

# **DELANO HIGH SCHOOL ACTIVITIES HANDBOOK**



Home of the Tigers

**DELANO HIGH SCHOOL**

700 Elm Ave E

Delano, MN 55328

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## **MISSION AND PHILOSOPHY**

### **Delano District Focus Statement**

“Systematic growth towards educational excellence for every learner.” This applies to every aspect of education – both in the classroom and in extracurricular activities.

### **Delano Tiger Activities Mission Statement**

Delano Public Schools are dedicated to encouraging students to participate in a variety of activities to explore and develop their full potential to learn, to lead, and to understand the importance of being part of a team.

### **Delano Tiger Activities Philosophy Statements**

- Delano Public School activities will strive to connect students to enjoyable, yet challenging experiences, which will enrich their education. These experiences are focused on fostering the talents and interests of all participants.
- Delano Public School activities will encourage positive relationships to be built in a student-centered, team-oriented environment. Students, leaders, parents, and spectators are expected to be respectful, responsible, dedicated, and accountable to the goals and guidelines of each school sponsored activity.
- Delano Public School activities will provide opportunities for students to develop their personal, physical, mental, and social skills in a positive and honest environment.
- Delano Public School activities will communicate clear expectations that hold students, leaders, parents, and spectators accountable to the MSHSL Code of Ethics, and the Delano Student Code of Ethics.

## ATHLETIC OFFERINGS

### Fall

| <b><u>Sport</u></b>        | <b><u>Grades</u></b> | <b><u>Team Level(s) Offered</u></b> |
|----------------------------|----------------------|-------------------------------------|
| Cheerleading               | 7-12                 | Varsity                             |
| Cross Country, Boys        | 7-12                 | Varsity, JV, C Team                 |
| Cross Country, Girls       | 7-12                 | Varsity, JV, C Team                 |
| Football                   | 9-12*                | Varsity, JV, C Team                 |
| Soccer, Boys               | 7-12                 | Varsity, JV, C Team                 |
| Soccer, Girls              | 7-12                 | Varsity, JV                         |
| Swimming and Diving, Girls | 7-12                 | Varsity, JV                         |
| Tennis, Girls              | 9-12*                | Varsity, JV                         |
| Volleyball                 | 9-12*                | Varsity, JV, B Team, C Team         |

### Winter

| <b><u>Sport</u></b>        | <b><u>Grade</u></b> | <b><u>Team Level(s) Offered</u></b> |
|----------------------------|---------------------|-------------------------------------|
| Alpine Ski, Boys and Girls | 7-12**              | Varsity, JV                         |
| Basketball, Boys           | 9-12                | Varsity, JV, B Team, C Team         |
| Basketball, Girls          | 9-12                | Varsity, JV, C Team                 |
| Dance Team                 | 7-12                | Varsity, JV, C Team                 |
| Gymnastics                 | 7-12                | Varsity, JV                         |
| Hockey, Boys               | 10-12               | Varsity, JV                         |
| Hockey, Girls              | 8-12                | Varsity, JV                         |
| Nordic Ski, Boys and Girls | 7-12**              | Varsity, JV                         |
| Swimming and Diving, Boys  | 7-12                | Varsity, JV                         |
| Wrestling, Boys and Girls  | 7-12                | Varsity, JV, C Team                 |

### Spring

| <b><u>Sport</u></b>           | <b><u>Grades</u></b> | <b><u>Team Level(s) Offered</u></b> |
|-------------------------------|----------------------|-------------------------------------|
| Baseball                      | 9-12*                | Varsity, JV, B Team, C Team         |
| Golf, Boys                    | 9-12*                | Varsity, JV                         |
| Golf, Girls                   | 9-12*                | Varsity, JV                         |
| Lacrosse, Boys                | 9-12                 | Varsity, JV                         |
| Lacrosse, Girls               | 9-12                 | Varsity, JV                         |
| Softball                      | 9-12*                | Varsity, JV, C Team                 |
| Tennis, Boys                  | 9-12*                | Varsity, JV                         |
| Track & Field, Boys and Girls | 7-12                 | Varsity, JV, C Team                 |
| Volleyball, Boys              | 9-12**               | Varsity, JV                         |

\* Middle School (7/8th grade) options available through Community Education

\*\*Cooperative opportunity hosted by other districts

## ACTIVITIES OFFERINGS

| <b><u>Activity</u></b> | <b><u>Grades</u></b> | <b><u>Offering Information</u></b>             |
|------------------------|----------------------|------------------------------------------------|
| Fall Play              | 7-12                 | Auditions in August, Performance Mid-November  |
| One-Act                | 7-12                 | Auditions in December, Performance in February |
| Musical                | 7-12                 | Auditions in February, Performance late April  |
| Science Olympiad       | 9-12                 | Season runs November through early March       |
| Speech                 | 7-12**               | Season runs November through February          |

*\*\*Cooperative opportunity hosted by other districts*

## ADDITIONAL OPPORTUNITIES

Band (Concert and Jazz Band, Wind Ensemble)  
Choir (Ensemble and Concert Choir, Sound Revolution)  
National Honor Society  
Prom Committee  
Student Event Committee  
Visual Arts Competition  
Boys and Girls State  
Art Club  
Student Ambassadors  
Archery  
Clay Target  
Robotics

## **PART ONE- STUDENT ACTIVITIES PARTICIPATION**

Participation in student activities is a privilege, not a right. In order for a student to participate in activities, they must meet the eligibility requirements set by the Minnesota State High School League (MSHSL) and Delano Public Schools.

### **ACCELERATION PROCEDURE**

The acceleration procedure applies to 7th and 8th grade students with exceptional skills beyond the middle school level. The individual skills, social maturity, academic history, and discipline history of the student will be taken into consideration for acceleration. To accelerate an athlete should be placed on the varsity roster and receive regular playing time, or be used to fill needed roster positions. These decisions should be discussed with the Activities Office and Community Education when applicable.

### **ATTENDANCE**

In order to participate in practice, competitions or performances students must be in school all day. Also reference [School Board Policy](#) 503-7.

Exceptions include: pre-approved appointments, funerals, family emergencies, school-sponsored events, and religious requirements. Additional extenuating circumstances must be cleared by the High School Principal or Activities Director. Attendance reports will be provided to coaches daily.

### **BEHAVIOR**

Students who have been suspended, in-school or out of school, will not be allowed to participate in athletic practices, rehearsals, or competitions during the period of suspension. A student that is suspended will not be allowed to participate as a fan at any events during the period of suspension.

### **CAPTAINS PRACTICE**

Captain's practice is primarily for the purpose of physical conditioning, and is organized and conducted by the students. Students may participate in captain's practice provided that salaried and non-salaried school personnel are not involved in any capacity.

Student leaders, or captains, can schedule practice with the TAC Facility Coordinator up to two weeks prior to the beginning of their season. Reservations will be free of

charge. All participants will be required to complete a participation waiver and have an adult supervisor present.

## **COMMUNICATION**

We encourage players to have open, honest communication with the coaching staff, and to expect the same in return. For general concerns, please follow the protocol below. For situations regarding the health and safety of a student-athlete, please contact the coach and/or Activities Director.

Step 1: Student meets with the coaching staff and discusses concerns

Step 2: If there is not a satisfactory resolution to the problem after step one, then a meeting can be scheduled to include the player, the parent(s), and the coaching staff.

Step 3: A meeting including the Activities Coordinator will be scheduled.

Please do not contact the coach immediately before, during or after a competition.

## **ELIGIBILITY**

As an education-based activities program, we believe academics is the most important part of their school career. Students participating in athletics and activities will be required to maintain satisfactory academic performance and be making progress towards graduation in order to participate.

Grade checks, for the purpose of eligibility, will happen on predetermined dates throughout the season. Participants are expected to maintain passing grades, D- or higher. Failing grades on these reports will result in athletes being ineligible for competition until they are passing. In the event a student is deemed ineligible, participants are still required to attend practices. The High School Principal or Activities Director can impose additional grade checks to promote academic progress for students identified as ineligible during the season.

## **LETTERING**

Lettering criteria for varsity participants will be outlined in sport specific handbooks. All letterwinners should be in good standing, and meet all specified requirements.

## MANAGERS

Managers are expected to be responsible, dependable, and committed to supporting the team and coaching staff. Duties may include assisting with equipment, keeping accurate statistics, helping at practices and contests, and handling other tasks assigned by the coach. Registered team managers should not participate in the activity or compete against team members.

Managers are required to register online prior to joining the team, there will be no fee associated with their participation. Managers are able to earn a varsity letter if they meet the individual program lettering requirements.

## MINIMUM SKILL REQUIREMENTS

Participation in athletic programs requires students to demonstrate a basic level of physical fitness and coordination appropriate to the sport. Students must exhibit a willingness to learn, ability to follow multi-step directions, and meet all program-specific safety requirements.

## MSHSL POLICY

For detailed information regarding MSHSL policy, please refer to the MSHSL [Eligibility Brochure](#). The Delano School District endorses the Minnesota State High School League's position on the use/abuse of mood-altering chemicals, tobacco, and/or alcohol as well as the Code of Conduct. Penalties will be cumulative beginning with student's participation in junior high and through high school activities. During the school year, a student shall not engage in sexual, racial or religious harassment or sexual, racial, religious violence or hazing. Violations will result in game suspensions and additional treatment requirements. All MSHSL bylaws will be applied to teams involving 7-12th grade participants.

## REGISTRATION

Prior to each activity season, participants must register online in order to participate in practice, games, or competitions. Completed registration includes fees, parent consent forms, and a copy of a valid sports physical. Registrations will be accepted through the first week of the season.

## **ACTIVITIES FEES**

- Athletic Fees \$240, \$635 for Hockey
- Activities Fees \$90 per activity

Per Board Policy, activity fees will account for 18-20% of all activities program expenses and are subject to change on a yearly basis in accordance with program expenses and revenue.

## **FINANCIAL ASSISTANCE**

All students who are interested in participating in activities should not be discouraged due to cost. Educational Benefits, through the Minnesota Department of Education include discounted activity fees, and sports fees among other benefits. Please contact the Activities Office for assistance.

## **REFUNDS**

In the event a student voluntarily terminates from a program, no refund will be issued after the first week. All canceled registrations/refunds will be subject to a processing fee.

## **SPORTS PHYSICALS**

Sports physicals are required for all athletes starting in 7th grade. Sports Physicals are valid for 3 years and should be turned into the Activities Office. Also reference the [MSHSL Eligibility Brochure](#).

## **SAFETY**

By its nature, participation in athletics includes risk or injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

## **ATHLETIC TRAINER**

All Delano athletes will have access to a Ridgeview Medical provided Athletic Trainer. In the event of an injury, parent or doctor's permission to return to play, or follow up

care may be required. Trainer availability and attended events are subject to change, and may vary.

### **IMPACT TESTING**

Student-athletes are required to complete Impact testing. Testing will be coordinated with our Ridgeview Medical provided Athletic Trainer. The Impact test gathers data regarding current brain function that can be used to help determine Return to Play protocols following a concussion or other traumatic brain injury.

### **INSURANCE**

All Delano Public School students have access to optional insurance coverage. Reference the [District Website](#) for details.

### **SCHEDULES**

Families and participants can access the online [Activities Calendar](#) for the most up-to-date information regarding game schedules, times, locations, directions, ticketing details, and streaming links. Families are encouraged to check the calendar frequently, as changes to schedules, such as weather-related adjustments, will be updated promptly.

### **SCHOOL POLICY**

Participants will follow all Delano Public School policies outlined in School Board policy, the DHS Handbook, and Activities expectations required of students along with consequences established by the district.

### **SPECTATORS**

MSHSL Behavior Expectations: To create safe, welcoming and inclusive environments in fine arts and sports in our school and competitions, I will:

- Lead by positive example and demonstrate respect and support for others.
- Follow all MSHSL, school and venue expectations.
- Refrain from using profanity or ethnic, racial, religious, ability or gender-based comments, posts or messages directed at participants, directors, coaches, officials, spectators, or team representatives.

- Act as a responsible and respectful digital citizen who positively uses social media platforms.
- Speak or act in support of others when they are harmed by words or actions.
- Honor each contest and all involved, including participants, directors, coaches, officials, spectators, and team representatives.
- Hold high standards for myself, engage positively and demonstrate sportsmanship.

Also reference [Board Policy 510](#). The school board expects all spectators at school sponsored activities, including parents, employees, and other members of the public, to behave in an appropriate manner at those activities. Students and employees may be subject to discipline and parents and other spectators may be subject to sanctions for engaging in misbehavior or inappropriate, illegal or unsportsmanlike behavior at these activities or events

### **TICKETING**

Tickets for Delano High School events can be purchased online, some events also offer cash options. Please note that punch passes or DHS annual passes can not be used for admission at tournaments, theater performances, or section events.

### **TRANSPORTATION**

A student must ride to and from a scheduled contest on district provided transportation. Should alternative transportation arrangements be required, arrangements will be made in advance and approved by administration.

### **WEIGHT ROOM**

With the addition of a school sponsored strength and conditioning program, all students will be required to be registered for the off season program to utilize the weight room. Those with TAC memberships will have access as outlined with their membership.