, memorize, and perform team strategies, like rotations, during a game. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Wrestling

1. Participants in this activity must have a basic understanding of how to wrestle, including an understanding of the rules governing the sport of wrestling and how to apply them.
2. Participants must have the ability to learn, memorize, and perform assigned maneuvers.
3. Participants in this activity must demonstrate that they either possess or have the capacity to develop the physical ability to:
 - a. demonstrate a full range of motion in all joints;
 - b. engage in and be subjected to close physical contact with another student, specifically including physical holds,
 - c. be pinned, tackled or pushed to the ground;
 - d. be exposed to another's bodily fluids;
 - e. maintain balance, endurance and mental focus in a manner satisfactory to coaching staff.

4. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries, fans and media; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.
5. Participants must attend all mandatory practices in preparation for scheduled scrimmages and games.
6. They must, at all times, adhere to GSL's eligibility rules, Code of Student Conduct, and the rules of the Minnesota State High School League.

Yearbook/Memory Book

1. Participants must be willing and able to follow direction from the editor and yearbook advisor.
2. Participants must be able to attend all mandatory meetings and meet deadlines as determined by the editor and yearbook advisor.
3. Participants must be able to collect and compile pages featuring a wide variety of topics including academics, student life, sports, and other school events.
4. Participants must work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues and advisor. They must, at all times, adhere to the School District's Code of Student Conduct.