



2023–24

Minnewaska Area Schools **ACTIVITIES HANDBOOK**

ENGAGE EVERY STUDENT, EVERY DAY!



The following pages contain the 2023-2024 Minnewaska Area High School Activities Handbook. Included you will find:

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Included are all Minnesota State High School League and Minnewaska Area High School rules, policies and guidelines regarding participation in extra-curricular activities. In addition, you'll find pages explaining the participation fee structure for 2023-2024, the Minnewaska Laker Foundation, information regarding the West Central Conference website which allows you to sign up for daily email notifications regarding activities. You will will also find additional information families and participants need to be aware of.

ACTIVITIES REGISTRATION for Minnewaska Area High School Activities is done ONLINE. You can access the registration form on the school website at www.minnewaska.k12.mn.us. Once there you can move your cursor to the Activities tab and scroll down and click on Register for Activities. For those who do not have internet access, please stop by the Community Education/Activities office at MAHS when convenient where we will have a computer available for your use

The following information will be filled out on the ONLINE registration form:

- *2023-2024 MSHSL Athletic Eligibility Statement
- *MSHSL Annual Sports Health Questionnaire;
- *2023-2024 MSHSL Sports Qualifying Physical Examination Clearance Form;
- *2023-2024 MSHSL Sports Qualifying Physical History Form
- *2023-2024 MSHSL Sports Qualifying Physical Examination Form
- *Insurance Waiver (if using your own policy)
- *Waiver of Participation Fee (for those that qualify)



*If you have any question please contact the MAHS Activities Office at 320-239-1305 or 320-239-5103.

**A limited number hard copies of the 2023-24 Activities Handbook will be available in the MAHS Activities Office



MAHS Athletics/Activities Programs

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The Value of Laker Co-Curricular Activities for Students:

The Minnewaska Area Schools and community understands the importance of opportunities afforded by participation in extra-curricular activities. During the 2023-2024 school year nearly 80% of students in grades 7-12 participated in at least one school-sponsored activity. This is up considerably with past participation rates, and we hope to encourage even higher participation in the future. Activities support the academic mission of our school and are a critical extension of a good educational program. Students in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally. Activity programs provide valuable lessons in teamwork, sportsmanship, and hard work, and students learn self-discipline and leadership, build self-confidence, and develop skills that carry throughout the rest of their lives.

Minnewaska Area High School students are encouraged to get involved in an activity they might enjoy. Participation in high school sports, fine arts, and academic activities is an excellent way to get to know other students in a non-classroom setting!

Extra-Curricular Activities Offered at Minnewaska Area High School **2023-2024 School Year**

Fall:

Football
Girls' Swimming
Girls' Tennis
Volleyball
Boys' Soccer
Boys' & Girls' Cross Country

Winter:

Boys' Basketball
Girls' Basketball
Wrestling
Speech
Dance Team
One Act Play

Spring:

Baseball
Fastpitch Softball
Girls' Golf
Boys' Golf
Boys' Track & Field
Girls' Track & Field
Boys' Tennis
Trap Shooting

Other Activities:

Instrumental Music, Vocal Music, Fall Play, Winter Musical, Knowledge Bowl, Math Counts, Yearbook, FFA, BPA, Jazz Band, Jazz Choir

GO LAKERS



2023--2024

MSHSL ELIGIBILITY BROCHURE

Students: Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of Minnesota State High School League rules which govern your participation. Complete regulations are found in the MSHSL Official Handbook which is available at each member high school and which is also posted on the MSHSL Web site: www.mshsl.org. Please keep this brochure for reference, and if there is a question about any rule interpretation, **CONTACT YOUR SCHOOL PRINCIPAL OR ATHLETIC/ACTIVITIES DIRECTOR.**

I understand I must sign the current eligibility statement prior to participation each school year.

I understand that once I sign the eligibility statement all eligibility rules apply:

- Twelve (12) months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement.

Parents/Guardians: REVIEW the following rules with your son or daughter. Your role in stressing the value of following these rules cannot be overstated. **General Student Eligibility Checklist (must be completed by all students)** (If you cannot check all 8 items, see your athletic/activities director or principal)

- _____ 1. Making academic progress toward graduation.
- _____ 2. Will not have turned 21 before the start of the season in which I participate.
- _____ 3. Have not dropped out of school or repeated a grade while in high school.
- _____ 4. Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids, or drug paraphernalia.
- _____ 5. Have not and will not violate the racial/religious/sexual harassment/violence/and hazing bylaws of the MSHSL.
- _____ 6. I agree to fully cooperate in any investigation honestly and truthfully.
- _____ 7. Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.
- _____ 8. **Both the student and parent have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website:** www.cdc.gov/concussion.

Athletic Eligibility Checklist (must be completed by all athletes) (If you cannot check all 5 items, see your athletic/activities director or principal)

- _____ 1. Physical exam within the last three (3) years on file with the school.
- _____ 2. Have not transferred schools.
- _____ 3. Will not participate in more than six (6) seasons in any sport in grades 7-12.
- _____ 4. Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
- _____ 5. Have not and will not compete in non-school events in my sport after reporting for the school team.

INFORMED CONSENT: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. 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.

GENERAL RULES

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| <ol style="list-style-type: none"> 1. *ACADEMIC — (Credit Requirement) To be eligible, a student must be making satisfactory progress toward the school's requirement for graduation. 2. *AGE — A student who turns 20 during the 11th or 12th semester since first entering the 7th grade shall be allowed to participate through the completion of the 12th semester. Adapted athletes are eligible to participate until their 22nd birthday, provided they meet all other eligibility requirements. 3. AMATEUR STATUS — A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose her/his amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport. <i>(Reference Bylaw 201 for further amateur provisions)</i> 4. AWARDS — Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for | <p>participation in that activity.</p> <ol style="list-style-type: none"> 5. *ENROLLMENT, ATTENDANCE, AND REQUIRED SUBJECT LOAD — Students must be fully enrolled in (as defined by the Minnesota Department of Education) and attending the school before they are eligible to represent that school in MSHSL sponsored activities. Students must be properly registered, attending school and classes regularly. Students must be on track to meet the school's |
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graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7th grade.

6. **FOREIGN EXCHANGE STUDENTS** — Approved Foreign Exchange Students are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance. **INTERNATIONAL STUDENTS** – students not participating in a CSJET approved foreign exchange program are eligible only at the B-squad or JV level for one calendar year.
7. ***GENERAL ELIGIBILITY** — In order to be eligible for regular season and MSHSL tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide member of his or her high school in good standing. A student who is under penalty of exclusion, expulsion or suspension, whose character or conduct violates the Student Code of Responsibilities and is not in good standing, shall be ineligible for a period of time as determined by the principal.

Student Code of Responsibilities

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

1. *I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
2. *I will be fully responsible for my own actions and the consequences of my actions*
3. *I will respect the property of others.*
4. *I will respect and obey the rules of my school and the laws of my community, state and country.*
5. *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 ejected from a contest shall be ineligible for the next regularly scheduled game or meet at that level of competition and all other games or meets in the interim at any level of competition, for the first ejection. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled games or meets.

8. ***SEASONS OF PARTICIPATION** — No student may participate in more than six (6) seasons in any sport while enrolled in grades 7-12, semesters 1-12 inclusive.
9. ***SEMESTERS IN HIGH SCHOOL** — A student shall not participate in an interscholastic contest after the student's twelfth semester in grades 7-12 inclusive. All twelve semesters shall be consecutive, beginning in the 7th grade.
10. **JUNIOR HIGH/MIDDLE SCHOOL PARTICIPATION** — Participation in high school interscholastic programs is limited to students in grades 7-12 inclusive. Students in grade 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the League have been met. Elementary students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B-squad, junior varsity or varsity level.
11. ***GRADUATE** — Students who have graduated from a secondary school, or who have completed the terminal or final grade of a secondary school, or who have earned a GED or diploma are not eligible for participation in any League activity. A student who graduates while a member of a team with a season in progress may complete the season if three or fewer weeks of the regular season, exclusive of League tournament play, remain.
12. ***MOOD-ALTERING CHEMICALS**
- A. **Reference Bylaw 205**
- Twelve (12) months of the year, a student shall not at any time, regardless of the quantity: (1) use or consume, have in possession a beverage containing alcohol; (2) use or consume, have in possession tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia, (4) use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco**

products and other chemicals. "Tobacco products" means: any product

containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product, (5) use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.

1. The bylaw applies continuously from the first signing of the student Eligibility Brochure.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her/his doctor.

B. Penalty:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks 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.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
3. Third and Subsequent Violations: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then 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.
4. Penalties are progressive and consecutive.
5. **Denial Disqualification: A student shall be disqualified from all inter-scholastic athletics 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.**

C. Penalties for Category II Activities

Definition - Category II Activities: Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

Fine Arts Activities

1. Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series.
2. Music Activities.
3. Visual Arts Activities.
Each member school shall develop penalties which it will apply to the participants in these activities. A

copy of the member school's policy shall be filed in the principal's office.

13. ***SEXUAL/RACIAL/RELIGIOUS HARASSMENT / VIOLENCE and HAZING**

A. **Reference Bylaw 209.00:**

A student shall not engage in the sexual, racial, religious harassment, violence or hazing during the school year or any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

B. **Reporting Procedures:**

1. Any person who believes he or she has been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual, racial, religious harassment, violence or hazing, shall inform the building principal immediately.
4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

C. **Reprisal**

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates against any person who makes a good faith report of alleged sexual, racial, religious harassment, violence or hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such sexual, racial, religious harassment, violence or hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

D. **Penalties for Category I Activities:**

1. First Violation: the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater. *Recommendations: 1) It is recommended that the school develop a local education program through which the student would receive information about sexual, racial, religious harassment, violence or hazing. 2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for counseling.*
2. Second Violation: the student shall lose eligibility for the next six (6) consecutive interscholastic contests or three (3) weeks, 21 calendar days, whichever is greater, in which the student is a participant. *Recommendation: It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.*
3. Third or Subsequent Violations: the student shall lose eligibility for the next twelve (12) consecutive

interscholastic contests or four (4) weeks, 28 calendar days, whichever is greater, in which the student is a participant.

4. Penalties are progressive and consecutive.

E. **Penalties for Category II Activities:**

Each member school shall develop penalties that it will apply to

the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.

14. **SERVING A MSHSL PENALTY** — a student must be a student in good standing, and able to be placed in the game, meet or contest except for the penalty being served. (Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty).
15. **PROGRESSIVE AND CONSECUTIVE PENALTIES:** Penalties shall be progressive and consecutive beginning with the student's first participation in a League activity and continuing through the student's high school career.
16. **COLLEGE/UNIVERSITY TEAMS** — Individuals who have participated with a college or university team are ineligible for

participation in any activity of the League.

17. **FAIR HEARING PROCEDURE** — The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's determination of ineligibility for a student. **The student has 10 calendar days in which to appeal the school's decision.** The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school or on Web at www.mshsl.org in the Publications section.

ATHLETIC RULES

1. ***PHYSICAL EXAMINATION AND PARENTS PERMIT** — Any student who intends to participate in high school interscholastic athletics and cheerleading activities must have on file in the school, a record of a physical examination performed within the previous three (3) years. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required.
2. **LAST DATE TO JOIN A TEAM** — To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday from the official start of that sport season. Gymnasts must be on the school's team not later than the third Monday from the official start of that season. When a sport season begins on a Monday, that day shall be counted as the first Monday.
3. **NON-SCHOOL COMPETITION AND TRAINING FOR TEAM AND INDIVIDUAL SPORTS** —
 - A. **During the High School Season:** During the high school season a student may not participate as a member of a team or as an individual competitor in non-school sponsored games, meets, tournaments or contests, in the same sport. *Participation defined: practice, training, tryouts, scrimmaging and competing. Season Defined: The high school season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition.* Baseball, Softball and Skiing are exceptions to this rule.
Exception: Non-School Training During the High School Season for Athletes Who Qualify as Individual competitors to the State Tournament: (Swimming, Cross Country, Tennis, Skiing, Gymnastics, Wrestling, Synchronize Swimming, Golf, and Track and Field)
 - i. **Lessons/Training:** During the MSHSL high school season athletes may take lessons from professionals and other non- school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non- school event. Athletes may take lessons and or train with a non-school team/club during the high school season in the same sport.
 - ii. **Competition:** Athletes will be able to compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition. Exception: Summer Vacation Period — Students may participate in non-school competitions, meets, games, tournaments in the same sport they currently play at the high school level during the summer vacation period. *See*

definition of summer vacation below: 14.C.

Summer Coaching waiver: If a student participates on a team

coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless a conditional extension to the summer waiver is granted by the school's athletic director.

Students may take private lessons during the MSHSL season.

B. During the School Year, Prior To and Following the High School Sports Season:

A student may participate in contests, meets or tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff.

1. A student may not use any type of high school uniform.
2. A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating, tennis, gymnastics, and indoor soccer are included in this limitation.
3. A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
4. A student's fee for non-school coaching or training must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.

C. Summer Vacation Period:

A student may compete as an individual or as a member of a nonschool team even though competing on a high school team in the same sport. *Summer shall be defined as June 1 through Labor Day. Summer for the sport of soccer shall be defined as June 1 through Sunday immediately preceding the official starting date of the MSHSL high school soccer season. Note: Students may participate in activities during the summer, as defined above, even though their high school sport season in the same sport has begun. For example, students may play in a non-school tennis tournament while a member of the high school team or participate in road races while a member of the cross country team through Labor Day. Soccer is excluded from dual participation as defined above.*

D. Penalty:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport

season in which the student participates.

2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.
3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.
4. Penalties are progressive and consecutive.

E. **Special Considerations:**

1. National Teams and Olympic Development Programs
The MSHSL may permit participation by high school students on bona fide national teams or in Olympic development programs if:
 - a. The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.
 - b. Directly funded by a national governing body on a national level.
 - c. Authorized by a national governing body for athletes having potential for future national team participation.Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school principal to obtain an application form. This must be completed at least thirty (30) days prior to participation.
2. During the school year, students who participate for their school in a sport may participate through training, try-out or competition on a National Team or in a United States Olympic Development Program provided the student receives an individual invitation from the United States Olympic Committee or the United States National Governing Body on the national level for that sport.
3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport.

4. **ATHLETIC CAMPS AND CLINICS —**

- A. **School Year:** Students may attend athletic camps and clinics which have been approved by their high school principal.
- B. **Summer Vacation Period:** Non-school specialized athletic camps and clinics do not require approval.
 1. The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the Board of Directors.
 2. A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-Squad, junior varsity or varsity) in that sport owns, administers, directs, organizes, or serves as an instructor or is a staff member during the student's attendance.
- C. **Penalty:**
 1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.
 2. Second Violation: After confirmation of the second violation the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.
 3. Third Violation: After confirmation of the third or subsequent

violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.

5. **TRANSFER RULE — Bylaw 111**

- A. A transfer student is eligible for varsity competition provided the student was in good standing on the date of withdrawal from the last school the student attended and one (1) of the provisions in Section B (below) is met.
- B. A transfer student is eligible for varsity competition if:
 1. 9th Grade Option: The student is enrolling in 9th grade for the first time.
 2. Family Residence Change: the student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible in the new public school attendance area or a non- public school if the student transfers at the same time the student's parents move.
If the parents move from one public school district attendance area to another, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the new school.
A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.
 3. Court Ordered Residence Change for Child Protection: the student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.
 4. Divorced Parents: a student of legally divorced parents who have joint physical custody of the student may move from one custodial parent to the other custodial parent and be fully eligible at the time of the move. The student may utilize this provision only one time during grades 9-12 inclusive.
 5. Move from Out of State: if a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parent establishes a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.
- C. If none of the provisions in Athletic Rule 5.B.2.1-5 (above) are met, the student is ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance in the new school.
 1. Students are immediately eligible for competition at the non-varsity level.
 2. A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.
 3. Each time a student transfers and the conditions of the transfer do not meet any of the provisions of Bylaw 111.2.A-E, the student will be ineligible for varsity competition for a period of one (1) calendar year beginning

with the first day of attendance at the new school. For example, if a student, while serving a one-year transfer suspension, transfers to another school and none of the provisions of Bylaw 111.2.A-E are met, an additional one-year suspension will be applied. The student will begin serving the additional one-year

suspension immediately following the completion of the previous one-year suspension.

4. Enrollment Options Program: a student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and transfers without a corresponding change of residence by the student's parents shall elect one of the following:
 - a. retain full eligibility for varsity competition for one (1) calendar year at the school where the student was enrolled prior to the transfer after which time the student shall become fully eligible at the school to which the student has open enrolled; or
 - b. be eligible only at the non-varsity level in the school to which the student has open enrolled for one (1) calendar year.
5. A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for fifteen (15) calendar days from the first day the student attends practice in the fall or attends classes in the new school for the first time.

Upon transfer, the student will be ineligible at the former school and may practice at the new school but may not compete in any varsity activity at the new school.

The student will retain full eligibility at the former school if the student chooses to return to the former school during the fifteen (15) calendar day period.

If the student remains at the new school, following the fifteen (15) calendar day period, the student will become eligible at the varsity level only when the student has fully met all of the transfer criteria

and has been deemed to be eligible both by the new school and the League office.

If any of the transfer criteria has not been met, the student will be ineligible for varsity competition at the new school and must then choose between varsity eligibility at the former school or JV eligibility at the new school.

- a. The student may elect to decline the 15 day window to become eligible to compete at the varsity level at the Receiving School once the school administration determines the student has met all of the varsity participation eligibility criteria.
- b. A student may utilize this provision one time per 365 calendar day period.

* Denotes rules applicable to cheerleaders

CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES



Acute injury

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

Return to play protocol

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 symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- 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 person's 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.

For more information, please refer to the references listed below and www.concussionsafety.com.

Signs Observed By Coaching Staff

Appears dazed and stunned
Is confused about assignment or position Forgets sports plays
Is unsure of game, score, or opponent Moves clumsily
Answers questions slowly
Loses consciousness (even briefly) Shows behavior or personality changes Can't recall events prior to hit or fall
Can't recall events after hit or fall

Symptoms Reported By Athlete

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise

Feeling sluggish, hazy,
foggy, or groggy
Concentration or
memory problems
Confusion
Does not “feel right”

Additional MAHS Eligibility Rules and Policies Approved by the MAS Board of Education:

These rules apply to any and all students participating in school-sponsored activities; both athletic and non-athletic for grades 7 - 12. ***It is the responsibility of participants and their parents to know and understand these policies and guidelines.***

****Note – MAHS junior high activity participants who incur MSHSL/MAHS violation in grades seven and eight, have those violations removed from their record once they leave junior high. Eligibility begins anew for those students once they reach their ninth grade year. EXCEPTION: a student who is a member of a varsity team as a seventh or eighth grader, and has violated MSHSL policy, will have the violation(s) stay as part of his or her record throughout the duration of their high school career. This is in accordance with MSHSL policy for junior high students who are members of varsity teams.**

The guidelines are, in most instances, either an addition to or more comprehensive than those described in the Minnesota State High School League Eligibility information.

Parents or guardians are asked to review these "MSHSL and Local School Activity Eligibility Guidelines" with their children. Questions may be directed to the participant's coach, activities director, or principal.

- I. **Scholastic Achievement:** The area of academics must take precedence over all other participation in high school extra-curricular and co-curricular activities. Therefore, any student in grades 7-12 who participate in extra-curricular and/or co-curricular activities must pass all of his/her subjects to remain eligible for participation.

There will be two (2) times each nine (9) week grading period that grades will be checked to determine eligibility. These times will be at: mid-term reports and end of quarter grades. A student receiving failing grades at these times will be ineligible to participate as outlined below.

- A. If a participating student fails one subject, he/she will be prohibited from participating in any extra-curricular activity competition for: mid-term – one (1) week; quarter - two (2) weeks. **9-12 Athletes will be eligible to travel with their team however; it will be at the discretion of the head coach/advisor. Ineligible students will not be able to wear their uniform during these events. Junior High athletes will NOT be eligible to travel with the team during away contests.** Eligibility will be restored once the grade becomes above an F after the 1 or 2-week period.
- B. If a student fails two or more subjects, he/she will be prohibited from participating in any extra-curricular activities for: mid-term – two (2) weeks; quarter - four (4) weeks. **9-12 Athletes will be eligible to travel with their team however; it will be at the discretion of the head**

coach/advisor. Ineligible students will not be able to wear their uniform during these events. *Junior High athletes will NOT be eligible to travel with the team during away contests.* Eligibility will be restored once the grade becomes above an F after the 1 or 2-week period.

- C. Students will have one (1) week from the day after report cards are distributed to make up classroom work for incomplete grades. Failure to make up classroom work for incomplete grades within this time period will make the student ineligible under paragraph one or two. (Exceptions will be made due to illness or injury.)
- D. If a student fails a course which runs for only one quarter the student will be ineligible for two (2) weeks for one “F”, and four (4) weeks for two or more F’s. The student must be passing all their classes at the end of the probationary period to gain reinstatement to full eligibility.
- E. Failures that occur at mid-quarter, or end of the quarter that fall in-between seasons during the school year, will follow the student into the next season. A failing grade must become a passing grade before eligibility is granted in the new season. Exception – Failures at the end of the school year will not be carried over into the following school year.

For the above-mentioned situations, the student shall continue practicing with his/her teams or group for the period of the ineligibility.

The one, two or four week periods of time will begin on the day mid-term reports or report cards are due in to the MAHS Guidance Office.

When final grades are received and organized by the MAHS Activities Office Staff, students receiving a failing grade will be informed of their standing. In addition, a letter will be mailed home to the participant’s parents informing them of their child’s status. The Activities Director will notify the coaches of any participants in their programs who’ve received a failing grade for any of the above aforementioned situations. Before eligibility can be restored, the student must obtain a reinstatement form from the activities office that must be signed by the teacher indicating that the student’s is above an F.

Students that are part of a special education program will be reviewed by a team consisting of a regular classroom teacher, special ed. teacher, and Principal to determine student's eligibility.

****The principal has the right to make the final determination on student eligibility regarding a failing grade in the event of extenuating circumstances. Extenuating circumstances may include, but are not limited to, such things as long term projects or due dates where a student would not otherwise have the opportunity to improve their grade.**

Academic eligibility criteria for every student participating in athletics shall begin a new at the beginning of each new school year.

2. **Awards Criteria:**

- A. Completion of the sports season is required in order for the student athlete to be eligible for (a) letter or other team or individual awards. (Exception - injury which limits participation.) **No awards shall be given to any student suspended for the remainder of the season for any athletic code violation.**
 - B. No awards shall be given to any student athlete who has not returned or paid for issued equipment or fee.
 - F. **Awards:** Each head coach is responsible for determining letter winners in their sport or activity. It is recommended that each sport set standards that will test the student's ability and willingness to perform. The criteria should be explained to the students and parents the first part of the season to eliminate misunderstanding at the end of the season.
- D. **The School Letter:**
- 1. A school letter will be awarded to participants in varsity activities (including FFA) in each season they meet the requirements for that sport or activity
 - 2. The first letter earned will be a chenille letter. In lieu of each letter thereafter, parchment certificate signed by the Coach and Activities Director will be awarded.
- E. **Most Valuable Player, Most Improved Player, etc.** awards shall be agreed upon by the **coaching staff based on criteria set up for that activity.**
 - F. **Awards Rule:** Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques, and other items of little or no intrinsic value. Violation will render a student ineligible for all further competition.

3. **Due Process Committee:**

**300.00 BYLAWS: ADMINISTRATION
OF STUDENT ELIGIBILITY**

A Fair Hearing Procedure and Acknowledgement of Rights are provided for all students who wish to appeal a school's determination of a student's eligibility.

1. Fair Hearing Procedure

Section 211.02.8 of the Constitution of the Minnesota State High School League provides a Fair Hearing Procedure for a student, parent or guardian to appeal a school's determination of ineligibility of a student pursuant to the student's violation of a League bylaw.

The purpose of the Fair Hearing Procedure is to allow a local hearing panel to review the decision of the school representatives regarding the student's declaration of ineligibility. All rulings must be consistent with League bylaws. Only the Board of Directors has the constitutional authority to waive the application of the penalty for the violation of any bylaw.

These Fair Hearing Procedures apply to all eligibility situations where a student, parent or guardian contests the school's eligibility decision EXCEPT in the situations identified below.

- A. The student admits to the violation.
- B. The student neither admits to nor denies the violation, but accepts and serves the penalty.
- C. The sole issue in question is the determination by the school to impose a penalty greater than the minimum League suspension for the violation.
- D. The principal's decision regarding the school's eligibility requirements for the student, including student code of responsibilities. (See Bylaw 206.1 and 206.2)

2. General Eligibility Review Process

Bylaw 305—Master Eligibility List and Bylaw 306—Responsibility for Student Eligibility

indicates it is the responsibility of the school administrator to determine the eligibility of all students who participate in League-sponsored programs offered by their schools. When a student's eligibility is in jeopardy due to an alleged violation of the League bylaws and policies, the school will conduct an investigation. The investigation will begin on the day the school is first notified of the alleged violation and it shall conclude within 10 calendar days. At the conclusion of the investigation the school must make a determination of the eligibility status of the student. It shall be the responsibility of the member school to notify the student, parent or guardian in writing of the eligibility determination. The written notification must also include a copy of the Fair Hearing Procedure and the Acknowledgement of Rights.

A. A student, parent or guardian may contest a school's eligibility decision as follows:

- 1) Within 10 calendar days of the documented notification regarding eligibility, the student, parent or guardian must request a hearing on the school's eligibility decision. The written request for hearing must include a statement outlining the basis for the claim of eligibility.
- 2) The school administrator shall convene a hearing panel of from three (3) to five (5) members within 10 calendar days after receipt of the request for hearing. The hearing panel shall include a member of the Board of Education, a member of the school's administrative staff and a

- member of the school faculty, or the school may elect to have the hearing conducted by an independent hearing officer.
- a) Any member of the school staff who was involved in the investigation or the initial eligibility determination cannot serve as part of the hearing panel.
 - b) One member of the hearing panel must be identified as the chair.
 - c) The school must send the notification of the hearing by certified mail or personally deliver it to the student's parent(s) or legal guardian(s).
 - d) The student's parents(s) or guardian(s) must be provided a minimum of three (3) calendar days' notice beginning with the receipt of the notice of the hearing.
 - e) The notice shall state the date, time, and place of the hearing.
 - f) The student shall have a right to be represented by a person of the student's choice, which may include legal counsel.
 - g) All costs of the hearing incurred by the school shall be borne by the school.
- 3) The hearing panel shall:
- a) **Designate** one of the panel members as the chair.
 - b) **Make** an audio recording of the hearing and preserve a written record pending ultimate outcome of the matter.
 - c) **Hear** the complete evidence on the matter.
 - d) **Determine** if the school's declaration of ineligibility is supported by substantial evidence and is consistent with League bylaws. When making this determination, the committee shall meet on its own and no other persons shall be present or participate in any way in the committee's deliberations.
 - e) **Issue** written findings of fact, conclusions and determination. The written findings, conclusions and determination shall be sent by registered mail or personally delivered to the student, parent or guardian and the Executive Director of the League within three (3) calendar days of the conclusion of the hearing. The findings, conclusion and recommendations shall be stated in sufficient detail to apprise the parties of the basis and reason for the determination. The chair of the hearing panel shall be responsible for composing the written findings and shall sign the findings on behalf of the hearing panel.
 - f) Within ten (10) calendar days of receipt of the determination of the hearing panel the Executive Director of the League or his designee shall either affirm or overrule the determination made by the school hearing panel based on compliance with League bylaws. If the decision of the hearing panel is overruled, then the Executive Director shall notify the school and the student and the student's parent(s) or guardian(s) of his decision registered mail. If the decision of the hearing panel is affirmed, notification shall be sent by first class mail.
- B. A student, parent or guardian may **appeal** the decision of the hearing panel or Executive Director of the League to the League Board of Directors. To appeal, the student, parent or guardian must:
- 1) Submit a written notice of appeal to the Executive Director of the League and a copy to the school principal. The notice of appeal must be personally delivered or postmarked within ten (10) calendar days of the receipt of the written findings of fact, conclusions and determination from the school hearing panel or the decision of the League Executive Director. The notice must outline the basis of the appeal.
 - 2) The written request for a League-level fair hearing will be reviewed by League staff. Within ten (10) days of the receipt of the written request the League will contact the student, parent or guardian to indicate whether the rationale warrants a League-level fair hearing. An extension to the ten (10) day notification window may be made by mutual agreement.
 - 3) If the appeal request is granted the hearing shall be scheduled on a mutually acceptable date.
 - 4) The appeal by an Independent Hearing Officer shall be a review of the proceedings and the record of the local hearing panel decision or the decision of the League Executive Director.
 - 5) The proceedings of the appeal shall be recorded and preserved pending the ultimate disposition of the matter. In the event that the audio recording or the written record is inadequate for review, the hearing officer may remand the case back to the local school district for a new hearing.
 - 6) The appeal shall be heard by an Independent Hearing Officer. If all parties agree, the hearing may be conducted by telephone; or the hearing may consist of an independent review of the local level record which shall include the documents presented at the hearing and the written arguments.
 - 7) The student shall have a right to a representative of the student's choice, which may include legal counsel.
 - 8) Within four (4) calendar days of the oral presentation made at the appeal level, the Independent Hearing Officer shall make a recommendation to the League Board of Directors.

The recommendation shall be in writing and based upon the record, including the oral and written presentations of the parties from the local level hearings. The recommendation of the Independent Hearing Officer will govern the student's eligibility until action by the League Board of Directors or by the League Executive Director acting on behalf of the League Board of Directors.

- 9) *The League Board of Directors will review and officially act upon the matter at its first regularly scheduled meeting following the receipt of the Independent Hearing Officer's decision.*
 - 10) *The decision of the League Board of Directors shall be final.*
 - 11) *If any of the procedural steps identified in sections **3.A.1, 3.A.2, or 3.A.3**, above are omitted during the local level hearing and the Independent Hearing Officer finds that the student has been prejudiced, the Independent Hearing Officer may direct the school to rehear the case at the local level. If a rehearing is required, a new local hearing panel shall be used.*
- C. *A violation of the technical provision of the Fair Hearing Procedure, made in good faith, is not a defense to the disciplinary procedure unless the student can show actual prejudice as a result of the violation.*

3. Transfer Eligibility Review Process

Two processes are available for a review of a determination of transfer eligibility: The Appeal Process and the Fair Hearing Procedure.

- A. *The purpose of the **Application to Appeal a Transfer Eligibility Determination** includes, but is not limited to the following circumstances:*
- 1) *documented internal Board of Education policies regarding the movement of students within the school district;*
 - 2) *adoption, abandonment, broken home, death of a parent or other circumstances beyond the control of the student;*
 - 3) *a documented negative change in the economic status of the student's parents which requires the student to return to the school located in the attendance area where the student's parents reside;*
 - 4) *intolerable conditions at the Sending School as affirmed in writing by the Sending School; When situations arise that the student or parents believe have created an intolerable condition, the acts complained of must first be reported to the appropriate administrators at the school so they have the opportunity to investigate and take any action they deem necessary to resolve the problem.*
If the parents believe that actions or situations are occurring that have an adverse impact on the physical or psychological well being of the student, the student should have been referred to an appropriate medical or psychological professional. That professional should prepare a written report that can be provided, on a confidential basis, to the school, the League and the independent hearing officer if a hearing is required.
If police action has been taken, copies of the reports showing that an investigation was actually conducted and the results of that investigation must be provided.
In general, allegations alone are not sufficient. There must be some reasonable and believable substantiation presented to indicate an incident or incidents actually occurred. As well, the perpetrators must be identified.
 - 5) *enrollment in an Advance Placement program, an International Baccalaureate program or similar advanced academic program not offered at the school the student attends;*
 - 6) *administrative error in addressing a student's initial eligibility;*
 - 7) *completion of a licensed program for treatment of alcohol or substance abuse, mental illness or emotional disturbance provided all other eligibility rules are followed;*
 - 8) *other conditions not covered above but which may be agreed to by both the Sending and Receiving Schools.*
- B. **The Fair Hearing Procedure for Transfer Eligibility.** *If the school administrator refuses to submit the eligibility question directly to the League office through the appeal process, the student, parent or guardian still retains the right to request the Fair Hearing Procedure. Once the student, parent or guardian is informed of the school's refusal to submit an appeal the student, parent or guardian may request the Fair Hearing Procedure be used to review the eligibility determination for the student. The request must be made within ten (10) calendar days of the notification of the student, parent or guardian by the school of the student's transfer eligibility determination.*

C. General Information

- 1) The school now attended by the student is the “New School” or “Receiving School.” The school last attended by the student is the “Former School” or “Sending School.”
- 2) Transfer eligibility determinations and transfer eligibility appeals can only be submitted to the League once the student has completed the transfer.
- 3) A student transfer is considered complete when the student attends school at the New School or participates in a fall sport practice prior to the first day of school for the school year.
- 4) The school administrator of the New School determines a transfer student is ineligible for varsity competition at the New School as a result of the mandatory application of the provisions of MSHSL Bylaw 111—Transfer and Residence.
- 5) The school administrator informs the student and the student’s parent(s) or guardian(s) of the eligibility determination. The student will choose either to participate at the New School, or for one calendar year—beginning with the first day of attendance at the New School—choose to participate at the Former School. The choice of participation at the New School or Former School is an “either or” decision.
- 6) If the student chooses to participate at the Sending School for one year the appeal or fair hearing options are not applicable.
- 7) If the student chooses to participate at the New School the student, parent or guardian may request a review of the transfer eligibility determination. Two procedures are available for a review of transfer eligibility:
 - Appeal Process
 - Hearing Process
- 8) Once the student, parent or guardian is informed of the school’s determination of transfer eligibility for the student, the student, parent or guardian may ask the Receiving School to submit a request for an eligibility review—transfer eligibility appeal—directly to the League staff if the student is deemed to be ineligible as the result of the mandatory application of League Bylaw 111—Transfer and Residence, and if there are no facts in dispute.
- 9) The school administrator responsible for determining eligibility at the New School will review the student, parent or guardian rationale for seeking the appeal and determine if the rationale warrants the submission of the appeal.
- 10) In either case, the student, parent or guardian must request the Appeal or the Hearing within ten (10) calendar days of notification of the eligibility status by the school administrator.
- 11) If the student decides to participate at the New School, then requests and receives an appeal or hearing and subsequently is not granted varsity eligibility at the New School, the student may not then choose to participate at the Former School. It is not a situation where the student says: “I will participate at the New School, appeal my eligibility and then if the appeal is not granted, participate at my Former School”.

D. Transfer Eligibility Appeal and Hearing Step-By-Step Process

- 1) The school administrator responsible for eligibility submits the electronic transfer form to the League office for review.
- 2) Staff at the League office reviews the transfer form and sends an electronic response to the submitting school administrator.
- 3) Once the student, parent or guardian is informed of the student’s eligibility, the student, parent or guardian can request an appeal of the transfer eligibility determination if the student has chosen to participate at the Receiving School.
 - a. Student, parent or guardian asks the school administrator to appeal the transfer eligibility determination;
 - b. Student, parent or guardian provides the specific rationale for the appeal;
 - c. Student, parent or guardian provides the documentation to support the appeal.
- 4) The school administrator reviews the rationale and documentation and decides to either:
 - a. Deny the request for an appeal—if the appeal is denied the student, parent or guardian can ask for a Fair Hearing at the League level.
 - i. The student, parent or guardian request for a Fair Hearing at the League level must be made within ten (10) calendar days of notification of the appeal denial;
 - ii. The request for a League-level hearing must be in writing;
 - iii. The request must include the specific rationale describing why a Fair Hearing at the League level should be granted;
 - iv. Documentation supporting the rationale for a League-level hearing must be included; or
 - b. Agree to submit an appeal.
- 5) The administrator at the Receiving School accesses the appeal form at the bottom of the League response to the electronic transfer form.

- 6) The appeal document has four parts:
 - a. Part 1: Information from the student, parent or guardian—gathered by school administrator at the Receiving School and inserted into form. Click “Submit” and Part 2 will appear on the screen;
 - b. Part 2: Information from the Receiving School—gathered by the school administrator at the Receiving School and inserted into the form. Click “Submit” to send it to the Sending School;
 - c. Part 3: Information from the Sending School—gathered by the school administrator at the Sending School and inserted into the form. Click “Submit” to send it to the League office;
 - d. Part 4: League review and response—League staff will review the appeal and either grant or deny the appeal:
 - i. The League office may request additional documentation or information;
 - ii. The League office will work with the school administrator, not the student, parent or guardian, during this process.
 - iii. Once the appeal document is received at the League office, League staff, acting within their authority, shall render an eligibility determination and notify the Receiving School within five (5) to seven (7) business days.
- 7) After review of an appeal the League office will either:
 - a. Deny the appeal; or
 - b. Grant the appeal.
- 8) If the appeal is submitted, reviewed and denied, the student, parent or guardian may request a Fair Hearing at the League level.
 - a. The student, parent or guardian request for a Fair Hearing at the League level must be made within ten (10) calendar days of notification of the appeal denial;
 - b. The request for a League-level hearing must be in writing;
 - c. The request must include the specific rationale describing why a Fair Hearing at the League level should be held;
 - d. Documentation supporting the rationale for a League-level hearing must be included.
- 9) After review of the request for a League-level hearing the League office will either:
 - a. Deny the request; or
 - b. Grant the request.
- 10) If the request for a League-level hearing is granted, the hearing will be held before an independent hearing officer. The independent hearing officer’s recommendation will stand until it is reviewed by the League Board of Directors at its next regularly scheduled meeting.
- 11) The League Board of Directors will accept or deny the recommendations from the independent hearing officer.
- 12) The decision of the League Board of Directors is final.

FAIR HEARING ACKNOWLEDGEMENT OF RIGHTS

We _____, the parents/guardians,
 and _____, the student,
 acknowledge that we have requested an evidentiary hearing to determine the eligibility of the above named student to participate in activities sponsored by the Minnesota State High School League.

We acknowledge that we have the right to legal counsel of our own choosing to represent us at said hearing. We also understand that we can question any witnesses in this matter and that we can present witnesses and other evidence at said hearing, including documentary evidence that is favorable to our position.

Date: _____ Date: _

Parent / Guardian:

 Parent / Guardian:

4. **Citizenship Obligations:** The High School Principal will decide if any violation should result in the loss of eligibility. The Principal will inform the Activities Director of the decision.
 - A. **Theft:** (On or off school premises)
 1. **First Violation:** After confirmation of the first violation, the student **may** lose eligibility for two (2) weeks or two (2) interscholastic events, whichever is greater.
 2. **Second Violation:** After confirmation of the second violation, the student shall lose eligibility for three (3) weeks or six (6) interscholastic events, whichever is greater.
 3. **Third and Subsequent Violations:** After confirmation of the third and subsequent violations, the student shall lose eligibility for four (4) weeks or twelve (12) interscholastic events, whichever is greater.
 - B. **Malicious Destruction/Cheating/Unsafe Acts:** The High School Principal will decide if any violation should result in the loss of eligibility. The Principal will inform the Activities Director of the decision.
 1. **First Violation:** After confirmation of the first violation, the student may lose eligibility for two (2) weeks or two (2) interscholastic events, whichever is greater.
 2. **Second Violation:** After confirmation of the second violation, the student may lose eligibility for three (3) weeks or six (6) interscholastic events, whichever is greater.
 3. **Third and Subsequent Violation:** After confirmation of the third and subsequent violations, the student may lose eligibility for four (4) weeks or twelve (12) interscholastic events, whichever is greater.
 - C. Any civil law infraction or conduct by a student in activities (includes all activities) that is determined by the head coach/advisor and school administration to be detrimental to the activities program or school district will result in counseling by the Head Coach and a School Administrator with possible suspension. (violations that occur as part of a team event shall be handled by the activities director after consultation with the coach/advisor)

- D. **Violation** of established school rules and policies **could** carry a suspension for a period of time. Examples of student conduct that could result in loss of eligibility: Skipping school (unexcused absence), excessive tardiness, possession of a weapon, vandalism, disrespect to school personnel, etc.
- E. Students should be encouraged to dress and groom in a manner that will reflect credit on our school, community and themselves.
5. **School Attendance Requirements:**
- A. A student should be in school the entire day in order to participate in a contest that day. Exceptions may be made if the student has a medical appointment or a pre-excuse slip, signed a minimum of 24 hours in advance and presented to the Principal. Exceptions such as funerals, illness, college visitations or other emergencies will be left to the discretion of the Principal and the Activities Director.
- Shopping, hunting, minor illnesses or appointments that could be scheduled outside of school hours will not be legitimate or acceptable excuses to miss school the day of or the day after contest.**
- Attendance the entire day after a contest will be expected unless the participant has a medical appointment or a pre-excused slip signed by the Principal, Activities Director, or Attendance Secretary. Failure to comply with this requirement will result in loss of participation at the next scheduled event.**
- B. A student who has received any type of medical treatment cannot participate again until the date indicated by the student's doctor. **(A written statement signed by the Doctor is required).**
- C. Truancy (Unexcused absence – Any period during the school day or the entire day) during the season will result in:
1. **First Offense:** Suspension for one contest or public performance.
 2. **Second Offense:** Suspension for two contests or public performances.
 3. **Third Offense:** Suspension for the remainder of the season.
- NOTE:** If a student is involved in more than one (1) extra-curricular activity, the student will become ineligible for the first contest or public performance. If two activities are scheduled on the same day, the student will be ineligible for both.
6. **Category II Penalties: (regardless of the type of violation)**
- A. **First Offense:** Suspension for one event.

B. **Second Offense:** Suspension for two events.

C. **Third Offense:** Suspension for four events.

(The principal, in working with the activities director, may overrule these penalties in cases where extenuating circumstances warrant doing so)

7. **Transportation Regulations:**

- A. School officials shall provide suitable transportation for all pupils representing the school on an officially school sponsored activity.
- B. It is forbidden to use student-operated cars to transport students representing the school unless other arrangements have been made.
- C. All pupils must be required to ride the bus to which they were assigned going and returning. The parent or guardian may personally make arrangements in writing with the Principal/A.D./Coach for other return transportation.

8. **Suspension Procedures:**

- A. Before any suspension provided for under these rules shall take effect, the student shall be verbally advised by the Activities Director of the alleged violation and the student will have an opportunity to explain or justify the action. If, after such conference, the Activities Director is satisfied that suspension is justified, the coach and student shall be notified.
- B. Any athlete breaking a MSHSL ruling which results in a suspension from activity will be notified in the following manner:
 - 1. The student will meet with the Activities Director and/or Principal, where he/she will be notified of the nature of the suspension in accordance with MAHS policy.
 - 2. The parents of the athlete will receive notification in writing of the suspension and will be advised of the date in which the athlete will regain his eligibility. The parents will have the opportunity to meet with the Activities Director, Head Coach and principal to discuss the suspension, if requested.
- C. A student suspended from an activity may still practice and compete in scrimmages in that activity.

9. **School Trips Eligibility Policy:**

Students partaking in school-sponsored trips such as Washington D.C., Florida, or a world language trip are subject to the following rules regarding eligibility.

Students who consume or possess alcohol and/or drugs, or have had a theft offense within the semester the trip is scheduled, will become ineligible. Any student with a second violation will not be eligible for any school-sponsored trip regardless of when the violations occur while they are in grades 9-12 unless an appropriate and approved counseling program has been completed by the student. Other serious offenses aside from theft, or possession of drugs and alcohol, may result in ineligibility and will be decided on a case-by-case basis at the discretion of the administration. Any money paid toward the cost of the trip, or fundraising dollars earned, will be forfeited. (Example: If you have paid or fund raised \$700 – you lose that \$700)

10. General Obligations and Other School Policies:

- A. Minnesota State High School League rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, practices, use of school equipment, etc. Each coach has the responsibility to know, to inform team members and parents and to enforce school and MSHSL regulations in these matters.
- B. Penalties for an unexcused absence from a scheduled practice will be up to the discretion of the Coach. Guidelines will be stated at the beginning of the activity season.
- C. Practice while under suspension from activity:
 - 1. At the discretion of the Coach, students may be allowed to practice while under suspension for violation of High School League Rules.
 - 2. Students may not practice or take part in a contest if they are suspended from school for any reason.
- D. If a student is involved in more than one (1) activity, a conference will be held between Coaches and Activities Directors to discuss ramifications.
- E. A display of unsportsmanlike conduct toward an opponent or official or use of profanity during a practice or contest will result in counseling by the Head Coach and possible suspension.
- F. An athlete trying out for a varsity sport after the season has started must practice a minimum of 10 days before participating in an interscholastic contest.
- G. All students who are enrolled in Minnewaska Area High School on a regular daily attendance basis are eligible to represent their respective High Schools

in co-curricular activities. Regular daily attendance means attending classes daily during the established school day.

- H. Regarding State tournament participation: Students, regardless of age, are governed by school policy, team rules and rules set up by the coach for the tournament trip. Violation of these rules or policies will result in a consequence.
- I. It is the policy of the Minnesota State High School League that no elementary school or middle school student (Grades 1-6) may participate on C-Squad, JV, or Varsity Teams. It is the policy of Minnewaska Area Schools that middle school students in grades 5 & 6 may not practice or participate with any junior high team at Minnewaska Area High School unless permission has been obtained from the Activities Director upon consultation with the Superintendent and the MAHS Activities Committee.

11. Communication Between Coaches/Advisors/Parents & Participants:

- A. Preseason meeting – For all 7-12 programs, a meeting shall be held before the season starts, or shortly thereafter whenever possible. Team goals, expectations, philosophy, policies, along with Minnewaska Area High School and Minnesota State High School and team eligibility guidelines will be discussed. (Junior high students may also be included in pre-season meetings at the request of the 9-12 staff. Junior high coaches/advisors may also hold separate meetings with seventh and eighth grade participants at the beginning of their seasons.)
- B. Open Door Policy

Once the coach/advisor has first met face to face with the player in regards to a concern, a face to face meeting is a reasonable communication request by a parent and will be set up when coaches/advisors are available at school (i.e. – prep time, after practice, before school, etc.) The request for such a meeting should be as brief as possible and may be set up via phone, email, or text message with the coach or through the athletic director. These meetings should never take place during practice/rehearsal times or times when coaches/advisors are in class or where they are otherwise employed if not a certified or support staff employee of District 2149. Nor should a meeting ever take place just prior to or after a contest/performance. Furthermore, coaches/advisors should never have their normal home life interrupted to have or set up such a meeting.

When coach/player/parent meeting does take place, questions regarding the treatment of that player, and ways to help the player improve are appropriate to have. If during a parent/coach meeting questions regarding playing time arise, they will be addressed only in regards to that parent's

child. No team strategy of any kind or other team personnel will be discussed.

C. Texting, Emailing, and Social Media (i.e. – Facebook)

Concerns regarding a program between player and coach/advisor, and particularly parent and coach/advisor, should never be addressed through the use of texting or email. Texting or email should be used for informational purposes only! Any concern regarding player and coach, or parent and coach, should be handled with a face to face meeting as discussed in letter “B” above. If a request is made by a parent via text or email, the response should be as brief as possible in referencing setting up a meeting as written in “B” above. Additionally, participants, parents, coaches, or advisors should never post anything on a personal Facebook account such as pictures or comments of any kind, positive or negative, connected to a team or player(s) at Minnewaska Area High School.

D. All parents and participants are strongly encouraged to attend the preseason meeting as well as other meetings arranged by coaches and advisors.

E. *When communication breaks down, the Activities Director should be immediately informed.*

12. Parents Attending Practices

A. Although it is the Activities Department preference that parents do not attend practices, we understand that some parents will choose to do so. If you do, please understand you are there as an observer. We ask that you do not interact with the players or coaches during a practice.

Minnewaska Area Schools Standards of Leadership

Standards For Leadership and School Representative Positions:

Sports, Music, Speech, Cheerleading, Captain of a Team, Homecoming Royalty, FFA:

A student holding a leadership position in any activity under the umbrella of the MAHS activities department or a leadership position in the academic organization of FFA, who are found in violation of MSHSL rules and guidelines or District 2149 policies (which result in at least a two-week suspension) will be removed from their position of leadership for 18 school weeks. Violations occurring during the summer vacation period will result in the loss of leadership positions for the first 18 weeks of the upcoming school year. A student who incurs a violation during the summer vacation period, or the first 18 weeks of the school year will not be able to hold a position of leadership during the fall or winter sports season.

MAHS Student Council:

Students who are current members of the MAHS Student Council, who are found in violation of MSHSL rules and guidelines or District 2149 policies (which result in at least a two-week suspension) will lose their membership for the duration of the school year. A current member who incurs a violation during the summer vacation period will lose their membership for the upcoming school year. A member who is an underclassman, who incurs a violation resulting in a loss of membership for a school year, will be reinstated at the beginning of the next school year provided no further violations have been incurred.

Sr. Class Officers:

Officers of the senior class are voted on at the end of their junior year. A class officer who is found in violation of MSHSL rules and guidelines or District 2149 policies (which result in at least a two-week suspension) at the end of their junior year, during the summer vacation period or at any point during their senior year will lose their position as a class officer. A violation on the part of a class officer does not carry a reinstatement clause as these positions are one year terms.

Second Violation:

A second MSHSL violation will result in a loss of leadership positions for a period of one calendar year.

Third and Subsequent Violations:

A third and subsequent violations will result in the loss of leadership positions for the duration of a student's 9-12 grade school years unless an appropriate and approved counseling program has been completed by the student.

National Honor Society

Students involved in MAHS National Honor Society who violate a MSHSL or District 2149 rule are governed by their local chapter as well as the NHS National Constitution policy guidelines. The national constitution can be viewed online at www.nhs.us/s_nhs/sec.asp?CID=135&DID=5290 A copy of the National Constitution and accompanying MAHS NHS local chapter guidelines can be found with the MAHS National Honor Society advisor and the senior high principal. Questions regarding NHS regulations and violations thereof should be directed to the NHS advisor and/or the senior high principal.

Minnewaska Area High School Investigations of Alleged Violations

MAHS will investigate alleged MAHS/MSHSL violations based on the following:

- Written reports from law enforcement officials
- Parents who turn their children in for a violation
- Any other incident with substantiated evidence

* Note - other than law enforcement, persons above witnessing a violation may also be asked to stand before a due process hearing board.

MAS schools will not investigate unsubstantiated rumors, but does reserve the right to discuss with a student purported questionable behavior.

MAHS Pepfests/Send-Offs

There will be two pep fests during the year. One at homecoming (at MAHS & MAES), and one near the end of the winter activities season (MAHS Only). There may also be additional MAHS pep fests held at the discretion of the MAHS Principal, and Activities Director if events warrant. Example – If a TEAM

qualifies for a state tournament or meet, there ***may*** be an additional pep fest or send-off. If a team qualifies for a state tournament, they ***may*** also be taken to the Minnewaska Elementary School for a pep fest upon approval from the MAES Principal. Pep fests will not be held for an individual or individual(s) that qualify for state. However, there ***may*** be a sendoff for an individual/individuals or team that qualify for state. Sendoffs would be at the discretion of the principal and activities director and would take place during lunch, advisory period, or an appropriate time that fits classroom schedule or departure of participants. The Minnewaska Area High School Activities Department including coaches will not arrange for police or fire department escorts out of town for **teams** that qualify for state tournament events. If an escort is requested by a team, arrangement details will be made by that team's booster club or non-school personnel.

College Signing of Letter of Intent

Student athletes that sign a letter of intent to a NCAA Division I, II or NAIA Colleges will have the option for a formal letter of intent signing at Minnewaska Area High School. **Signing dates are December 20th, 2023 and May 8th, 2024 from 7:30 a.m.- 8:15 a.m.** in the MAS Auditorium. Division III colleges *do not have a letter of intent however*; they do offer a celebratory signing once a deposit has been made to that college institution by the prospective student athlete. Division III college athlete commits would be eligible to participate on signing days at Minnewaska Area High School. The previous mentioned levels are the only levels that will be eligible for signing days. For those that participate on signing day, it is the responsibility of the family to take the picture and share as needed.

Practice Expectations of Activities Participants

Participants are expected to be at each practice. Exceptions such as funerals, illness, college visitations, or other family emergencies will be decided by the coach upon consultation with the activities director and high school principal. Shopping, hunting, minor illnesses or appointments, senior class picture photographs, etc., will not be considered legitimate or acceptable excuses to miss a practice.

Recommendation for Athletes who are Seniors and in a Spring Sport Regarding Graduation Receptions and Parties

For MAHS athletes who are in grade 12 and are members of a spring sports team: It is highly recommended that graduation parties or receptions scheduled for late May or early June be held on a Sunday. Any other date can, and often times are, used as a make-up date for MSHSL post-season athletic tournaments. The only day a contest cannot be made-up is on a Sunday.

Minnewaska Area High School Bus Policy Regarding "Away" Contests

Any student/participant who rides the bus to a game or scrimmage shall return on the bus unless the following conditions are met:

If a parent would like to take their child home from an "away" contest site, they need to have a signed note given to the coach prior to leaving the site. If a child is to be taken home by someone other than the parent (i.e. - with a relative, parent of a teammate, etc.) a phone call or email to the Community Education/Activities office requesting prior approval will be necessary. Parents can email Activities Director Phil Johnsrud at

pjohnsru@isd2149.org or call 320-239-5103. They can also email Administrative Assistant Carrie Janu at cfjanu@isd2149.org or call 320-239-1305.

Participants may also be dropped off at various spots in our district communities if prior approval has been given to the bus driver and coaches by the CE/Activities Office. The same process as listed above must be used for approval.

For questions please contact CE/Activities Administrative Assistant Carrie Janu at 320-239-1305.



The following are activity items students and their families should be aware of as concerning MAHS activity programs:

1. Each activity will schedule a meeting with parents to go over eligibility, as well as team rules and policies, collect fees and forms, and receive schedules.
2. **This year's meeting will take place at 6:00 p.m. on Thursday, August 3rd in the Minnewaska Area High School Auditorium.**
3. The official start date for varsity fall activities for is Monday, August 14th. Physicals must be completed before the start of practice. Physicals are required every three years. Generally, prior to your seventh grade and tenth grade years.
4. If you have any questions in regards activities, please call Activities Administrative Assistant Carrie Janu at 320-239-1305.

Online Registration Forms:

Each student who participates in extra-curricular athletics, speech **as well as jazz band, jazz choir, drama, math counts, and knowledge bowl** must have their parents read, fill out, and electronically sign all MSHSL and MAHS forms online!

FORMS AVAILABLE ONLINE ON
[SCHOOL WEBSITE!!!](http://www.minnewaska.k12.mn.us)
www.minnewaska.k12.mn.us

PLEASE NOTE:

Forms are to be filled out ONLINE only! If you do not have access to the internet, you may come in and use a computer in the Community Ed./Activities Office at Minnewaska Area High School



***Participation Fee System for 2023-2024**

Each student who participates in any extra-curricular activity must pay a participation fee. The fee system is established by the School Board. Sports and Speech fees are \$100 per activity in grades 9-12 and \$50 for grades 7-8. All fees MUST BE PAID before the 1st practice. Fees can be paid online through the registration process or in-person in the CE/Activities Office at MAHS.

If you qualify for free or reduced lunches, the participation fees will be reduced. *If you qualify for reduced lunch you pay 50% of the fee. If you qualify for free lunch you pay 25% of the fee.* **In order to receive this benefit, you must fill out the application for educational benefits (Free and Reduced lunch) and the waiver of activities participation fee form to receive the reduction.**

Student Participation Fees for 2023-24

<u>Sports/Speech - Grades 9th-12th:</u>	\$100 per activity
<u>Sports/Speech - Grades 7th-8th:</u>	\$50 per activity
<u>Jazz Band and Swing/Jazz Choir:</u>	\$80
<u>Jr. High Jazz Band and Swing Choir:</u>	\$45
<u>Drama:</u>	\$25
<u>Mock Trial, Math Counts, Knowledge Bowl:</u>	\$30 per activity (\$60 max.)

***Max charge for Individuals 9-12 - NONE**

***Max. charge for individuals 7-8 - NONE**

***Family Max - NONE**



Minnewaska Laker Activity Admission Options:

Vanco Events Link: <https://www.vancoevents.com/us/events/eventlist/eventListingAccount/minnewaska>

1. **Military Veterans:** Will be admitted **FREE** to all Laker regular season athletic events that charge admission.
2. **Super Senior Passport:** All Minnewaska School District #2149 citizens age 60+ will be eligible to receive a **FREE** 2023-24 Individual Season Pass (*Non-Transferrable*) to all Laker regular season athletic events that charge admission. To receive the pass, individuals must complete a brief questionnaire in the Minnewaska Area High School Activities office.
3. **Laker Students:** All Minnewaska Laker Students (K-12) will be admitted **FREE** to all Laker regular season athletic events that charge admission. **Students will need to register for this option by downloading the Vanco App and registering for a season pass or showing their Laker Student ID at the admission table.**
4. **Adult Spectators:** Adults can purchase an Individual 2023-24 Season Activity Pass by using the Vanco App or the online Vanco Website. The cost for an individual season pass is \$100 and is good for all Laker regular season athletic events that charge admission.
5. **Pay by Event:** *Adults and visiting students* can purchase tickets using the Vanco App or online Vanco Website in advance or at the door by scanning the Laker QR Code with the camera on a smartphone. **The cost is \$8.00 for adults or \$5.00 for students.**
6. **Pay Cash:** There will be a cash box at the admission table. Admission cost for **BOTH** adults and students **not using Vanco is \$10.00**

MAHS JUNIOR HIGH ACTIVITIES



2023-2024 General Information about Junior High Activities

All participants must have a physical which is good for three years. As a general rule, physicals are taken during the summer prior to your seventh and tenth grade years. Parents/Students in grades 7 and 8 access the school website to fill out the same eligibility and health information and forms as participants in grades 9-12. A participation fee of **\$50** is to be paid by the end of the 1st week of practice. **There will be no maximum charge for individuals or families in 7th—8th grade for the 2023-2024 school year.**

Practice for Girls' Swimming, Girls' Tennis, and Boys' Soccer will begin on Monday, August 14th. Practices for volleyball and football will start the first day of school on Monday, August 28th. For practices beginning on August 14th, times and sites will be published in the Pope County Tribune the first two weeks of August.

Note: 7th & 8th graders competing for 9th grade, B-Squad, Junior Varsity or Varsity positions will generally be contacted about those practice times from their coach or advisor.

All 7-12 fall athletes and parents will meet at MAHS for a Fall Sports Meeting at 6:00 on Wednesday, August 2nd in the auditorium

Sports/activities available for MAHS Junior High students include by season:

Fall:

Football, Girls' Tennis, Girls' Swimming & Diving, Volleyball, Boys' Soccer

Winter:

Boys' Basketball, Girls' Basketball, Wrestling, Dance Team, Speech, School Musical, and Math Counts

Spring:

Baseball, Fastpitch Softball, Boys' & Girls' Track & Field, Boys' Golf, Girls' Golf, Boys' Tennis, Trap Shooting

Other Activities Offered Throughout the Year:

Jazz Band, Jazz Choir

Get Involved!
Go Lakers!



Minnewaska Laker Foundation:

Founded in the fall of 2007, this organization arose out of a community and school concern regarding the availability of activities for our students at Minnewaska Area High School in light of the difficult budget issues the district has faced in recent years. Since its creation, the Foundation has raised nearly \$600,000 to maintain activity options for our students, purchase equipment, and maintain the cost of participation fees. Foundation support has played a crucial role in allowing our activities department to continue to offer programming so vital for a well rounded high school education. The MAHS Activities Department thanks the Minnewaska Laker Foundation and all of those who have contributed so generously over these past many months and encourage your continued support into the future! Please see the Foundation's mission statement below, and for more information visit their website at:

www.minnewaskalakerfoundation.org

Our Mission:

The Minnewaska Laker Foundation was formed in September 2007 as a non-profit tax exempt organization, to support and improve the activities programs (including athletics, fine arts, music and academic activities) of the Minnewaska Area School District #2149. This past year, the mission of foundation was updated. Our mission is to maximize educational opportunities for students to participate in Minnewaska Laker activities, The Minnewaska Laker Foundation is a non-profit corporation established to support, aid, promote, enhance and improve the classroom education and activities programs (including athletics, fine arts, music, and academic activities) of the Minnewaska Area School District #2149 in Pope County, Minnesota. Its purpose is to enhance and secure Minnewaska Laker student opportunities for classroom excellence and participation in activities and scholarships for current and former students.

The Value of Activities for Students and the Community:

The Laker Foundation is aware that the community values the educational opportunities afforded by participation in activities and wants to help assure this continues. During the 2022-23 school year, nearly 80% of students in grades 7-12 participated in at least one school-sponsored activity. This is up considerably from past years. We hope to encourage even higher participation in the future. Activities support the academic mission of schools and are an extension of a good educational program. Students in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally. Activity programs provide valuable lessons in teamwork, sportsmanship, and hard work, and students learn self-discipline and leadership, build self-confidence, and develop skills that carry through the rest of their lives.



www.minnewaskalakerfoundation.org





West Central Conference Website: www.westcentralconference.com



The West Central Conference website has been designed to make it easier for parents to access their child's activities schedules from the junior high to the varsity level. It will be equally as simplistic to access schedules from all other WCC schools as well. This is the website from which you will be notified of daily MAHS activity events. You will be able to sign up with your email address to receive the daily schedules, much as you have in years past, without having to fill out a form to turn into the high school office. It will be less paperwork for you and the MAHS activities department.

To access the website for Minnewaska Area High School schedule information please follow these steps:

1. Go to the West Central Conference website at www.westcentralconference.com
2. Once there, click on School Activity Calendars then on Minnewaska Area. This will take you to the Minnewaska Area High School Calendar page.
3. Once on the calendar page, if you'd like to find a schedule of events on a certain day, go to the right hand side of the page and select a month, click on a date, and a schedule for that date will appear.
4. If you are looking for a particular schedule, go below the calendar and scroll through the "View Schedules" section until you locate the activity you'd like to see. Once you have the schedule highlighted, click "view" just below the view schedule box and the schedule will appear. You can print any schedule in a variety of different ways.
5. If you want to be notified of daily MAHS activity events take note of "Notify Me" also underneath the calendar. Clicking on this will allow you to receive automatic daily emails with the MAHS activity schedule of events on a day to day basis. It also will email you automatically when there is any change, cancellation, or postponement! Please go through the simple four step process to get signed up, as this is the way you will be notified of daily activities this year!
6. **rSchoolToday App** – One of the best phone apps is the rSchoolToday Activity Scheduler app. Go to either the Google Store or the iPhone App Store and type in rSchoolToday. When you see the small baseball hat which says Activity Scheduler, click on it and download. Once downloaded walk through the steps starting with the state. Click on Minnesota. At the next screen, scroll nearly to the bottom until you come to West Central Conference then click on Minnewaska Area High School. That will take you to the MAHS daily schedule. You will also have options to view other dates as well as full schedules!! **Get this free app!!**

IF YOU HAVE ANY QUESTIONS ON THIS SITE, PLEASE CONTACT MAHS ACTIVITIES DIRECTOR PHIL JOHNSRUD AT 320-239-5103!



Minnewaska Area High School Activities Department Parental/Student/Spectator Guidelines



The following applies to parents or other spectators physically present at athletic or other activity events at Minnewaska Area High School. It also covers a parent's use of an electronic medium such as internet, email, text messages, etc. in regards to MAHS activities. **Student participants and their parents must sign this document at the bottom of page 2 before they can practice or play!**

DO NOT:

- Berate players or coaches on either team, officials, or other spectators.
- Engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing, taunting, using profane language or gestures.
- Encourage, nor condone any behavior or practice which would endanger the health or well-being of any participant.
- Ridicule, taunt, or in any way, try to humiliate any participant for making a mistake.
- Coach from the sidelines or grandstand.
- Confront coaches in an inappropriate/antagonistic manner before, during, or after games or practices. Instead, make arrangements to speak with a coach at an appropriate time and place. (The use of impersonal, electronic, handwritten means of expressing concerns is not an acceptable substitute for effective, cooperative, face-to-face communications.)
- Consume alcohol prior to attending a high school athletic event or activity. Just as alcohol use is strictly prohibited for our student participants and student body, it is highly recommended that alcohol should never be part of a fans pregame activity prior to attending any high school function.

DO:

- Understand that your attendance provides you with the opportunity and privilege to observe an athletic event, not to berate players, coaches or officials.
- Remember that interscholastic athletics is a part of the educational process. It is for the students, not adults.
- Cheer for your team.
- Be a positive role model and encourage sportsmanship by giving support to, and showing respect for all players, coaches, officials and spectators.
- Demand that others treat players, coaches, officials and spectators with respect regardless of race, religion, color, gender or ability.
- Support the decisions of coaches and officials.

- Teach our youth that doing their best is of the utmost importance.
- Emphasize that a healthy work ethic, a high level of effort, and cooperation with coaches and officials are imperative for doing one's best.
- Learn and understand the rules of the game.
- Appreciate the efforts of the players, coaches, and officials.
- Be generous when you win, gracious when you lose.

PARENTS:

- Be a “team fan,” not a “my child” fan.
- Encourage your child to discuss any problems with the coach, while emphasizing how to improve their status on the team.
- Encourage the attainment of team goals, rather than individual goals.
- Understand that criticism and disrespect not only undermine the purpose of interscholastic sports, but the very behavior which you're trying to teach your child.

Behavior that degrades a player, coach, official, school personnel or another parent or fan is subject to disciplinary action by Minnewaska Area Schools.

Anyone who engages in misconduct as described above, or who is removed from an interscholastic contest at the request of a game official or school administrator will be subject to the following:

1st Offense: Offender(s) will be prohibited from attending the team's next home contest.

2nd Offense: Offender(s) will be prohibited from attending ANY home school district athletic events for the remainder of the season in question (fall, winter, spring) or for a period of 3 months commencing from the date of the second offense, whichever is longer.

3rd Offense: Offender(s) will be prohibited from attending ANY home school district athletic events for one full calendar year, commencing from the date of the 3rd offense.

PLEASE REMEMBER, WE ARE ALL ON THE SAME TEAM, AND NOT ONLY REPRESENT MINNEWASKA AREA SCHOOLS, BUT OUR COMMUNITY AND FAMILIES AS WELL.

We have read and understand the above policy regarding parent/student/spectator guidelines for Minnewaska Area High School Activities events.

Student Signature

Date

Parent Signature Date