

Athletics and Activities Policies and Offerings Handbook

St. Anthony Village High School



St. Anthony Village High School is committed to provide enjoyable and purposeful co-curricular opportunities where participants grow as people and performers.

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Collective Transformational Purpose



To Capture the **HEART** of All Participants

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<https://savhs.isd282.org/>

Athletics/Activities
letsgohuskies.com

Minnesota State
High School League
www.mshsl.org

Collective Transformational Purpose

To capture the HEART (Hard work, Empathy, Attitude, Respect, Teamwork) of all participants.

It is the St. Anthony New Brighton School District's policy to provide equal education opportunity for all students and to provide equal employment opportunity for all employees. The district does not discriminate in admission, treatment, employment or access to its programs or activities. In addition, the School District does not unlawfully discriminate on the basis of race, color, creed, religion, national origin, sex, marital status, parental status, status with regard to public assistance, disability, sexual orientation or age.

Table of Contents

I. Introductions	4
Statement of Philosophy	5
Building Character Through Activities	5
Tri-Metro Conference	5
II. Requirements for Participation	5
St. Anthony High School Athletic Registration Information	5
A. Physical examination	5
B. Emergency medical authorization	6
C. Parental permit, MSHSL eligibility form and MSHSL health form	6
D. Insurance	6
E. Scholastic eligibility	6
F. Financial obligations and equipment	6
III. Athletic Offerings and Fee Schedule	7
IV. Activities Offering and Fee Schedule	8
Free Lunch Students Athletic/Activity Fee	9
Reduced Lunch Students Athletic/Activity Fee	9
Season Ticket Prices	8
Event Ticket Prices	8
V. Athletic Code of Conduct & Eligibility	9
A. Conduct of Athletes	9
B. Appeal Process for a Code of Conduct Violation	9
C. MSHSL Eligibility	10
D. Substance Abuse	10
E. Mood Altering Chemicals Violations Under the Minnesota State High School League	10
Violations	11
VI. Scholastic Eligibility Requirements	12
VII. Fundamentals of Good Sportsmanship	12
VIII. Basic Athletic Department Policies	12
A. Participation	12
B. Dropping or transferring sport	12
C. Reporting harassment	12
D. Transfer	12
E. Conflict Involving Students in Co-curricular Activities	12
F. Equipment	13
G. Missing Practice	13
H. Transportation	13
I. College recruitment policy	13
J. Attendance	13
K. Release from class	13
L. Grooming and dress policy	13
M. Vacations policy	13
N. Squad selection	14
O. Cutting policy	14
P. Reporting of injury	14
Q. Athletic Awards and Activity Lettering Policy	14
R. Senior Athletic Awards	15

IV. Participation and Playing Time	15
Middle School, C teams, and JV teams	15
Varsity Teams	15
X. Participation of Middle School Athletes on H. S. Teams	15
XI. Registration and Coaches Pre-Season Meeting	16
XII. Communication	16
XIII. Expectations	17
A. Athletes	17
B. Parents/Guardians	17
C. Spectators and Fans	17
D. Parent Policies	18
E. Supervision Policies	19
IXX. St. Anthony Village High School – Site/Field Locations – Home	19
St. Anthony Village High School Activities Office	20

Athletics and Activities St. Anthony Village High School

STUDENT ATHLETICS/ACTIVITIES POLICIES AND OFFERINGS HANDBOOK

I. Introductions

St. Anthony Village High School and Middle School offers a variety of athletic activities designed to meet the interests of I.S.D. #282's students. The student programs offered are an opportunity and a privilege afforded in the St. Anthony – New Brighton School District.

A. To the parent/guardian:

This material is presented to you because your student has indicated a desire to participate in athletics/activities and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports/activities provides a wealth of opportunities and experiences that promote personal growth.

We are concerned with the educational development of boys and girls through athletics/activities and feel that a properly controlled, well-organized program meets our students' needs for self-expression, mental alertness, and physical development. It is our hope to maintain a program that is sound in purpose and will further each student's educational growth.

A student who elects to participate in athletics/activities is voluntarily making a choice of self-discipline. For this reason we stress good training habits. We are striving for excellence and want participants who are willing to make a commitment.

Parents/guardians are expected to encourage their student(s) to perform to the best of their abilities. Parents/guardians should be a source of support for their student(s) and the program in which their student(s) participate. Please model good sportsmanship and respect for the rules, procedures, participants and officials. Set realistic and reasonable expectations for students, coaches, and programs while reinforcing the discipline, training, and commitment required to excel. Keep sports/activities in perspective and encourage and monitor academic performance.

B. To the athlete/activity participant:

Being a member of a St. Anthony Village sport/activity is something of which to be proud. Participation carries with it certain traditions and responsibilities that must be maintained. A strong tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic program of St. Anthony Village High School, you have inherited a rich tradition, a tradition you are challenged to uphold.

When you represent our school, we assume that you not only understand our traditions, but are also willing to assume the responsibilities that go with them. In addition, the contributions you make should be a satisfying accomplishment.

Athletes and activity members are expected to show commitment to their sport and strive for academic success, demonstrate good sportsmanship, stay healthy and chemically free, show respect for coaches, peers and equipment, set realistic goals for themselves, keep sports/activities in perspective, and set a good example for your community. Remember, you are a leader in the community. Get the most out of your high school experiences.

Statement of Philosophy for Athletics

St. Anthony Village High School is committed to provide the best activities programs possible based on excellence and HEART for the students of St. Anthony-New Brighton Schools in a fiscally responsible manner.

St. Anthony Village High School will strive for a winning tradition through developing pride, excellence, participation, and community support in our athletic programs. The programs will be based on organized competitive sports which afford students the opportunity to develop valuable human skills necessary for SUCCESS in life.

The Purpose of Student Co-Curricular Activities

Student activities provide youth of all ages with opportunities to explore interests, demonstrate capabilities, and benefit from personal growth in areas beyond those provided in the classroom.

Student co-curricular activities focus on the areas of academics and athletics, student leadership, arts, and student interests.

Building Character through Activities

After school activities provide a superb medium for developing character in a young person's life. A competitive contest represents a challenge that involves planning, preparation, practice, facing the ordeal, winning or losing, reasoning, and finally, regrouping, a process we repeat over and over in our lives.

Tri-Metro Conference

St. Anthony Village High School is a voluntary member of this conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a united effort.

The conference was established to encourage member schools to improve their co-curricular program in athletics and activities. The conference membership facilitates the arranging of schedules, equalizing competition, conducting league meets, and determining league championships. The conference provides St. Anthony Village the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy.

Membership implies abiding by conference schedules, rules, and regulations.

Other member schools are:

- | | |
|--------------------------------|---------------------------------|
| 1. Academy of Holy Angels | 6. Columbia Heights High School |
| 2. Fridley High School | 7. Visitation |
| 3. Brooklyn Center High School | 8. Robbinsdale Cooper |
| 4. Richfield | 9. Bloomington Kennedy |
| 5. DeLaSalle High School | |

II. Requirements for Participation

St. Anthony High School Athletic Registration Information

All participants at St. Anthony High School must be fully registered prior to any participation. Registration is completed online. Visit letsgohuskies.com and click on the registration option on the drop down menu to get started.

A. Physical examination:

A physical exam is required the first year of participation and every three years thereafter. The physical form must be completed by a physician and submitted to the athletic office **prior** to participation. Physical exams are required for all high school and middle school athletes, regardless of level.

B. Emergency medical authorization:

Each athlete's parents shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parent(s) is not available. The card will be kept in the medical kit for availability at all practices and contests.

C. Parental permit, MSHSL eligibility form and MSHSL health form:

These signed documents will be filed in the Athletic Director's office. The permit is filled out for each sports season and the MSHSL forms need to be filled out once per school year.

D. Insurance:

The school district does not carry insurance to cover student athletic injuries; participants must carry their own insurance.

E. Scholastic eligibility:

In order to participate on an athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation. Reference the chart in section VI of this handbook for further information. The chart is listed on page 12.

F. Financial obligations and equipment:

1. Fees must be paid before athletes/activity members will be allowed to participate.
2. Refund of Athletic/Activity Fees – Fees will be refunded in full to students who drop the activity before the first official contest in that sport/activity. One-half of the fee will be refunded if the student drops before the 3rd official contest. No refund will be given following the 3rd official contest. Students who drop the activity for medical reasons will be handled on an individual basis. Refunds will not be given until an equipment clearance is issued by the coach/advisor in charge of the sport/activity. Refund checks will always be issued to the parent/guardian of the athlete.
3. Equipment - All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

III. Athletic Offerings and Fee Schedule

Sports	Grades	Season Begins	Fees	Coach & Contact Information
Boys/Girls Cross Country Middle School	7-12	August 14	\$160.00	Travis MacLeod, (612) 706-1036 tmacleod@isd282.org
Football	9-12	August 14	\$185.00	Ray Kidd, (612) 706-1026 rkidd@isd282.org
Girls Swimming & Diving Middle School	7-12	August 14	\$160.00	Amy Croonquist (651) 343-1633 acroonquist@yahoo.com
Girls Tennis Middle School	7-12	August 14	\$160.00	Felicia Hamann, Sophia Hamann fyhamann@gmail.com, sshhamann@gmail.com
Boys Soccer	9-12	August 14	\$160.00	Sam Mann Jr. smann@isd282.org
Girls Soccer Middle School	7-12	August 14	\$160.00	Sue & Paul Pawlyshyn, (612) 706-1182 spawlyshyn@isd282.org
Volleyball Middle School	9-12 7-8	August 14	\$160.00 \$160.00	Jenny Patrek, (612) 706-1080, jpatrek@isd282.org Jen Fernandez, jfernandez@isd282.org
Boys Basketball	9-12	November 20	\$185.00	Josh Pratt J14pratt@gmail.com
Girls Basketball	8-12	November 13	\$185.00	Jenny Patrek (612) 706-1080, jpatrek@isd282.org
Boys Swimming (Co-op with DelaSalle)	7-12	November 27	\$185.00	Madison Hendrickson mpawlyshyn@apps.delasalle.com
Gymnastics Middle School	7-12	November 13	\$255.00	Amy Caldwell (612) 644-1386 daheramy@yahoo.com
Boys Hockey (Co-op with Irondale)	9-12	November 13	\$335.00	Jerry Hayes, (763) 229-0952 Jerry.Hayes@district196.org
Girls Hockey (Co-op with Irondale & Mounds View)	7-12	October 30	\$335.00	Sami Miller sami_miller_30@outlook.com
Boys/Girls Nordic Skiing * Middle School (Co-op with Spring Lake Park)	7-12	November 13	\$225.00	Mike Miller, (763) 786-5648 mmille@district16.org
Wrestling Middle School (Co-op with Irondale)	7-12	November 20	\$160.00	Jeff Hubbard jeff.hubbard@moundviewschools.org
Baseball	8-12	March 18	\$160.00	Troy Urdahl, (612) 706-1105 turdahl@isd282.org
Boys Golf Middle School	7-12	March 18	\$160.00	Paul Meier Meier.paul@gmail.com
Girls Golf Middle School	7-12	March 18	\$160.00	Mike Sholl, (612) 636-3662 mlsholl@aol.com
Softball Middle School	7-12	March 11	\$160.00	Melissa Bradenburg, (651) 399-6335 mbradenb@outlook.com
Boys Tennis Middle School	7-12	March 25	\$160.00	Dave Wiggins, (612) 706-1110 dwiggins@isd282.org
Girls Lacrosse (Co-op with Totino Grace)	7-12	April 1		Joe Abboud joe/abboud@totinograce.com
Boys Lacrosse (Co-op with Totino Grace)	9-12	April 1		Will Halstead will.halstead@icloud.com
Boys/Girls Track & Field	7-12	March 13	\$160.00	Erica Sonnenberg, (612) 706-1102 esonnenberg@isd282.org

There is a maximum total fee of \$620.00 per family per school year.

*Additional fees may apply. Please contact the program coach for more information.

Free Lunch Students Athletic/Activity Fee: \$30, Reduced Lunch Students Athletic/Activity Fee: \$40

Contact the District Office to request a free and reduced lunch application.

Season Ticket Prices			Home Event Ticket Prices	
Family - \$215 (4 tickets)	Adult - \$75	Student - \$45	Adult - \$7.00	Student - \$5.00

A season ticket pass will gain entrance to all St. Anthony Village home events that are not playoff events. The prices listed above are for non-playoff home games/matches. Pricing may be different for plays or playoff events. Season tickets will not gain admittance to plays, away events, or any playoffs contests. Contact Zach Siggelkow (zsiggelkow@isd282.org) to purchase season ticket passes.

IV. Activities Offering and Fee Schedule

Activities	Grades	Season Begins	Fees	Advisor & Contact Information
Head Band (Patriots)*	9-12	Spring - Varies	Varies	Chris Ravndal , (612) 706-1067 cravndal@isd282.org
Jazz Band*	9-12	All Year	N/A	Andy Erickson, (612) 706-1143 aerickson@isd282.org
Cheerleading	7-12	Fall	\$110.00	Maizie Miller mmiller@isd282.org
Class Advisor – Freshman*	9	All Year	N/A	Chris Satterlie csatterlie@isd282.org
Class Advisor - Sophomore*	10	All Year	N/A	Sarah Hample shample@isd282.org
Class Advisor – Junior*	11	All Year	N/A	TBD
Class Advisor – Senior*	12	All Year	N/A	Jenny Patrek & Sarah Gustafson jpatrek@isd282.org, sgustafson@isd282.org
Drama – Fall Play	7-12	September	\$60.00	Jacob Miller jacobmiller@isd282.org
Drama – One Act Play	9-12	December	\$60.00	Kristin Aitchison kaa321@gmail.com
Drama – Spring Play	7-12	February	\$60.00	Kristin Aitchison kaa321@gmail.com
Drama – Middle School Play	6-8	January	\$40.00	Carrington Nowak cnowak@isd282.org
Esports	9-12	September	\$115.00	Sarah Hample shample@isd282.org
Knowledge Bowl	9-12	Winter	\$105.00	Erica Sonnenberg esonnenberg@isd282.org
Math League	9-12	Winter	\$80.00	Cole Nelson (612) 706-1134 cnelson@isd282.org
National Honor Society*	9-12	All Year	N/A	Joan Nelson jnelson@isd282.org
Key Club	9-12	Winter	N/A	Michelle Carpenter mcarpenter@isd282.org
Science Bowl	9-12	Winter	\$60.00	Steven Rice srice@isd282.org
Science Olympiad	9-12	Winter	\$60.00	Steven Rice srice@isd282.org
RoboHuskies	9-12	Fall	\$50.00	Clark Andreasen Clark.andreasen@gmail.com
Speech	9-12	Winter	\$105.00	Joan Nelson jnelson@isd282.org
Student Council*	9-12	All Year	N/A	Zach Siggelkow zsiggelkow@isd282.org
Vocal Music Head*	9-12	All Year	Varies	Lauren Heath lheath@isd282.org
Yearbook*	9-12	All Year	N/A	Andrew Kastenber, akastenber@isd282.org

There is a maximum total fee of \$620.00 per family per school year. Items with a '*' are not included in the family cap.
**Additional fees may apply. Please contact the program coach for more information.

Free Lunch Students Athletic/Activity Fee: \$30

Reduced Lunch Students Athletic/Activity Fee: \$40

Contact the District Office to request a free and reduced lunch application.

V. Athletic/Activity Code of Conduct & Eligibility

- A. Conduct of Athletes/Activity Members:** A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic/activity department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics/activities.

All students shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete/activity member, the team, or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to hazing, theft, vandalism, harassment, disrespect, immorality or violations of the law, tarnish the reputation of everyone associated with athletic programs and not be tolerated and are subject to penalty.

- B. Appeal Process for a Code of Conduct Violation:** If the Athletics and Activities Director levies a consequence due to a Code of Conduct violation, an appeal process exists to protect the student's due process rights. The following steps detail the required actions and sequence to appeal a Code of Conduct violation:

1. Any appeal is limited to the following issues:
 - a. Whether the alleged Code of Conduct violation occurred; and, if so,
 - b. Whether the consequence rendered is acceptable under the Code of Conduct violation.

No other issues or evidence shall be admitted nor considered in the appeals process.

2. The student and / or parent or guardian must present written notice of appeal to the building principal stating the request to appeal the Code of Conduct violation.
 - a. The written notice shall provide explicit rationale for the appeal and identify evidence to substantiate their position.
 - b. The written notice must be presented within 72 hours of the presentation of the written student notification of the Code of Conduct suspension.
 - c. The written notice must be signed both by a parent/guardian and the student.
3. The building principal shall conduct an investigation into the Code of Conduct violation and the notice of appeal. The findings and notice of such investigation shall be completed within five calendar days of the receipt of the notice of appeal by the building principal. (If for any reason the building principal is not able to conduct the investigation, the superintendent of schools shall conduct an investigation into the Code of Conduct violation.)
4. Any appeal of the building principal's findings must be presented to the superintendent of schools following the same criteria outlined above in step 1. and 2. of the **Appeal Process for a Code of Conduct Violation**. The superintendent of schools shall review the appeal and subsequent investigation's information and determine whether sufficient evidence exists to convene a hearing.

5. If sufficient evidence exists, the superintendent (or her/his designee), shall convene a committee consisting of the superintendent, a principal not connected to the appeal in question, and two faculty representatives determined by the superintendent. An appeal hearing will be scheduled within three school days of completion of the appeal's investigation.
 - a. The student shall have the right to address the Committee and present evidence substantiating the student's claim.
 - b. The committee shall determine whether the appeal has merit in accordance with this policy, and render a decision based on majority vote of the committee. The committee shall present their decision in written form to the student and his or her parent/guardian.
 - c. Beyond the student, parent/guardian, and committee members, the hearing shall be closed to all other parties, but may be recorded by the Committee.
6. Any appeal shall not stay nor postpone any Code of Conduct consequences unless otherwise determined by the hearing committee.

C. MSHSL Eligibility

Age: Must be under 20 years old

Seasons: No more than four seasons in a sport (grades 9-12)

Semesters: May not participate after the 8th semester

Suspensions: No participation while a student is suspended from school.

D. Substance Abuse: The use of alcohol, tobacco, and controlled substances is not permitted under any circumstances and is a violation of Minnesota State High School League policies. Students may not smoke any substance, or vape e-liquids, or similar substances, in any way.

Policies governing chemical use, harassment, and hazing are established by the Minnesota State High School League.

E. Mood Altering Chemicals Violations Under the Minnesota State High School League

(During the entire calendar year, regardless of the quantity)

POLICIES GOVERNING CHEMICAL USE (tobacco/alcohol), HARASSMENT, AND HAZING FOR MINNESOTA STATE HIGH SCHOOL LEAGUE (MSHSL)

Any violation results in a loss of eligibility in both Category I and Category II Activities. If a student participates in both a Category I and a Category II Activity and receives a violation, that student must serve a suspension from both activities.

Category I Activities include all MSHSL sponsored activities with a regular schedule.

Category II Activities include MSHSL sponsored activities without a regular schedule (One Act Play, Speech, Visual Arts competition) and all other SAVHS activities, such as bowling, Knowledge Bowl, spring play, Patriots Marching Band, etc.

Example one: Student A receives chemical use violation in the summer. Student A is a Cross Country athlete and Knowledge Bowl participant. Student A will serve a suspension for both Cross Country in the fall (Category I) and Knowledge Bowl (Category II).

Example two: Student B receives a tobacco violation over winter break. Student B is in One Act Play and plays boys tennis in the spring. Student B will serve a suspension for both One Act Play in the winter (Category II) and boys tennis in the spring (Category I).

1st VIOLATION

After confirmation of the first violation, the student will lose eligibility for the next **two consecutive interscholastic contests** or **two weeks** of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the school year. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

2nd VIOLATION

After confirmation of the second violation, the student will lose eligibility for the next **six consecutive interscholastic contests** or **three weeks** of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the remainder of their high school career. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

3rd VIOLATION

After confirmation of the third violation, the student will lose eligibility for the next **12 consecutive interscholastic contests** or **4 weeks** of a season in which the student is a participant, whichever is greater.

Student is ineligible to be a captain of an athletic activity.

PRACTICE:

While serving any penalty, the student must follow team rules and regulations governing practice. If these rules and regulations are not followed the penalty will not be considered served.

No student is eligible for All-Conference honors or post-season awards after serving a suspension for a Minnesota State High School League violation that season.

Under this policy, in order for a penalty to be considered satisfied, the student must complete the entire season of the activity in which he/she participates and serves the violation's penalty. If a student fails to participate for the entire season, his/her penalty will not be considered served and must be served in its entirety in any subsequent activity in which the student participates.

Penalties incurred under this policy will be cumulative beginning with the student's first participation in a Minnesota State High School League sponsored activity or St. Anthony Village High School co-curricular activity and will continue throughout the student's high school career, including when school is not in session.

Any violations may be appealed through the Minnesota State High School League.

VI. Scholastic Eligibility Requirements

In order to participate on an athletic/activity team, each athlete/activity member must maintain the minimum number of credits shown below. Credit totals shown are at the end of any given semester.

9 th Grade		10 th Grade		11 th Grade		12 th Grade	
S1	S2	S1	S2	S1	S2	S1	S2
5	12	18	23	29	34	40	46

VII. Fundamentals of Good Sportsmanship

- A. Show respect for the opponent at all times**
- B. Show respect for the officials**
- C. Know, understand, and uphold the rules of the contest**
- D. Maintain self-control at all times**
- E. Recognize and appreciate skill in performance regardless of affiliation**
- F. Show a positive attitude in cheering**

VIII. Basic Athletic Department Policies

- A. Participation:** An athlete may participate in only one sport per season.
Any exception requires the agreement of both coaches, the athletic director, and the principal.
- B. Dropping or transferring sports:**
 - 1. Consult with your immediate coach and then the head coach.
 - 2. Report your situation to the athletic director.
 - 3. Check in all equipment issued to you.
- C. Reporting harassment:**

It is the policy of Independent School District #282 to maintain a learning and working environment that is free from harassment and violence on the basis of race, color, creed, religion, national origin, sex, age, marital status, familial status, status with regard to public assistance, sexual orientation, or disability. The school district prohibits any form of harassment or violence on the basis of race, color, creed, religion, national origin, sex, age, marital status, familial status, status with regard to public assistance, sexual orientation or disability.

If a student feels he/she is harassed, he/she should report the harassment to the principal, who will then take the complaint to the district Human Rights Officer.
- D. Transfer:** All transfer students should discuss their eligibility with the athletic director to make sure they meet all guidelines/rules of St. Anthony Village High School and the Minnesota State High School League.
- E. Conflict Involving Students in Co-curricular Activities**

SAVHS is committed to student participation in more than one program. The following guidelines are the district's position in regard to the sharing of students between programs. The following procedures are for dealing with students who have a conflict between two programs.

 - 1. Coaches/directors/advisors should make an effort to become familiar with the other activities and schedules of their students. This may alleviate surprises later on.
 - 2. Competition/Performance has priority over practice.
 - 3. If practices are in conflict or if performances or competitions are in conflict, the following process should be followed.
 - a. The advisors/directors/coaches of the conflicting events should meet to resolve the situation. This should occur at the earliest possible time.

The students should not be involved and pressure should not be applied by either advisor/coach.

b. If no resolution can be made, the advisor/director/coach should contact the activities director or principal. There still should be no involvement of the student.

c. If the conflict is irresolvable from the administrator's point of view, he/she may ask the student involved to make a choice.

d. All teachers, advisors, and coaches should be made aware of the situation.

F. Equipment: School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the student's financial obligation.

G. Missing Practice: A student should always consult his/her coach before missing practice. An unexcused absence from a practice or a game will be dealt with in accordance with team policy.

H. Transportation: Students are expected to ride the bus when provided and school rules apply when on a bus. Under special circumstances, a coach may release a student directly to his/her parent(s).

I. College recruitment policy: In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information is available in the office. NCAA standards are available in the counselor's office.

If you are planning to play college athletics at a Division I or Division II school, you must be certified by the NCAA Initial Eligibility Clearing House. Eligibility requirements are based on a 2.0 GPA in 16 core classes and an ACT/SAT score that matches your core course GPA on the Division I or II sliding scale. Forms and additional information are available in the guidance office.

J. Attendance: Students must be in school the entire day in order to participate in after school activities. Students tardy to first hour will also be ineligible to play in a contest or practice on that date. Exceptions to this policy will be:

1. Administratively approved absence.
2. Previous school permission to miss school, due to a school sponsored event (e.g. field trip)
3. Any absence due to a medical (doctor, dental, eye) must have a note from the medical office to participate for that day.

Final authority for infractions of this rule will rest with the athletic director or principal. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is approved by the athletic director or principal.

K. Release from class: It is the responsibility of athletes to see their teacher the day before the classes missed because of an athletic/activity contest. All work shall be made up at the convenience of the teacher.

L. Grooming and dress policy: A member of an athletic team or activity is expected to be well-groomed and dressed appropriately.

M. Vacations policy: Vacations by varsity athletic/activity team members during a sport/activity season are discouraged. Parents/students wishing to do so may wish to reassess their commitment to being an athlete/activity member. In the event an absence due to a vacation is unavoidable, a student must

1. Contact the head coach prior to the vacation.
2. Be willing to assume the consequences related to his/her status on that squad.

N. Squad selection: In accordance with our philosophy of athletics/activities and our desire to see as many students as possible participate in athletic/activity programs while at St. Anthony Village, we encourage coaches to keep as many students as they can without compromising the integrity of their sport/activity. Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular sport/activity.

O. Cutting policy: Choosing the members of teams is the sole responsibility of the coaches.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extent of try-out period
2. Criteria used to select the team
3. Number to be selected
4. Practice commitment if they make the team
5. Game commitments

When a squad cut becomes a necessity, the process will include two important elements. Each candidate shall have:

1. Competed in a minimum of 3 practice sessions.
2. Been personally informed of the cut by the coach, including the reason for the action.

Coaches will discuss alternative possibilities for participation in the sport/activity, or other areas in the activities program. Participation and Playing time on page 16 provides more detail of the cutting terms.

P. Reporting of injury: All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, an injury report form must be completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity.

Q. Athletic Awards and Activity Lettering Policy

Letter awards are presented in each varsity sport. Lettering criteria is unique to each activity. Each coach should distribute this information to students at the beginning of the season. Each sport awards a most valuable player plaque. All-Conference Awards are presented based on points accumulated or voting by the conference coaches.

1. First letter in your sport/activity, athlete/activity member has not previously lettered in any other sport/activity:
 - Athlete/activity member receives a certificate and a chenille "STA" letter.
2. First letter in your sport/activity, athlete/activity member has previously lettered in another sport:
 - Athlete/activity member receives a certificate.
3. Previously lettering in your sport/activity:
 - Athlete/activity member receives a certificate.
4. The first varsity letter is worn on the left side front on an official letter jacket only.
5. A Most Valuable Player award is furnished for each sport by the athletic department.
6. Coaches/advisors may institute special awards tailored to the various sports/activities.

Activity Lettering Policy

Any St. Anthony Village High School activity that offers SAVHS letters for excellence or participation must have a written policy on file with the principal. The policy should address the following four criteria:

1. **Time Commitment** - A minimum of 100 hours of competition and/or actual practice or preparation must be spent. If desired, it is permissible for the time to be accumulated over a period of more than one year, however the advisor would be responsible for the record keeping.

2. **Public Performance** - There must be a publicness in the form of meets, competitions, displays, etc.
3. **Standard of Excellence** - There must be a standard of excellence setting a varsity caliber of participation, which should differentiate beginning or novice participation from varsity participation.
4. **Student Registration** - All student participants must be registered with the main office, have paid the designated activity fee, and be subject to all school activity rules concerning attendance, grades, use of chemicals, etc.

R. Senior Athletic/Activity Awards:

St. Anthony Village High School emphasizes participation on a continuing basis and encourages participation in more than one sport/activity. The Senior Athletic/Activity Award will be presented to students who letter in three sports or activities their senior year. To qualify, the student must letter in three sports or three activities, not a combination of the two.

IX. Participation and Playing Time

The amount of playing time per participant in high school athletic programs is always a concern for players, parents, coaches, the athletic director, and the school administration. The athletic guidelines are as follows:

Middle School: No cutting. The emphasis of middle school athletics is learning and exposure to the game. All participants will play in each contest if possible, but not necessarily on an equal basis with all other players.

9th Grade Teams/C-Squad: There is no cutting for 9th grade athletes. Athletic teams at St. Anthony Village High School are competitive, not primarily recreational as in middle school. The purpose of 9th grade/C-squad athletics is to continue to develop players for varsity play. There are no guarantees of (equal) playing time at the 9th grade/C-Squad level. Players have different skill levels, attitudes, and levels of commitment, and these factors will be considered in earning playing time. In some cases a “B” game, an extra quarter, or other extended play will be added to a contest in order to allow less skilled players to develop and have a chance at competition.

JV/B-Squad Teams: Cutting is permissible in the 10th, 11th, and 12th grade years. (See cutting policy on page 12.) Once teams have been formed JV/B-Squad teams follow the same philosophy as 9th grade/C-Squad team. The purpose of JV/B-Squad athletics is to continue to develop players for varsity play. There are no guarantees of (equal) playing time at the JV/B-Squad level. Players have different skill levels, attitudes, and levels of commitment, and these factors will be considered in earning playing time.

Varsity Teams: A program for our most elite athletes. Cutting is permissible. (See cutting policy on page 12.) Playing time is given to those with the most athletic skills, the most determined attitude toward athletic endeavor, and the most consistent and demonstrable commitment to the sport.

X. Participation of Middle School Athletes on High School Teams

Use of 7th and 8th grade athletes to compete on C / JV / varsity teams, within a 9-12 program, is discouraged whenever possible. However, if a coach at the varsity level feels that there is an athlete in a 7th or 8th grade program who could participate on his/her team, each case shall be handled individually. From time to time due to low or reduced program participation numbers, the high school program may need to promote 7th or 8th grade athletes to high school teams. However, when program numbers are

robust, or when cuts are made, promotions should only be made in extraordinary circumstances or when the middle school athlete is deemed to have the potential to start on a varsity team. Individual decisions are the responsibility of each head coach and her/his staff, to be reviewed on an annual basis by the activities director.

XI. Registration and Coaches Pre-Season Meeting

A pre-season meeting will be held by all coaches to discuss rules and review the policies. Parents and athletes are expected to attend this meeting.

XII. Communication

Communication is very important. Parents/Guardians should discuss all issues with their students first, and then contact the team's coach if necessary.

- No parent of a player/activity member should approach coaches/advisors before, during, or after a game/event to discuss an issue.
- Parents should discuss any issue with their child before contacting a coach/advisor or the activities director.
- Parents may request to talk to a coach/advisor the following day.
- If the issues have not been resolved, then the activities director will intervene.
- If the issues are still not resolved, then the principal will be consulted.

Appropriate Concerns to Discuss with coaches/advisors:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior

Issues Not Appropriate to Discuss with Coaches/Advisors:

- Playing time
- Team strategy
- Play calling
- Other students / athletes

St. Anthony – New Brighton School District Athletics and Activities Social Media Policy for Student-Participants

PURPOSE

The school district understands social media has many communication benefits, and we urge students to have constructive and positive interactions utilizing the latest technology. The district is also aware of the disruptive impact inappropriate social media activities may have on the morale, cohesiveness, reputation, and success of its programs. Participating in co-curricular athletics and activities in the St. Anthony – New Brighton School District is a privilege, and not a right. There are limits on freedom of speech, and a departure from those limits may entail consequences.

In addition to applicable eligibility requirements within the Minnesota State High School League's (MSHSL) bylaws, the following behaviors are specifically prohibited under this student-athlete / participant social media policy, however this list is not meant to be all inclusive:

- Sexually explicit, profane, lewd, indecent, or defamatory language or depictions.
- Derogatory language or depictions regarding school personnel or other students.
- Comments, images, or actions that have the effect of harassing or bullying students / school personnel of our school or any other school.
- Nude / sexually-oriented / indecent / offensive / inflammatory photos, images, or altered pictures.
- Unsportsmanlike or derogatory language, images or depictions directed at other schools, students / school personnel from other schools, or officials.
- The promotion, portrayal of use, use, or possession of alcohol, controlled substances, chemical substances, and/or tobacco.
- Violations of student code of responsibilities within MSHSL bylaw 206 – Good Standing and General Eligibility Requirements.

XIII. Expectations

A. Athletes/Activity Members:

1. Committed, dedicated and determined
2. Honest and cooperative
3. Enthusiastic / motivated
4. Academic commitment
5. Communicate appropriately with teammates, coaches, officials, parents, fans, and opponents
6. Respect peers, coaches, and equipment
7. Willingness to learn and develop skills necessary for the sport
8. Positive attitude
9. Healthy and chemically free
10. Demonstrate good sportsmanship
11. Team player
12. Set team and personal goals

B. Parents/Guardians:

1. Supports athletes/activity members through:
 - attending events and informational meetings
 - helping set priorities
 - encouraging and modeling a positive attitude
 - facilitate the student's commitment to that sport/activity
 - willingness to listen to participant's comments and concerns
2. Realistic and reasonable expectation for students, coaches, and programs
3. Communicate personal concerns appropriately
4. Model good sportsmanship and respect for rules, procedures, participants, and officials
5. Become familiar with athletic/activity requirements and support rules and expectations for participants and parents
6. Keep sports/activities in perspective
7. Encourage and monitor academic performance

C. Spectators and Fans:

The following applies to any person physically present at an athletic/activity event, or through the use of electronic mediums (e.g. social media, email, internet, etc.)

DO NOT:

1. Ridicule or berate players, coaches, officials, or other spectators.
2. Engage in any kind of unsportsmanlike conduct with an official, coach, player or parent, such as booing, taunting, using profane language or gestures, etc.
3. Encourage or condone any behavior or practice which would endanger the health or well-being of any participant.
4. Boo, taunt, or in any way try to humiliate any participant or athlete.
5. Ridicule any participant for making a mistake.
6. Coach from the sidelines or bleachers.
7. Confront coaches in an inappropriate / antagonistic manner before, during, or after games / practices. Instead, make arrangements to speak with coaches at an appropriate time and place.

DO:

1. Understand that your attendance provides you with the opportunity and privilege to observe an athletic/activity event, not to berate players, coaches, game workers, or officials.
2. Remember that interscholastic athletics is a part of the educational process. It is for the students, not adults.
3. Cheer for your team.
4. Be a positive role model and encourage sportsmanship by giving support to and showing respect for all players, coaches, officials, and spectators.
5. Promote behavior that treats players, coaches, officials, and spectators with respect regardless of race, religion, color, gender, or ability.
6. Support the decisions of coaches and officials.
7. Teach our youth that doing their best is of the utmost importance.
8. Emphasize that a healthy work ethic, a high level of effort, and cooperation with coaches are imperative for doing one's best.
9. Learn and understand the rules of the game.
10. Appreciate the efforts of the players, coaches, and officials.
11. Be generous when you win, gracious when you lose.

D. Parent Policies:

1. Be a "team fan," not a "my child" fan.
2. Encourage your child to discuss any problems with the coach, while emphasizing how to improve their status on the team.
3. Encourage the attainment of team goals, rather than individual goals.
4. Understand that criticism and disrespect not only undermine the purpose of interscholastic sports/activities, but also undermine the very behavior which we are trying to teach your child.

Behavior that demeans a player, coach, referee, school official, or another parent, or fan is subject to disciplinary action by school personnel.

Anyone who engages in misconduct as described above, or who is removed from an interscholastic contest at the request of a game official or school administrator will be subject to the following:

1st Offense: Offender(s) will be prohibited from attending the team's next home contest.

2nd Offense: Offender(s) will be prohibited from attending ANY home school district athletic events for the remainder of the season in question, or for a period of three months commencing from the date of the second offense, whichever is longer.

3rd Offense: Offender(s) will be prohibited from attending ANY home and away school district athletic events for one full calendar year, commencing from the date of the third offense.

**REMEMBER, WE ARE ALL ON THE SAME TEAM.
WE ALL REPRESENT OUR COMMUNITY, SCHOOL, AND FAMILIES.**

E. Supervision Policies:

All student-athletes/activity members must be under adult supervision when in school, on school grounds, traveling under school auspices or engaging in school-sponsored activities. Supervision must not be limited to practice and events, but must extend to the halls and corridors, locker rooms, buses, or any place where students gather on school property during the co-curricular activities program. Staff are encouraged to report violations of policies, rules and regulations by students participating in or attending school-sponsored activities. Staff must not ignore the need under the pretext of not having been assigned a particular supervision.

IXX. St. Anthony Village High School – Site/Field Locations – Home

Cross Country – Running	all levels	St. Anthony Village High School
Football	all levels	St. Anthony Village High School
Boys & Girls Soccer	all levels	St. Anthony Village High School
Girls Swimming & Diving	all levels	St. Anthony Village High School
Girls Tennis	all levels	St. Anthony Village High School
Volleyball	all levels	St. Anthony Village High School
Boys & Girls Basketball	all levels	St. Anthony Village High School
Gymnastics	all levels	St. Anthony Village Community Center
Boys Hockey	all levels	Irondale High School
Girls Hockey	all levels	Mounds View High School
Nordic Skiing	all levels	Spring Lake Park High School
Wrestling	all levels	Irondale High School
Baseball	all levels	Central Park
Boys & Girls Golf	all levels	Francis Gross Golf Course
Softball	all levels	Central Park
Boys Tennis	all levels	St. Anthony Village High School
Boys & Girls Track	all levels	St. Anthony Village High School

St. Anthony Village High School Activities Office

Troy Urdahl, Activities Director – 612-706-1105

Zach Siggelkow, Athletics & Activities Coordinator – 612-706-1103

Mary-Clare Johnsen, Event Coordinator - 612-706-1027

High School Office – 612-706-1100

Athletics Fax – 612-706-1140

FOR THE MOST UP-TO-DATE SCHEDULES:

www.trimetro.org

and click on St. Anthony Village High School (Activity Calendars)

www.letsgohuskies.com

The home of Huskies athletics/activities news.

GO HUSKIES!