

Red Wing High School Athletics / Activities Handbook

2020-2021



The intent of this manual is to be a “living document” subject to change as needed to keep pace with MSHSL, Big 9 Conference, Red Wing Public Schools and other related governing bodies changes in policies and procedures.

Updated September 2020
Red Wing High School rwps.org

Red Wing High School – Winger Pride

School Song: Illinois Loyalty

We're purple and white Red Wing High
We're ready to fight Red Wing High
We'll back you to stand, against the best in the land
'Cause we know you'll defend Red Wing High

Rah! Rah!

So pick up the ball Red Wing High
We're the best of them all Red Wing High
Our team is the fame protector,

Fight Wing,

for we expect a
Victory from you
Red Wing High

R-E-D W-I-N-G

Red Wing

Red Wing

Yay Wingers, Fight!

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INTRODUCTION

The intent of this handbook is to provide coaches and advisors with the policies and procedures of the Red Wing Public Schools' Activity Program. Personnel connected with the program are responsible for becoming acquainted with the material contained in this handbook.

We believe in co-curricular activities and the positive effect which they have on students in our school system. We believe that a soundly conceived and executed program will provide substantial educational outcomes for the participants, the student body, parents and the entire school community.

This handbook contains the majority of policies and procedures that govern co-curricular activities at Red Wing High School, the Big Nine Conference, and the Minnesota State High School League. The secondary purpose is to provide effective communication that will serve as a foundation of information for coaches, athletes and parents. This handbook will undergo an annual review and revisions will be made as deemed necessary. The annual review will be conducted by the Activities Director, Coaches Advisory Council, and Activities Advisory Council members.

Handbook adopted by the Board of Education: _____

DEPARTMENT ORGANIZATION:

The Activities Department is under the direction of the Activities Director. The Activities Director reports directly to the High School Principal who, in turn, reports to the Superintendent of Schools and the School Board.

Several groups have input into the department and the decision-making process:

1. Coaches Advisory Council - this council is made up of the head coaches of all varsity athletic teams and the advisors of cheerleaders and dance. This group will meet a minimum of three times during each school year to discuss problems, policies, and other issues which involve the entire athletic program and to act in an advisory capacity to the Activities Director. All head coaches are expected to attend these meetings.
2. Activities Advisory Council - this council is made up of the advisors and directors of the activity programs administered by the Activities Director. This group will meet a minimum of two times during each school year to discuss problems, policies and other issues which involve these activities and to act in an advisory capacity to the Activities Director. All advisors/directors are expected to attend these meetings.
3. All coaches and advisors (head and assistants) are encouraged to give input to the Activities Department. This can be done through the head coach or advisor or by direct contact with the Activities Director.

ACTIVITIES PROGRAM

Athletics

Fall

- Boys & Girls Cross Country (7-12)
- Football (7-12)
- Boys & Girls Soccer (7-12)
- Girls Swimming (7-12)
- Girls Tennis (7-12)
- Volleyball (7-12)
- Cheerleading (7-12)

Winter

- Boys & Girls Basketball (7-12)
- Girls Gymnastics (7-12)
- Boys Hockey (10-12)*
- Girls Hockey (7-12)
- Boys Swimming (7-12)
- Cheerleading (8-12)

Spring

- Baseball (9-12)*
- Boys & Girls Golf (7-12)
- Softball (7-12)
- Boys Tennis (7-12)
- Boys & Girls Track (6-7, 8-12)

***Lower grades may be able to participate if needed**

Activities & Clubs*

- | | |
|--------------------|--------------------|
| Aerie | Knowledge Bowl |
| Band | Math League |
| Chess Club | NHS |
| Choir | **Nordic Ski |
| Circle of Friends | One Act Play |
| DECA | Ovation |
| Drama/Theater | Robotics |
| Fall Musical | Science Olympiad |
| FFA | Skills USA |
| GSA | Speech |
| HOSA | STP |
| Interact | Student Council |
| International Club | **Trap Team |
| Key Club | **Ultimate Frisbee |

* Activities offered are subject to change based on participation numbers and an adult supervisor. To propose an additional activity, see the Activities Director.

** These activities are administered by Community Education and Recreation.

RED WING HIGH SCHOOL CO-CURRICULAR MISSION STATEMENT

The activities program at Red Wing Public Schools dynamically supports the academic mission of the school. Red Wing Public School sets high expectations for its coaches and student-athletes. The activities program at Red Wing Public Schools will promote interscholastic activities that provide lifelong learning experiences to student-athletes while enhancing their achievement of educational goals. Our goal is to teach the values of teamwork, pride, respect, commitment, good work ethic, sportsmanship and development of the proper winning attitude. It is our hope that through our activities programs, participating student-athletes will adopt these guidelines and develop a positive winning attitude that will carry over into all aspects of their lives.

RED WING HIGH SCHOOL CO-CURRICULAR ACTIVITIES PHILOSOPHY

Red Wing Public School considers participation in activities to be an integral part of the overall educational experience. Activities provide opportunities for physical, mental, emotional, and social development. The competition of activities is viewed as a valuable experience because it challenges each student-athlete to strive for excellence, helps each student-athlete discover their physical limits, and requires each student-athlete to work cooperatively as a member of a team. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of all contests.

All of those directly or indirectly involved in the program should represent our school and community with pride, class, and a commitment to excellence.

Objectives of the Red Wing Activities Programs

For the Student/Athlete:

1. Acquire fundamental athletic skills and techniques.
2. Improve skills and technique.
3. Develop physical and emotional fitness and healthful habits.
4. Learn how to develop positive relationships with teammates and learn the value of working together for a common goal.
5. Be able to have social experience with students and other members of different communities.
6. Learn how to listen, take constructive criticism, follow instructions, observe others, and develop the work habits necessary to become the best athlete possible - both as an individual and as a team member.
7. Learn how to win and lose gracefully; showing respect at all times for teammates, coaches, opponents, officials, and spectators.
8. Learn and meet the responsibilities of dedication, commitment, and sacrifice that are necessary to experience the privilege of being a team member.

For the School/Student Body:

1. Demonstrate and promote positive values, such as sportsmanship.
2. Promote a positive school climate.
3. Promote broad participation in the athletic program, both as spectators and participants.
4. Provide spectator interest and program support within the student body.
5. Provide a positive role model for younger students.

For the Red Wing Community:

1. Enjoy High School Athletics as a recreational opportunity and recognize that the program is primarily for the benefit of the student athlete participants and the student body.
2. Provide the citizens of Red Wing with an opportunity to demonstrate their sense of community by supporting student athletes through attendance at athletic events.

For the Red Wing School District:

Provide positive role models for students, and the broader community, through fair play and good sportsmanship toward officials, coaches, students and opposing fans and teams.

THE ATHLETE'S CREED

THE PLAYER

Lives clean and plays hard. Plays for the love of the game. Wins without boasting. Loses without excuses and never quits. Respects officials and accepts their decisions without question.

THE COACH

Inspires in the athletes a love for the game and the desire to play to win. Teaches them that it is better to lose fairly than to win unfairly. Leads players and spectators to respect officials by setting a good example.

THE OFFICIAL

Knows the rules. Is fair and firm in all decisions. Treats players and coaches courteously and demands the same treatment. Knows the game is for the athlete and lets them have the spotlight.

THE SPECTATOR

Never boos a player or official. Appreciates a good play, no matter who makes it. Knows the schools get the blame or the praise for their conduct.

COACHES CODE OF ETHICS – as established by the MSHSCA

As a professional educator, I will:

- Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
- Respect the integrity and personality of each individual athlete.
- Encourage the highest standards of conduct and scholastic achievement.
- Seek to inculcate good health habits including the establishment of sound training rules.
- Fulfill responsibilities to provide health services and an environment free of safety hazards.
- Exemplify the highest moral character, behavior and leadership.
- Provide ethical relationships among coaches.
- Encourage a respect for all athletics and their values.
- Abide by the rules of the game in letter and spirit.
- Respect the integrity and judgment of sport officials.
- Display modesty in victory and graciousness in defeat.
- Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

Red Wing High School and the Big 9 Conference

We encourage enthusiasm and sportsmanship at athletic events. Spectators, participants and coaches are expected to appreciate the rules of the contest, respect the officials and opponents, and exercise self-control at all times. The Big 9 Sportsmanship Policy states that cheering should be of a positive nature, that noisemakers, horns, whistles or other artificial attention-getters are not permitted and that signs and banners should promote positive and enthusiastic support. Cooperation with these guidelines is appreciated and will help Red Wing High School and the Big 9 Conference promote excellence in sportsmanship.

Big 9 Conference:

Albert Lea
Mankato West
Rochester Century
Austin

Northfield
Rochester John Marshall
Faribault
Owatonna

Rochester Mayo
Mankato East
Red Wing
Winona

Red Wing High School endorses the MINNESOTA GOOD SPORT PROGRAM.

We ask you to join with us to preserve the fun, excitement and the thrill of sporting events. Please help make sporting events an enjoyable experience for everyone!

STATEMENT OF RELEASE:

I recognize that there are physical hazards to be expected in the game and herewith release and hold blameless the Red Wing Activities Department, the Red Wing School District, and the coaches from any and all liability from injury/illness because of our child's participation in this activity. This waiver does not apply to any injury or damages that are the result of any willful, wanton, or intentional misconduct by the sponsoring organizations or anyone acting on behalf of those organizations. By registering for a program, you have accepted the terms of this agreement.

ACCESS POLICY:

The Red Wing School District strives to develop classes, courses, programs and activities that enable all students to experience rigor and excellence. It shall be the policy of the District to allow decisions regarding access and participation to be made by the professional educators with responsibility for the specific program. This is with the understanding that the educator's expectations and a program's limitations be made available prior to participation decisions being made. Guidelines to professional educators regarding participation decisions include: -Criteria for participation will be developed and communicated prior to decisions regarding participation being made. -The advice of a supervisor would be sought prior to a decision being made. - Previous participation in a "non-school" program will not be criteria for participation. - In cases in which only a small difference exists between students in terms of ability or attitude, inclusion should favor the older student. As in all cases, the decision will reside with the professional educator.

ACCIDENT-INJURY REPORT FOR AWAY COMPETITION:

Coaches must report all injuries to athletes which require medical attention. This covers injuries that happen during an away game/meet. The coach is to notify the RWHS athletic trainer (s) via email of the injury either same day or next day. This covers injuries in either practices or games in which the RWHS athletic trainer is not present.

***NOTE: This is to be done the day of or the next day following an injury. ***

PARTICIPATION AFTER INJURY REPORT:

Any time an athlete goes to a doctor or chiropractor regarding an injury, they are NOT to return to participation in either practices or games until they have a signed release from the doctor. This is MSHSL bylaw 107.00

After major surgery or serious illness or injury, the attending physician must certify in writing the student's readiness to return to competition.

This form is then given to the athletic trainer so it can be kept on file. If the athlete is treated by the athletic trainer and not seen by a doctor, a signed release is not needed. However, it is the coach's responsibility to be in touch with the athletic trainer to know if and when the athlete should be returning to competition and what care and treatment should be continued for the athlete. This requires constant communication with the athletic trainer.

ACTIVITY ACCOUNTS:

Each sport or activity may have an activity account with the RWHS Winger Sports Account. This account is separate from the school district and the General Fund budget for our athletic and activity programs. No school district funds are budgeted for these accounts. All revenue is from fundraising by, or donations to, a particular activity. These funds can be spent at the discretion of the head coach or advisor. Money from activity accounts cannot be transferred to General Fund account. Any supplies, materials, equipment, or other expenditures from the Activity Account must be approved prior to ordering.

There are many acceptable expenditures which can be made from these accounts with the general rule that money in these accounts must be spent for the direct benefit of the students. Expenditures could include transportation for scrimmages; purchase of equipment, materials or supplies not budgeted for through the General Fund; food or beverages for a team or parent gathering or meeting; awards for invitational tournaments, etc. School District employees cannot be paid any salary from Activity Account funds. Any questions on acceptable expenditures should be directed to the Activities Director. All activity accounts must maintain a balance in the "black" at all times.

1. All check requests will be **digitally** sent to Nikki using this email address: nikkishelstad@gmail.com. Take a photo of the request or scan it then email it to her. We are still required to use the form and track our balances in our booklets, etc. but the original does not go to Nikki. Along with the digital copy of the check request, a digital copy (photo or scan) of the invoice or receipt is required.
2. All check requests will require 2 signatures. The head coach who is doing the requesting will sign it and 1 additional individual associated with your program must sign the request as well. Please print that person's name on the form as well (must be legible). This additional individual could be an athlete, assistant coach, or parent.
3. All deposits will be made by Nikki. You can drop them off in the athletic office at the HS or at Nikki's business, Liberty Tax Service, 3107 S. Service Dr. (Across from Target.) Please email Nikki to let her know the deposit is coming.
4. Checks can be picked up at Liberty Tax Service during business hours or in the athletic office. Arrange with Nikki via email where the check pickup will work best for both of you.

ADVERTISING:

The use of advertising of products within the schools is a decision of the appropriate building principals or program level administrators. The bias in these decisions should be toward limiting the growth of advertising within the schools and prohibiting advertising that would alter or change the schools' curriculum. Advertising is sold in the community to assist in the publication of game programs and as a fundraiser for the Red Wing Booster Club. The RWBC controls these sales. Any other contacts for advertising or other types of fundraising within the community must have the prior approval of the Activities Director.

AWARDS - Letter Requirements:

Every Head Coach/Advisor must submit "Specific Requirements" for awards in his/her sport/activity. These requirements are kept on file in the Activities Office and can be found in each activities specific handbook.

In setting the requirements each coach/advisor should be within the framework of the philosophy as expressed below:

1. The following factors shall guide each coach/advisor in the granting of awards:
 - a. Amount of actual contest participation or specific contribution to a team such as scoring a specific number of points or placing at a specific level in competition.
 - b. Length of time spent in practice and faithfulness in attendance.
 - c. Number of seasons engaged in activity (3 years, including the senior year, qualifies for a letter).
 - d. Attitude toward self-improvement, team play and general practice regulations and procedures.
 - e. Observance of training and academic regulations.
 - f. Special factors such as injuries, illness, etc.
 - g. General conduct - sportsmanship in all school activities including athletic and non-athletic activities.
2. A student manager earns a letter award for one season of service.
3. Head Coaches shall explain to their squad the rules and regulations for earning an award at the beginning each season.
4. When writing requirements, use percentage figures for expressing "playing time." An example would be "51% of the quarters," as opposed to 20 quarters.

Any questions regarding specific requirements or policy in this area should be directed to the Activities Director.

AWARDS SYSTEM:

Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value.

Numerous state and local organizations select students annually to be recognized for meeting or exceeding established criteria. Coaches/Directors should utilize any opportunity made available to nominate deserving students. Honors should be made known to the Activities office and recognized at the appropriate school awards program.

The Big 9 Conference coaches select All Conference Awards in each sport each year. It is the head coach's responsibility to attend the meetings at which these selections are made and nominate any deserving athletes.

Red Wing High School also has numerous individual awards given out annually by various programs. The careful consideration of and prompt return of these nominations is the coach's responsibility.

ATHLETIC AWARDS:

1. A chenille letter for the first one earned.
2. Succeeding letters will be printed certificates.

Letters:

A chenille "RW" will be awarded the first time that a student meets the criteria for lettering in a particular sport or activity. Letters for athletics and activities will be identical. Every time a student earns a letter, they will receive a letter certificate. There will be separate certificates for athletics and activities.

State Letter:

A specially-designed patch will be awarded to those who participate in a state tournament and who do not earn All-State honors. This award is for participants only, and are ordered directly from Carlson's.

All-State:

A specially-designed patch will be awarded to any student/participant who receives official recognition as All-State, and are ordered directly from Carlson's.

SPECIAL AWARDS

1. 3 Sport Athlete - Seniors only - Plaque awarded along with letter certificate
2. All Star Athlete - Seniors only - must be a 2 or 3 sport athlete. All letter winners vote (girls vote for girls, boys vote for boys)

ACADEMIC ALL-CONFERENCE AWARDS:

Purpose is to recognize those students who excel in both co-curricular and academics and to demonstrate to students and the community the importance of both academics and activities. Students in grades 9-12 who meet the following requirements will receive this award:

1. Participate at the Varsity level in a conference-sponsored activity (varsity sports, first Band and Chorus, Knowledge Bowl, Dance Team, Cheerleading, etc.) Managers are included.
2. Fulfill all activity requirements as established by the coach, director or sponsor.
3. A semester GPA of 3.5 or higher during the semester in which they are involved in the sport or activity. Students who earn this award will be presented with a Big 9 Conference certificate. This certificate will be distributed to students at the end of each semester. Those earning this award will be acknowledged by school announcements, school newspaper and local radio and newspaper coverage.

AWARD PROGRAMS:

Each sport is **HIGHLY** encouraged to hold an awards program within one month of the conclusion of their season. This program is also encouraged for other activities although it is realized that such a program is not conducive to all activities. This program may be done in various ways. There may be a meal involved or there may simply be "coffee and dessert."

Programs may be held at the school, local churches or other restaurant or meeting facilities. You are strongly encouraged to hold this event locally and use local businesses when possible. When scheduling this program, the head coach/advisor is to fill out the proper form and return it to the Activities Office for the approval of the Activities Director. The date, time, location, and type of affair must be given on this form. The Activities Director will check the date and space availability before approving the program. Coaches/Advisors are reminded that all programs are to be self-supporting.

All participation certificates, numerals, letters, captain(s) awards, and MVP awards are to be presented and/or announced at this program. If possible other awards such as all-conference or all-state should also be presented at this program. All levels (grades 9-12) of a particular sport or activity could be included in this program as well as the cheerleaders for that particular sport (if applicable). If appropriate, a separate program may be held for 9th and/or 10th grade.

NON-SCHOOL COMPETITION AND TRAINING FOR TEAM AND INDIVIDUAL SPORTS

1. During the high school season – while a student is a member of a high school athletic squad, the student may not participate as a member of a non-school team or compete as an individual competitor in the same sport. Baseball, softball, and skiing are exceptions to this rule.
2. During the school year, prior to and following the high school sport – A student may participate in contests, meets or tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-Squad, junior varsity or varsity high school coaching staff.
 1. A Student may not use any type of high school uniform.
 2. A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-Squad, junior varsity or varsity high school coaching staff in that sport. Power skating and indoor soccer are included in this limitation.
 3. A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B-Squad, junior varsity or varsity high school coaching staff in that sport.
 4. A student's fee for non-school coaching or training must be paid by the student or the student's parent or guardian unless approved by the MSHSL.
3. Summer Vacation Period
 1. A student may compete as an individual or as a member of a non-school team. Summer is defined as the day following the fourth Friday in May through Labor Day.
 2. A student may not receive coaching or training from a salaried or non-salaried member of the student's high school coaching staff in that sport unless a coaching waiver has been approved for the coach.

Penalty –

Any student who violates the non-school competition and training rules shall forfeit eligibility in that sport for six (6) consecutive interscholastic contests in that sport. If fewer than six contests remain, loss of eligibility will continue to be counted into the next sport season in which the student participates.

ELIGIBILITY LISTS AND REQUIREMENTS FOR STUDENTS

1. Your list of student-athletes must be completed and approved on the MSHSL website by the noted deadline.
2. Before a student participates, he/she must have on file in the Activities Director's office the following forms:
 1. Physical form (within 3 years)
 2. Eligibility information form (MSHSL)
 3. Parent permit form (MSHSL)
 4. Emergency card
 5. Fee payment or arrangement

No student is to check out equipment or report for practice until the forms have been presented to the Activities Director or Coach.

ELIGIBILITY REQUIREMENTS

Academic Eligibility Policy

The purpose of this academic eligibility policy is to monitor, motivate and assist the students who participate in co-curricular activity programs, in order for the student to be academically successful.

While the school's co-curricular programs are a vital part of the total education of our students, our primary mission is academics.

While academically ineligible a student may practice with the team or activity but may not participate in MSHSL interscholastic athletic, academic, or performing arts competitions. The same consequence is in effect for those students participating in non-MSHSL activities (no public performance) for the duration of the consequence. If a student regains eligibility after a period of ineligibility the student is not guaranteed his/her original role. The role will be determined by the coach/adviser/director.

Academic Probation:

Students on academic probation who receive a failing grade will not be eligible to practice or compete until all current classes are at a passing level. At the end of the year, students under the minimum number of credits are not eligible for participation.

Additional ALC Policy:

The following pertains to students of the Alternative Learning Center (ALC) who are participants in the Red Wing High School (RWHS) Activities Department.

STUDENT ELIGIBILITY

ALC students may participate in activities at Red Wing High School. Students need to notify the secretary at their ALC of their interest. A meeting must be scheduled with the Activities Director at Red Wing High School to review eligibility and make application. When a student enrolls in an activity at Red Wing High School, the student is under the jurisdiction of the Minnesota State High School League and Red Wing High School Activity Policies/Regulations. Requirements to be a Red Wing High School Activities Program Participant:

1. To be an athlete or cheerleader at Red Wing High School one must:
 - a. Have a current physical exam on file in the Activities Office which is due every three years.
 - b. Have the Minnesota State High School League Eligibility Statement and Health Questionnaire signed by the athlete and parent/guardian.
 - c. Be in good standing with the scholarship, racial/religious/sexual harassment, and mood-altering chemical policies.
 - d. Pay the fee for the sport or have the waiver form signed by the Activities Director.
 - e. Because School District 256 does not provide medical insurance for athletes, each person should secure his/her own coverage
2. To be in any other Student Activity one must:
 - a. Have the Minnesota State High School League Eligibility Statement signed by the student and parent/guardian.
 - b. Be in good standing with scholarship, racial/religious/sexual harassment, and mood-altering chemical policies.
 - c. Pay the necessary fee for the activity or have the waiver form signed by the Activities Director.
3. Student Conduct: These expectations were composed by a task force of students, staff and parents (1995).

- a. Co-curricular participants must make a strong classroom effort. They must also have positive attitudes and good attendance. These qualities expected both in-season and off-season.
- b. Co-curricular participants must behave in a proper manner before, after and during their activity.
- c. Co-curricular participants shall behave properly in the community at all times.

If the above guidelines are not followed, participants may be suspended from school activities using the same guidelines as chemical use. If problems persist, a teacher, coach, advisor and/or administrator may assign discipline in one of the following:

- a. warning
- b. suspension from school or activity or both
- c. receive counseling
- d. refer to an outside agency

2020-21 Grade Check Dates

Grade checks will take place every other Friday, with ineligibility in effect the following Monday.

Example – grade check on Friday, September 25. Student is failing one class.

- a. *Students makes up work over the weekend – eligible to compete on Monday, September 28.*
- b. *Student does not make up work; ineligible to compete until work is made up.*

| <u>Semester 1</u> | <u>Semester 2</u> |
|-----------------------------|--------------------------|
| September 25 | February 12 |
| October 9 | February 26 |
| October 23 | March 19 |
| November 6 (end of quarter) | April 1 (end of quarter) |
| November 20 | April 16 |
| December 4 | April 30 |
| December 18 | May 14 |
| January 15 | May 28 |
| Quarter ends January 22 | Quarter ends June 3 |

ACADEMIC ELIGIBILITY

Regulations concerning eligibility for co-curricular activities including athletics, music, speech, robotics, and drama are based on the MSHSL rules and Red Wing School Discipline Policy. Academic standing, disciplinary matters, and enrollment status may limit eligibility for participation.

Requirements:

- a. No student will be allowed to compete or perform with a failing grade reported for any class. The student may continue to practice until the grade is successfully replaced with a passing grade. Once the grade has been successfully resolved the student will become immediately eligible. RWHS teachers will notify the Activities Office via email of this successful completion.
- b. The goal is to achieve a 'C-' average or 1.667 GPA or higher for all students per quarter.
 - a. Any failing grade at the conclusion of a quarter will result in ineligibility for a 2 week period.
- c. Students with disabilities (handicapping conditions) and/or who are subject to IEP's will have their eligibility determined with the assistance of their case manager.

- d. Upon consultation with the guidance counselor, head coach and AD, students with repeated bouts of ineligibility may be assigned to an after school study table or study skills help, until a consistent pattern of academic progress is established.
- e. The ineligibility list will be sent to each head coach or advisor by the Activities Secretary on the grade check dates (typically Fridays), with the expectation that the head coach/advisor will communicate with the impacted student and inform them to contact their teacher to resume progress in that class. The suspension will begin the following Monday.
- f. This policy is subject to change, based on COVID-19, and a potential change in learning models.

Additional Home School policy:

The person responsible for the education of a home school student must inform the Activities Director if the student is making unsatisfactory progress toward graduation. This information must be sent at the end of each grading period, if the student is a participant in any Red Wing High School co-curricular activity.

Incompletes:

An incomplete(s) not changed to a passing grade(s) by the end of the second week of the succeeding quarter will become a Failure (F) for the purposes of Academic Eligibility. If this results in ineligibility, the student will be ineligible for the remainder of that quarter. Ineligibility will be waived if the student does not have an incomplete at the end of the succeeding quarter and does not have more than one failing grade. Exceptions may be made for incompletes which are caused by extenuating circumstances.

Exceptions to the above will be made in the following circumstances:

1. Students in special education may have different standards written into the IEP upon the approval of the student's special education teacher, the Activities Director and Principal. Eligibility standards for these students may be waived if that student has made every possible effort to meet the standards.
2. A plan different from the above could be written to meet the individual needs of a particular student. This would only occur if it could be shown that the above plan is not working or has not worked, or in some other way is inappropriate. Such a plan must be approved by the parents, Activities Director and Principal.

Standards:

Students involved in the all RWHS activities must meet Academic, Chemical & Code of Responsibilities

CHEMICALS –

Red Wing High School follows the rules listed below in regard to the use of chemicals. Note that in several instances these rules are more stringent than that of Minnesota State High School League rules. Students are subject to additional consequences if a violation occurs on school grounds, at a school-sponsored event, or on the way to or from a school-sponsored event. Coaches/Advisors are encouraged to confront participants whom they suspect of breaking these rules and are required to turn in participants whom they know have violated these rules.

Chemical Eligibility Rules

Philosophy and Purpose: We at Red Wing High School care about the well-being of our students. We recognize that the use of alcohol, tobacco and other mood-altering chemicals has a negative impact on the health of the individual, their performance, and their team's or group's ability to function effectively. The chemical eligibility rules are designed to promote and encourage a chemically-free lifestyle and to provide a fair and meaningful consequence when the rules are broken, with the main intention being to help the student.

Red Wing High School (RWHS) adheres to MSHSL Bylaw 205 including all (RWHS) additions underlined below.

Policy: During the calendar year:

1. 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.
 - d. use or consume, have in possession, buy, sell, or give away products containing or products used to deliver nicotine, tobacco products and other chemicals. "Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product .
 - e. 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 substances 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.

Penalties for Category I Activities

Definition - Category I Activities:

Those League-sponsored activities in which a member school has a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

1. Athletic Activities
2. Fine Arts Activities
 - a. Debate
 - b. Speech Activities including One Act Play - when a school schedules a season of interscholastic contests.

First Violation Penalty

The student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater. In addition, the student must meet with and be screened by a school district drug counselor. In

order for the student to resume competing in interscholastic contests, a report of attendance from the school district drug counselor must be reported to the Activities Director.

Second Violation Penalty

The student shall lose eligibility for the next six(6) consecutive interscholastic contests or three (3) weeks, 21 calendar days, whichever is greater, in which the student is a participant. In addition, the student must meet with and be assessed by an approved outside drug agency (approved by the Activities Director). In order for the student to resume competing in interscholastic contests, a report of compliance to the required assessment from the drug agency must be received by the Activities Director. All costs for any assessment done by an approved outside agency shall be the responsibility of the student and his/her family.

Third or Subsequent Violation Penalty

1. The student shall lose eligibility for the next 12 consecutive interscholastic contests or four (4) weeks, 28 calendar days, whichever is greater, in which the student is a participant.
2. 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, and
 - b. enters treatment voluntarily, and
 - c. the director of the treatment center certifies that the student has successfully completed the treatment program.

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.

Applying the Penalty

1. Penalties shall be progressive beginning with the student's first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.
2. Violation Confirmation Definition: The violation shall be confirmed when the administrator responsible for the athletics/activities program has informed the student that the student has violated a bylaw and is now under the penalty. The notification shall be verbal and also in writing.
3. Counting Weeks:
 - a. The weeks shall begin on the date that the violation is confirmed by the school administrator and extend for the required number of calendar days.
 - b. For the purpose of this bylaw, a week is seven calendar days. The week starts the date the violation is confirmed.
 - c. At the beginning of the season, practice and conditioning weeks are counted.
 - d. 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.
4. A student who is under penalty for a violation of a League bylaw may not join a second sport in the same season in order to fulfill a penalty.
5. Practices, jamborees, inter-school scrimmages and previews are not interscholastic contests and may not be counted, however, the student is eligible to participate.
6. A student who participates in both Category I and Category II activities shall serve the penalty prescribed for that violation in both Category I and Category II activities in which the student participates.
7. If student regains eligibility after a period of ineligibility the student is not guaranteed his/her original role. The role will be determined by the coach/advisor/director.

Penalties for Category II Activities

Definition - Category II Activities:

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

Fine Arts and Academic Activities

1. Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series.
2. Music Activities.
3. Visual Arts Activities.
4. Chess, Academic Challenge, Math Team, Mock Trial, Music Listening, Fall Play, One Act Play, Cheer, Spring Play

Penalties for Category II Activities are identical to those listed for Category I. Interscholastic contests in Category I are identical to public performances and/or contests in Category II.

In addition:

1. A student who is guilty of an offense after being named or elected as a team captain can no longer be a captain and will not receive any awards associated with being a captain.
2. MSHSL Bylaw 304.B.1 (Denial Penalty): A student who denies an offense and is allowed to participate and is subsequently found guilty of the offense, will be disqualified from all interscholastic contests for nine (9) additional weeks beyond the student's original period of ineligibility.

CODE OF RESPONSIBILITIES:

All students represent our school and community. Therefore, good citizenship is required for participation in co-curricular activities. Because of their visibility and status as role models, proper conduct and abiding by school rules, MSHSL rules, local and state laws are expected of all students. Good citizenship also applies to respect for the rights and property of all individuals and respect for those who enforce the rules of our school and the law of the community.

We believe that students do know the difference between appropriate and inappropriate behavior. However, in order to ensure understanding, The Student Code of Responsibilities of the Minnesota State High School League is used to explain the basic concepts of good citizenship and appropriate behavior and the policy outlined below defines our expectations in more specific terms. It is the responsibility of students in our activity programs to behave in a way that makes the school and community proud to have him/her represent us as a member of a Winger team and/or activity.

MSHSL Student Code of Responsibilities

The member schools of the Minnesota State High School League believe that participation in interscholastic activities is a privilege which is accompanied by responsibility.

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

- o I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- o I will be fully responsible for my own actions and the consequences of my actions.
- o I will respect the property of others.
- o I will show respect and obey the rules of my school and the laws of my community, state and country.
- o I will show respect to those who are responsible for enforcing the rules of my school and the law of my community, state and country.

Penalty: A student who is under penalty of exclusion, expulsion or suspension or whose character or conduct violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the principal.

POLICY

1. Any student who is assigned in-school suspension or out of school suspension for any time period shall not participate in student activities that day or evening.
2. Activity participants are required to make a strong academic effort in the classroom. In addition, student-athletes and activity participants will demonstrate respect for teachers and fellow students, positive attitudes, sincere efforts and good attendance. This expectation applies both to in season and out of season student-athletes and activity participants.
3. Activity participants are expected to be trustworthy. It is absolutely necessary to have team members that can be trusted in the locker room, on the field, court, pool or gym, stage, on the bus to and from events and anywhere else he/she is a part of team activities. Activity participants indicating they cannot be trusted may be dismissed from that team.
4. Activity participants representing Red Wing High School are expected to conduct themselves in a manner that will allow their team, coaches, school, parents or community to be proud of them. Behavior that negatively impacts the reputation of the school and/or community at any time or anywhere will not be tolerated. Gestures or comments, disrespect, defiance, insubordination towards teammates, game officials, opponents, coaches, spectators, school personnel, etc. will not be tolerated.
5. Activity participants are expected to demonstrate good citizenship and behavior in the community at all times. Behavior should be positive so that it brings credit to the student-athletes, activity participants, their activities and their school.

If it is determined that a student-athlete/activity participant demonstrated negative behavior in the classroom, an activity in or out of school, or in the community, consequences may be imposed. When such behavior does occur, the coach/advisor, activities director and assistant principal will discuss the matter with the student. Depending on the visibility and seriousness of the incident, consequences may include any combination of the following: suspension from games, practices, loss of letter points, loss of captaincy, dismissal from a team or activity, in-school or out of school suspension. A penalty may count in the sequence of MSHSL violations.

Examples of inappropriate behavior that will likely result in a penalty: (This list is in no way all inclusive)

- Theft
 - Hosting a party where alcohol or other drugs are being used
 - Disrespect to a teacher or other staff member
 - Vandalism
 - Cheating
 - Attending an event knowing that illegal activity will take place and that the purpose for attending for most students is to participate in that illegal activity. (Example: End of the year class party)
- When a student receives a penalty or suspension for a violation of school code of conduct policies or a violation of MSHSL bylaw 206-Good Standing, the student and his or her family shall have the opportunity to have a review of the penalty or suspension by the high school principal or designee.

MSHSL Definition, Policy and Penalties associated with hazing incidents

Hazing:

“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.

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

Hazing may include but is not limited to:

1. Any type of physical brutality such as whipping, beating, striking, 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 any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health of the student.
4. Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, that 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.

Reporting Procedures:

1. 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.
2. The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately.
4. Submission of a good faith complaint or report of hazing will not affect the complainant or reporter’s future employment, grades or work assignment.

Penalties for Category I Activities:

First Violation:

The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

Second Violation:

The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.

Third or Subsequent Violations:

The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

Progressive Penalties:

Penalties for sexual harassment violations shall be progressive beginning with the first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.

Penalties for Category II Activities:

Each member school shall develop penalties which it will apply to the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.

STUDENT/COACH/SPECTATOR EJECTION FROM A CONTEST

Penalties: Any student, coach, or spectator disqualified from an interscholastic contest by game officials or event administration will be ineligible at the minimum for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition. The second violation carries a minimum of four (4) regularly scheduled game/meet ineligibility. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in that particular sport until the next school year. In the case of a senior, the penalty will continue to the next sport season.

Student:

Anytime a student-athlete is ejected from a game/meet, he/she cannot participate the remainder of that day. The student is also suspended at the minimum from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition. Consequences greater than the minimum penalties may be imposed depending on the reasons for ejection.

Coach:

Anytime a coach is ejected from a game/meet, he/she does not coach the remainder of that day. The coach is also suspended at a minimum from the next scheduled, rescheduled, or contracted date at that level of competition and all game/meets in the interim at other levels of competition. Appeal: A basketball coach may appeal the penalty only when he/she is disqualified for technical fouls and his/her actions did not contribute to the disqualification. The appeal will be heard by the local school administration. A complete report must be sent to the League for review.

Spectator:

Anytime a spectator is ejected from a game/meet, he/she cannot spectate the remainder of that day. The spectator is also suspended at the minimum from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition. Consequences greater than the minimum penalties may be imposed depending on the reasons for ejection.

ATTENDANCE:

Students who attend Twin Bluff Middle School, Red Wing High School, or who live in the Red Wing district and are home schooled are eligible for B Squad/JV/Varsity competition. Homeschooled students must have their school and curriculum be in "good standing" within the standards set by Red Wing Public Schools 256.

EMERGENCY ACTION PLAN (EAP):

An Emergency Action Plan will be developed for each sport (and level). This is to be completed prior to the first practice and is to be on file with the Athletic Training Staff and a copy should be in each 1st aid kit. This plan must be reviewed and practiced with staff prior to the first practice. See Appendix for copy of form.

EMERGENCY ACTION PROCEDURES:

1. Administer immediate first aid
 - a. control bleeding
 - b. cardio-pulmonary resuscitation
 - c. treat for shock
 - d. fractured bones
2. Notify Parents
3. Call 911 - if parents cannot be reached and/or there is a medical emergency
 - a. (head, neck, back, breathing, bleeding, internal injuries, shock or fracture or if unconscious).
4. If there is any doubt as to the seriousness of the injury and/or the injury is to
 - a. the neck, back or pelvic area **DO NOT MOVE THE ATHLETE** - wait for
 - b. emergency medical personnel to arrive.
5. If the athlete must leave the field or court, he/she should be accompanied by a
 - a. coach or parent. If you are the only coach, suspend the practice or game until
 - b. another responsible staff member can observe and care for the injured athlete.
6. Report the injury to the following as soon as possible:
 - a. Activities Director - call at home if necessary.
 - b. If the Activities Director cannot be reached, contact the building principal.
 - c. Contact school nurse no later than the next day so that a District Accident Report form can be filled out.
7. All coaches are strongly encouraged to keep a written record of all reported injuries and the treatment administered.

AT NO TIME SHOULD AN ATHLETE WHO HAS BEEN UNCONSCIOUS BE ALLOWED TO COMPETE OR RE-ENTER A GAME OR PRACTICE OR BE ALLOWED TO GO HOME UNATTENDED.

EMERGENCY CLOSING OF SCHOOL:

In the event of schools being closed for any type of emergency closing, including inclement weather, all co-curricular practices, games, or events are canceled. If weather conditions improve, practices, games or events for varsity teams/groups may be scheduled upon approval of the Activities Director. Before scheduling such practices/games, there must be approval from the High School Principal and the Superintendent.

DISTRICT #256 ACTIVITIES FEE INFORMATION 2020-2021

These guidelines are to be applied when calculating the fee amount per activity. Please note the “fee caps” as listed below. Any student or family that qualifies for free or reduced lunch program or has a financial hardship of any kind can apply for an Activities Scholarship. **A scholarship form must be submitted for each activity, each season. Scholarship Forms can be found on the School District Website or can be obtained by contacting the High School Activities Office.**

Fees or scholarships must be paid **BEFORE** the student/athlete will be allowed to practice or play.

Fees are as follows. Fees help cover costs of equipment, transportation, and officials.

High School Individual Activity Fee - \$175.00

Middle School Individual Activity Fee - \$100.00

ACTIVITY FEE CAPS

High School & Middle School Athletics & Fine Arts Combination – Individual = \$350

Cheerleading ONLY - Individual = \$75 per season

Family CAP = \$850

Family Pass = FREE to families with a **registered** participant
(home contests only- for the season they are participating in)

Student Activity Pass = \$30 (7th gr – 12th gr Free)

Adult Activity Pass = \$75

SCHOLARSHIP –

School District Policy allows athletic fees to be waived in the case of low income or undue hardship. Any family who receives a letter indicating they may receive free or reduced lunches also qualifies for the activities scholarship. In order to receive the scholarship, a copy of this letter needs to be turned in to the Activities Office. A scholarship is good for the entire school year. Those who do not qualify for free and reduced lunches, but face an undue hardship may apply for a scholarship by contacting the High School Activities Office.

REFUND –

A student who quits a sport/activity, for any reason, prior to the first contest or public appearance may receive a full refund. (Note: Refunds will not be processed until student has turned in all equipment issued and has been cleared by the coach.) After the first contest or public appearance, no refund will be made except in the case of injury or illness which prevents continued participation. When this occurs (provided the injury or illness is substantiated by a physician’s statement) the refund will be as follows:

1. Full refund up until the first contest/public appearance.
2. One-half refund after the first contest/public appearance through the first one-quarter of the season.
3. One-fourth refund through the first half of the season. (Length of season is first practice date through the first scheduled game of post-season competition.)
4. Refund must be requested during the academic year of the activity.

SOCIAL MEDIA COMMITMENT:

The wide variety of social networking available can provide student-athletes with easy access to important news and events, team practice schedules and parent information. While tools such as

Facebook, Twitter, Instagram, Snapchat, and Texting can have many benefits in today's world, using them in an inappropriate manner can have negative consequences and possible legal action when used for the wrong reasons. Red Wing Public Schools supports its student-athletes' right to freedom of speech and the right to use social media. In this context, Red Wing Public Schools also reminds each student that participating and competing for the Red Wing Public Schools is a privilege not a right. The student-athlete represents his or her high school as well as the Red Wing Public Schools activities department. Student-athletes are therefore expected to conduct themselves, in a positive and safe manner at all times. Any online postings done by student-athletes must be consistent with federal and state laws, as well as school and district policies. The Red Wing Public Schools Activities Department has developed a set of guidelines for all student-athletes to follow to ensure that they make good decisions when using the plethora of social media options available in today's society.

The following guidelines are now part of the required documents for all Red Wing Public Schools student-athletes and parents/guardians. A similar document will also be signed by each Red Wing Public Schools coach and placed in his / her coaches' file. Violations of these guidelines may result in immediate removal from the team or from coaching responsibilities.

Guidelines

1. Specifically, prohibited behaviors for student-athletes include but are not limited to:
 - a. Any postings of sexually explicit, profane, lewd, indecent, or defamatory language.
 - b. Derogatory language about school personnel or other students. This includes posting comments about opposing teams, their coaches, fans, and officials.
 - c. Comments designed to harass or bully students and /or school personnel.
 - d. Nude, sexually oriented or indecent photos, images or altered pictures. This includes links to pornographic websites or inappropriate material.
 - e. Postings personal attacks or racially motivated comments about students, coaches or school personnel.
 - f. Photos, videos, comments or postings showing the personal use of alcohol, drugs and tobacco (for example: holding cups, cans, shot glasses or tobacco products).
 - g. Postings that encourage or depict or advocate unacceptable, violent or illegal activities such as hazing, sexual harassment, assault, fighting, vandalism, academic dishonesty, underage drinking or illegal drug use.

Failure to adhere to these policies and guidelines may result in consequences that might include suspension from your team with Red Wing Public Schools. You may also be subject to additional consequences imposed by the school district or law enforcement.

Any students in violation of said conduct is subject to consequences to be determined by the administration, principal and/or Activities Director.

The Minnesota State High School League Student Code of Responsibilities, Bylaw 206.00, is applicable and relevant in all student related issues and concerns in such matters.

Appendix A

Handout

GUIDELINES FOR CONCERNS REGARDING ACTIVITIES PROGRAM

General Information:

1. As coaches/advisors we are professionals and are expected to conduct ourselves in a professional manner. We cannot promise that all of your concerns can be resolved to your liking, but we can promise that we will listen to your concerns and respond to the best of our ability.
2. In order for our programs to be successful we must all work together- parent, coach and participant. We all want to do what is best for each individual student-athlete whenever possible. As teachers and coaches/advisors we care a great deal about your son or daughter and want to contribute to their individual development in a positive way.
3. Complaints and concerns need to be expressed and dealt with, however, positive comments and/or suggestions are also appreciated. Your input is needed and is helpful as we plan and conduct our programs.

How to Handle a Problem or Concern:

1. When a problem or concern exists, parents are strongly encourage to have the student/participant discuss the problem or concern with the coach or advisor. This is a great opportunity for the student to learn and practice valuable skills. Of course there may be concerns which need to go directly from the parent to the coach/advisor, and parents may always contact the coach if they do not feel that this initial contact has resolved the problem.
2. Parents are urged to contact the coach or advisor directly, before contacting the Activities Director, when the problem or concern deals with a particular activity. If the concern is not resolved, the parent should contact the Activities Director. If still not resolved, the High School Principal would be the next appropriate level to contact.

Guidelines for Contacting Coaches:

1. When participants need to talk to their coach or advisor, after practice is best; or even better, ask the coach before practice if you can set a time at which you can speak with them. Coaches who teach in the building can many times meet with participants during the school day if necessary. This can be much more productive than a rushed meeting before or after practice.
2. Other than to request a meeting or to ask that the coach call you, do not approach the coach in a public setting. This can put both of you in a difficult position.
3. It is best to first call (or write) the coach. If a personal meeting is desired this can be requested. Calling first will allow such a meeting to be scheduled in a private setting and at an appropriate time.
4. If possible, call the coach at school during the day. If the coach cannot be reached leave a message for him/her - - through the main office or through the activities office. The coach will then return the call.

5. If necessary, contact the coach at home in the evenings. Please avoid this when possible as our coaches have very little free time with their families - especially during the season in which they are coaching.
6. Avoid discussing problems with a coach on game days, or during practice. Before a practice is also a difficult time for the coach to discuss problems.

Playing time Issues:

**** A Coaches Decision is NOT Mistreatment****

1. A suggested approach when concerned about a playing time issue, is to ask the coach/advisor what your son or daughter needs to work on or in what areas they need to improve in order to receive more playing time. This approach can be used by the participant, as well.
2. Keep in mind that the coach must work with a particular activity keeping a large picture in mind—what is best for the entire team or group, not just what is best for an individual athlete. Coaches see participants at each practice and are constantly evaluating to determine who deserves to play/participate, in order for the team to compete at the highest level possible (within our school district philosophy). There may be factors other than ability and individual performance that also come into play.

How you can Assist Us:

Please share unique information or insight in regard to your son or daughter, including effective ways in which to deal with them that you have discovered as a parent. How can we best motivate your child; what styles of teaching/coaching do they react to the best, etc. This type of information can be of great help to a coach.

Flow Chart: (if unresolved the issue may be taken to the next higher level)

4 Step Athlete-Coach-Parent-AD Communication Process

- Step 1 – Athlete meets with Head Coach (Most important step)
- Step 2 – Parent/Athlete meet with Head Coach (If necessary)
- Step 3 – Request a meeting with the AD (If absolutely necessary)
- Step 4 – Request to meet with the Principal – Head Coach, AD, Parent, Athlete, Principal (Last resort)

We strongly advocate that our student athletes and coaches create open communication lines – this is a life skill! Our hope is honest and authentic conversations.



Winger Activities

Parental Recommendations

It is important that we all understand these guidelines are in place so that all involved have the best experience possible. This is vital for our athletes, but also includes parents, coaches, faculty, game officials, and the greater Red Wing community – we're all Wingers! As a staff, our coaches are excited to work with your student-athletes!

- I will try my best to make athletics a positive experience for everyone involved, i.e., participants, coaches, officials, and spectators.
- I will treat other players, coaches, officials, and fans with respect.
- I will insist my player treat other players, coaches, officials, and fans with respect.
- I will reinforce the school's drug and alcohol free policies and refrain from using alcohol and other drugs before or during contests.
- I will do my best to understand and appreciate the rules of the contest.
- I understand that education based activities are focused on the process of learning.
- If I have a concern, I will talk to the coach at the appropriate time and place, i.e., never before, during, or immediately after a contest (wait 24 hours).
- I will do my best to remember my ticket to a school athletic event provides me with the privilege of observing the contest.
- I will refrain from posting negative or abusive comments about coaches and players on social media outlets.
- I will do my best to guide my child in not posting negative or abusive comments about coaches and players on social media outlets.

At Red Wing High School, we fully understand that we have outstanding parental support – we thank you for that! Please realize that there are consequences for inappropriate behavior and that these consequences may need to be enforced:

1st incident: Verbal and written warning.

2nd incident: Removal from game or facility.

3rd incident: Suspension from all athletic and/or activities for the remainder of the school year.

Any subsequent incidents will result in permanent suspension from all high school activities.

We get to watch our kids play – let's enjoy the experience together!

Best,

Paul M. Hartmann

Activities Director – Red Wing High School

#WingerPride

Emergency Action Plan (EAP)

Coaches are responsible for filling out Emergency Action Plan (EAP) forms appropriate to their specific sport. 911 is the first call in all incidences where a cardiac or breathing emergency is suspected or catastrophic injury has occurred. The onsite ATC should be notified as soon as possible (concurrently with the 911 call or immediately after). Parent/guardian notification is made utilizing player emergency cards.

| | | |
|----------------------------|---|-----------------|
| Coach | | |
| Sport | | |
| Level | | |
| EMERGENCY CONTACTS | | |
| 1st Call | 911 | |
| 2nd Call | <ul style="list-style-type: none"> Kathy Sheehan(ATC) 507-884-4677 Leah Plaas (ATC) 218-349-1497 Paul Irwin (ATC/PT) 651-380-3606 | |
| 3rd Call | Parent/Guardian | Parent/Guardian |
| 4th Call | Paul Hartmann 651-301-1936 | Other |
| Nearest Phone | Practice: | Game: |
| Nearest AED | Practice: | Game: |
| Address | Practice: | Game: |
| EMS Access Point | Practice: | Game: |

A call to the Athletic Trainer is only warranted during Athletic Training Room (ATR) hours and scheduled game coverage.

| Coverage | ATR Hours | Game/Event Coverage |
|----------|-------------|--|
| Fall | 2:15 – 5:15 | FB (8-12 grades. Travel with Varsity FB), Soccer (Varsity) |
| Winter | 2:15 – 4:45 | Hockey (JV/Varsity), Basketball (JV/Varsity), Gymnastics |
| Spring | 2:15 – 4:15 | Track and Section Baseball |