

Fall Sports Parent Meeting

Sentinel High School
Academic and Athletic Excellence

Golf, Cheerleading, Dance, Football, Volleyball, Soccer, Cross Country, Flag Football

August 11th, 2026





Why We're Here

The best seasons happen when athletes, families, coaches and school staff pull in the same direction.

BELONGING

Create a place where students feel connected.

PRIDE

Represent Sentinel, family and community well.

GROWTH

Build discipline, teamwork and healthy habits.

PARTNERSHIP

Set clear expectations and communicate early.

Mission/Vision of SHS Activities



Mission:

Provide the infrastructure that allows student-athletes to reach their full academic, athletic and social potential.

Vision:

To be the preeminent activities program in the region by providing support of the holistic student-athlete experience.



The Case for High School Activities

2025–26 SENTINEL

830

Athletes

697

Activities

32+

College signees

3

Team state titles

Participation is associated with:

- Higher GPA and graduation rates
- Better attendance
- Fewer discipline referrals
- Lower dropout rates

The goal is bigger than the scoreboard.

Very few high school athletes will compete in college or professionally. The habits, relationships and character built through participation last much longer.

Fall Head Coaches



Cross Country - Diego Hammett Girls Soccer - Dan Lochridge

Football - Dane Oliver Boys Soccer - Justin Mikkola

Cheerleading -
Madyson Kellogg Golf - Sam Boyd

Dance - Camryn Rhodes Flag Football - Rajiem Seabrook

Volleyball - Kasey Arceniega Athletic
Trainer - Nick Verlanic

Season Start Dates

- **Golf** Thursday, August 13th
- **All Other Sports** Friday, August 14th
- **Student-Athletes in Football need 10 practices before they can play in a contest, Golf needs 4 practices and all other sports need 8 practices before the first contest.**

Weather/Environmental Issues

Outdoor Activity & Air Quality Guidelines for Schools and Child Care Facilities					
Health Effect Category	Good	Moderate	Unhealthy for sensitive groups*	Unhealthy	Very Unhealthy/ Hazardous
Visibility (miles)	13+	9-13	5-9	2-5	Less than 2
Air Quality Index (AQI)	0-50	51 - 100	101 - 150	151 - 200	201 +
Recess or Other Outdoor Activity (15-30 minutes)	No limitations	No limitations	Keep students with chronic lung or heart conditions indoors. Make indoor space available for all children to be active, especially young children.	Keep all students indoors and limit students to light or moderate activities.	Keep all students indoors and limit students to light activities.
Physical Education Class (1 hour)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Keep students with chronic lung or heart conditions indoors. Limit these students to light activities. Make indoor space available for all students to be active, especially young children. If outdoors, limit students to light or moderate activities.	Conduct P.E. classes in an indoor environment with good air quality and limit students to light or moderate activities.	Conduct P.E. classes in an indoor environment with good air quality and limit students to light activities.
Athletic Events and Practices (2-4 hours)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Students with chronic lung or heart conditions should abstain from outdoor practices and events based on the severity of their condition and sensitivity to smoke. Consider moving practice and events indoors. If events are not cancelled, increase rest periods and substitutions to allow for lower breathing rates.	Reschedule events or relocate to an area with good air quality. Conduct practices in an indoor environment with good air quality and limit students to light activities.	Reschedule/cancel events. Conduct practices in an indoor environment with good air quality and limit students to light activities.
Visit todaysair.mtdeq.us for local air quality conditions and more information.					

Cleared to Participate

- ✓ Annual physical — completed after May 1, 2025; good for 2 years
- ✓ Emergency card — updated for each activity
- ✓ Proof of insurance
- ✓ Assumption of Risk acknowledgment
- ✓ Concussion Statement
- ✓ Parent Code of Conduct
- ✓ Activities Code of Conduct

Questions about insurance? See the Activities Secretary.





Participation Fees

ACTIVITY CARD

\$30

Once per year

PARTICIPATION

\$75 per sport

\$300 family maximum/year

PROGRAM FEES

Additional fees may be set by individual programs. Head coaches will advise.

Financial assistance is available.

Please contact the Activities Secretary to inquire.

PARTICIPATION REQUIREMENTS

- Enter/upload electronically into [Arbiter Registration](#) - New
- Annual Physical (completed after May 1st, 2025) - Good for 2 yrs.
- Emergency card (updated for each activity)
- Proof of Insurance (see activities secretary if you need to purchase insurance through the school)
- Assumption of Risk letter signed
- Concussion Statement signed
- Parent Code of Conduct signed
- Activities Code of Conduct signed





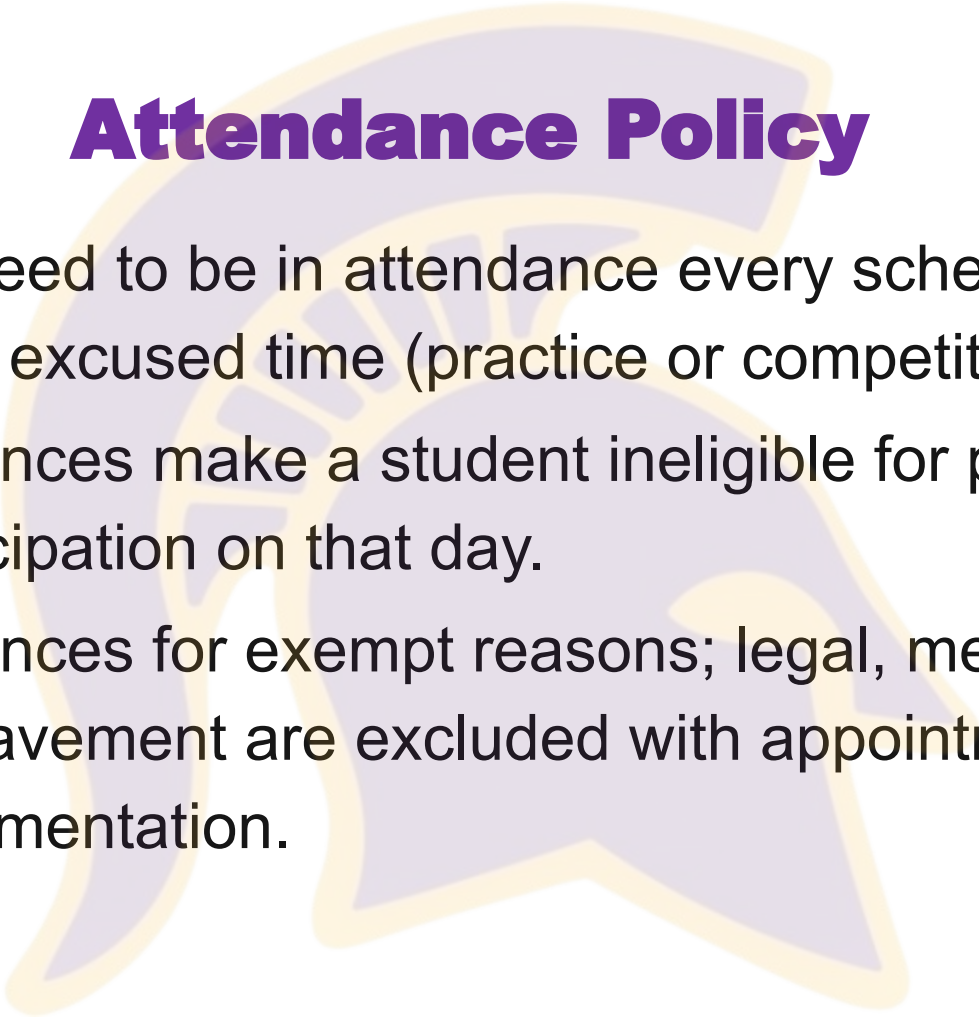
PARTICIPATION FEES



- **\$30 Activity Card Fee (once per year)**
- **\$75 Participation Fee (per sport – there is a family maximum of \$300 per year)**
- **White Fees as determined by each program. Head Coaches will advise.**

Financial aid is available, please see the activities secretary to inquire.

Attendance Policy



- Students need to be in attendance every scheduled period until coach excused time (practice or competition).
 - Absences make a student ineligible for practice or participation on that day.
 - Absences for exempt reasons; legal, medical or bereavement are excluded with appointment documentation.



ACADEMIC ELIGIBILITY



- A student must have received a passing grade and received credit in at least 20 periods (4 classes) of prepared class work or its equivalent in the previous semester.
- A student must be enrolled in 5 classes in order to participate in athletics
- All incoming 9th graders are eligible to participate until the first grade check on 9/22.
- Accommodations for IEP or 504 plans will be implemented.



Academic Eligibility

PREVIOUS SEMESTER

Pass and earn credit in at least 20 periods / 4 classes.

CURRENT ENROLLMENT

Be enrolled in at least 5 classes.

INCOMING 9TH

Eligible until the first grade check on September 22.

SUPPORT

IEP and 504 accommodations will be implemented.

Probationary Time Frame

- If a student earns an F, or I, at one of grade checks, the will enter academic probation.
- During probation, the student-athlete will practice, but not participate in contests, or travel.
- During probation, student athletes will attend lunch time Academic Intervention
- At any time during the probationary period, if the student raises their grade to a passing score, they will exit academic probation.
- The grade check-recheck cycle will continue.





Academic Probation

1 GRADE CHECK

An F or I places the student-athlete on academic probation.

2 STAY INVOLVED

Student may practice, but may not compete or travel.

3 GET SUPPORT

Student attends lunchtime Academic Intervention.

4 GET BACK

Raise the grade to passing and exit probation at any point.

The grade check → recheck cycle continues throughout the season.

Grade Check Dates For Fall Athletics/Activities

- Sept. 22 – Grade Check
- Oct 6 – Grade Check
- Nov 3 – Grade Check

[Full Calendar](#)



STUDENT CODE OF CONDUCT

The Athletic Code of Conduct is a commitment to represent self, school, family and the community in the most positive manner at all times. We hold our student athletes to the highest standard as they are ambassadors for Sentinel High School.

1. First offense in a student's high school career: The student shall be suspended from competing or performing in any school-sanctioned activity for **ten (10) school days**.
2. Second-offense in a student's high school career: The student shall be suspended from competing or performing in any school-sanctioned activity for **twenty (20) school days**.
3. Third offense in a student's high school career: Full suspension from all extra-curricular activity programs for the remainder of the student's high school career. The student will be referred to the Board of Trustees for a hearing for imposition of this penalty.

Student Code of Conduct

Student-athletes are ambassadors for Sentinel High School. The Activities Code applies to all school activities.

1ST OFFENSE

10 school days

Suspended from competing or performing in school-sanctioned activities.

2ND OFFENSE

20 school days

Suspended from competing or performing in school-sanctioned activities.

3RD OFFENSE

**Remainder of HS
career**

Full suspension from extracurricular activity programs; Board hearing for imposition of penalty.

Travel Policy

- All athletes travel on the bus to the competition.
- All athletes travel on the bus returning from competition (unless pre-approved):

Travel Release WITH PARENT

- Parents must sign out on coach clipboard
- Face-to-face check with coach.

Travel Release WITH Adult (18+) OTHER THAN PARENT

- Must be approved by administration in ADVANCE of request.
- Form found on the Sentinel Website-Athletics.
- Face-to-face check with coach.
- Special circumstance (injury, illness, etc.) may be approved through AD or other administrator when communicated by a coach.

Travel Policy

TO THE COMPETITION

All athletes travel on the bus.

RETURNING

- Athletes return on the bus unless pre-approved.
- With a parent: sign out on the coach clipboard + face-to-face check.
- With another adult (18+): administrative approval is required in advance + face-to-face check.
- Special circumstances may be approved by the AD/administrator when communicated by a coach.

The Parent Standard



Your athlete is watching how you respond.

ENCOURAGE

Support effort, resilience be coachable and improvement.

RESPECT

Officials, opponents, coaches and other athletes.

CONNECT

Talk with your student-athlete daily about school, athletics and life.

MODEL

Use the communication process when concerns arise.

Communication

- Talk to your student-athletes daily about school, athletics and them in general. They want you to care!
- If your athlete has a concern about their place in the program the following steps should be taken:
 - Student requests meeting with Head Coach
 - Student and Parent meeting with Head Coach (24 HOUR RULE)
 - Student/Parent meet with Athletic Director
 - Student/Parent meet with Principal
 - Student/Parent meet with Superintendent



College Recruiting



1 IDENTIFY

Athlete/family identifies schools of interest.

2 CONNECT

Sentinel staff can help once targets are identified.

3 ACADEMICS

Grades and passing classes matter in admissions and eligibility.

4 ACT EARLY

Do not wait to begin the process.

NCAA Eligibility Center: eligibilitycenter.org • NAIA Eligibility Center: playnaia.org

Spartan Booster Club

President: Stephanie Topp

Vice President: Faith Meusey

Secretary: Ann Bates

Treasurer: Craig Eyer

Email: sentinelspartansboosterclub@gmail.com

Website: <https://sentinel.mcpsmt.org/athletics/booster-club>

****Monthly Meetings are held the 3rd Monday
of the Month**



Where else to plug in?

- Volunteer at games(taking tickets, scoreboard, books, etc. - See the office for more info!



Recruiting

- The initial process of recruiting must begin with the athlete or parent.
- After the student identifies possible schools they'd like to attend, we will then help in the recruiting process.
- Good grades and passing classes are extremely important in acceptance to schools so DO NOT WAIT!!
- IMPORTANT WEBSITES
 - NCAA Clearinghouse: www.eligibilitycenter.org
 - NAIA Eligibility Center: www.playnaia.org



Contact Information

Athletic Director - **Josh Jannusch**

- Contact Information:
Phone: 406-728-2403 x7057
Email: jjannusch@mcpsmt.org

Activities Secretary - **Izzy Gambini**

- Contact Information:
Phone: 406-728-2403 x 7048
Email: igambini@mcpsmt.org

Bookkeeper - **Kaitlynn Brandenburg**

- Contact Information:
Phone: 406-728-2403 x 7022
Email: kbrandenburg@mcpsmt.org



Follow Us!

Instagram: @missoulasentinelspartans

Facebook: @missoulasentinelspartans

Twitter/X: @sentinelHS_MT

App Store: Sentinel Spartans

[Schedules](#)

PROGRAM MEETING ROOMS

Golf - Aux Gym

Cross Country - 118

Football - Main Gym

Boys Soccer- Room 121

Girls Soccer - Room 205

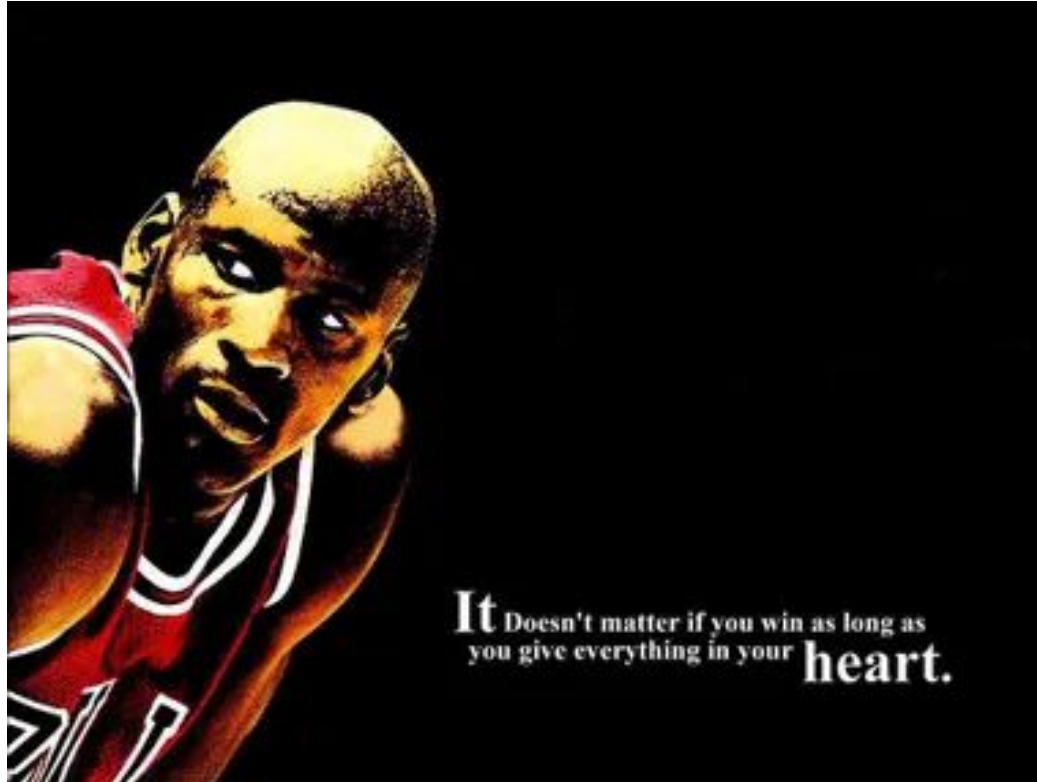
Volleyball - Theatre

Cheer - FishBowl

Dance - 122

Flag Football - 165

Thank You for Attending!



Arbiter Registration

