

**CHISAGO LAKES WILDCATS
ACTIVITIES HANDBOOK**

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CHISAGO LAKES ATHLETIC PHILOSOPHY

PHILOSOPHY AND PURPOSE

It is the basic educational philosophy of the Chisago Lakes Area School District to prepare its students to become productive, contributing citizens of their community and society. The athletic program is a complete extension of this philosophy.

Within this context, it is the purpose of the school's athletic program to foster and promote:

- The ideals of competition, teamwork and sportsmanship while achieving the twin goals of success and participation.
- The development of self-confidence, self-discipline, organization, decision-making skills and goal orientation.
- The concept of an integral relationship between a sound mind and a sound body leading to a lifetime appreciation for physical fitness and good health habits.
- A positive feeling of school loyalty and pride which can be shared by all participants, other students, parents, coaches, and the community as a whole.

ATHLETE'S RESPONSIBILITIES

1. Athletics and other extra-curricular activities are accepted educational ingredients in public schools. As such, extra-curricular activities must be treated as educational programs. Benefits and goals should be learning how to get along with other people, developing teamwork, learning discipline, developing mentally and physically, and establishing lifelong physical conditioning habits. The object is to have winning teams through having athletes train to the best of their ability. Therefore any student participating can learn to accept not always being on top as a realistic part of learning and living.
2. The athlete shall be courteous to visiting teams and officials; play hard yet not cheat, quarrel, bet, or grandstand; be modest when successful and be gracious in defeat; observe team and training rules; demonstrate loyalty to the school by achieving scholastically and by supporting other activities; play for the love of the game; set high personal standards for cleanliness and physical conditioning; and respect officials and host schools.
3. Athletes should try to be part of the team. It is important to recognize one's ability and work to improve upon that ability. Many roles are important to any team concept. Each team member plays a vital role no matter on which team a member may find ones-self. Being a member of a team should be rewarding if students know that they are contributing to the total team concept.
4. Athletes should strive to set standards of excellence for others to follow. Athletes are role models that peers and younger students will try to follow. Their behavior does affect other people.

PARENTS AND GUARDIANS RESPONSIBILITIES

1. Parents and guardians must be prepared to accept the responsibility of helping their students live by the rules and regulations and to encourage them to attain the lessons to be learned through participation in athletics. They should grow in sportsmanship and realize not all participants can be first team, but they should do the best they can.
2. Parents should encourage their athlete in whatever activity he/she chooses to participate, but allow him/her to progress naturally. Parents should not lecture or try to live through their child's endeavors!

3. Being a parent or guardian of an athlete is indeed a burden. Late practices, extra money, crushed egos, monitoring eligibility rules, checking homework, serving late meals, car pooling, playing nursemaid, playing Cupid, and child psychologist are taxing. But they are worth every effort put forth. Parents need to know where their children are and what they are doing. They are a worthwhile project! Parents and guardians are the primary role models for their children. Make your role one of which they can be proud.
4. Our society is demanding in economic terms. Students are asked to work at younger and younger ages. College educations and family demands place a greater burden on students working. Please, allow your student to be a child enjoying the benefits of athletic competition. Youth involved in extra-curricular activities have a greater investment in the total academic program. Do not allow students to develop a standard of living by working that will be impossible to do without. Encourage your son or daughter to be part of the many programs offered at the Chisago Lakes Schools.

FANS RESPONSIBILITIES

1. Fans should be supportive and follow the rules of good sportsmanship. They represent the community, school district and self by their actions. The Chisago Lakes School District and its fans have a long history of excellent sportsmanship. Fans are to be applauded for this attitude. We hope to continue this tradition!
2. Fans should support the cheerleaders and refrain from derogatory comments about athletes, coaches and officials. These are high school programs not college or professional teams. Mistakes will be made and that is part of the learning process. Athletic programs are designed so students can learn and have fun.
3. Fans should recognize that good sportsmanship is more important than victory by approving and applauding good team play and individual skill. They should acknowledge outstanding examples of sportsmanship and fair play exhibited by either team. Treat visiting teams and officials as guests, extending to them every courtesy.
4. Fans should respect school property. Remember that taxpayers pay for these facilities and the taxpayers are you. We are proud of our facilities so let's help keep them in top condition.
5. Fans are reminded to show respect for both schools by standing to honor each school's fight song. Show respect for your country and its flag by standing at attention for the national anthem.

ACTIVITIES DEPARTMENT POLICIES

ACADEMIC ELIGIBILITY: The following policy is based on a four-period day. To be eligible for activities a student needs to be enrolled in at least three classes with a total value of 1.5 credits per term*. If a student drops below 1.5 credits per term the student becomes ineligible.

*Exceptions:

- 1) Seniors enrolled in three classes will be eligible to participate with 1.25 credits in Terms 1, 2 and 3.
- 2) Seniors who are meeting the requirements for graduation must carry at least 1 credit in Term 4.

Academic progress will be checked at the end of each term. If a student has not earned at least 1.5 credits during the previous term he/she becomes ineligible. A student may have one grade of incomplete and still participate. A student who has more than one incomplete is ineligible. A student who has incompletes as a result of extenuating circumstances may request that teachers "sign off" on those incompletes if a plan for completion of the required work has been made.

Students who have earned a minimum of 1 credit have the opportunity to work towards a probationary status. The student will be ineligible until mid-term. At mid-term, progress will be checked. If a student is passing all classes at mid-term, they will be placed on probation and allowed to participate. Continued participation will be based upon weekly progress reports of passing all classes. If at any point from mid-term to the end of the term, the student is not passing any of their classes, they immediately become ineligible.

A review board consisting of the Assistant Principal, a Counselor, a Teacher and the Activities Director, who will act as chairman, will be set up to deal with any student who wishes to appeal the above ruling. The appeal shall be made in writing and shall be submitted to the Activities Director. All of the information regarding the Fair Hearing process is on the MSHSL website.

ATTENDANCE AT PRACTICES

Student athletes are expected to be in attendance at all practices unless a valid excuse is given to the coach. The coach should be notified prior to practice taking place. Each coach will develop their own attendance policy. If students continue to miss practices, coaches should consider dropping the athlete from the team.

ATTENDANCE IN SCHOOL

A student who is a participant in school activities must be in attendance by the beginning of his/her third block class to be eligible to participate in that day's practices or events. Students with an unexcused absence on the day prior to a weekend or vacation day event will not be allowed to participate on that team or activity. Any exceptions must be approved through the administration before the absence occurs.

ATTENDANCE AT STATE TOURNAMENTS

Athletes who are participants in a state tournament will be excused from school by the activities director. Any other student who wishes to attend a state tournament must have a parent excuse them through the attendance office.

ELIGIBILITY

1. All Minnesota State High School League Rules and Chisago Lakes High School Additions apply.
2. Each student must have two forms on file:
 - a. a current physical (within the last three years)
 - b. a MSHSL parental permission/eligibility form (annually).
 - c. These forms must be completed prior to any practices.

These forms may be found on the schools web site.

FEES

1. A participation fee is charged by the district for all sports programs. The purpose of the fee is to cut the direct costs of interscholastic athletics to assure the continuation of these programs.
 - a. High School sports: \$160.00 (Hockey \$260) High School Fine Arts: \$75
 - b. Middle School sports: \$100.00 Middle School Fine Arts: \$35
 - c. Limit of three (3) fees per student per year, fourth activity free.
 - d. Fees must be paid before student practices.

2. Refunds will be allowed only if:
 - a. the athlete does not make the team during the tryout period
 - b. the athlete drops and requests a refund within ten (10) days from the start of the season
 - c. an injury prevents further participation (fee will be pro-rated)
 - d. if extenuating circumstances arise, at the discretion of the activities director.
3. Students who cannot afford to pay the fee may apply for a waiver. These forms can be obtained from the activities director.

FUNDRAISERS

All fundraisers must abide by the district fundraising policy.

LETTERING INFORMATION

1. The head coach/advisor of an activity sets the requirements. The activities director reviews these policies.
2. Types of school letters:
 - a. an Athletic Letter can be earned in each varsity level sport.
 - b. a Fine Arts Letter can be earned by accumulating 200 points in various Fine Arts activities.
 - c. an Academic Letter is awarded when a student achieves a GPA of 3.0 or above for ten quarters. These need not be consecutive.
 - d. Several school Academic Clubs also provide an opportunity to earn a letter.
3. Certificates are awarded each time a participant earns a letter. Each student can receive one chenille letter during his or her career. Chevrons and insignias are the responsibility of the student to purchase. Each sport conducts a post-season gathering at which athletes are recognized for their accomplishments.
4. Coaches/Advisors reserve the right to withhold letters from participants who display conduct and attitudes detrimental to the team, regardless of participation.
5. A student who has participated in a sport four years (9-12) and has earned a letter in the sport at least once will receive a senior award.

PARTICIPATION IN MULTIPLE ACTIVITIES

Students must understand when they are involved in multiple activities that conflicts will arise where practices or rehearsals will be missed. Missing a practice or performance may directly affect the student's participation in those activities.

1. The student should coordinate their schedules between activities and note the conflicts that might exist before becoming involved or trying out in those activities.
2. If a conflict exists, the student should contact the coaches and advisors involved to discuss the conflicts and possible resolutions.

PHYSICALS

1. Any student who intends to participate in high school interscholastic athletics or cheerleading must have on file in the activities office a record of a physical examination performed by a physician within the previous three years.

2. A health questionnaire is required by the Minnesota State High School League each year. The questionnaire could indicate the need for a physical examination prior to the student's participation in athletic or cheerleading activities. The health questionnaire is part of the parent permission form and includes:
 - a. A statement by the parent or guardian that the student has no known existing physical condition which would preclude participation, and
 - b. the signature of the parent or guardian which approves participation in athletic activities.
3. After major surgery or serious illness or injury, the attending physician must certify in writing the student's readiness for participation.

PLAYERS CUTTING PRACTICE

If a student is cutting practice, his/her parents or guardians should be contacted and informed that if the student continues to do this, he/she will be dropped from the team.

SCHOOL SUSPENSION

A student suspended from school during a season in which he/she is a participant will sit out the next event in their activity. Further suspension could result in dropping from the team.

SUPERVISION OF WORKOUTS

Athletes, during the season, will not work out in the school building or on school property without the direct supervision of a coach or adult. Coaches need to supervise their athletes until they have left the school grounds.

TICKET PRICES

Athletic Events: Adults \$6.00 / Students \$4.00.

Fine Arts Events: Adults \$4.00 / Students \$3.00.

Senior Citizens (62 years) and ISD #2144 Employees free with photo ID.

Variety Show and Fall Musical admission is by reserved seating only.

Students may purchase a pass good for all home regular season events for \$30.00.

TRANSPORTATION

1. Athletes and coaches will travel to and from the game by school transportation as provided.
2. The only exception to be made to number one above is when the parents of the student have talked to the coach at the contest.
3. Students shall not drive their own cars to a contest.
4. A student may drive to off campus practices, but must have written permission from his/her parents.
5. Coaches are responsible for telling their students when the bus will arrive home after all trips. At the beginning of each season, parents are to receive a copy of a list of expected home arrival times. These times are also posted on the school website activities schedule.