



North High School Activities Handbook 2026-2027



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Message from Activities Director

Jed Helwig

Welcome to the
Polar Activities Department
at North High School!

Dear Polar Students, Families, Coaches, Advisors, and Community Members,

Welcome to North High School Activities! It is my privilege to serve as the Activities Director for a school community that takes great pride in providing exceptional opportunities for students to learn, lead, compete, perform, and grow.

At North, we believe that participation in athletics, activities, fine arts, and student organizations is an essential part of the educational experience. Whether students are competing on the field, performing on stage, creating in the arts, leading a club, or supporting their peers in the stands, they are developing valuable life skills that extend far beyond high school.

Our activities program is built on the core values of commitment, respect, integrity, leadership, teamwork, and sportsmanship. Through participation, students learn perseverance, accountability, resilience, and empathy while building meaningful relationships with teammates, coaches, advisors, and mentors. These experiences help shape confident, responsible young adults who are prepared to make a positive impact in their schools, communities, and future careers.

At North, we measure success not only by championships, awards, or performances, but by the character our students demonstrate and the growth they achieve along the way. Every practice, rehearsal, meeting, competition, and performance provides an opportunity to learn valuable lessons about dedication, service, and leadership.

Our coaches, advisors, and staff are committed to creating a safe, inclusive, and supportive environment where every student feels valued and has the opportunity to belong. We encourage all students to get involved, challenge themselves, and discover the many opportunities available within Polar Nation.

I look forward to another outstanding year of achievement, growth, and Polar pride.

Go Polars!

Jed Helwig
Activities Director



North High School Activities Department

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

Activities Office		651-748-6020	
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	Taylor Zeitchick	748-6181	Taylor.K.Thompson@healthpartners.com
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.affinety.com>

<https://www.gobound.com/mn/conferences/metroeast>

www.mshsl.org



@NorthActivities



Bound app
(in your app store)



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.

2026-2027 Athletic Start Dates

Fall Sports	
Adapted Soccer	September 8, 2026
Cheerleading - Football Sideline	August 17, 2026
Cross Country Running - Boys & Girls	August 17, 2026
Dance	August 17, 2026
Football	August 17, 2026
Soccer - Boys & Girls	August 17, 2026
Swimming & Diving - Girls	August 17, 2026
Tennis - Girls	August 17, 2026
Volleyball - Girls	August 17, 2026
Winter Sports	
Adapted Floor Hockey	November 23, 2026
Alpine Skiing - Boys	November 9, 2026
Basketball - Boys	November 23, 2026
Basketball - Girls	November 16, 2026
Cheerleading - Basketball Sideline	November 23, 2026
Dance Team	October 26, 2026
Gymnastics - Girls	November 16, 2026
Hockey - Boys	November 16, 2026
Hockey - Girls	November 2, 2026
Nordic Ski Racing - Boys & Girls	November 9, 2026
Swimming & Diving - Boys	November 30, 2026
Wrestling	November 23, 2026
Spring Sports	
Adapted Bowling	March 1, 2027
Badminton - Girls	March 8, 2027
Baseball	March 22, 2027
Clay Target	March 3, 2027
Flag Football - Girls	March 15, 2027
Golf - Boys & Girls	March 22, 2027
Lacrosse - Girls	April 5, 2027
Softball - Girls	March 15, 2027
Tennis - Boys	March 29, 2027
Track & Field - Boys & Girls	March 15, 2027
Volleyball - Boys	March 22, 2027

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.affinetyolutions.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.affinetyolutions.com>

Coaching Contacts and Participation Fees

Fall Sports

Adapted Soccer • \$60	Trudy McQuiston	tmcquiston@isd622.org
Cheer - Football Sideline • \$60	Hillary Clark	HillaryClark45@gmail.com
Cross Country - Boys • \$165	Matt Duffee	mduffee@isd622.org
Cross Country - Girls • \$165	Leah Onewokae	lonewokae@isd622.org
Dance • \$50	Courtney Swenson	067courtney@gmail.com
Football • \$225	Carlos Myles	cmyles@isd622.org
Soccer - Boys • \$185	Dan Torrez	dtorrez@isd622.org
Soccer - Girls • \$185	Walter Ayala	wayala77@gmail.com
Swim & Dive - Girls • \$165	Anika Coleman	acoleman2@isd622.org
Tennis - Girls • \$145	Eric Duliere	eduliere1@gmail.com
Volleyball - Girls • \$165	Georgia Tilton	grtilton@gmail.com

Winter Sports

Adapted Floor Hockey • \$60	Trudy McQuiston	tmcquiston@isd622.org
Alpine Ski - Boys • \$225	Pat Wyant	pwyant@gmail.com
Basketball - Boys • \$185	Chris Pierce	coachchrispierce1979@gmail.com
Basketball - Girls • \$185	Jayson Edwards	jaysonedwards15@gmail.com
Cheer - Basketball Sideline • \$60	Hillary Clark	HillaryClark45@gmail.com
Dance • \$50	Alannah Peters	apeters2@isd622.org
Gymnastics • \$165	Leah Ingram	dmoellee.ingram@gmail.com
Hockey - Boys • \$225	Cole Leitch	cleitch@isd622.org
Hockey - Girls • \$225	Jason Platz	jason.platz@isd197.org
Nordic Ski - Boys & Girls • \$145	Jennifer Roberto	jroberto@isd622.org
Swim & Dive - Boys • \$165	Anika Coleman	acoleman2@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	Dylan Foote	dfoted3@gmail.com
Clay Target • \$75	Craig Zupko	czupko@isd622.org
Flag Football • \$25	Carrie Boche	cboche@isd622.org
Golf - Boys & Girls • \$145	Aron Helm	ahelm1@isd622.org
Lacrosse - Girls • \$165	Maggie Griffin	mgriffin@isd622.org
Softball - Girls • \$165	Jessica Dooley	jessica.dooley3@gmail.com
Tennis - Boys • \$145	Eric Duliere	eduliere1@gmail.com
Track & Field - Boys & Girls • \$165	Aaron Goff	rexruppert@yahoo.com
Volleyball - Boys • \$165	AJ Vang	anjinsan1983@yahoo.com

Athletic Participation Fees: 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: To see if you qualify for reduced athletic fees, complete the educational benefits application at <https://lingconnect.com/public/meal-application/new> using ISD 622 North St. Paul-Maplewood-Oakdale.

Refund of Athletic Fee: Full refund - if student doesn't make the team or the activity is dropped before first official contest. Half refund - dropped before third official contest. No refund - dropped after third official contest. Medical reason - determined on an individual basis.

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 Team
Black Student Union (BSU)	Mock Trial
Bowling Club	Model UN
Cultural Pop Dance Crew (CPDC)	Mug Club
Debate	Music (Band and Choir)
Debate - Spanish	National Honor Society (NHS)
DECA	Polar Drift
Drama/Theatre/One Act Play	Polar Pulse
Dungeons & Dragons	Robotics
Fellowship of Christian Athletes (FCA)	Show Choir
Fishing Club	Student Council
Fusion Drumline	Superfans
Gaming Club	United Marching Band
Gender & Sexuality Alliance (GSA)	Yearbook
Golden Prom	
Karaoke Club	
Knowledge/Quiz Bowl	
LatinX Club	
Link Crew	

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

Free
September - May

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 (BSU)

Advisor: Deron Drummond
Walt Whittaker

ddrummond@isd622.org
wwhittaker@isd622.org

Free
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 Pinz in Oakdale 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 Pinz in Oakdale 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.

Cultural Pop Dance Crew (CPDC)

Advisor:

A Yang

ayang2@isd622.org

Free

September - May

A student dance group that provides opportunities for students to develop performance skills, work collaboratively, and showcase dance routines inspired by a variety of styles and influences at school events.

Debate

Advisor:

David Butler

dbutler@isd622.org

Free

September - 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

Free

Starts: late January - May

All students who command an intermediate level of Spanish are welcome. Practices are held twice a week after school beginning the last week of January-mid May. There are three tournaments and all materials are provided to participants. The Spanish Debate Team is part of Augsburg University's Urban Debate League. Other than Boston, we are the only Spanish Debate League in the country!

DECA

Advisor:

Kelli Potthoff

kpotthoff@isd622.org

Free; District Conference \$50

September - June

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

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/Theater: Fall & Spring Productions, One Act Play

Advisor:

KaseyAnn Quigley

kschlichte@isd622.org

Cost: \$60 (cast) \$30 (crew)

September - May

North High presents a fall play and a spring musical each year. All students are welcome to participate, whether as actors, on the crew (set construction, props, lighting, and sound), or as musicians. Auditions are typically held in September and January/February, with production titles announced before auditions.

Dungeons & Dragons

Advisor: Rachel Myers

rmyers@isd622.org

Free

September - May

Dungeons & Dragons Club is a student-led tabletop role-playing club that meets after school on Tuesdays. Students play Dungeons & Dragons 5th Edition, a collaborative storytelling game where players create characters, solve problems, and work together through adventures guided by a student Dungeon Master. The club is open to all students, including beginners, and provides a welcoming space to practice creativity, communication, teamwork, and leadership.

Fellowship of Christian Athletes (FCA)

Advisors: Eric Berg
Bob Hackney
Dan Salava

eberg@isd622.org
bhackney@isd622.org
dsalava@isd622.org

Free

September - May, meeting weekly at 7:30 a.m., day of week to be determined

FCA is a faith-based group that provides students a chance to see the world impacted for Jesus Christ. Anyone interested in learning about and exploring the Christian faith is welcome. If you have a body, you are an athlete!

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.

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.

Gaming Club

Advisor: Da'Ray Sherow

dsherow@isd622.org

Free

When: TBD

Gaming Club allows students to hang out, play video games, and meet other gamers! Students are welcome to bring their own handheld gaming devices and games! Come play, socialize, and have fun!

Gender & Sexuality Alliance (GSA)

Advisors: Jill Muecke
Shelly Yoder

jmuecke@isd622.org
syoder@isd622.org

Free
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

Free
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

Free
September - May

Join the 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: Jon Tschida
Ray Fini

jtschida@isd622.org
rfini@isd622.org

Free
September - May

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

Free
September - May

LatinX Club connects Hispanic and Latinx students to their roots and is a place where students can feel comfortable speaking Spanish. Meets every other week from 3pm to 4pm. College visits, cultural traditions, field trips, and guest speakers are just some of the fun activities. Open to all students who share a passion for the Spanish language and Latinx/Hispanic cultures. ¡Todos son bienvenidos!

Link Crew

Advisors: Amy Johnson ajohnson12@isd622.org
Jack Lannon jlannon@isd622.org
Alysha Nerison anerison@isd622.org
Andrew Valek avalek@isd622.org

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!

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

Advisor: Kelli Potthoff kpotthoff@isd622.org
Dan Salava dsalava@isd622.org

Cost: \$20
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.

Model UN

Advisor: A Yang ayang2@isd622.org

Free
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

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 (NHS)

Advisors: Keith Reynolds
Jennifer Treinen

kreynolds@isd622.org
jtreinen@isd622.org

Free

Year-round

Open to 11th- and 12th-grade students with a 3.6 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.

Polar Drift

Advisor: Aaron Hammerman

ahammerman@isd622.org

Free

September - May

Polar Drift -- an instrumental and singing group (all grades with possible opportunities for multiple groups), meets Tuesdays and Thursdays in the mornings and/or afternoons TBD. Students will gain an education and experience related to pop, rock, R&B, country, jazz, blues, latin, swing, funk, and many other styles of music. Opportunities for further growth in improvisation and performance practices will be addressed along with a variety of performance opportunities at school, in the community, and at regional festivals. No previous experience required.

Polar Pulse

Advisor: Aaron Hammerman

ahammerman@isd622.org

Free

September - May

Polar Pulse (all grades with possible opportunities for multiple groups) – Meets at selected times in the mornings and/or afternoons TBD. Students will gain an education and experience related to drum line cadences and street beats. Opportunities for further growth in performance practices and composition will be addressed along with a variety of performance opportunities at school and in the community. No previous experience required.

Robotics

Advisor: Jack Campbell

jcampbell@isd622.org

Free

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 (3-6 pm during competition season). Competitions are on Saturdays during the winter months.

Student Council

Advisors: Courtney Johnson
Jon Tschida

cjohnson5@isd622.org
jtschida@isd622.org

Free

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.

Superfans

Advisor: John Chaplin

jchaplin@isd622.org

Free

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

United Marching Band

Advisors: Lori Bernstrom
Emily Bunnell
John Polvony

lberstrom@isd622.org
ebunnell@isd622.org
jpolvony@isd622.org

Cost varies

Open to 622 incoming 7th graders through 12th grade

The District 622 Marching Band is a collaborative ensemble featuring musicians and band directors from all 4 secondary schools. Each summer we gather to make music and march as a unified group in parades across the Twin Cities Metro Area including the MN State Fair. Performers' ages range from completing 6th grade through entering 12th grade. A GREAT way to spend your summers!

Yearbook

Advisor: Brian Reda

breda@isd622.org

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: Tuesdays and Thursdays

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.

See page 8 for more information about fees and refunds.

Return to Play Protocol - Concussion

North High provides a Tria Orthopedics 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 Taylor Zeitchick, 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

- Full-year parking permits are available for \$75.
- Pick up parking permits up on August 19 or August 27
- Parking spots are limited.
- Permits must be displayed on the first day of school.
- Students are **ONLY** allowed to park in the main lot by Polar Arena.

To purchase a parking permit, log in to Campus Parent at isd622mn.infinitecampus.org/campus/nsp.jsp or by scanning the QR code.

If you have questions, visit the North Activities website at north.isd622.org/activities.



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. Tickets must be purchased using the Bound app. Ticket prices are listed on the next page.

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.
- No e-bikes are 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

Adults - \$10
Students (Grades 6-12) - \$5
Children (Grade 5 and younger) - Free
Seniors 60+ - Free

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

Scan this QR code to purchase tickets:



Or visit gobound.com/mn/schools/northstpaul/tickets

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 Courses

Boys and Girls: OakMarsh, Goodrich, and Applewood

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 Fields

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 Fields

McKnight Fields, 1 block west of North High School

Tartan High School Main Softball Field, 828 Greenway, Oakdale

Tartan Auxiliary Field, behind Tartan, at Glenbrook & 7th Street North, Oakdale

Tennis Court

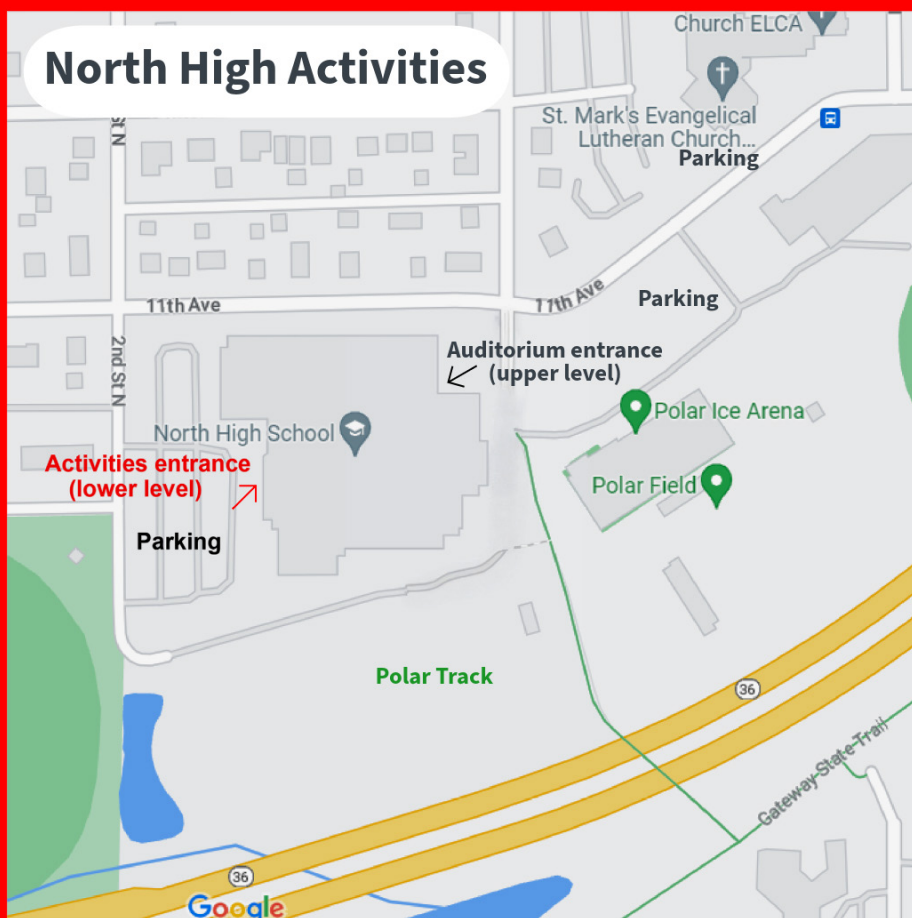
John Glenn Middle School, 1560 E County Rd B, Maplewood

Track

South side of North High School

Notes

North High Activities



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)

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IG @PolarsActivities24

