

ACTIVITIES HANDBOOK



***DETROIT LAKES
PUBLIC SCHOOLS***

Updated 7/14/26

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FORWARD

The purpose of this handbook is to provide the public with insights into the Detroit Lakes Public School athletic and non-athletic programs. We are proud of the variety of opportunities available to our students and applaud the continued public support of our students.

PHILOSOPHY OF ACTIVITIES IN THE DETROIT LAKES PUBLIC SCHOOLS

The philosophy of education based athletics is that in addition to the core academic subjects learned in the classroom, students experience additional educational opportunities through their participation in sports, fine arts and other extracurricular activities offered at DLHS. Beyond the specific skills of a sport or activity, these individuals have the opportunity to learn important principles that can guide them the rest of their lives. While the goals of our programs are competitive in nature the purpose of our programs is to develop young adults that will be successful in the game of life. Our staff will work to provide our participants opportunities to develop skills that will allow them to become successful community members, employees, employers, spouses, parents, etc.

Laker activities strive to develop young adults who are respectful, responsible, committed teammates. “CHAMPIONS IN LIFE”

FEDERAL AND SCHOOL DISTRICT POLICIES

POLICY 413 – HARASSMENT AND VIOLENCE *(The complete policy can be found at www.dlschools.net)*

It is the policy of the school district to maintain a learning and working environment that is free from religious, racial or sexual harassment and violence. The school district prohibits any form of religious, racial or sexual harassment and violence.

It shall be a violation of school district policy for any pupil, teacher, administrator or other school personnel of the school district to harass a pupil, teacher, administrator or other school personnel through conduct or communication of a sexual nature or regarding religion and race as defined by this policy.

It shall be a violation of school district policy for any pupil, teacher, administrator or other school personnel of the school district to inflict, threaten to inflict, or attempt to inflict religious, racial or sexual violence upon any pupil, teacher, administrator or other school personnel.

The school district will act to investigate all complaints, formal or informal, verbal or written, of religious, racial or sexual harassment or violence, and to discipline or take appropriate action against

any pupil, teacher, administrator or other school personnel who is found to have violated this policy.

POLICY 526 - HAZING PROHIBITION *(The complete policy can be found at www.dlschools.net)*

“Hazing” means committing an act against a student or coercing a student into committing an act that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.

The purpose of the district’s hazing policy is to maintain a safe learning environment for students and staff. Hazing activities of any type are inconsistent with the educational goals of the school district and are prohibited at all times.

- No student, teacher, administrator, volunteer, contractor or other employee of the school district shall plan, direct, encourage, aid or engage in hazing.
- No teacher, administrator, volunteer, contractor or other employee of the school district shall permit, condone or tolerate hazing.
- Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.
- This policy applies to behavior that occurs on or off school property and during and after school hours.
- A person who engages in an act that violates school policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
- The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor or other employee of the school district who is found to have violated this policy.

The term hazing includes, but is not limited to:

1. Any type of physical brutality such as whipping, beating, striking, paddling, branding, electronic shocking or placing a harmful substance on the body.
2. Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the student’s mental or physical health or safety.
4. Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, which adversely affects the mental health, or dignity of the student or discourages the student from remaining in school.
5. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

“Student organization” means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.

****Any person who believes he or she has been the victim of 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. Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades, or work assignment.**

Upon receipt of a complaint or report of hazing, the school district shall undertake or authorize an investigation by school district officials or a third party designated by the school district. The school district may take immediate steps, at its discretion, to protect the complainant, reporter, students, or others pending completion of an investigation of hazing.

Upon completion of the investigation, the school district will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination or discharge. Disciplinary consequences will be sufficiently severe to deter violations and to appropriately discipline prohibited behavior. School district action taken for violation of this policy will be consistent with the requirements of applicable collective bargaining agreements, applicable statutory authority, including the Minnesota Pupil Fair Dismissal Act, school district policies and regulations.

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor or other employee of the school district who retaliates against any person who makes a good faith report of alleged 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 hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

DETROIT LAKES PUBLIC SCHOOLS STUDENT ELIGIBILITY

INTRODUCTION

The co-curricular programs in the Detroit Lakes Public Schools exist for the development of skills, attitudes, and self-esteem of students, and are intended to enhance the physical, social, emotional, artistic and intellectual growth of our young people.

Parents are encouraged to be positive and supportive in their relationships with advisors and coaches. It is the prerogative of the advisor/coach to manage the activity in such a manner that sound human relationships are encouraged and the regulations of the Minnesota State High School League are met. A team effort by parents, school officials, and the participants is needed.

Our co-curricular programs are voluntary and are a privilege to participate in rather than a right. Therefore, when a student and parent sign their names to eligibility forms, it means that they are voluntarily accepting the activities as part of the co-curricular endeavors while attending Detroit Lakes Public Schools.

The basic purpose of this code is to provide assurance that our students and their parents are informed of the standards of behavior, conduct and appearance that are appropriate for the young people who represent our schools and the community of Detroit Lakes in the various areas of co-curricular activities.

SCHOLASTIC ELIGIBILITY

Minnesota State High School League bylaws state that; in order to maintain eligibility a student must be fully enrolled and making satisfactory progress toward graduation. In addition, students must meet Detroit Lakes High School expectations for credits, grades and attendance as defined below.

Credits

At Detroit Lakes High School, a student must be enrolled in at least six credit-bearing courses (7 as freshman and sophomore) each term to be considered a full-time enrolled student and, therefore, eligible to participate in activities. A high school student is progressing satisfactorily toward graduation and is therefore eligible for MSHSL activities if the student has accumulated the credits according to the chart below, prior to the beginning of the designated semester.

Grade	Term	Semester Credits Class 2022 and beyond
9	Semester One	7
9	Semester Two	14
10	Semester One	21
10	Semester Two	28
11	Semester One	34
11	Semester Two	40
12	Semester One	46
12	Semester Two	50

A high school student who is two or more credits behind at the beginning of an activity season is immediately ineligible. However, a student who is two to five credits behind may be declared eligible under the following conditions:

1. All classes in the previous semester were successfully completed; and/or
2. A contract, verified by the student's counselor, must be in place to ensure that the student is making up deficient credits in order to get back on track.

Grades

Detroit Lakes High School students must be successfully passing at least six credit-bearing courses (7 as freshman) each semester. Students will be declared ineligible for participation under the following conditions regardless of their standing in relation to credits:

1. Progress Reports

At school-designated marking periods, if a student is failing more than one course, he/she will be declared ineligible until satisfactory progress is verified in the courses failed.

2. End of Semesters

If a student fails more than one course in the most recently completed semester, the student will be declared ineligible for a period of two weeks. Following the two-week ineligibility period, a review of the student's current grades will be conducted. If the student is passing all courses at that time, their eligibility will be immediately reinstated. If they are failing any course at that time, they will remain ineligible until such time that all deficiencies have been corrected and verified by the classroom teacher(s).

Online Students - Online students must be passing and not be behind in the completion rate for each course at the designated marking periods

Middle school students involved in activities, either at the high school or middle school, must be passing all classes at the end of each trimester grading period to maintain eligibility.

Attendance

In order to participate in an athletic practice or contest during a school day or during the evening of a school day, the student must have been in attendance for at least one-half of the school day (4 consecutive class periods). Exceptions to this policy will include absences in which prior permission to miss school has been approved by an administrator as well as absences due to a doctor's appointment (student must present documentation from the clinic or hospital), and/or emergencies if approved by a school principal or the activities director.

A student who has been determined to have been truant from school will be ineligible to participate in the next competition, regardless of the date and/or time of the contest.

Instances of excessive absence from school and chronic tardiness will be handled on a case-by-case basis by school administration and consequences will be determined based on the merits of each case.

Suspension or Expulsion

Any participant who receives an out-of-school suspension or expulsion shall be ineligible for participation, including practices, during the period of suspension or expulsion. Participants shall be eligible to participate when they are readmitted to school.

Academic Integrity

A student who has been determined to have violated the academic integrity policy outlined in the DLHS Student Handbook may be levied consequences under the MSHSL Code of Responsibilities. Instances of academic integrity will be handled on a case-by-case basis by school administration and consequences will be determined based on the merits of each case.

MOOD ALTERING CHEMICALS ELIGIBILITY

Mood Altering Chemicals

*Reference MSHSL bylaw 205

Twelve 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; (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 their 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 his/her doctor.

The school principal, assistant principal or activities director shall have the authority to suspend a student from participation in an activity if reasonable suspicion exists for any of the previous behaviors

Mere Presence

Being in attendance at a function or party where the student knows or has reason to know that alcohol or other drugs are being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so. When a student recognizes this situation, he/she is expected to leave immediately.

An intention to leave is not a defense. Nor is being the "designated driver." Stay and risk loss of eligibility for extracurricular activities.

Consequences for Chemical Eligibility and Mere Presence Violations

The following chart details the consequences that will be applied in the majority of situations in which the school has reasonable suspicion that a MSHSL violation has occurred. Any student who declares and defends his/her innocence of an MSHSL violation will be declared ineligible during the term of the investigation and any subsequent hearing. A coach or advisor may, with the approval of the high school principal and the Activity Director, increase the length of suspensions beyond those listed in the chart below as a general team rule.

Consequences (MP or CE)	Length of Suspension
1 st Violation	2 weeks, 2 contests, or 14 calendar days, whichever is greater
2 nd Violation	3 weeks, 6 contests, or 21 calendar days, whichever is greater
3 rd Violation	4 weeks, 12 contests, or 28 calendar days, whichever is greater

MP = Mere Presence, CE = Chemical Eligibility

- * Note: Mere Presence and Chemical Eligibility violations are treated the same. For example, if a student is determined to have violated the MP standard one week and then the next week violates the CE standard at a different event, the student would not serve 2 weeks for a first Mere Presence violation and then a 2-week consequence for a first Chemical Eligibility violation. The CE consequence in this example would lead to the 2nd violation consequence.

General Guidelines for Consequences:

1. Consequences for violations are cumulative from the time a student signs their first eligibility statement for participation in activities.
2. Suspension periods will cover consecutive weeks whenever a violation occurs during the school year.
3. Violations occurring out of season or during the summer are enforced at the start of the next season of participation for the student during the following year.
4. The student must participate in and complete the entire season in which the penalty has been applied for the penalty to count. As examples: a student cannot begin participation in a program at the start of the season, serve the penalty and then quit after the suspension has been served; nor can a student join a program after the season has begun, and serve

- the penalty.
5. A student who is under penalty for a violation of a MSHSL bylaw may not join a second sport in the same season in order to fulfill a penalty.
 6. Practices, jamborees, inter-school scrimmages and previews are not interscholastic contests and may not be counted; however, the student is eligible to participate in such events as determined by the school.
 7. A student who participates in both athletics and fine arts (separate classifications in the MSHSL) shall serve the penalty prescribed for that violation in both activities in which the student participates.
 8. Any student who has a violation that occurs during the season or prior to the awards presentation of that activity will not receive any recognition/awards for that activity.
 9. Any participant who has a violation will not be eligible for a position of status (leadership role) for a period of twelve calendar months from the date of the violation.

Student Code of Responsibility:

As a student participating in my school's interscholastic activities, I understand and accept and understand 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.

This is not an all-inclusive list of prohibited behaviors. The school reserves the right to discipline a student for violation of the student code of conduct which includes but is not limited to the above referenced behaviors.

A student who is dismissed from school or who violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the school principal acting on the authority of the local board of education. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations.

INVESTIGATION PROCEDURES

MSHSL Bylaw 305-Master Eligibility List and Bylaw 306-Responsibility for Student Eligibility indicate that it is the responsibility of the school administrator to determine the eligibility of all students who participate in MSHSL-sponsored programs offered by their schools. When a student's eligibility is in jeopardy due to an alleged violation of the MSHSL 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.

FAIR HEARING PROCEDURES

1. A student, parent or guardian may contest a school's eligibility decision by requesting a hearing through the Fair Hearing Procedure. The parent, student or guardian's request must be personally delivered or postmarked within (10) school business days of the receipt of the written eligibility decision. Within (10) days of the receipt of the written request, the school must convene a hearing panel of three to five members. The findings of the hearing will be personally delivered or mailed to the student, parent or guardian as well as the MSHSL Executive Director within four days of the conclusion of the hearing. From the time the school receives the hearing request, the student becomes ineligible until the executive director makes his final decision, which will be made within (10) school business days of his receipt of the letter including the findings of the hearing.
2. 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 or 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.

MINNESOTA STATE HIGH SCHOOL LEAGUE ELIGIBILITY

The Detroit Lakes Public Schools is a voluntary member of the Minnesota State High School League. This association has developed guidelines and rules, with those listed here representing a summary of the regulations dealing with student eligibility. Most of the rules are found in the MSHSL Official Handbook, a copy of which is available in the high school office and available online at www.mshsl.org.

Your role in following the rules will ensure eligibility to participate in interscholastic activities. Not following the rules could lead to ineligibility and/or forfeiture of contests.

MSHSL General Eligibility

- **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. A student who participates in the Adapted Athletics Program shall be under 22 years of age. A student under age 22 who has started a sport season will be permitted to complete that season.
- **Attendance:** Students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in League-sponsored activities.

- **Credit Requirements:** Students must be full time students according to the Minnesota Department of Education criteria. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in 7th grade.
- **Enrollment:**
 1. Only students who are fully enrolled in a school are eligible to be placed on that school's eligibility roster and participate in League programs offered by the school the student attends.
 2. Students enrolled in schools established for a special need serving one entire school district, may engage in activities in the secondary school which provides service in the attendance area of the student's residence if:
 - a. the district wide school does not provide the activity; and
 - b. the student meets all other eligibility requirements; and,
 - c. the district wide school's senior high school student enrollment is fewer than 200 students.
 3. **Home School Students:** Minnesota Statutes allow home-schooled students to be eligible to participate in League-sponsored activities for the public school in their resident school district attendance area.
 4. **Charter School Students:** Charter school students are not eligible to participate in League-sponsored activities for the public school in their resident district because they do not meet the Minnesota Department of Education requirements for being enrolled in the local public school. For Participation opportunities, the charter school would have to join the League and offer the program or enter into a cooperative agreement with another League member school.
- **Grade Level Eligibility:** Participation in League-sponsored programs is limited to students in grades 7 through 12. Students in grade 7, 8, and 9 may participate only if they are enrolled in a continuation school for that high school.

Definitions:

1. A **Continuation School** is one that is under the same administrative head and governing board.
2. A student in grades 7, 8, or 9, who attends a school under a separate administrative head and governing board; which does not have a continuation high school; and where no other opportunity for participation on a high school team exists; is eligible to participate for a public high school team provided the public high school and the non-continuation school have established a joint agreement for participation in League Activities. The participation agreement for each activity or athletic program can be formed with:
 - a. The public school in the public high school attendance area as determined by the district school board where the non-continuation school is geographically located. If the public high school declines the request for the participation agreement, the non-continuation school may form a participation agreement with any other public school; or any non-public high school.

Elementary students in grades K-6 are not eligible for any participation in League activities. In addition, in Detroit Lakes, students in grades K-6 are not eligible for participation in Detroit Lakes Middle School activities intended for 7th and 8th grade students.

- **Graduates of Secondary Schools:** 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 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.

- Physical Examination: Students must have a record of a physical examination performed by a physician within the previous three years on file with the school prior to the student's participation. It is the recommendation of the League Sports Medicine Advisory Committee that the League Sports Qualifying Physical Examination (SQPE) form be used for the physical examination.
 1. Health questionnaire: Each year a League health questionnaire must be completed by the student, parent(s) or guardian(s) and kept on file in the school. The questionnaire could indicate the need for a physical examination prior to the student's participation.
 2. After major surgery or serious illness or injury, the attending physician must certify in writing the student's readiness to return to competition.
 3. SQPE Three Year Expiration: If the three-year anniversary date of the examination occurs during the school year the SQPE will remain valid through the conclusion of the school year or spring athletic season.
 4. Not required for participation in Fine Arts Activities.
- Scholastic Eligibility (Please refer to pages for 5 and 6 for specific Detroit Lakes requirements):
 1. Students must be making satisfactory progress towards the school's requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress.
 2. Students in special classes must be making satisfactory progress toward the student's Individual Education Plan.
 3. Exceptions to Scholastic Eligibility:
 - If the school principal and personnel from an agency such as a residential treatment center, mental health clinic, county welfare department or family service agency diagnose the psychological needs of a student and jointly determine that effective treatment for the student includes the option of participation in League activities. The determination does not supersede any transfer or good standing eligibility suspensions
 - If a student is transferred from one school to another upon the recommendation of a professional social service agency and is agreed upon by the principals of the schools involved. The League must be informed of this exception in a joint statement signed by the school principal and the director of the agency involved. Such documentation must be sent to the League office 10 days before participation in a League-sponsored activity.
- Seasons of Participation:
 1. Students may not participate in more than one interscholastic season in a given sport in each school year or more than six seasons in any sport while enrolled in grades 7 to 12.
 2. Participation, no matter how limited, will count as one season of participation.
- Semesters Enrolled: Each student is eligible for participation in League-sponsored athletic activities for four consecutive school years beginning with their initial entrance into ninth grade. This school year limitation applies regardless of whether the student participates in athletic activities.
 - Students in grades 7 and 8 may participate in League sponsored athletics according to Bylaw 105.1.

- Participation begins once a 7th or 8th grader practices or competes in League sponsored athletics.
- Students are permitted one school year of participation in 7th grade and one school year of participation in 8th grade for League sponsored athletics.

This semester limitation does not apply to participation in fine arts or presenting partner activities.

Application for Additional Semester(s)

- A. A student who experiences a substantial disruption to the student's education that is beyond their control may apply for additional semester(s) of eligibility.
 - B. The application may be submitted by the student's parent(s)/guardian(s), the member school, or both.
 - a. The application may be submitted when a student has experienced a substantial disruption to their education that is outside of the student's control and it is apparent that the student will exhaust their semesters of eligibility before graduation.
 - C. Additional semesters will not be granted where the student's educational experience as a whole has not been substantially disrupted.
 - D. A student who has exhausted their semester eligibility is not allowed to participate in MSHSL athletic activities at any level in any capacity, including competition, practices, scrimmages, jamborees, etc.
 - E. This bylaw is in addition to, and is not intended to supersede, any other bylaw.
 - a. A student who is a Minnesota resident and who has participated in a CSIET approved foreign exchange program in another country during one of their four academic school years (grades 9-12) may appeal to the Board of Directors for additional semesters of eligibility.
- Transfer and Residence: The rules and procedures regarding transfer and residence are very lengthy and detailed. A copy of bylaw 111.00 is available in the office of Detroit Lakes High School or can be found in the MSHSL Official Handbook at www.mshsl.org.
 - Foreign Exchange Students: The rules and procedures for foreign exchange students are very lengthy and detailed. A copy bylaw 111.00 is available in the office of Detroit Lakes High School or can be found in the MSHSL Official Handbook at www.mshsl.org.

NCAA INITIAL ELIGIBILITY

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has outlined rules on eligibility, recruiting, and financial aid. The NCAA consists of three membership divisions: Divisions 1, 2, & 3. Institutions are members of one or another of divisions, based upon the size and scope of their athletic programs and whether they provide athletic scholarships or not.

If a student is planning to enroll in college as a freshman and wishes to participate in either Division 1 or 2 athletics, he/she must be certified by the NCAA Initial Eligibility Clearinghouse. The Clearinghouse was established as a separate organization by the NCAA members in 1993. Their purpose is to provide consistent interpretations of the NCAA eligibility requirements for all prospective student athletes.

The Student Athlete's Responsibility While in High School

Complete the following forms:

1. Student release form
2. Complete SAT or ACT Exam
3. See school counselor for the Clearinghouse registration
4. Have a school transcript sent to the Clearinghouse

These actions should be taken by the end of the student's junior year to ensure adequate time for processing. For more information you can visit the NCAA Clearinghouse website at www.ncaaclearinghouse.net.

Dual Sport Participation in the Same Season - Detroit Lakes High School supports student participation in multiple activities whenever possible. Students wishing to participate in two MSHSL-sponsored sports during the same season must receive approval from the Activities Director and both head coaches prior to the start of the season. The expectation at Detroit Lakes High School is that coaches will work collaboratively to provide opportunities for student-athletes to participate in multiple activities whenever it is practical and in the student's best educational interest. Student-athletes are expected to communicate with both coaches, and fulfill the responsibilities of each team. The Activities Director will make the final decision regarding any conflicts or exceptions.

PARENT AND PARTICIPANT INFORMATION

SPORTSMANSHIP (information from "Sportsmanship: A Parents Guide" from the MSHSL)

The Role of the Parent

Much of the joy of being a high school sports parent comes from watching your children compete in athletic events. There are very few kids who are not bolstered by looking into the stands and seeing their parents cheering for them. As part of their responsibilities, parents should be involved in their child's educational process, this includes being actively involved in after school activities. Fortunately, the majority of parents behave appropriately at school sporting events. But those who misbehave can spoil it for all the rest. It takes only a few out-of-control parents to ruin what should be a pleasant atmosphere into one that is stressful for everyone. In addition to some of the obviously inappropriate actions, such as profanity, use of chemicals, throwing of objects and the like, the following rules of thumb for personal behavior should be followed.

- Express interest, encouragement and support to your child and to the coaching staff.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.

- Lend a hand when a coach or school administrator asks for help.
- Recognize and show appreciation for an outstanding play or achievement by either team.
- Inappropriate and/or harassing comments should not be made to athletes, parents, officials or coaches of either team, this will only undermine the efforts of those involved.
- Shouting out instruction or criticism may hinder the overall experience of the student-athlete.
- Remember that sports are to develop skills for the rest of your child's life. Don't define success by winning or losing.

Remember that interscholastic athletics and activities are learning experiences for students and that mistakes are sometimes made. Praise students in their attempt to improve themselves as students, as athletes and as people, as you would praise a student working in the classroom.

Good sportsmanship among all spectators is a goal worth working for, but especially for parents, who have the obligation not only to control their behavior, but to also remind others around them of their responsibilities when necessary. When parents misbehave, it is the duty of other parents and school administrators to step in and correct the situation. A simple rule of thumb for all spectators to follow is that absolutely nothing in their actions should interfere with any youngster's enjoyment of the game.

Sportsmanship Tips for Parents

✓ Be Supportive of Coaches

In front of your child be supportive and positive of the coach's decisions. If you have problems with what the coach is doing, it is best to talk directly with the coach.

✓ Teach Respect for Authority

There will be times when you disagree with a coach or official but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.

✓ Let the Coach do the Coaching, but you can do some of the Teaching

When your child is on the field, court or ice, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop their character and teach life skills that athletics and activities bring to the forefront.

✓ Help your Children Learn through Failure

The way your child handles failure can help them to face the certain failures life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Let your child cope in their own way.

✓ Get to know the Coach

Since the Coach has a powerful influence on your child, take the time to attend the preseason parent meeting and get to know the coaches' philosophy, expectations, and guidelines.

✓ Focus on your Child as an Individual

Focus on what your child does well and where they need to improve. Encouragement is essential.

✓ Listen to your Child, but Stay Rational

Always support and listen to your child, but remember to stay rational until you have investigated the situation.

✓ **Be Mindful of your Role as a Role Model**

Take a good honest look at your actions and reactions in the athletic arena. These actions are a big cue to your child and to the others around you.

✓ **Show Unconditional Love**

The most important thing...show your child you love them, win or lose. Remind them that you love to watch them play.

Sportsmanship is Everyone's Responsibility!

DETROIT LAKES PUBLIC SCHOOLS EXPECTATIONS FOR PARENT/ATHLETE CONCERNS

Parent/Athlete concerns should be addressed using the following protocol

- Athlete meets with the Coach/Coaches
- Athlete and parent meets with the Coach/Coaches
- Athlete and parent meets with the Coach/Coaches and Activities Director
- Athlete and parent meets with the Coach/Coaches, Activities Director and Principal

Note: These meetings will take place face to face at a time and place that is agreeable to all parties involved. Email, text, phone and social media are not a place to have these types of conversations.

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As a parent, you have a right to understand what expectations are placed on your child when involved in our programs. This begins with clear communication from the coach of your child's team.

PARENT/COACH COMMUNICATION

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the team.
3. Location and times of all practices and contests.
4. Team requirements: i.e. fees, special equipment, off-season conditioning.
5. Procedures should your child be injured during practice or a contest.
6. Discipline that might affect your child's participation.

Communication Coaches Expect From Parents

1. Notification of any schedule conflicts well in advance.
2. Specific concerns in regard to a coach's expectations.
3. Communication of any medical or physical limitations that may impact your child's participation.

As your children become involved in the programs of Detroit Lakes Public Schools, they will experience some of the most rewarding moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes. During those times it is important to have an open dialogue with the coach.

Appropriate Concerns to Discuss With Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

As a parent it may be very difficult to accept your child's playing time. Coaches are professionals. They make judgment decisions based upon what they believe is best for all students involved. As you have seen, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With The Coach

1. *Playing Time*
2. *Play calling*
3. *Team Strategy*
4. *Other student athletes*

Remember....

Research indicates that a student who is involved in co-curricular activities has a greater chance for success during adulthood, thus the premise on which these programs have been established. Many of the character traits required to be a successful participant are the same as those found to promote a successful life after high school.

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES

Activities can be highly competitive, and practice plays a major role in the preparation of the student. Because of the intense demands of participation, students must observe the practice rules, procedures, and training progression that are given. This, in turn, should address the need for safety, learning, and the overall desire to succeed and enjoy the activity.

If there is a particular health concern related to a participant that may interfere with or limit the student's participation in the activity, parents should notify the coach/advisor (s) of these concerns. Every effort will be made, if possible, to allow the student to continue to participate.

Activities do require a significant time commitment. Many activities are held on Saturdays and require some travel. The days are long and return times are most often estimated. The coach/advisor will provide a time “window” of the expected time of return from an event, but participants and parents should be aware that events may run longer than expected (due to travel, number of participants in a particular activity, awards ceremonies, etc.).

Responsibilities

Unsportsmanlike conduct is not acceptable. Be positive in your interaction with other competitors and judges. Never discuss tournament results or ballots at the tournament site. Share your concerns with your coach/advisor at the conclusion of the event. If you have a concern about something that is taking place during an event, take your concerns to your coach/advisor, not other team members or contestants.

General Cautions

Students participating in activities are encouraged to take care of their health. Eating healthy and getting enough rest become extremely important to success in the activity. During competition, participants are encouraged to drink water rather than pop or other beverages.

Emergencies

Because of the nature of activities, injuries may occur. All injuries must be called to the attention of the coaching staff and athletic trainer. Some injuries may require more intense management. When such an incident occurs, the practice, scrimmage, drill, or contest should be stopped. Make sure the coach/advisor, trainer, or other site manager is aware of the problem immediately. If necessary, additional assistance should be called. Parents will be notified. If a fire or fire alarm occurs, the site should be evacuated, with all participants moving a safe distance away from the facility. It is important that all participants provide emergency contact information to the coach/advisor prior to the start of the season. Any changes to this information should be given to the coach/advisor in a timely manner.

Insurance and Injuries

Activities can play an important role in your student’s development; however, there is a risk of injury occurring during participation. We encourage all parents to have medical coverage in the event that an injury occurs while their student is involved in activities or during the regular school day. All schools at the high school level do have certified, athletic trainers on duty during practices and most contests, so immediate attention is provided. They will consult with the parents and make recommendations if they believe further attention is needed by a physician.

Student Insurance Options

Activities can play an important role in your students’ development; however, there is a risk of injury occurring during participation. We encourage all parents to have medical coverage in the event an injury occurs while their student is involved in activities or during the regular school day. There are insurance plans through Student Assurance Services inc. that are available for purchase through DL Public Schools.

For information regarding supplemental insurance coverage and claims handling procedures, you can contact Student Assurance Services at (800) 328-2739 or (651) 439-7098. Information is also available online at www.sas-mn.com or at dlschools.net.

****High school level interscholastic sports do have certified athletic trainers on duty during practices and most contests, so immediate attention is provided. They will consult with parents and make recommendations if they believe further attention is needed by a physician.**

Preparation for Activity

- All athletes must have a physical exam on file prior to the start of the season and should report in sound physical condition/sport appropriate.
- Clothing, shoes, and protective equipment for your sport should fit properly and be worn during practices and contests.
- Remove all jewelry before participation.
- Individuals requiring athletic training services should arrive early to receive treatment to avoid being late for practice.
- All physical problems that are chronic or may interfere with participation should be reported to the trainer and coach/advisor.

Locker Room and Practice

- Be alert to the surroundings to prevent any injuries.
- Students should not engage in roughhouse or horseplay which could lead to injury.
- Close and lock your lockers whether you are at a home contest or on the road. Do not leave valuables out.
- Keep soap and shampoo in the shower area and report any problems with foot or skin infections.
- When spikes are used for the sport in which you're participating, they should not be worn in the building. Please remove them before entering.

Religious Activities

Wednesday evenings are reserved for church activities. Once the school year has started, all student activities (whether directly or indirectly sponsored by the school) will be terminated by 5:45 on Wednesdays. Multi-school tournaments constitute the only approved exceptions to this rule. Any student who misses an activity due to a church function will not be penalized in any way.

* The coach/advisor also recognizes that students are often involved in other activities. Whenever possible, the coach/advisor will work with students to accommodate other activities. Students are encouraged to participate in other activities. No student will be denied participation because of a conflict with another activity. When initial efforts to resolve participation conflicts fail, a building administrator will review the circumstances and make a decision.

SPORTS AND ACTIVITIES

FALL

Activity

Cheerleading
Cross Country (Boys/Girls)
Dance Team (non-competitive)
Fall Musical
Football
Pep Band
Soccer (Boys)
Soccer (Girls)
Swimming (Girls)
Tennis (Girls)
Volleyball (Girls)

WINTER

Activity

Basketball (Boys)
Basketball (Girls)
X-Country Skiing (Boys/Girls)
Danceline (competitive)
Gymnastics (Girls)
Hockey (Boys)
Hockey (Girls)
One-Act Play
Pep Band
Speech
Swimming (Boys)
Wrestling
Alpine Skiing (Boys/Girls)
Robotics

SPRING

Activity

Adapted Bowling
Band Contest
Baseball (Boys)
Choir Contest
Golf (Boys)
Golf (Girls)
Softball (Girls)
Speech
Spring Play
Track (Girls)
Track (Boys)
Tennis (Boys)
Trap Shooting

NON-SEASON SPECIFIC ACTIVITIES

Activity

Academy Ambassadors
American Indian Student Council
Business Professionals of America (BPA)
DeLakonian (Yearbook)
FFA (Agriculture Education student group)
Interact (Rotary's service club for students)
Jazz Band
Yearbook
Drum & Dance Team
Intramurals
Knowledge Bowl

Pay
Key Club (Kiwanis' service club for students)
Laker Singers (auditioned choir group)
Math Contest
National Honor Society
Prom Committee
Spanish Club
Student Council
Target
Link Crew
Students for Life America

PARTICIPATION FEES

The fee structure is divided into middle and high school categories. All participants are required to pay fees prior to the first contest. A student will not be required to pay more than three activity fees per school year and will be charged for the first three activities in which they participate. The fees should be paid in the office of the school in which the program is being offered. Students in the seventh and eighth grades who participate on a high school team will be assessed the high school fee. Scholarships or fee waivers are available at the schools for those students not able to pay the fee. A written request for fee waiver should be submitted to the school's activities director.

USER FEE SCHEDULE FOR ACTIVITIES

- Grade 7—8 \$75/activity
- Grade 9-12 \$135/activity

Family Maximum / school year = \$480

*User fees may vary, some activities have a supply/facility fee that does not apply to family max

GROUPS EXEMPT FROM USER FEES

- Yearbook
- National Honor Society
- Foreign Exchange Students
- Students who work as support personnel
- Student Council

FEE REIMBURSEMENT

Participation fees will be reimbursed only if a student has tried out for an activity and was not selected to participate at any level. Students who try out for a team and then quit at any point in the season or who quit after being declared ineligible due to a MSHSL or school violation will not receive fee reimbursement. Fees will only be reimbursed if they were paid in the current school year. Unique circumstances will be reviewed on an individual basis by school administration.

DIRECTORY OF HIGH SCHOOL AND MIDDLE SCHOOL ACTIVITY ADMINISTRATION

Detroit Lakes High School Activities Director
Detroit Lakes High School Activities Administrative Assistant
Detroit Lakes Middle School Assistant Principal

Rob Nielsen	847-4491
LaCarra Larson	847-4491
Justin Hegg	847-9228

