

Activities- Parent Meeting 2026-2027

Activities Office

Activities Director

Aryelle Jones Schiller

Email:
ajones-schiller@west-fargo.k12.nd.us



Activities Admin Assistant

Megan Hanson

Email:
mrhanson@west-fargo.k12.nd.us



My Goals As Activities Director

01 Positive Student Experience

02 Help Develop Life Skills

03 Support Our Coaches and Programs

04 Foster Positive Fan Culture

05 Increase Student Engagement

06 Communicate in a Timely Manner

07 Celebrate Accomplishments

08 Be Present & Available

09 Continuous Improvement

Registration

How to Register:

- Registration via ARBITER
  - Go to Heritage Middle School Website
  - Under “Programs” Click “Activities”
  - Under “Announcements Click “Registration” Button

Requirements to Participate:

1. Sports Physical
   - Must be uploaded digitally, NOT turned into office
2. Concussion Testing- Provided by Trainers
   - Must be completed prior to 1st practice
3. Registration & Fee ($40 for all MS Students)
   - Family Max of $300 per school year (clubs & rec sports do not count)

ALL REQUIREMENTS MUST BE COMPLETED PRIOR TO 1ST PRACTICE

Questions:

- Connect with Hanson or Jones

Athletic Training

ESSENTIA HEALTH

Exclusive provider of Sports Medicine Services to WFPS Athletics

Athletic Trainers

- Approve physical forms to ensure safe student participation
- Provide treatment of athletic injuries through the application of taping, wrap, braces
- Provide immediate care of athletic injuries consistent within their scope of practice
- Design and supervise rehabilitation programs for athletes
- Provide ImPACT (concussion) testing for athletes for contact sports
- Assist administrators with Incle ment Weather: Admin, Trainers, Officials will monitor and follow NDHSAA guidelines

Coach-Trainer

- Coaches will defer to Athletic Trainers for injuries
  - Return to play after concussions are the athletic trainers' decisions, not the coaches
- Athletic Trainers will communicate to coaches and activties staff about ineligible players

Websites and Schedules

01.

Schedules:

- Team schedules can be found at
  - Arbiter
  - HMS Activities
- Game Schedules - TBD (After 8/28)
- Practice Schedules
  - After tryouts, emailed out

02.

NDHSAA-

- Middle School Athletics follow all NDHSAA Rules & Regulations

HMS Website-

- Lists all school sports, clubs, and organizations
- Includes links to schedules, rosters, and coaches information
- WFPS Co-curricular guidelines

Attendance

01.

School Policy: Students are required to be in school the entire day to be eligible for practice, events, competitions.

Exceptions occur for medical appointments.

02.

Coach Policy: Coaches have the right to make decisions on student playing time and starting status based on attendance at practice.

- This includes missing practices for valid reasons, such as other school activities.

Coaches will play kids who have earned time and are prepared to compete. Practice matters.

Dual-Sport Athletes

01.

Pre-Season:

- Pick a Priority Sport
- Communicate with your coaches your priority & develop a plan

02.

In Season:

- Communicate. Communicate. Communicate.
- Plan ahead your schedule
- Be conscious or realistic expectations and playing time

Eligibility & Violations

Academic Eligibility:

- To be eligible to participate in middle school extracurriculuar activities, learners cannot be carrying a “1” in more than one course in their “Respect” & “Responsibility” grades.
  - Pulled weekly
  - Students ineligible following week

Transfer Eligibility:

- Must prove eligibility by meeting NDHSAA By-Laws. Please ask if you have questions.

Chemical Violations:

- 6 weeks for 1st offense
  - 18 weeks for subsequent
- Begins when administration is notified
- Violations in off-season will carry over to next activity

Student code of conduct: set by NDHSAA and WFPS

- Chemical Violations
- ISS/OSS/Level 3+ Behaviors

WFPS believes that participation in extracurricular activities constitues a privilege not a right.

Transportation

Bus Shortage:There are not enough buses, this will most likely impact our students at some point this year. The district is actively recruiting

Permissions: Parent/Guardian Only

- Prior to game- Must be cleared with Jones
- After the game- Must sign permission slip (each game)

Coaches Autonomy: Coaches can decide whether or not to release athletes to any parent/adult due to team purposes, safety concerns, etc.

Pick-Up

Students are expected to be picked up within 20 minutes of the end of scheduled practice time.

Strike One: Coach communicates with player and parent that this is their first warning for late pick-up

Strike Two: Coach informs Jones. Jones contacts parents and player informing them of their second warning. May impact playing time.

Strike Three: Coach informs Jones. Jones contacts parents and player. Player is removed from the team.

Jerseys

Washing:

- Players & Parents are responsible for washing their jerseys/uniforms during season
- Jerseys should be washed in cold water and flipped inside out (if applicable)
- Jerseys MUST be washed before returning at the end of the season, unless directed otherwise by the coach.

Fees:

- Any equipment or uniforms not returned at the end of the season are liable for a replacement fee.
- Replacement fees will be emailed out to players/families.
- Players with outstanding fees from a previous season will be ineligible for the next season until paid.

Tryouts & Playing Time

Tryouts-

- Week One
  - Students being evaluated on fundamental skills
  - Levels of Teams → Based on levels & #s of students
  - Positions may impact team placements
- Team Placement
  - Rosters will be finalized, posted, and emailed out
  - There are NO discussions on teams

Playing Time-

- Middle School is for learning & development, not winning
- Teams were placed for a reason, they are on a team with others at their levels
- ALL players need experience
- In certain sports, positions matter
- Coaches autonomy to sit players for reasons including attendance & behaviors.

Building A Positive Environment

Building a positive environment is a group effort, and takes all of us to be accountable for our own actions.

Adults & Fans

Be loud. Have Fun. Keep it positive.

Treat other fans, officials, and coaches with respect.

Remember, these are kids playing.

Students & Coaches

Demonstrate good sportsmanship towards the other team and officials.

Focus on team growth and skill development, not the outcome.

Be Reflective

Consider if the roles were flipped, and you or your child was getting yelled at.

Build a positive reputation for our school & community

Consider the needs of the team and your child before your own.

Sportsmanship

Games

- Official Shortage- It is real. Officials are human and are here to help our kids.
- It hurts our players/teams
  - Lead to more bad calls
  - Less officials
  - Players modeling behaviors
  - Misplaces blame and accountability
- Let the coaches work with officials
- Thank officials afterwards

Coaches

- What's okay to discuss:
  - Ways for your child to improve
  - Concerns about your child's behavior or health
  - Treatment of your child
- What's not okay to discuss:
  - Playing Time
  - Team Strategies
  - Other players, parents, or coaches
- Encourage Student Advocacy
- Co-Curricular Guidelines on Communication (chain of command & 24-hour rule)

Team

- We > Me
- Team Cultures are impacted by parents, be fans not critics
- Support all players, we succeed as a team
- Heritage Family



Ejections

Officials & Game Supervisors

Both officials and game supervisors can eject players, coaches, and fans for unsportsmanlike conduct.

NDHSAA Ejection Policy

- 1st Offense → 2-week suspension from all NDHSAA events
- 2nd Offense → 1-year suspension from all NDHSAA events

Reporting

Officials and coaches may report unsportsmanlike behavior and disciplinary action may be take after the event.

Gate Admission

WFPS-

- No gate admission for Middle School events
- Gate Admission may be charged for varsity level sports and programs (7-12 programs such as swimming).

Fargo Public School-

- $5 Gate admission for all middle school events (adults only)
- Varsity level events will also charge gate admission, similar to WFPS



Booster Club

6th - 12th Grade

- Membership Options
- Boosters support middle & high school students
- Need hands-on volunteers
  - Board members are aging out
- Bigger presence = bigger impact

Hawk Apparel

BSN Sports

All items are for parent, student, community to purchase. Will ship directly to you, not the school.

Optional, not a requirement.

Questions for Thought

Consider the following:

- Why do I want my child to play? What do I hope my child gains/learns from this experience?
- What would a successful season look like? Are my expectations mainly based on my child's performance/stats or team placement?
- What role do I want to play in supporting my child and their team this season?
- Are my answers the same as my child's?

Fun Facts

Consider the following:

- 70% of youth are done with competition in sports by the age of 12.
- Studies show that multi-sport athletics improve versatility and health, decrease injury risk, lower dropout rates, and improve performance development.
- Studies show athletic backgrounds lead to increases in leadership, self-efficacy, and teamwork
- Of 500,000 NCAA athletes, fewer than 2% go pro