

# ACTIVITIES HANDBOOK



***DETROIT LAKES  
PUBLIC SCHOOLS***

Updated December 2011

# TABLE OF CONTENTS

<b>Philosophy .....</b>	<b>1</b>
<b>Federal &amp; School District Policies .....</b>	<b>1</b>
<i>Harassment and Violence .....</i>	<i>1</i>
<i>Hazing Prohibition.....</i>	<i>1</i>
<b>Detroit Lakes Public Schools Student Eligibility .....</b>	<b>3</b>
<i>Scholastic Eligibility.....</i>	<i>3</i>
<i>Conduct Eligibility.....</i>	<i>5</i>
<i>Minnesota High School League Eligibility.....</i>	<i>7</i>
<i>NCAA Initial Eligibility.....</i>	<i>10</i>
<b>Parent and Participation Information .....</b>	<b>10</b>
<i>Sportsmanship.....</i>	<i>10</i>
<i>Detroit Lakes Public Schools Expectations for Parent/Coach Communication.....</i>	<i>13</i>
<i>Athletic Cautions, Considerations, and Responsibilities.....</i>	<i>14</i>
<i>Non-Athletic Cautions, Considerations, and Responsibilities.....</i>	<i>15</i>
<b>Sports and Activities .....</b>	<b>16</b>
<i>Fall, Winter and Spring Activities .....</i>	<i>16</i>
<i>Non-Season Specific Activities.....</i>	<i>17</i>
<i>Participation Fees and Ticket Prices.....</i>	<i>17</i>
<i>Fee Reimbursement.....</i>	<i>18</i>
<i>Directory of High School and Middle School Activity Administration.....</i>	<i>18</i>

## FORWARD

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

## **PHILOSOPHY OF ACTIVITIES IN THE DETROIT LAKES PUBLIC SCHOOLS**

The philosophy of the activities program at Detroit Lakes is such that activities are considered an integral part of the school's program of education, which provides experiences that will help participants physically, mentally, socially, emotionally, and morally. The element of competition and winning, though it exists, is controlled to the point that it does not determine the nature of the program. We consider this to be educationally and psychologically sound, because of the training it offers for living in a competitive society. Participants are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times to enhance the educational values of programs.

We believe that participation in activities, both as a participant and as a spectator, is an integral part of the educational experience of each student. Such participation is a privilege (not a right) that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the student him/herself. The school has the authority to revoke the privilege when a participant does not conduct him/herself in an acceptable manner. Rules, regulations, and programs are valueless unless the individual affected by them are made better because of the experience.

### **FEDERAL AND SCHOOL DISTRICT POLICIES**

#### **POLICY 413 – HARASSMENT AND VIOLENCE** *(The complete policy can be found at [www.dlschools.net](http://www.dlschools.net))*

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

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

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

The school district will act to investigate all complaints, formal or informal, verbal or written, of religious, racial or sexual harassment or violence, and to discipline or take appropriate action against any pupil, teacher, administrator or other school personnel who is found to have violated this policy.

#### **POLICY 526 - HAZING PROHIBITION** *(The complete policy can be found at [www.dlschools.net](http://www.dlschools.net))*

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

- No student, teacher, administrator, volunteer, contractor or other employee of the school district shall plan, direct, encourage, aid or engage in hazing.
- No teacher, administrator, volunteer, contractor or other employee of the school district shall permit, condone or tolerate hazing.
- Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.
- This policy applies to behavior that occurs on or off school property and during and after school hours.

- A person who engages in an act that violates school policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
- The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor or other employee of the school district who is found to have violated this policy.

“Hazing” means committing an act against a student, or coercing a student into committing an act that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to:

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

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

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

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

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

## **DETROIT LAKES PUBLIC SCHOOLS STUDENT ELIGIBILITY**

### **INTRODUCTION**

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

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

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

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

### **SCHOLASTIC ELIGIBILITY**

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

#### Credits

At Detroit Lakes High School, a student must be enrolled in at least six credit-bearing courses each term in order to be considered a full-time enrolled student and, therefore, eligible to participate in activities. A high school student is progressing satisfactorily toward graduation and is therefore eligible for MSHSL activities if the student has accumulated the credits according to the chart below, prior to the beginning of the designated semester. For example, a 9<sup>th</sup> grade student should have successfully completed six semester credits after completing first semester; therefore, six credits are needed to be eligible for activities that take place during the second semester.

Grade	Term	Semester Credits Needed
9	Semester Two	6
10	Semester One	12
10	Semester Two	18
11	Semester One	24
11	Semester Two	30
12	Semester One	36
12	Semester Two	42

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

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

Example: if a junior entering 2<sup>nd</sup> semester has accumulated only 25-29 credits (1-5 credits behind), he/she must have passed all classes in the previous term (1st semester) and have a counselor-verified plan in place to make up deficient credits to be eligible during 2<sup>nd</sup> semester.

### Grades

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

1. Progress Reports

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

2. End of Quarters and Semesters

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

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

### Attendance

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

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

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

### Suspension or Expulsion

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

## CONDUCT ELIGIBILITY

The school principal, activities director, or the supervisor of any co-curricular activity shall have the authority to suspend a student from participation in an activity if reasonable suspicion exists for any of the following behaviors:

- The student has consumed or possessed a beverage containing alcohol;
- The student has consumed or possessed tobacco, regardless of the student's age;
- The student has consumed, possessed, sold, purchased, or given away any controlled substance or drug paraphernalia.
- "Mere Presence"
  - Being in attendance at a function or party where the student knows or has reason to know that alcohol or other drugs are being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so. When a student recognizes this situation, he/she is expected to leave immediately.
  - An intention to leave is not a defense. Nor is being the "designated driver." Stay and risk loss of eligibility for extracurricular activities.
- Engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding minor offenses such as traffic or hunting/fishing violations), regardless of whether the student was cited, arrested, convicted, or adjudicated for the act or acts.
- Exceedingly inappropriate or offensive conduct such as assaulting staff or students, gross insubordination (talking back or refusing to cooperate with authorities), serious hazing or harassment of others. NOTE: This could include group conduct!

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

### Consequences for Chemical Eligibility and Mere Presence Violations

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

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

MP = Mere Presence, CE = Chemical Eligibility

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

### General Guidelines for Consequences:

1. Detroit Lakes School Board Policy and the bylaws of the MSHSL specifically prohibit drinking or possession of alcoholic beverages, abuse or possession of harmful narcotics and/or drugs, the use of tobacco in any form, or any socially unacceptable behavior such as the failure to obey the civil laws of our society or the serious or habitual violation of policy. Once a student has signed their first eligibility statement for participation in an activity, these rules are to be observed throughout the entire calendar year and throughout the student's career in school.
2. Consequences for violations are cumulative from the time a student signs their first eligibility statement for participation in activities.
3. Suspension periods will cover consecutive weeks whenever a violation occurs during the school year.
4. Violations occurring out of season or during the summer are enforced at the start of the next season of participation for the student during the following year.
5. 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.
6. A student who is under penalty for a violation of a MSHSL bylaw may not join a second sport in the same season in order to fulfill a penalty.
7. Practices, jamborees, inter-school scrimmages and previews are not interscholastic contests and may not be counted; however, the student is eligible to participate in such events as determined by the school.
8. A student who participates in both athletics and fine arts (separate classifications in the MSHSL) shall serve the penalty prescribed for that violation in both activities in which the student participates.
9. Any student who has a violation that occurs during the season or prior to the awards presentation of that activity will not be awarded a letter or receive any other recognition/awards for that activity.
10. Any participant who has a violation will not be eligible for a position of status (leadership role) for a period of twelve calendar months from the date of the violation.

### **INVESTIGATION PROCEDURES**

MSHSL Bylaw 305-Master Eligibility List and Bylaw 306-Responsibility for Student Eligibility indicate that it is the responsibility of the school administrator to determine the eligibility of all students who participate in MSHSL-sponsored programs offered by their schools. When a student's eligibility is in jeopardy due to an alleged violation of the MSHSL bylaws and policies, the school will conduct an investigation. The investigation will begin on the day the school is first notified of the alleged violation and it shall conclude within 10 calendar days. At the conclusion of the investigation the school must make a determination of the eligibility status of the student. It shall be the responsibility of the member school to notify the student, parent or guardian in writing, of the eligibility determination. The written notification must also include a copy of the Fair Hearing Procedure and the Acknowledgement of Rights.

A student, parent or guardian may contest a school's eligibility decision by requesting a hearing through the Fair Hearing Procedure. The student, parent or guardian must request a hearing within 10 days of the mailing of the notice of suspension from activities. The school will inform the party of the procedures to be followed upon receipt of the request for hearing.

## MINNESOTA STATE HIGH SCHOOL LEAGUE ELIGIBILITY

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

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

### MSHSL General Eligibility

- Age: Students participating in League-sponsored activities shall be under 20 years of age at the start of the sport season. A student who turns 20 during the sports season will be permitted to complete that sports season.
- Attendance: Students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in League-sponsored activities.
- Credit Requirements: Students must be full time students according to the Minnesota Department of Education criteria. Students must meet the school's credit requirements for graduation in four years beginning with the student's entry into 9th grade.
- Enrollment:
  1. Only students who are fully enrolled in a school are eligible to be placed on that school's eligibility roster and participate in League programs offered by the school the student attends.
  2. Students enrolled in schools established for a special need serving one entire school district, may engage in activities in the secondary school which provides service in the attendance area of the student's residence if:
    - a. the district wide school does not provide the activity; and
    - b. the student meets all other eligibility requirements; and,
    - c. the district wide school's senior high school student enrollment is fewer than 200 students.
  3. **Home School Students**: Minnesota Statutes allow home schooled students to be eligible to participate in League-sponsored activities for the public school in their resident school district attendance area.
  4. **Charter School Students**: Charter school students are not eligible to participate in League-sponsored activities for the public school in their resident district because they do not meet the Minnesota Department of Education requirements for being enrolled in the local public school. For Participation opportunities, the charter school would have to join the League and offer the program or enter into a cooperative agreement with another League member school.
- Grade Level Eligibility: Participation in League-sponsored programs is limited to students in grades 7 through 12. Students in grade 7, 8, and 9 may participate only if they are enrolled in a continuation school for that high school.

#### ***Definitions:***

1. A ***Continuation School*** is one that is under the same administrative head and governing

board.

2. *A student in grades 7, 8, or 9, who attends a school under a separate administrative head and governing board; which does not have a continuation high school; and where no other opportunity for participation on a high school team exists; is eligible to participate for a public high school team provided the public high school and the non-continuation school have established a joint agreement for participation in League Activities. The non-continuation school must be located in the public high school district as defined below.*
3. *Public high school district: The term “**High School District**” shall refer to the territory assigned to a specific high school by a Board of Education and shall not refer to a school system except in cases in which only one high school*

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

- Graduates of Secondary Schools: Students who have graduated from a secondary school, or who have completed the terminal or final grade of a secondary school, or who have earned a GED are not eligible for participation in any League activity. A student who graduates while a member of a team with a season in progress may complete the season if three or fewer weeks of the regular season, exclusive of League tournament play, remain.
- Physical Examination: Students must have a record of a physical examination performed by a physician within the previous three years on file with the school prior to the student’s participation. It is the recommendation of the League Sports Medicine Advisory Committee that the League Sports Qualifying Physical Examination (SQPE) form be used for the physical examination.
  1. Health questionnaire: Each year a League health questionnaire must be completed by the student parent(s) or guardian(s) and kept on file in the school. The questionnaire could indicate the need for a physical examination prior to the student’s participation.
  2. After major surgery or serious illness or injury, the attending physician must certify in writing the student’s readiness to return to competition.
  3. SQPE Three Year Expiration: If the three year anniversary date of the examination occurs during the school year the SQPE will remain valid through the conclusion of the school year or spring athletic season.
- Scholastic Eligibility (Please refer to pages for 3 and 4 for specific Detroit Lakes requirements):
  1. Students must be making satisfactory progress towards the school’s requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress.
  2. Students in special classes must be making satisfactory progress toward the student’s Individual Education Plan.
  3. Exceptions to Scholastic Eligibility:
    1. If the school principal and personnel from an agency such as a residential treatment center, mental health clinic, county welfare department or family service agency diagnose the psychological needs of a student and jointly determine that effective treatment for the student includes the option of participation in League activities.
    2. If a student is transferred from one school to another upon the recommendation of a professional social service agency and is agreed upon by the principals of the schools

involved. The League must be informed of this exception in a joint statement signed by the school principal and the director of the agency involved. Such documentation must be sent to the League office 10 days before participation in a League-sponsored activity.

- Seasons of Participation:
  1. Students may not participate in more than one interscholastic season in a given sport in each school year or more than four seasons in any sport while enrolled in grades 9 to 12.
  2. Participation, no matter how limited, will count as one season of participation.
- Semesters Enrolled: Students shall be eligible for participation in League-sponsored activities for eight consecutive semesters (four years), beginning with their initial entrance into the 9th grade. Attendance of 15 or more days in a semester, or participation in a practice or contest shall count as one semester and must be used in determining eligibility.

Counting Semesters: Once a student's enrollment in the 9<sup>th</sup> grade has been confirmed for the first time the student has eight consecutive semesters for participation whether the student chooses to participate or not, and regardless of whether the student remains fully enrolled or not.

1. Appeal: A student who is forced to withdraw during a semester because of circumstances beyond the student's and parent(s) or legal guardian(s) control may appeal to the Board of Directors provided that the student was making satisfactory progress at the time of withdrawal.

If school officials feel that the circumstances meet the requirements for appeal, they must prepare and submit to the Board of Directors an application, supporting evidence, and affidavits setting forth all relevant facts. The appeal must be prepared so as to leave no doubt about the validity of the evidence and facts in the case. Evidence such as prolonged absence required by sickness, injury or extreme family emergencies may be considered if adequately substantiated. The Board of Directors will be expected to exercise extreme care that the standards as to total semesters allowed are not compromised by this appeal procedure, and that the procedure provided by this bylaw is uniformly applied.

The application, supporting evidence, and affidavits must be submitted to the Board of Directors at least 30 days prior to the beginning of the semester in which interscholastic participation is to be resumed. The decision of the Board of Directors shall be accompanied by a written statement of the reasons and basis for the decision including findings and conclusions upon all issues involved.

A student who is a Minnesota resident and who has participated in a CSIET approved foreign exchange program during one of their four academic school years (grades 9-12) may appeal to the Board of Directors for additional semesters of eligibility.

- Transfer and Residence: The rules and procedures regarding transfer and residence are very lengthy and detailed. A copy of bylaw 111.00 is available in the office of Detroit Lakes High School or can be found in the MSHSL Official Handbook at [www.mshsl.org](http://www.mshsl.org).
- Foreign Exchange Students: The rules and procedures for foreign exchange students are very lengthy and detailed. A copy bylaw 111.00 is available in the office of Detroit Lakes High School or can be found in the MSHSL Official Handbook at [www.mshsl.org](http://www.mshsl.org).

## **NCAA INITIAL ELIGIBILITY**

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

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

### **The Student Athlete's Responsibility While in High School**

Complete the following forms:

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

These actions should be taken by the end of the student's junior year to insure adequate time for processing. For more information you can visit the NCAA Clearinghouse website at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

## **PARENT AND PARTICIPANT INFORMATION**

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

### **A Message from the MSHSL Executive Director**

*Dear Parents:*

*Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic and activity programs of the Minnesota State High School League's member schools, as well as for the individuals who participate. People involved in all facets of interscholastic athletic and activity programs are expected to demonstrate respect for others and display good sportsmanship.*

*It is essential that student-participants, coaches, parents, student groups and fans in general are constantly reminded that Good Sports Are Winners! Sportsmanship is an important issue of concern in interscholastic athletics and activities. Positive experiences do not occur by chance, rather they are a result of the educational structure, the right perspective, the right leadership and the true understanding of sportsmanship.*

*Good sportsmanship is not merely a campaign - it is the essence of what educational athletics and activities are about. Let all of us who have the opportunity promote the ideals of sportsmanship, so that today's students and tomorrow's citizens may build a better society.*

*The Minnesota State High School League and the Sportsmanship Advisory Committee trust that you will do your part in promoting good sportsmanship within your school and community. Remember, sportsmanship is EVERYONE's responsibility!*

*Sincerely,  
Dave Stead  
MSHSL Executive Director*

## The Role of the Parent

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

- ☺ Express interest, encouragement and support to your child and to the coaching staff.
- ☺ Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- ☺ Lend a hand when a coach or school administrator asks for help.
- ☺ Recognize and show appreciation for an outstanding play or achievement by either team.
- ☹ Inappropriate and/or harassing comments should not be made to athletes, parents, officials or coaches of either team.
- ☹ Shouting out instruction or criticism may hinder the overall experience of the student-athlete.
- ☹ Negative comments and gestures of displeasure toward the coach, visiting team, or officials, only undermine the efforts of all involved.

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

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

## Sportsmanship Tips for Parents

- ✓ **Be Supportive of Coaches**  
In front of your child be supportive and positive of the coaches decisions. If you have problems with what the coach is doing, it is best to talk directly with the coach.
- ✓ **Teach Respect for Authority**  
There will be times when you disagree with a coach or official but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.
- ✓ **Let the Coach do the Coaching but you can do some of the Teaching**  
When your child is on the field, court or ice, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop their character and teach life skills that athletics and activities bring to the forefront.
- ✓ **Help your Children Learn through Failure**  
The way your child handles failure can help them to face the certain failures life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Let your child cope in their own way.
- ✓ **Get to know the Coach**  
Since the Coach has a powerful influence on your child, take the time to attend the preseason parent meeting and get to know the coaches' philosophy, expectations, and guidelines.
- ✓ **Focus on your Child as an Individual**  
Focus on what your child does well and where they need to improve. Encouragement is essential.
- ✓ **Listen to your Child, but Stay Rational**  
Always support and listen to your child, but remember to stay rational until you have investigated the situation.
- ✓ **Be Mindful of your Role as a Role Model**  
Take a good honest look at your actions and reactions in the athletic arena. These actions are a big cue to your child and to the others around you.
- ✓ **Show Unconditional Love**  
The most important thing...show your child you love them, win or lose.

*“For when the One Great Scorer comes  
To write against your name,  
He marks-not that you won or lost-  
But how you played the game.”*

Grantland Rice

**Sportsmanship is Everyone's Responsibility!**

## **DETROIT LAKES PUBLIC SCHOOLS EXPECTATIONS FOR PARENT/COACH COMMUNICATION**

### Parent/Coach Relationship

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

### Communication You Should Expect From Your Child's Coach

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

### Communication Coaches Expect From Parents

1. *Concerns expressly directed to the coach.*
2. *Notification of any schedule conflicts well in advance.*
3. *Specific concerns in regard to a coach's philosophy and/or expectations.*

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

### Appropriate Concerns to Discuss With Coaches

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

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

### Issues Not Appropriate to Discuss With The Coach

- |                         |                                  |
|-------------------------|----------------------------------|
| 1. <i>Playing Time</i>  | 3. <i>Play calling</i>           |
| 2. <i>Team Strategy</i> | 4. <i>Other student athletes</i> |

## Coach/Parent Conferences

*There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern:*

- 1. Call to set up an appointment to meet with the coach.*
- 2. If the coach cannot be reached, call the Activities Director at your school.*
- 3. Please do not attempt to confront a coach before or after practice or a contest. Meetings of that nature usually do not promote resolution.*

*What can a parent do if the meeting with the coach did not provide a satisfactory resolution?*

- 1. Call to set up an appointment with the Activities Director to discuss the situation.*
- 2. At that meeting the next appropriate step can be determined.*

Remember....

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

*"In the end, it's extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don't win, how can you lose?"*

*-Jesse Owens*

## ATHLETIC CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES

Athletic activities can be highly competitive and physical conditioning plays a major role in the preparation of the student athlete. Because of the intense demands of participation, students must observe the practice rules, procedures, and training progression that are given. This, in turn, should address the need for safety, learning, and the overall desire to succeed and enjoy the sport. A few risks will be highlighted, however, additional risks may not be mentioned, but care should be taken to follow these suggestions:

### Preparation for Activity

- All athletes must have a physical exam on file prior to the start of the season and should

report in sound physical condition/sport appropriate.

- Clothing, shoes, and protective equipment for your sport should fit properly and be worn during practices and contests.
- Remove all jewelry before participation.
- Individuals requiring athletic training services should arrive early to receive treatment to avoid being late for practice.
- All physical problems that are chronic or may interfere with participation should be reported to the trainer and coach.

#### Locker Room and Practice

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

#### General Sport Cautions

- Be alert to dehydration symptoms. Students should remain well hydrated throughout the season.
- Do appropriate stretching and warming up before the start of activity.
- Horseplay with required equipment for the sport is strictly prohibited.
- Assist with the equipment check at practice and game sites to insure safety.
- Do not overload equipment. Always be certain to observe noted limits.
- When practice or competition is taking place outdoors, always be mindful of pending weather conditions that could threaten safety.
- Proper safety procedure for individual sports will be covered by coaches in each specific activity.

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#### Emergencies

Because of the nature of sports, injuries may occur. All injuries must be called to the attention of the coaching staff and athletic trainer. Some injuries may require more intense management. When such an incident occurs, the practice, scrimmage, drill, or contest should be stopped. Make sure the coach, trainer, or other site manager is aware of the problem. If necessary, additional assistance should be called. If a fire or fire alarm occurs, the site should be evacuated, with all participants moving a safe distance away from the facility.

#### Athletic Insurance and Injuries

Activities can play an important role in your student's development; however there is a risk of injury occurring during participation. We encourage all parents to have medical coverage in the event that an injury occurs while their student is involved in activities or during the regular school day. The Detroit Lakes Public Schools do not provide insurance coverage for student participants other than prescribing to a catastrophic insurance through the MSHSL. All schools at the middle or high school level do have certified, athletic trainers on duty during practices and most contests, so immediate attention is provided. They will consult with the parents and make recommendations if they believe further attention is needed by a physician.

## **NON-ATHLETIC ACTIVITY CAUTIONS, CONSIDERATIONS, & RESPONSIBILITIES**

### Considerations

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

If there is a particular health concern related to a participant that may interfere with or limit the student's participation in the activity, parents should notify the coach/advisor (s) of these concerns. Every effort will be made, if possible, to allow the student to continue to participate. Students participating in activities are encouraged to take care of their health. Eating healthy and getting enough rest become extremely important to success in the activity. During competition, participants are encouraged to drink water rather than pop or other beverages.

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

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

### General Cautions

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

### Emergencies

In the event of an emergency, the advisor/coach should be notified immediately. If necessary, additional assistance will be secured. Parents will be notified. It is important that all participants provide emergency contact information to the coach/advisor prior to the start of the season. Any changes to this information should be given to the coach in a timely manner.

### Responsibilities

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

## SPORTS AND ACTIVITIES

### FALL

#### Activity

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

### WINTER

#### Activity

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

### SPRING

#### Activity

Band Contest  
Baseball (Boys)  
Choir Contest  
Golf (Boys)  
Golf (Girls)  
Softball (Girls)  
Speech  
Spring Play  
Track (Girls)  
Track (Boys)  
Tennis (Boys)

## NON-SEASON SPECIFIC ACTIVITIES

#### Activity

Boys' State  
Business Professionals of America (BPA)  
DeLakonian (Yearbook)  
FFA (Agriculture Education student group)  
Girls' State  
High School Page Program  
Huge O'Brian Youth Leadership (HOBY)  
Interact (Rotary's service club for students)  
Jazz Band

Key Club (Kiwanis' service club for students)  
Laker Singers (auditioned choir group)  
Math Contest  
MUNA (Model U.N.)  
National Honor Society  
Native American Club  
Prom Committee  
Spanish Club  
Student Council  
Target

## PARTICIPATION FEES AND TICKET PRICES

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

### USER FEE SCHEDULE FOR ACTIVITIES

- ..Grade 9—12 \$70.00/activity
  - ..Grade 7—8 \$40/activity
  - ..Grade 6 \$10/activity
- Family Maximum / school year = \$350

### GROUPS EXEMPT FROM USER FEES

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

## **FEE REIMBURSEMENT**

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

## **DIRECTORY OF HIGH SCHOOL AND MIDDLE SCHOOL ACTIVITY ADMINISTRATION**

Detroit Lakes High School Activities Director.....	Mitch McLeod.....	847-4491 ext. 2154
Detroit Lakes High School Activities Secretary .....	Robyn Tappe .....	847-4491 ext. 2196
Detroit Lakes High School Fax.....		846-1797
Detroit Lakes Middle School Assistant Principal .....	Justin Hegg.....	847-9228
Detroit Lakes Middle School Fax .....		847-0057

