

**MAHTOMEDI ZEPHYR TEAM / PARENT HANDBOOK**



**HOME OF THE ZEPHYRS**

**MAHTOMEDI HIGH SCHOOL  
8000 75<sup>th</sup> STREET NORTH  
MAHTOMEDI, MN 55115**

**Ray Kirch  
ACTIVITIES DIRECTOR  
951-762-5803**

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# Mahtomedi High School Interscholastic Athletics

Welcome to the Mahtomedi High School Athletic Program!

On behalf of the entire coaching staff, we wish you the best of luck in your athletic endeavors. Mahtomedi High School wants every student to have a positive experience while he or she is involved in athletics as well as being a positive representative of Mahtomedi High School. Being a member of a team, whether you play a little or a lot, whether you are a player, manager, or statistician, has great benefits. Being part of a team at Mahtomedi High School builds physical, social, and emotional skills. Each student at Mahtomedi High School is given the opportunity, if eligible, to try out for any team, line, or squad. We hope your experience in athletics is rewarding and gratifying.

Participation in athletics is a privilege. Along with this privilege of playing on a team comes responsibility. Each participant on an athletic team, or as a fan, must remember they are representing Mahtomedi High School. Mahtomedi High School Athletics will put a tremendous emphasis on respect, sportsmanship, citizenship, and character. Working together we can create a positive feeling of school loyalty and pride which can be shared by all - - athletes, students, parents, coaches, and the community as a whole.

The purpose of this booklet is to give you information on the athletic guidelines and procedures followed in all of our programs. Please read the entire booklet and direct any questions to your coach.

Ray Kirch  
Activities Director

Kathe Nickleby  
Principal

## Information Phone Numbers and Email Addresses

### MAHTOMEDI HIGH SCHOOL: 651-762-5800

Activities Director – Ray Kirch	651-762-5803	ray.kirch@isd832.net
Activities Secretary – Charlotte Henning	651-762-5807	charlotte.henning@isd832.net
Mahtomedi High School Main Office	651-762-5800	
Mahtomedi High School Fax	651-762-5925	

WEB SITE: [www.mahtomedi.k12.mn.us](http://www.mahtomedi.k12.mn.us)

#### Events Calendar:

1. Go to Mahtomedi Web Site
2. Click on High School
3. Click on Athletics
4. Click on Calendar
5. **Other Important Athletic Information Can Be Found At This Location**

### MINNESOTA STATE HIGH SCHOOL LEAGUE: 763-560-2262

WEB SITE: [www.mshsl.org](http://www.mshsl.org)

This is the governing body of high school athletics in the State of Minnesota. The web site will give you information on eligibility, section assignments, state meets, game results, etc.

### METROEAST CONFERENCE WEBSITE

ATHLETIC SCHEDULE WEB SITE: <http://www.metroeastconference.org>

ACTIVITIES WEBSITE: [mahtomedizephyr.org](http://mahtomedizephyr.org)

This website contains all the **schedules**, **maps**, **policies**, and other important information relating to the Metro East County Conference.

# Philosophy

The educational philosophy of Mahtomedi High School provides the foundation for the program, the organizational structure, and the existence of all extra-curricular activities for students. The athletic department offers a variety of activities that may help students realize their maximum potential for physical, social and emotional growth. It is the goal of this department to promote success and growth while always respecting others.

*We believe* that interscholastic athletic competition should be an integral part of the total school program and serve as a reflection of the needs of students and the school community.

*We believe* participants can be taught to win in a gracious manner and accept defeat in the same fashion.

*We believe* participants can find purpose in their school work and carry that purpose forward in their lives as a result of a sound athletic and activity programs in the schools.

*We believe* athletic competition provides real value for the student body and school community.

*We believe* a sound athletic department based on a sound philosophy can improve school and community morale and become a positive outlet for energy and enthusiasm.

*We believe* the welfare of the individual is always the primary concern. The competition exists for the student-athlete. The student-athlete does not exist for the game.

*We believe* the community should realize that control of, and responsibility for high school athletics rests entirely with the administration of Mahtomedi High School and the Mahtomedi School District.

# **OBJECTIVES OF PARTICIPATION**

*A sound athletic program must provide for all student-athletes:*

- **The understanding that participation is a privilege and not a right.**
- **The opportunity to learn and improve skill levels in a competitive environment.**
- **The development of physical vigor, desirable health habits, and safety.**
- **The opportunity to make lasting friendships with squad members, opposing players, and to visit and compete in other communities.**
- **A chance to observe, demonstrate, and exemplify fair play and healthy competition.**
- **The realization that interscholastic athletic competition is a privilege that carries varied and definite responsibilities.**
- **An association with women and men who exemplify well-rounded competitors as our athletic coaches.**
- **A chance to learn that the violation of rules during athletic competition brings penalties, just as in life.**
- **Assurance that the degree of success depends upon hard work, devotion to task, and enthusiasm for the game, as well as the innate ability of each individual.**
- **An opportunity to exercise judgment, think quickly, to take directions, and to carry those instructions out during great stress and to the best of one's ability.**
- **An opportunity to promote positive community and faculty relationships through membership as a school representative of the overall school program.**

# Mahtomedi High School Athletic Program 2016-2017

## Fall Season

<u>Sport</u>	<u>Grade</u>	<u>No. of teams</u>	<u>Team Level Offered</u>
Boys Cross Country	9-12	2	Varsity, Junior Varsity
Girls Cross Country	9-12	2	Varsity, Junior Varsity
Boys Soccer	9-12	4	Varsity, Junior Varsity, B-Squad, C-Squad
Girls Soccer	9-12	4	Varsity, Junior Varsity, B-Squad, C-Squad
Football	9-12	4	Varsity, Junior Varsity, B-Squad, C-Squad
Girls Swimming and Diving	7-12	2	Varsity, Junior Varsity
Girls Tennis	7-12	2/3	Varsity, Junior Varsity, C-Squad
Volleyball	9-12	4	Varsity, Junior Varsity, B-Squad, C-Squad

## Winter Season

<u>Sport</u>	<u>Grade</u>	<u>No. of teams</u>	<u>Team Level Offered</u>
Boys Basketball	9-12	4	Varsity, Junior Varsity, B-Squad, C-Squad
Girls Basketball	9-12	4	Varsity, Junior Varsity, B-Squad, C-Squad
Gymnastics	7-12	2	Varsity, Junior Varsity
Boys Hockey	9-12	2	Varsity, Junior Varsity
Girls Hockey	7-12	2	Varsity, Junior Varsity
Boys Nordic Ski	7-12	2	Varsity, Junior Varsity
Girls Nordic Ski	7-12	2	Varsity, Junior Varsity
Boys Alpine Ski	7-12	2	Varsity, Junior Varsity
Girls Alpine Ski	7-12	2	Varsity, Junior Varsity
Wrestling	7-12	2	Varsity, Junior Varsity

## Spring Sports

<u>Sport</u>	<u>Grade</u>	<u>No. of teams</u>	<u>Team Level Offered</u>
Baseball	9-12	3	Varsity, Junior Varsity, C-Squad
Softball	9-12	3	Varsity, Junior Varsity, C-Squad
Boys Tennis	7-12	2	Varsity, Junior Varsity
Boys Golf	9-12	2	Varsity, Junior Varsity
Girls Golf	9-12	2	Varsity, Junior Varsity
Boys Lacrosse	9-12	2	Varsity, Junior Varsity
Girls Lacrosse	9-12	2	Varsity, Junior Varsity
Boys Track & Field	9-12	2	Varsity, Junior Varsity
Girls Track & Field	9-12	2	Varsity, Junior Varsity

**\*\* Programming may change during the school year based on numbers, needs, or conference schedules.\*\***

## **Procedures and Guidelines for Participation in Mahtomedi High School Athletics**

### **Registration Process**

Every student must have an updated physical on file at Mahtomedi High School to register and participate in school sponsored athletic programs. Mahtomedi Schools utilizes mhsepay.com for registration. All of the information needed for the student to register must be completed through mhsepay.com. New families will need to get registration information through the Guidance Office with the registration code for the students' parent(s)/guardian(s) school. Please contact the Activities Office with any questions. Any student whose physical expires during the season will not be considered to be eligible to participate until an updated sports physical has been submitted to the high school office. Sports physicals do not automatically transfer from Mahtomedi Middle School to the Mahtomedi High School Activities Office. Physicals are good for 3 years per MSHSL procedures.

### **Financial Assistance and Alternative Payments**

Student-athletes eligible for the free or reduced lunch program are eligible to receive either full or partial activity participation financial assistance. Alternative fee plans are also available for student-athletes upon request. Any student-athlete requesting activity participation financial assistance, fee waiver or an alternative fee plan must complete the proper paperwork prior to the start of the season. Paperwork can be immediately obtained upon request at the high school activities office or by emailing the Activities Director's Assistant.

### **Participation Fees**

All fees at Mahtomedi High School are \$220 except football which is \$270 and hockey which is \$320. There is no family maximum per year. Questions about payment assistance should be directed to the Activities Office.

### **Refund Policy**

Refunds, percentages of refunds, will be given back only up to the completion of 4 weeks after the official start date of the sport. No refunds will be processed until the student has turned in all equipment issued to the student. If a student tries out for a team and is not selected to be on the team, participation fee refunds will be automatically issued by the Activities Office.

### **Middle School Athletic Participation**

Middle school students are able to participate in high school athletic activities offered as 7(8)-12 programs. They will pay the high school registration fee and are subject to MSHSL regulations. Middle school students involved in activities that have no equivalent middle school program are not restricted in terms of their level of participation in the high school sport. Middle school students involved in activities that have a middle school program, such as track and field, would need to be on the varsity post-season roster to be considered members of the high school team. In cases in which there is a need for a specialty athlete or if low numbers dictate, middle school athletes would not need to be listed on the post-season roster to be considered high school athletes.

Middle school students are not able to participate in athletic activities offered as 9-12 programs. Exceptions that may permit middle school students to participate in 9-12 athletic programs arise from the following circumstances: low numbers of participants and /or the need for a specialty athlete (i.e., goalie or pitcher). There

## **Middle School Athletic Participation (continued)**

is also an exceptional athlete requirement that may be utilized. Each situation is determined on an individual basis. WE DO NOT OFFER OPEN TRYOUTS FOR ANY AND ALL MIDDLE SCHOOL STUDENTS. ALL MIDDLE SCHOOL STUDENTS THAT ARE TRYING OUT FOR A HIGH SCHOOL TEAM MUST BE APPROVED PRIOR TO THE START OF THE SEASON. Middle school participants in 9-12 programs must be eligible to be listed on the varsity post-season rosters. Furthermore, no high school aged students may be eliminated from the high school program to make room or to create positions for middle school students. Such cases are handled by the Athletic Director prior to the students' participation. All middle school students who participate in high school athletic activities must complete all of the same required paperwork as high school students. Any middle school athlete who qualifies as an "exceptional athlete" and play-up, would be expected to be playing in at least one-half of most varsity contests.

### **Academic Eligibility**

To be scholastically eligible, a student must be making satisfactory progress towards the school's requirements for graduation. At Mahtomedi High School, we interpret this to mean passing all classes. A student who receives an "F" is not earning credit and therefore not making satisfactory progress towards graduation.

Step 1: A student receiving a final grade of "F" at the end of the semester is put on academic probation for the following semester.

Step 2: During that probationary semester that student must turn in a weekly progress report to the Activities Director. Failure to turn in this progress report may result in a temporary suspension from an activity.

Step 3: If a student receives a final grade of "F" at the end of the probationary semester, he/she will be ineligible to participate in any activity the following semester of his/her next season. This eligibility policy may carry over to the following school year.

Eligibility decisions for special education and at-risk students shall be handled by the Student Support Team, principal and activities director on a case-by case basis.

Middle school students participating in high school programs are required to maintain the same level of performance as high school students in order to be eligible.

In addition, a student must earn the following number of credits by the time indicated in order to participate in extracurricular activities.

Conclusion	Semester 1	Semester 2
Grade 9	2	4.5
Grade 10	7.5	10
Grade 11	13	16
Grade 12	19	22

## Attendance

Attendance at school and practice is very important. No student shall practice or participate in a contest if they are not in school by 11:30 AM. **If a student goes home ill from school they may not participate that day: the Activities Director must clear unusual circumstances.** When a student is suspended from school they are not allowed in school or at school sponsored activities regardless of the venue location for school events. The student may be withdrawn from competition by the principal, associate principal, or activities director for academic or disciplinary reasons after an informal hearing with the student and the parents.

## Transportation

A student shall ride to and from the contest on transportation provided by the school. This builds team unity and safely transports all of the athletes. If a parent provides transportation, they must personally see the coach to take over the responsibility of transportation. **A pre-approved note is needed, and must be approved, to have any other kind of transportation provided.** Students are not allowed to drive themselves to contests, ride with friends or other parents, when parents and coaches permission have not been previously granted. Bus rules are the same as riding the bus to and from school. All safety rules and conduct rules apply.

Traditional busing costs in the Twin Cities Metro Area will be the responsibility of the MHS Activities Department. Upgrading any metro area trips to a coach bus will be the responsibility of the respective team/group. If teams chose to upgrade to a coach bus for out of metro trips, Activities Department will cover an amount up to the average cost of a regular metro trip (Estimated at \$300.00 in 2016-17) and the team must cover any costs beyond that base amount due. Teams wishing to play games/tournaments outside the Metro Area will be responsible for any driver lodging expenses incurred. Exceptions may occur (Example: Nordic Ski team needing to go outside metro area to find suitable snow). Exceptions must be cleared with Activities Director ahead of time.

## Photography Policies

All Mahtomedi High School events are presented under the sole authority of the Independent School District 832. All rights for these events are expressly reserved by District 832. The sale, use or reproduction of any images, depictions, videos or photographs of Mahtomedi High School events is expressly prohibited unless it is approved in writing by the Mahtomedi High School Activities Director prior to any such use.

## Injuries

Injuries can be a part of a high school career in athletics. Inform your coach of any injuries you may have. All students who see a physician for any injury must have doctor's note and clearance from our High School Athletic Trainer, including if the incident is pertaining to a concussion, before they can resume play or practice in their sport. A trainer is available for student beginning each day of the school year at 2:30 pm. Please see the schedule posted by the Training Room door for specific times and expectations.

## Awards

Letter awards are presented in each varsity sport. Criteria for receiving varsity letters vary from sport to sport. The majority of sports are included in the Metro East Conference. All-Conference Awards are presented based on points accumulated, voting by the conference coaches, or selected through the team coach.

1. First letters in your sport, athlete has **not** previously lettered in any other sport:  
\*\* Athlete receives a certificate and a letter.
2. First letter in your sport, athlete **has** previously lettered in another sport:  
\*\* Athlete receives a certificate.
3. Previously lettering your sport:  
\*\* Athlete receives a certificate.
4. Coaches may institute special awards tailored to the various sports.

## National Signing Days

The Activities Department will sponsor NCAA "Signing Ceremonies" in honor of National Collegiate Signing Day. Ceremony will recognize seniors who are signing National Letters of Intent (NLI's) from Division I or Division II colleges or universities. Student-athletes who are planning to "walk on" or hoping to play at the Division I or Division II level, but not signing a NLI, will be recognized in other ways but not as part of the Signing Day Event.

# **MINNESOTA STATE HIGH SCHOOL LEAGUE (MSHSL)**

## **STUDENT CODE OF RESPONSIBILITIES (Bylaw 206)**

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

1. I will respect the rights 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 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 whose character or conduct violates the Student Code of Responsibility or is suspended or expelled is not in good standing and is ineligible to participate for a period of time as determined by the principal and activities director. A student may be required to serve penalty/penalties designated by the activities director and/or the MSHSL Rulebook for violations of the MSHSL bylaws. The student may be withdrawn from competition by the principal, associate principal, or activities director for academic or disciplinary reasons after an informal hearing with the student and the parents. Students will also jeopardize leadership roles in school programs based on violations of Bylaw 206.

## **Sexual/Racial/Religious Harassment/Contact and Hazing (Bylaw 209) (Cross Reference Bylaw 206)**

A student shall not engage in the 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. Students will also jeopardize leadership roles in school programs based on violations of Bylaw 209.

## **Athletic Department Statement with Regard to Chemical Use in the Activity Program:**

We believe that the firm consistent application of the Minnesota State High School League rules is absolutely essential in helping young men and women work through their relationship with chemicals. Our general objectives are as follows:

1. Place a great emphasis on the commitment participants make to be chemically free.
2. Confront rather than ignore chemical use by participants.
3. Work with parents of participants in cooperative efforts to reduce chemical use or abuse.
4. Foster the attitude that caring does not mean condoning. It may mean confronting and it may mean imposing strict penalties.
5. Communicate and educate the effects of chemical abuse on individuals, teams, families, and the student body.
6. Communicate and educate with regard to policies regulation and penalties and their application.
7. Strive constantly to promote a more chemical free life style by helping participants to feel good about whom they are and the decisions they are making.

## **Chemical Eligibility (Bylaw 205 and Cross Reference Bylaw 304.B.1)**

The MSHSL form is a promise to yourself, your teammates, your coaches and your school that you will abide by the rules. Your signature tells us that you agree. Please read the form carefully with your parents. There are rules on conduct, harassment, participation, and on the use of mood altering chemicals. Penalties are accumulative beginning with the participation in a league activity and continuing through your high school career. Mahtomedi penalties and procedures supplement MSHSL Bylaws and Policies.

The student/parent (guardian) will meet with the activities director before continued participation is allowed.

### **CATEGORY 1 VIOLATIONS:**

#### **First Violation:**

After a violation has been determined, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, fourteen (14) calendar days, of a season in which the student is a participant, whichever is greater. Students must complete the season for the violation to be successfully served.

#### **Second Violation:**

After a violation has been determined, the student shall lose eligibility for the next six (6) consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater.

#### **Third Violation:**

After a violation has been determined, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests or six weeks, 42 calendar days, whichever is greater, in which the student is a participant. For a third violation, a student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:

- a) The student is assessed as chemically dependent,
- b) Enters treatment voluntarily, and
- c) The director of the treatment center certifies that the student has successfully completed the treatment program.
- d) The treatment option cannot be used for the first or second violation.

Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

### **CATEGORY 1I VIOLATIONS:**

#### **First Violation:**

After confirmation of the first violation, the student will lose eligibility for a period of time as determined by the School Principal acting on the authority of the School Board. Student may be referred to the school chemical education counselor.

#### **Second Violation:**

After confirmation of the second violation, the student will lost eligibility for a period of time as determined by the School Principal acting on the authority of the School Board. It is understood the penalty may be as severe as those outlined under Category I Violations. Student will be referred to the school chemical education counselor.

**Third Violation:**

After confirmation of the third or subsequent violations, the student will lose eligibility for the next twelve months. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on his/her own volition becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in activities after a minimum of nine weeks. Such certification must be issued by the director or counselor of a dependency treatment center.

**\*PRACTICE:** While serving any penalty, the student must follow rules and regulations governing practice for that activity. If these rules and regulations are not followed, the penalty will not be considered served.

**\*Students may not cross over from Activity Class to Activity Class when serving penalties.**

**Violations in relation to Captainship:**

In reference to MSHSL Bylaw 209.00, any harassment, hazing\*, or chemical violation after a student is named captain of a team, will result in the loss of the leadership position for the season, or for the first season for which the student has been selected or is eligible to be selected as a leader. **A student with two violations will not be eligible for any athletic leadership positions for the duration of the high school career.**

**Violations in relation to Awards:**

With or after a second violation: The student is ineligible for one calendar year for elected or appointed school-sponsored athletic awards and honors (captain, MVP). Awards, honors, and scholarships not awarded, determined, nor controlled by Mahtomedi Schools are exempt (All-Metro, All-State). If a student athlete receives an in-season violation, they will not be considered eligible to receive that season's All Conference, Honorable Mention or All State awards.

**If an athlete denies guilt and is later found guilty, an additional nine weeks penalty will be imposed along with the violation being served. Bylaw 304.B.1**

## **Mahtomedi High School Athletic Department Parent/Coach Communication**

Both parenting and coaching are extremely tough jobs. By establishing an understanding for each position, we are better able to accept the actions of the other and provide a better experience for the student athlete. As a parent, when your child becomes involved in a Mahtomedi High School athletic program, you have a right to understand the expectations that are placed on your child. This begins with clear communication from the coach of your child's team.

### **Communication You Should Expect From Your Student's Coach**

1. The philosophy of the coach.
2. The members of the coaching staff specifically working with your child.
3. Expectations the coach has for your child and other team members.
4. Locations and times of all practices, contests and team functions.
5. Team requirements, such as fees, special equipment, off-season conditioning and team rules.
6. Procedures to be followed should your child be injured during practice or a contest.
7. Discipline procedures that may result in the denial of your child's participation.

### **Communication Coaches Should Expect from Parents**

1. In term of communication, understand that first communication should be directly between the athlete and the coach. Should it be needed, the parent communicating with the coach would come secondary.
2. Notification of any schedule conflicts well in advance.
3. Specific medical problems that could adversely impact your child's performance and/or safety.
4. Specific concerns should be directly communicated with the coach.

### **Appropriate Concerns to Discuss with Coaches**

1. The treatment of your child mentally and/or physically.
2. Ways to help your child improve.
3. Concerns about the behavior of your child.
4. Family concerns that may have an impact on your child and subsequent athletic participation.

*It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all members of a team. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the following items, must always be left to the discretion of the coach.*

## **Issues Not Appropriate to Discuss With Coaches**

- |                  |                 |                              |
|------------------|-----------------|------------------------------|
| 1. Playing time  | 3. Play calling | 5. Substitutions             |
| 2. Team strategy | 4. Lineups      | 6. Other members of the team |

## **Unacceptable Contact with Your Student's Coach**

1. Prior to and during team practice
2. Prior to and during any contest
3. Immediately following any contest or practice

These are typically either very busy times, or in the case of a contest, very emotional times for all parties involved. Things can and will be said that are not meant. Meetings of this nature do not promote resolution. There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties have a clear understanding of the others position. When these conferences are necessary, the following procedure and chain of command should be followed to promote an understanding.

We ask you to always make contact with the coach first. We understand your desire to talk with the Activities Director or Principal first, but such contacts will be referred to the appropriate coach as will need to gather information and the coach is the person ultimately the person that needs to be contacted first.

## **If You Have a Concern to Discuss with a Coach this is the Procedure You Should Follow**

1. Follow the Chain of Communication as your first step.
2. Call the coach first to set up an appointment.
3. If the coach cannot be reached or does not return your call, contact the Mahtomedi High School Activities Director. If a satisfactory resolution was not reached, contact the Activities Director at Mahtomedi High School to set up a meeting.

As your child becomes involved in the athletic programs at Mahtomedi High School, they will experience some of the greatest and most rewarding moments of their young lives. It is also vital to recognize and understand that there will be times when things do not go the way you or your child wish. At times such as these, discussion with your child's coach is encouraged. If/when needed, the order of communication should occur as follows:

- 1) Coach and Athlete
- 2) Coach, Athlete and Parent
- 3) Coach, Athlete, Parent and Activities Director

*Research indicates a student involved in an extracurricular activity has a greater chance of success during adulthood. Therefore, our programs have been established specifically for our student athletes. Many of the character traits required to be a successful participant are exactly those that will promote successful lives and careers after high school. We hope the information provided in this document makes both your child's experience and your experience with Mahtomedi High School and its athletic programs less stressful and more enjoyable.*

## NCAA ELIGIBILITY CENTER

If you are planning to play college athletics at a Division I or Division II school, the NCAA Initial Eligibility Clearing House must certify you. Eligibility requirements are based on a 2.0 GPA in 16 core classes for D-I, 14 core classes for D-2 and an 18 ACT score. Application may be made online at: [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). Currently D-I & D-II rules do not apply to Division III colleges. For information on initial eligibility of students with learning disabilities, please contact the Guidance Office or the Activities Office. Please go to the following website for more information:

<http://www.collegesportsscholarships.com/ncaa-eligibility-center.htm>

The website listed below is the site for the registration for NCAA D1 or D2 sports.

[http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.html](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html)

The website listed below is one of the most highly supported information locations to educate students, parents, and schools on the recruiting process.

<http://www.freerecruitingwebinar.org/>

### MSHSL MINIMAL BEHAVIOR EXPECTATIONS:

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

### METRO EAST CONFERENCE SPORTSMANSHIP EXPECTATIONS

- **Keep cheering positive!**
- **Respect the opposing team and fans.**
- **Learn and understand the rules of the game.**
- **Respect the integrity and judgment of officials.**
- **Accept victory or defeat with dignity.**
- **Be a fan - - - not a fanatic.**