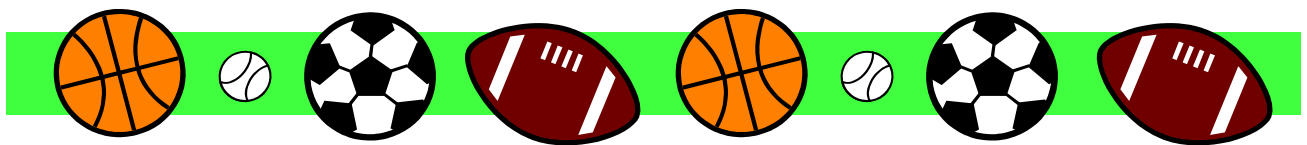


# DOVER- EYOTA HIGH SCHOOL

## ATHLETIC & ACTIVITIES

## HANDBOOK



# DEHS ACTIVITIES & ATHLETICS HANDBOOK

	<u><b>Boys' Activities</b></u>	<u><b>Girls' Activities</b></u>
<b>Fall</b>	Football Cross Country Soccer	Volleyball Cross Country Soccer
<b>Winter</b>	Basketball Wrestling Boys Hockey (Co-op w/Roch. Lourdes)	Basketball Dance Team Girls Hockey (Co-op w/ Roch. Lourdes)
<b>Spring</b>	Track Baseball Golf	Track Softball Golf

<u>Activities</u>		
Academic Triathlon	Knowledge Bowl	Robotics
Band	Math League	Spanish Club
Choir	Math Wizards	Student Board Member
Clay Target	Minnesota Honor Society	Student Council
Drama	Model United Nations	Yearbook
FFA	Page Masters	
Future Cities	Peer Helpers	

## Topics Covered

Three Rivers Conference	Bus Dismissal Times
Minnesota State High School League	Bus Rules for Away Contests
Athletic Schedules	Cancellation of Events
Auto Notification	Cell Phone Use
What You Need to Begin	Locker Rooms
Academic Dishonesty	MSHSL <b>Eligibility Rules</b>
Academic Ineligibility	Parent/Athlete/Coach Communication
Athletic Trainer	Playing Time
Attendance in School	Risk Injury
	Wednesday Evening Student Activities

<u>Athletics &amp; Activities</u>
Description
Contact Person
Length of Season
Practice Schedule
Special Equipment

The Dover-Eyota School system, in partnership with its community, will foster a safe, caring, and respectful environment to develop well-rounded, high achieving citizens who demonstrate character and integrity in an ever-changing world.

### **THREE RIVERS CONFERENCE**

The Three Rivers Conference Schools join together in requesting that all people attending games follow a code of ethical sportsmanship. This would include appreciation for the rules of the contest and respect for officials and opponents. Excellence in sportsmanship is the major goal of the Conference programs. The coaches can influence fan behavior by their actions. All coaches should be cognizant of displaying appropriate behavior.

### **FUNDAMENTALS OF GOOD SPORTSMANSHIP**

- 1) Know, understand, and appreciate the rules of the contest.
- 2) Show respect for the officials. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
- 3) Show respect for the opponent at all times. Good sportsmanship is the Golden Rule in action.
- 4) Recognize and appreciate skills in the abilities of the participants as amateur in status.
- 5) Good sportsmanship is concerned with the behavior of all involved in the game.
- 6) Show a positive attitude in cheering, refraining from intimidating or negative cheering

### **THREE RIVERS CONFERENCE SCHOOLS**

- East Schools-Caledonia, Cotter, Fillmore Central, LaCrescent, Lewiston-Altura, Rushford-Peterson
  - West Schools- Chatfield, Dover-Eyota, Plainview-Elgin-Millville, St. Charles, Southland, Wabasha-Kellogg
- \*Wabasha-Kellogg will be in the East for WR and Golf.

### **THREE RIVERS CONFERENCE OPERATING RULES**

The conference publishes a handbook of operating rules each year. Coaches must take the time to review this document as it contains information regarding the administration of each event. Information includes starting times, individual sport rules, base distances, media information, etc. The handbook can be found at [www.3riversconference.org](http://www.3riversconference.org).

### **MINNESOTA STATE HIGH SCHOOL LEAGUE**

#### **Mission Statement**

The Minnesota State High School League provides educational opportunities for students through interscholastic athletics and fine arts programs, and provides leadership and support for member schools.

#### **Beliefs**

We believe that...

- Participation in school activity programs is a privilege and not a right.
- Sportsmanship needs to have a constant presence in all school-based activity programs.
- Students should have an equal opportunity to participate in all activities offered by their school.
- Ethical behavior, dignity and respect are non-negotiable.
- Student participants who choose to be chemically free must be supported.
- Collaborative relationships with parents enhance a school's opportunity to positively impact student success.
- Academic priorities must come before participation in athletic or fine arts activities.
- Positive role models and an active involvement in a student's life by parents and others are critical to student success.
- High school activity programs are designed for student participants, and adults must serve in a supportive role.
- The success of the team is more important than individual honors.
- Compliance with school, community and League rules is essential for all activity participants.
- Participation in school-sponsored activities must be inclusive, not exclusive.
- Ethical behavior, fairness, and embracing diversity best serve students and school communities.

## **ATHLETIC SCHEDULES**

All athletic schedules can be accessed on the school website, [www.desch.org](http://www.desch.org), click on athletics, quick links, sports schedules.

## **AUTO NOTIFICATION OF ATHLETIC SCHEDULE CHANGES “NOTIFY ME” -**

Are you looking for a fast way to be notified of schedule changes that take place in real time. Go to our website, [www.desch.org](http://www.desch.org), click on athletics, quick links, sports schedules, notify me. Here you can sign up to be notified of any changes that are entered on our activities calendar. You can sign up to be notified for all the athletic activities your child is involved in. Just make sure you go back next year and update the activity list.

## **WHAT YOU NEED TO BEGIN PRACTICES**

- 1) **Attend Fall or Winter Preseason Meeting**
- 2) **Participation Fee** paid. Grades 7 & 8 = \$60, Grades 9-12 = \$85
- 3) **Signed MSHSL Permission** Form (green sheets) parent & athlete signature. The form will be handed out at the Sports Meeting, can also be found on line, [www.mshsl.org](http://www.mshsl.org) or completed on line as part of your registration.
- 4) **Completed physical exam.** This form can also be obtained on the district website under athletics/activities. Physicals are required every three years by the Minnesota State High School League in order to participate or practice in Minnesota State High School League activities. Students must have a physical exam on record performed by a doctor within the last three years. This typically means the cycle for physicals is that students in grades 7 and 10 must get a physical during their HS career.

## **ACADEMIC DISHONESTY (CHEATING AND PLAGARISM)**

Students found to have copied sections from books, encyclopedia, the Internet or other sources, and turned in this work, or the work of another person, as their own, will receive a reduction in grade and may be asked to re-submit the assignment. Students found to have cheated on assignments, exams, and/or other course requirements will receive no credit for that assignment or exam. Reductions or loss of credit due to cheating or plagiarism could result in a failing grade for the course. Academic dishonesty will be considered a violation of the “Good Standing” eligibility clause (Bylaw 206) of the MSHSL Code of Conduct and will result in an eligibility penalty.

## **ACADEMIC INELIGIBILITY (also see SCHOOL DISTRICT POLICY #599)**

A student earning a “Failing” grade or “No Credit” in one or more classes at mid-quarter or the end of a quarter will automatically be ineligible for athletic events and practices for one week. Students in grade 7, 8 will attend the after school program to work on failing or missing work. At the end of that week, a student who has been declared ineligible is responsible for taking a weekly course progress sheet (obtained in the guidance office) to his/her teachers, and having the teachers report the grades. The student will then return the sheet to the Activities Director or counselor which will result in regaining eligibility if the student is passing all classes. Failure to turn in a sheet on a weekly progress sheet will result in ineligibility until a sheet indicating passing grades is turned in to the Activities Director or counselor. The Activities Director will contact coaches and students’ parents regarding students who have lost eligibility. Students earning an “Incomplete” grade at the end of a quarter will be ineligible until the incomplete grade is made up. Students in grades 6, 7, 8 receiving a 4<sup>th</sup> Quarter failing grade can attend summer school, complete their work and be eligible for fall sports. Students not attending summer school and failing to make up their grade will be ineligible for the first game of the fall sports season.

## **ATHLETIC TRAINER**

A certified athletic trainer (ATC) employed by Mayo Sports Medicine will be available each day to provide athletic training services to 7<sup>th</sup> through 12<sup>th</sup> grade athletes from 3-6pm. The trainer will cover all home events, grades 9-12. The trainer will cover 7 & 8 grade games if they take place in the 3-6pm time frame or while a 9-12 event is taking place. All services will be provided at the high school.

## **ATTENDANCE IN SCHOOL THE DAY OF CONTEST OR ACTIVITY (also see SCHOOL DISTRICT POLICY #503)**

A student must be in attendance the whole day to practice or participate in an event. The high school secretary and activities director will monitor daily attendance and if students are not eligible to participate due to illness or tardiness to school, that information will be passed on to the coach by the activities director. Due to emergency situations at home or other excused absences, a student may be allowed to participate in a contest with approval of the principal or activities

director. A suspended student will not be allowed to participate until the suspension has been completed. Coaches will excuse a student from practice with a written note from a parent. (Per Board action 2-7-90)

### **BUS DISMISSAL TIMES**

A 3:15 bus time indicates the bus will leave as soon as the teams are ready. Please work to get to the bus ASAP. Early dismissals-Players are dismissed 15 minutes prior to the bus departure time. All players need to have their equipment at school ready to leave for the event. · They will not be excused to run home and get their gear.

### **BUS RULES FOR AWAY CONTESTS (also see SCHOOL DISTRICT POLICY #709)**

Students participating in any extra-curricular event or school activity must ride the school-provided transportation to the event. Students are allowed to ride home with parents provided they follow the checkout procedure developed by each coach or advisor and there is a parent signature. Food/snacks are allowed on after school/extracurricular trips. **Students are expected to clean up after themselves.**

### **CANCELLATION OF SCHOOL EVENTS**

If we cancel school, no games or events are held. Only exception to this rule is during subsection or section tournament time. During tournament time, the Region Secretary determines if games are to be held. If individual districts have cancelled school, it is that district's decision if they will travel and participate in tournament play. Practice may take place for varsity athletes even though school is cancelled. The decision to have practices will be made after a discussion takes place between the superintendent and the activities director.

### **CELL PHONE USE**

The use of cell phones on busses to and from athletic events is under the discretion of the coach. Cell phone use is not allowed in the locker rooms. Under no circumstances are students allowed to make video or audio recordings of a staff member or another student without that person's knowledge and permission.

### **LOCKER ROOMS AND VALUABLES**

The locker rooms both home and away are not a secure area. Please lock your lockers or give valuables to your coach.

### **MSHSL ELIGIBILITY RULES**

Mood Altering Chemicals- A student shall not at any time, regardless of the quantity:

- A. use or consume, have in possession a beverage containing alcohol;
- B. use or consume, have in possession tobacco; or,
- C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.

#### Sexual/Racial/Religious Harassment/Violence and Hazing

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

#### Good Standing -Student Code of Responsibilities

Participation in interscholastic activities is a privilege which is accompanied by responsibility. As a student participating in League sponsored activities; I understand and accept the following responsibilities:

- A. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- B. I will be fully responsible for my own actions and the consequences of my actions.
- C. I will respect the rights and property of others.
- D. I will respect and obey the rules of my school and the laws of my community, state and country.
- E. 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.

#### Penalty

- A. A student who is suspended 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.
- B. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations. For example, when a student is suspended from school the student is not in good standing and cannot begin to serve the participation penalty until the student has completed the suspension from school and is returned to good standing.

## **PARENT/ATHLETE/COACH COMMUNICATIONS**

See the coach early with your concerns; after the game is not an appropriate time to speak to the coach. Set up a time in which you can visit with the coach and discuss the issue in an acceptable environment. **Conversation should be about your child's experience and conversations about other athletes or coaching strategy is not allowed.** Parents and athletes should try to abide by the following steps when faced with a concern.

Step 1 Player and Coach meet

Step 2 Player, Parent, and Coach meet

Step 3 Player, Parent, Coach and Activities Director meet

## **PLAYING TIME**

The Dover-Eyota School District encourages all students to participate in any extra-curricular program offered by the district. The district will do all it can to provide staff, equipment, and facilities for these programs. Students and parents must understand that there can sometimes be limitations and restrictions to the amount and level of participation that can be made available to the student.

Playing time is always a concern for players and parents. Our coaches recognize the value of game experience in the development of a player, and will make efforts to provide that experience. In order for a student to learn the values of hard work, cooperation and teamwork, the playing time of a participant will be based on many factors as listed below, and assuming that all other team rules are being followed. Playing time is recognized as a coach's decision, being based on a player's:

- \* attendance at practice
- \* performance at practices and in competitive situations
- \* attitude
- \* effort
- \* commitment to the team
- \* the given event situation
- \* player match-ups

7th and 8th grade: This is the age where exploration of the activity occurs, and fundamental skills are emphasized. While playing time will be provided for every participant, practice also plays a very significant role in the overall development of the player. For some activities where the number of students deems it necessary, there may be split squad teams. Our district and others in our conference split squads, and add additional quarters to games, to help accommodate the need to have all students play. Skill development, introduction to competition, and teamwork are the emphasis, while winning is a secondary goal.

9th grade: Participation and individual development for all students remain the focus of the activity, but now winning will not necessarily be sacrificed so that everyone can have playing time. The coach is now charged with the beginning stages of developing those who have worked hard, shown exceptional skill, and have dedicated themselves to that activity. However, the coach will still see that everyone gets some meaningful playing time throughout the course of the season. Skill development, fundamentals, sport concepts, and teamwork are emphasized.

B Squad/Junior Varsity: Consisting of a wide range of grade levels, the main objective of participation here is to continue development of those participants who have worked to improve their skills, while providing student athletes with opportunities to achieve success at the varsity level. While all members of the team will continue to be seen as "developing", and continue to receive some playing time, the amount of playing time at this level will be weighted toward those who are more skilled and developed as deemed by the coaching staff in accordance with the Playing Time Guidelines above. Teamwork and skill development continue to be the emphasis.

Varsity: The goal of the varsity squad is to provide the most competitive team possible to represent Dover-Eyota High School, while adhering to principles of sportsmanship, teamwork and cooperation. This will consistently mean playing the best available athletes within roles designed by the coach to produce the most success possible for the team. Playing time will be given to those who will most help the team attain these objectives. In situations where an individual may not understand why playing time is limited, the coach is expected to explain, upon request, what will be necessary in order for playing time to increase. Everyone must remember that this is competitive interscholastic

athletics and that the amount of playing time will not be guaranteed.

- Varsity Team Rosters: While it is the preference of Dover-Eyota High School that all interested students be allowed to participate at the varsity level, this may not always be possible. When participation numbers exceed the MSHSL tournament roster limit, it may be necessary for varsity coaches to enact a system to reduce the size of the squad to those roster limits. If a varsity coach chooses to take steps to reduce the team's roster to the MSHSL tournament roster limit at any time, the following steps shall be taken:
  1. A letter sent to parents prior to try-outs defining factors that limit the final squad number.
  2. An outline of the sport-specific skills to be observed, and grading manner defined, for the athlete.
  3. Try-out sessions will be held at a time of the season determined by the coach.
  4. A personal conversation with each player not making the team in lieu of a publicly posted list.

### **RISK OF INJURY**

All sports have the risk of serious injury, check equipment daily. \*The MSHSL Sports Medicine Advisory Committee highly recommends that every student-athlete and parent successfully complete the Heads Up: Concussion in High School Sports course. The course can be accessed at: [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

### **WEDNESDAY EVENING STUDENT ACTIVITIES (SEE SCHOOL DISTRICT POLICY #580)**

No school scheduled events, activities, or practices may be held after 6:30PM on Wednesdays without permission from the District Office. If an athlete needs to leave practice early on Wednesdays, the athlete needs to notify the coach.

## ***ATHLETICS & ACTIVITIES***

### **ACADEMIC TRIATHLON**

DESCRIPTION: Academic Triathlon is a creative thinking skills competition that teaches and rewards creative and divergent thought processes, cooperative brainstorming, general intellect, leadership and a flare for the dramatic, all while providing an entertaining, user-friendly format for both students and adults. Five-person teams also need to display good sportsmanship and teamwork and to exhibit outcomes of their creativity and positive risk-taking.

CONTACT PERSON: Curriculum Director, Mr. Nick Truxal

### **BAND**

DESCRIPTION: Band is an excellent opportunity to excel creatively in high school while gaining talent and experience that can be useful in the future. Band offers a variety of activities such as concerts, solo and group competitions, pep band and marching in parades.

CONTACT PERSONS: Grades 7-12 Mr. Ryan Anderson, Grade 6 Mrs. Kathy Monson

LENGTH OF SEASON: Band activities are mostly held during the school year and the High School Band marches in a minimum of 2 parades during the summer.

PRACTICE SCHEDULE: Practices are held during the regularly scheduled school day. Individual band lessons are also scheduled during school to help you improve your playing skills. Summer marching practice occurs during the month of June.

SPECIAL EQUIPMENT: Most instruments must be purchased by the student. Some such as drums, cymbals and tubas are provided by the school.

### **BASEBALL**

DESCRIPTION: Baseball is a sport which emphasizes the fundamentals of hitting, throwing, catching and team play. The skills necessary for success in baseball require repeated practice over many years. Early involvement during Junior High in this sport is stressed.

CONTACT PERSON: Varsity Head Coach: Mr. Brad Wick

LENGTH OF SEASON: Baseball begins in mid-March and runs into early June. Games are scheduled on all days of the week except Wednesdays and Sundays. Tournaments may be scheduled on Saturdays. Varsity and JV Squad games are played at the high school field and C-Squad games are played at the West Side Park, Eyota. A and JV squads may have a maximum 20 games scheduled per MSHSL rules.

PRACTICE SCHEDULE: Practices are held after school for about two hours. Poor weather conditions will move practice inside and will make it necessary to coordinate early and late practices with the girls' softball team. C-Squad practices are held at the HS/EL fields or West Side Park.



**SPECIAL EQUIPMENT:** Students need to supply their own gloves and spikes. Hats can be purchased from the coaching staff or Mr. Ostrowski. All other equipment including catchers equipment, helmets, bats, balls and game uniforms are provided.

### **BASKETBALL - BOYS & GIRLS**

**DESCRIPTION:** Dedication to the mastery of fundamentals and team play are critical to the sport of basketball. Basketball is a game of speed and quickness which emphasizes the skills specific to the sport. These skills include dribbling, passing, shooting and proper footwork specifically related to offensive and defensive play. Much time and effort goes into the development of these fundamentals. It is important to begin developing these skills in Junior High (or sooner) in order to successfully compete in this sport.

**CONTACT PERSONS:** Varsity Boys: Mr. Tim Mayer  
Varsity Girls: Mr. Brian Harris

**LENGTH OF SEASON:** The basketball season lasts from the middle of November to late February or early March.

**PRACTICE SCHEDULE:** Varsity, and JV Squad, 9<sup>th</sup> grade and practice together in the High School gym. The “C” team boys and girls alternate practices weekly between the High School and Elementary School. Efforts are made to have the C Squads (boys and girls) practice right after school either at the high school or elementary school. This can be dependent on whether or not our coaches are able to meet this time frame. C-Squad games are held in the elementary gym. A copy of the winter practice schedule can be found on the athletics website.

**SPECIAL EQUIPMENT:** Game uniforms and practice jerseys are provided on the Varsity, and JV Squad, 9<sup>th</sup> grade and C-Squads. Shoes must be provided by the players themselves.

### **CHOIR**

**DESCRIPTION:** Participation in the DEHS Choir is a fun and exciting experience. Students in grades 7-8 are in the Junior Choir and students in grades 9-12 are in Senior Choir. Concert performances are held each year. Additional concerts, festivals, and public appearances may be scheduled by the director. The basic requirements for entrance and continued participation in the chorus consist of the student’s ability to sing with an adequate sense of pitch and rhythm. Entrance into Choir is based upon a vocal audition.

**CONTACT PERSON:** Mrs. Nikita Albrecht

**LENGTH OF SEASON:** Choir activities are held during the regular school year.

**PRACTICE SCHEDULE:** Practices are scheduled during the regular school day. Special groups may practice before or after school.

### **CLAY TARGET TEAM - BOYS & GIRLS**

**DESCRIPTION:** The Minnesota State High School Clay Target League is an extra curricular co-ed activity for high schools in grades seven through twelve who have their Firearms Safety Certification or SAFE training. The season is 9 weeks long with students practicing and competing at a local gun range. Teams do not travel to other gun ranges, rather they shoot at their local course and record scores which lead to a conference championship.

**CONTACT PERSONS:** Mr. John Ostrowski, Activities Director

**LENGTH OF SEASON:** Begins in mid-March and ends with an optional State Tournament in mid June. There is also a fall season which does not have a concluding tournament, Dover-Eyota has not participated in the fall season.

**PRACTICE SCHEDULE:** Practices and meets are held on Sundays at a local gun range. These practices are set up so they do not interfere with spring sport schedules and dependent on gun range availability.

**SPECIAL EQUIPMENT:** A shot gun, ear protection, eye protection and ammo belt.

### **CROSS COUNTRY - BOYS & GIRLS**

**DESCRIPTION:** Cross Country is an exciting sport which requires great physical conditioning. Both team and individual results are emphasized. Varsity races are 5000 meters in length for boys and girls. Junior high races are 3200 meters in length.

**CONTACT PERSONS:** Mrs. Julie Nelson or Mr. Brian Hasleiet

**LENGTH OF SEASON:** Cross Country begins in mid-August and ends the first Saturday in November. Meets are held during the week with possible meets on Saturdays.

**PRACTICE SCHEDULE:** Prior to the start of school, workouts may include a Cross Country camp out, swimming pool workouts and bike trail workouts. Practices are held after school once the school year begins.

**SPECIAL EQUIPMENT:** A positive attitude and running shoes are all that are necessary. Uniforms and warmups are provided.



### **DANCE TEAM**

DESCRIPTION: Participation in Dance Team is a fun and exciting experience! During the week, Dance Team performs one time during the week at half-time of home winter athletic events. The dance team has a schedule of meets that are held on Saturdays. The season has a section and state tournament format.

CONTACT PERSON: Ms. Tiffany Anderson

LENGTH OF SEASON: Dance Team's season is during the winter sports season, beginning in late October and lasting through mid February.

PRACTICE SCHEDULE: Practices are held after school Monday through Friday. The elementary and high school gyms, as well as the high school commons, are utilized for practices.

SPECIAL EQUIPMENT: The Dance Team uniform, either High Kick, Jazz or both is provided by the school. The dancer is asked to purchase their own shoes and undergarments.

### **DRAMA**

DESCRIPTION: Drama Club is a year-round activity that may put on three performances a year: the fall play, the one act play (competitive) and the spring musical. You do not have to be in all the plays to be a member, but the more you participate, the better your chances of getting a larger role. Actors may not be members of a sports team during the season in which they wish to be part of Drama Club. Dance practices take place during the same times as athletic practices.

CONTACT PERSON: Mr. Rowekamp

### **FFA**

DESCRIPTION: The FFA is an organization that stresses leadership skills and cooperation with other people. FFA started as an agriculturally-based organization. Over the years, it has expanded into new areas such as computers and business. The FFA teaches leadership and other skills that are needed to succeed in life. A student can enroll in FFA when they enter the 7th grade. Dues for entering into the organization can be charged.

CONTACT PERSON: Ms. Stephanie Porter

MEETINGS: Meetings are held monthly. Some activities the FFA is involved in include: judging contests, attending District, State and National leadership events, corn drive for Camp Courage and many other fun and interesting activities.

### **FOOTBALL**

DESCRIPTION: Football is a full-contact sport which requires speed, strength and endurance. The fundamentals of team play, proper techniques of tackling, blocking, running and passing the football are emphasized.

CONTACT PERSON: Varsity: Mr. Brian Harris

LENGTH OF SEASON: The first game of the season usually is held one week before the start of the school year and the season lasts until the end of October. Games are held on Friday nights for Varsity, on Mondays for JV & 9<sup>th</sup>, JH will be played on Mondays or Tuesdays.

PRACTICE SCHEDULE: Practice for the Varsity and B-Squad starts in mid-August. Prior to the start of school, practices start at 8:00 a.m. and last 4 hours. Once school is in session, practice begins immediately after school and lasts approximately two hours. C-Squad practice starts 1 day after the Varsity begins practice.

SPECIAL EQUIPMENT: Equipment needed for football is provided by the school. This includes: helmets, shoulder pads, pants (with pads), practice uniforms and game uniforms. Football cleats and game jerseys with your name printed on them are purchased by the students. DEHS supplies students the best equipment possible but it should be noted that, because of the full contact aspect of football, injuries are still common.

### **FUTURE CITIES**

DESCRIPTION: Future Cities is a competition that takes place in January. Student teams (grades 6-8) are asked to design a city of the future that addresses a wide range of social, environmental, and governmental challenges. Teams must complete a digital design of their futuristic city, write a research paper addressing the year's topic of choice, complete a scale model of their city, and give presentations regarding their cities and solutions at the state competition at the U of M. There is no cost, but the time commitment is significant.

CONTACT PERSON: Ms. Tine Donahue

### **GOLF - BOYS & GIRLS**

DESCRIPTION: Golf is a game of skill, which requires mental discipline and consistency. The rules of the game are emphasized along with the fundamentals of driving, approach shots, chipping and putting. Any student in grades 7-12 can participate.

CONTACT PERSONS: Varsity: Mr. Steven Tauer and Ms. Rebecca Rudquist

LENGTH OF SEASON: Golf begins in mid-March and runs through May. Meets are held after school and are scheduled on all days of the week except Wednesdays. Home meets are scheduled at the St. Charles Golf Course.

PRACTICE SCHEDULE: During the early part of the season, practices may be held in the Multi Purpose Room. When weather permits, practice is held outside at the high school. When the St. Charles course opens, practices can be scheduled there. Practice at the beginning of the season lasts until about 5:00 p.m. Practice at the golf course lasts till about 6:00 p.m.

SPECIAL EQUIPMENT: Students must supply their own golf clubs, golf balls and a maroon collared shirt.

### **HOCKEY – BOYS & GIRLS**

DESCRIPTION: Boys' and girls' hockey is an activity that we have offered in a cooperative agreement with the Rochester Lourdes High School. Any student in grades 7-12 can participate.

CONTACT PERSON: Mr. John Ostrowski

LENGTH OF SEASON: Hockey begins the middle of October and runs through February. Games are held any day after school (except Wednesdays) with games also scheduled on Saturdays.

PRACTICE SCHEDULE: All practices are in Rochester. The student or the parents are responsible for transportation to and from practice. Dover-Eyota will not change academic schedules or allow students to be dismissed early to get to practice on time.

SPECIAL EQUIPMENT: The individual family will be assessed a "fair share" cost of participating in the activity by Rochester Lourdes. Athletes will also pay the Lourdes participation fee. Dover-Eyota Public Schools will not pay any expenses incurred in this activity or provide transportation to practices or games.

### **KNOWLEDGE BOWL**

DESCRIPTION: Knowledge Bowl could best be described as team Jeopardy. If you like sharing your knowledge in a fun and competitive way, you will enjoy Knowledge Bowl. Competitions are held with other schools. Teams can have unlimited numbers but usually only 6 to 8 people compete in a meet. There are two areas of competition: oral questioning and written examination. The team works together during both of these phases of the competition. Participation is based upon the knowledge you contribute, your ability to work together with your teammates, and the dedication you show by attending practices. Dover-Eyota has both high school and junior high school teams.

CONTACT PERSONS: Senior High-Mr. Alberto Vera

Middle School-Ms. Sarah Johnson

LENGTH OF SEASON: Knowledge Bowl begins in December and runs through April. Meets usually take place after school and last until about 6:00 p.m. There are usually two meets per month.

PRACTICE SCHEDULE: Practices are held both before or after school for about an hour and a half. At practice, the team goes over previous tests, both oral and written, in a mock competition.

### **MATH LEAGUE**

DESCRIPTION: Math League is an activity that allows students to challenge themselves with mathematical problems while competing against area schools. During the meet, each participant takes two, twelve-minute quizzes and participates in a team quiz. The points scored at the meet determine which school wins that particular meet. The points scored by each team at each meet are totaled and used to determine the league standings. The points scored by each participant are used as a basis for lettering at the end of the season. Math League is competitive, fun and a great experience. Dover-Eyota has both high school and junior high school teams.

CONTACT PERSONS: Senior High-Mr. Brian Harris

Middle School-Mr. Damon Hammel

LENGTH OF SEASON: Math League begins in mid-December and lasts through February. During this time there are five Monday meets in which to compete.

PRACTICE SCHEDULE: No specific practices are scheduled. Most of your preparation occurs during your regular math classes.

### **MATH WIZARDS**

DESCRIPTION: Math Wizards is for students in grade 6 who enjoy both math and competitions. After practicing in sessions held after school hours, the Math Wizards travel to competitions at nearby schools. At a competition, the Wizards compete in a timed math computation quiz and several individual problem solving rounds. The competition culminates in a group problem solving round. Students have the opportunity to win ribbons, medals and plaques as they compete with teams from other schools.

CONTACT PERSON: Mrs. Wanda Hanson

### **MINNESOTA HONOR SOCIETY**

DESCRIPTION: Minnesota Honor Society is an organization that honors students who have demonstrated the qualities of Scholarship, Leadership, Service and Character. Any student in grades 10-12 that have a 3.0 grade point average are eligible to apply for Minnesota Honor Society membership. New members are inducted at a Fall ceremony. MHS also participates in a few service opportunities throughout the school year.

CONTACT PERSON: Ms. Rachel Aldinger

### **MODEL UNITED NATIONS**

DESCRIPTION: This is an extracurricular simulation that challenges students to adopt an international country to represent in the annual Model United Nations simulation that takes place in Minneapolis. Students sign-up in January and attend the three day, two nights simulation in March. In addition to researching a selected country, students are given committee assignments that address international issues that vary from nuclear security, drone usage, women's rights, etc. Committee assignments can include Security Council, Economic and Social Development Council, the International Court of Justice, Special Political Committee, General Assembly, and others. The cost for Model United Nations varies from year to year.

CONTACT PERSON: Mrs. Tine Donahue

### **PAGE MASTERS READING CLUB**

DESCRIPTION: Like to read? Want to be part of a group? This club is for you. Page Masters is a year around club open to grades 6-12. The club is designed to encourage and promote reading for pleasure. There are meetings and events planned throughout the school year. Members are able to be directly involved in the activities in the Media Center.

CONTACT PERSON: Mrs. Sarah Martinak

### **PEER HELPERS**

DESCRIPTION: Peer Helpers are students who are identified and trained to respond to the needs of fellow students. They are available to listen to and support students who are in need. The DEHS Peer Helper program trains students to listen and properly respond to issues that may be shared with them. Emphasis is placed on confidentiality and knowing when confidentiality must be broken in order to insure the safety of a student. Further training in awareness of teen issues, leadership skills and building one's own self esteem are also provided. Peer Helpers are also taught to recognize, report and know techniques to deal with potential threats to their own emotional and physical well-being.

CONTACT PERSON: Mrs. Katie Johnson

MEMBERSHIP: Sophomores who indicate an interest in the program and who are identified by their peers as supportive and good listeners are interviewed by the current members. Training and support are provided for all Peer Helpers. Students are identified and trained as sophomores and continue as Peer Helpers until graduation.

MEETINGS: Support meetings are held on a regular basis during the school year to review and training.

### **ROBOTICS**

DESCRIPTION: FIRST is a non-profit organization that promotes youth involvement in science and technology through robotics competitions. The team had 6 weeks to design and build a robot from an assortment of robot parts that were given to them from FIRST. They fulfilled one of FIRST's main goals by connecting technology professionals from the community with current students, and having them work together on a project. In observing and cooperating with the mentors hands-on, the students learned much more than they could have learned at a desk.

CONTACT PERSON: Mr. Steve Moericke

### **SOCCER – BOYS & GIRLS**

DESCRIPTION: The newest sport at DE is soccer. Soccer is played predominantly with the feet, but players may use any part of their body except their hands and arms to propel the ball. This activity exhibits a great deal of cardiovascular endurance as well as eye-foot coordination.

CONTACT PERSON: Varsity Girls: Mr. Dustin Beckman  
Varsity Boys: Mr. John Pittenger

LENGTH OF SEASON: The first game of the season usually is held one week before the start of the school year and the season lasts until the end of October. Games are held on Monday, Tuesday, Thursday and Friday nights or during the day on Saturdays. Game times range from 4:30 p.m. to 7:00 p.m. starts.

PRACTICE SCHEDULE: Practice for the Varsity, JV And JH Squads start in mid-August. Prior to the start of school, practices are set by the coaching staff. Once school is in session, practice begins immediately after school and lasts approximately two hours.

SPECIAL EQUIPMENT: Game uniforms are provided by the school. DEHS supplies students the best equipment possible but it should be noted that because of the contact aspect of soccer, injuries are still common.

### **SOFTBALL - GIRLS**

DESCRIPTION: Softball is a sport which emphasizes the fundamentals of hitting, throwing, catching and team play. The skills necessary for success in softball require repeated practice over many years. Early involvement in this sport during Junior High is stressed.

CONTACT PERSON: Varsity: Mr. Ryan Scheevel

LENGTH OF SEASON: Softball begins in mid-March and runs through May. Games are scheduled on all days of the week except Wednesdays and Sundays. Tournaments may be scheduled on Saturdays. Varsity and JV Squad games are played at the high school field and C-Squad games are played at West Side Park, Eyota. Each squad may have a maximum 20 games scheduled.

PRACTICE SCHEDULE: Practices are held after school for about two hours. Poor weather conditions will move practice inside and will make it necessary to coordinate early and late practices with the boys' baseball team. C-Squad practices are held at the elementary school fields.

SPECIAL EQUIPMENT: Students need to supply their own gloves and spikes. All other equipment including catchers equipment, helmets, bats, balls and game uniforms are provided.

### **SPANISH CLUB**

DESCRIPTION: Spanish Club emphasizes a variety of cultural experiences. Students in grades 9-12 are welcome to join in the fun. Club officers plan field trips, fundraisers and activities like secret Santas.

CONTACT PERSON: Ms. Rachel Aldinger

### **STUDENT BOARD MEMBER**

DESCRIPTION: The Student Board Member must be a Junior or Senior and is elected by the student body in May. As a Student Board Member, your purpose is to share information about activities, provide input, and bring concerns of the student body to the attention of the School Board. You are not allowed to vote at the Board meetings, but your input to issues facing the School Board is very important. You may be involved in any of the discussions that take place at a regular meeting. Being a Student Board Member is very informative and interesting position in which to serve. Anyone who likes to voice the opinions of their peers and finds school government interesting should run for this position. It is a great experience.

CONTACT PERSONS: Mrs. Bryanna Anderson

MEETINGS: Board meetings are normally held on the second Monday of every month. You may also be asked to serve on special committees and attend some special board meetings.

### **STUDENT COUNCIL**

DESCRIPTION: The Student Council is developed and organized to be a voice for the student body. The Student Council has three representatives from each grade level and four from the Senior class. This group is in charge of various activities throughout the school year including the following: Homecoming parade, dress-up days, special events on holidays, keeping the outdoor marquis updated, Snoball Week, and several volunteer activities as well. The goal of Student Council is to improve our school and meet the needs of the student body.

CONTACT PERSON: Mrs. Bryanna Anderson, Senior High  
Mr. Tim Andring, Middle School

**ELECTIONS:** Elections are held for grades 6 thru 11 in the Spring of the year. Students elected at this time will serve as representatives in grades 7 through 12 for the following year.

**MEETINGS:** Meetings are rotated through the school day and are generally held once a month. Special meetings are held when necessary and may occur before or after school.

### **TRACK - BOYS & GIRLS**

**DESCRIPTION:** Track is a sport which provides a great deal of variety. There are three different areas of participation from which to choose and several events in each area. The field events include the shot put, discus, long jump, triple jump, pole vault and high jump. The sprinters run races from the 100 to 800 meter distances. This area also includes the hurdles and relays. Long-distance runners participate in 1600 and 3200 meter races.

**CONTACT PERSONS:** Varsity Boys: Mr. Brian Hasleiet

Varsity Girls: Mr. Tim Andring

**LENGTH OF SEASON:** Season runs from mid-March to early June. Meets are held after school and some Saturdays.

**PRACTICE SCHEDULE:** Practices are held after school for about two hours. Poor weather conditions will move practice inside either at the elementary or high school.

**SPECIAL EQUIPMENT:** In the beginning of the season, you will need warm clothes (the school supplies sweatsuits) and a good pair of running shoes. Later in the season, you can wear cooler clothing. Runners may want to buy track spikes.

### **VOLLEYBALL - GIRLS**

**DESCRIPTION:** Volleyball is a game of quickness and finesse. The fundamentals of passing, setting and spiking, as well as team play, are emphasized.

**CONTACT PERSON:** Varsity: Mrs. Stacy Mayer

**LENGTH OF SEASON:** The volleyball season starts the second Monday in August and ends in early November.

Games are held on Mondays, Tuesdays and Thursdays. There are some Saturday tournaments scheduled. JV squad games precede the Varsity matches and C-Squads usually play on the same day starting at 4:30 p.m. C-Squad home games are held at the high school or elementary gym, site indicated on the schedule.

**PRACTICE SCHEDULE:** Practice starts for the Varsity, JV squad, 9<sup>th</sup> and C Squads in mid-August. Times and length of practice may vary prior to the start of school. Once school begins, practice is held after school and lasts approximately two hours. JV Squad and Varsity practices may be held at separate times. C-Squad practices are held either at the high school or the elementary gym, depending on the number of participants.

**SPECIAL EQUIPMENT:** Gym shoes and practice clothing are necessary. Game uniforms are provided by the school.

### **WRESTLING**

**DESCRIPTION:** Wrestling is a sport which requires a lot of time and dedication. The recent success at DEHS in wrestling is the direct result of the commitment, dedication and discipline of the participants in the sport. Any student in grades 7 through 12 is eligible to qualify for the Varsity in any of the weight divisions which run from 103 lbs. to Heavyweight.

**CONTACT PERSON:** Varsity: Mr. Chad Nelson

**LENGTH OF SEASON:** The season begins in mid-November and runs through the State Meet in early March.

Matches are held on almost any night of the week except Mondays and Wednesdays. There are many tournaments scheduled on Saturdays. Sunday meets or practices are not allowed by MSHSL rules.

**PRACTICE SCHEDULE:** Practice is held every night after school in the Multi-Purpose Room.

**SPECIAL EQUIPMENT:** Wrestling shoes are required. The school will provide head gear, knee pads and match singlets.

### **YEARBOOK**

**DESCRIPTION:** If you like graphic design and photography, join the Yearbook staff! Throughout the year we take pictures of sporting events, staff, and student groups. We use some of the latest software to produce a high-quality yearbook online. Free admission to sports events is just one of the many perks for joining the Yearbook staff. Be a part of creating great memories for a lifetime by being a part of the Yearbook staff.

**CONTACT PERSON:** High School: Mrs. Katie Johnson

Middle School: Mrs. Susan Keller-Schaefer