



**FERTILE-BELTRAMI HIGH SCHOOL
STUDENT & PARENT
ACTIVITIES HANDBOOK
2015-2016**

Board approved August 2015

TABLE OF CONTENTS

School mission statement	3
Athletic code	3
Forward – Parent/Student/Coach responsibilities	4
General school policies on eligibility	5
Minnesota State High School League Eligibility	9
Playing time	11
Communication – Chain of Command	12
Parent/Coach communication	12
Extra-Curricular Staff	14
Student/Parent signature page	15

A copy of this file may be obtained at <http://http.fertilebeltrami.k12.mn.us>, the high school office, or from the activities director.

The school's activity calendar may be viewed by following the links on the school website.

FERTILE-BELTRAMI MISSION STATEMENT

**EDUCATION FOR SUCCESS IN AN ENVIRONMENT OF
LEARNING, RESPECT AND RESPONSIBILITY.**

ATHLETIC CODE

The primary purpose of the athletic program in the Fertile-Beltrami School District is to promote the physical, mental, social, emotional, and moral well being of the participants. The educational program shall be directed toward the welfare and the best interest of the student athletes.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations, as the role demands that the individual make sacrifices not required of others.

These educational experiences allow students to benefit in such areas of development as: interpersonal relationships, group interaction and cooperation, self concept and character, goal setting and values, leadership, initiative, self discipline, loyalty, sportsmanship, physical skills and growth, and the personal pride and satisfaction of participation and competition.

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 school and community in the various areas of extra-curricular activities.

Helping to establish a desirable atmosphere for activities is the duty of parents, students, and school personnel. To enhance this atmosphere the following guidelines should be utilized.

Parent's Responsibility

Good Discipline originates in the home because the parent is the first teacher. It is a parent's obligation, by teaching and example, to develop in the pupil good habits of behavior as well as proper attitudes toward the school. To help your student's progress in school, a parent should:

- A. Teach and require of the student respect for law, for authority, for the rights of others, and for private and public property.
- B. Share with the student an interest in school activities and in their general progress.
- C. Arrange for prompt and regular school attendance and comply with attendance rules and procedures.
- D. Arrange for a time and place for homework and see that the student makes use of the time.
- E. Encourage and guide wholesome friendships, interests and activities.
- F. Understand and comply with the rules of the school concerning pupil conduct and cooperate with the school in carrying out disciplinary action taken by the school.
- G. Instill in students that academics are the primary concern of the school.
- H. Be aware of the eligibility/participation rules of the Minnesota State High School League, Fertile-Beltrami School, and those of the coach of your daughter's/son's activity.

Student's Responsibility

A student attends school in order to develop their individual capacities to their fullest potential and become, for their own benefit and that of others, the best person possible. To do this, the student should:

- A. Make a sincere effort to do his/her best work.
- B. Accept responsibility for their own actions and respect the rights of others.
- C. Obey school rules and regulations, those made both by the school authorities and by the student governing body.
- D. Help maintain school property free from damage and defacement.
- E. Be aware of the eligibility/participation rules of the Minnesota State High School League, Fertile-Beltrami School, and the coach of your activity.

Coach's Responsibility

Coaching involves providing a stimulating and effective program of instruction, establishing and maintaining an atmosphere conducive to learning, and the development of sound social attitudes and habits. This is a cooperative effort in which the coach, with the assistance of the administration, should:

- A. A coach/director must remember that he/she is representing Fertile-Beltrami Public Schools and our community at all times. Appropriate dress and conduct must be maintained. Verbal and physical abuse will not be tolerated in the activity programs offered at Fertile-Beltrami Public Schools.
- B. Coaches will not communicate with individual students (that are not related to them) via social media, texting or phone calls.
- C. All coaches/directors are role models for participants and when at contests are also representatives of Fertile-Beltrami Public Schools and our community. As such, they are expected to exemplify good sportsmanship by treating all players, other coaches, fans, officials, and parents with respect and dignity.
- D. Approach his/her assignment with enthusiasm and regard each pupil as a worthy individual.
- E. Plan and conduct a program of instruction, which will make each child eager to learn, and enable each pupil to achieve his/her full potential.
- F. Teach the student what is expected of him/her in terms of conduct in and about the school.
- G. Enforce the rules and policies of the school system and of the school courteously, consistently, and justly.
- H. Distinguish between pupil misconduct, which should be handled by the coach and that which requires the assistance of the administration.
- I. To make the participants in the activity and their parents aware of the eligibility/participation rules of the Minnesota State High School League, Fertile-Beltrami School, and any rules pertaining to the activity.

GENERAL POLICIES FOR ALL EXTRA-CURRICULAR ACTIVITIES

Some of the regulations in this Activities Handbook exceed the regulations of the Minnesota State High School League. The MSHSL establishes minimum rules and local Board of Education has the authority to adopt rules that exceed the MSHSL rules. The rules that will apply to all students at Fertile-Beltrami Schools will be the MSHSL regulations and all locally adopted rules that exceed the rules of the MSHSL. These regulations will apply uniformly to all MSHSL activities and extra-curricular performance of any type offered at Fertile-Beltrami for grades 7-12.

PHYSICALS

The MSHSL requires physicals every three years (**First Physical-before 7th grade, Second Physical before 10th grade**) when you participate in any league activity involving competition and/or physical contact. It is the student's responsibility to schedule and pay for the physical.

ATHLETIC INJURY

Students that are injured in an athletic event or practice and require doctor care must provide the Head Coach or Activities Director with a signed statement by the doctor or trainer granting permission to resume practice or participation in the event.

MEDICATIONS

All prescription medication must be administered to students by the school nurse or the district's designee (to include coaches) unless accompanied by a doctor's note.

CELL PHONE USE / ELECTRONICS

The use of cell phones are forbidden in locker rooms, in accordance with MSHSL rules. The district is not responsible for damage or theft of personal electronics in locker rooms.

Coaches will not communicate with individual students (that are not related to them) via social media, texting or phone calls.

ELIGIBILITY

Attendance/Discipline: This policy applies to all students involved in any extracurricular activity scheduled either during or outside the school day and any school-sponsored program. School-initiated absences will be accepted and participation permitted. A student may only be allowed to participate in an extracurricular activity if they were absent due to a medical/dental appointment, or were attending a funeral. The student must provide a physician's statement and a statement from the student's parent or guardian clearing the student for extracurricular participation that day. **"Family" absences and absences due to illness, even for part of the day, will not be accepted and the student will not be allowed to participate in that evening's event or practice.**

Students absent due to *participation* in an official school activity will be excused. Students who attend school activities as a *spectator* (non-participant), will not be considered excused. Example: students who miss school to watch a playoff game will not be excused. They will be marked "unexcused" or "family" and not "activity."

If a student is issued any disciplinary consequences during the school day, participation in any activity, practice, or program will be subject to the discipline policy found in the parent / student handbook. Students may not participate or practice in any school activity, can't travel with the team to away games, nor be on the sidelines/bench area until all consequences have been served.

Travel: All extra-curricular travel will be on school provided transportation to and from the event. No other means of transportation is to be arranged unless approved by the coach/advisor. Students are required to dress appropriately for winter travel. The coach will establish, and make known to their team, their expectations for dress at practice and travel to contests/games.

Grades: An athlete must maintain a D- average to be eligible to compete in contests. **ANY failing (F) or incomplete grade (I) will result in the student not being allowed to participate.** The grades will be checked every two weeks. Spring final quarter grades will be carried over to the next fall. If a student is academically ineligible at check time, they will be checked in two weeks to see if they have improved enough to be allowed to participate again. If not, they will remain ineligible until the next evaluation period.

TOBACCO FREE ENVIRONMENT

It shall be a violation of this policy for any student, teacher, administrator, other school personnel of the school district, or person to use tobacco or tobacco-related devices in a public school. This prohibition extends to all facilities, whether owned, rented, or leased, and all vehicles that a school district owns, leases, rents, contracts for, or controls. This prohibition includes all school district property and all off-campus events sponsored by the school district.

It shall be a violation of this policy for any elementary school, middle school, or secondary school student to possess any type of tobacco or tobacco-related device in a public school. This prohibition extends to all facilities, whether owned, rented, or leased, and all vehicles that a school district owns, leases, rents, contracts for, or controls. This prohibition includes all school district property and all off-campus events sponsored by the school district.

The school district will act to enforce this policy and to discipline or take appropriate action against any student, teacher, administrator, school personnel, or person who is found to have violated this policy.

Enforcement:

- A. All individuals on school premises shall adhere to this policy.
- B. Students who violate this tobacco-free policy shall be subject to school district discipline procedures.
- C. School district administrators and other school personnel who violate this tobacco-free policy shall be subject to school district discipline procedures.
- D. School district action taken for violation of this policy will be consistent with requirements of applicable collective bargaining agreements, Minnesota or federal law, and school district policies.
- E. Persons who violate this tobacco-free policy may be referred to the building administration or other school district supervisory personnel responsible for the area or program at which the violation occurred.
- F. School administrators may call the local law enforcement agency to assist with enforcement of this policy. Smoking or use of any tobacco product in a public school is a violation of the Minnesota Clean Indoor Air Act and is a petty misdemeanor. A court injunction may be instituted against a repeated violator.

INSURANCE

The Fertile-Beltrami School does not provide insurance coverage for students. Student Accident Insurance can be purchased from companies that provide; Athletic, School Time, and Extended Dental coverage insurance. Please contact the school nurse for more information.

FEES

Activity Ticket, gate admission, and participation fees for athletic events are as follows:

Season Activity Tickets:	Adult	\$40.00
	High School Student	\$15.00
	Elementary Student	\$15.00
	Senior Citizen	\$15.00
Game Admissions:	Adults	\$6.00
	K-12	\$3.00
Participation Fees/student/sport:	High School	\$50.00
	Junior High	\$25.00
	Family Maximum	\$180.00

The participation fee includes locks, mouth guards, and activity ticket admission.

EXTRA-CURRICULAR ACTIVITIES:

All extra-curricular activities held after school, in the evening, or on Saturdays, must be supervised. **The teacher/coach in charge should be in the building before the students arrive and should be the last to leave.**

There is no practice on Wednesdays for junior high school students (grades 7-9). There are to be no school activities after 6:30 p.m. on Wednesday.

WEDNESDAY NIGHTS AND OTHER NON-SCHOOL TIMES:

It is the policy that no student's extra-curricular activities be scheduled without special permission from the administration for the following times:

WEDNESDAY EVENINGS...after 6:30 pm-the doors will be locked.

SUNDAY...before noon or after 6:00 pm.

DECEMBER 23-26...of each year.

MINNESOTA STATE HIGH SCHOOL LEAGUE ELIGIBILITY

The following is a summary of the MSHSL athletic eligibility brochure. A copy of this brochure may be obtained at the high school office or from the activities director.

Academic – (Credit Requirement) To be eligible, a student must be making satisfactory progress toward the school's requirement for graduation.

Age – A student representing a member school in League activities shall be under 20 years of age at the start of the season.

Amateur – A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation.

Athletic camps and clinics – Students may attend athletic camps and clinics, which have been approved by their high school principal. Non-school specialized athletic camps and clinics do not require approval. The student or the student's parent(s) or guardian must provide the fee, unless the Board of Directors approves other arrangements. A student may attend a camp or clinic where a member of the school's coaching staff in that sport owns, administers, directs, organizes, or serves as an instructor.

Amateur status and awards – Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items in which the value does not exceed \$100. Violation will render a student ineligible for participation in that activity.

College/University teams – Individuals who have participated with a college or university team are ineligible for participation in any activity of the League.

Fair hearing procedure – The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's determination of ineligibility for a student. The student has 10 calendar days in which to appeal the school's decision.

Enrollment/Attendance – Students must be properly registered, attending school and classes regularly, and enrolled in the required number of credits to graduate in four years after first entering the 9th grade.

General eligibility - A student who is under penalty of exclusion, expulsion or suspension, whose character or conduct violates the Student Code or Responsibility and is not in good standing, shall be ineligible for a period of time as determined by the principal.

Student Code of Responsibilities

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

Graduate – A student shall not be a graduate of a high school or any secondary school.

Last day to join a team – To be eligible for section and state competition, a student must be a member of that school's team no later than the fourth Monday from the official start of that sport season.

Physical examination and parents permit – Any student who intends to participate in high school athletics and cheerleading activities must have on file in the school, a record of a physical examination performed within the previous three years. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required before the student will be permitted to practice or play.

Junior high participation – Participation in high school programs is limited to students in grades 7-12 inclusive. Students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B-squad, junior varsity or varsity level.

Transfer rule – A transfer student is eligible for varsity competition provided the student was in good standing on the date of withdrawal from the last school the student attended and one of the provisions below is met. A transfer student is eligible for varsity competition if:

- 1) The student is enrolling in 9th grade for the first time.
- 2) There is a change of residence and occupancy by the student's parents and the student transfers at the same time of the student's parent's move.
- 3) The student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.
- 4) A student of legally divorced parents who have joint physical custody of the student may move from one custodial parent to the other and be fully eligible at the time of the move.
- 5) If a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time as the parent, the student is fully eligible at the first school the student attends in Minnesota.
- 6) A student who transfers without a change of residence by the student's parents shall elect one of the following. The student shall retain full eligibility for varsity competition for one year at the school in which he/she transferred from. The student may compete at the non-varsity level at the school in which he/she open enrolled to for one year.

If none of the provisions above are met, the student is ineligible for varsity competition for a period of one year beginning with the first day of attendance in the new school. Students are immediately eligible for competition at the non-varsity level. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school.

Mood-altering chemicals/Alcohol/Tobacco – a student shall not at any time, regardless of the quantity, use or consume alcohol or tobacco or use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia. Penalties are as follows:

First violation – two contests or two weeks, whichever is greatest.

Second violation – six contests or three weeks, whichever is greater.

Third violation – twelve contests or four weeks, whichever is greater.

A student shall be disqualified from all inter-scholastic athletics for nine additional weeks beyond the student's original period of ineligibility when the student denies violation of the rules, is allowed to participate and then is subsequently found guilty of the violation.

Sexual/Racial/Religious Harassment/Violence and Hazing – A student shall not engage in the sexual, racial, religious harassment, violence or hazing during the school year or any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing. Any person may report hazing directly to the superintendent.

Serving a MSHSL penalty – A student must be a student in good standing, and able to be placed in the game, meet or contest except of the penalty being served. If a student is not in good standing because they are serving a suspension, expulsion, injury, illness, family vacation, etc are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty.

PLAYING TIME PHILOSOPHY

Junior High: At the junior high level, our goal is for those in the program to have a positive experience. This can be gained through improvement in skill level with effective practice, participation in contests, and achieving team goals. Playing time will be shared by all participants, **but not on an equal time basis. All players will play in the same number of halves in a game or games in a match if there are no other unusual circumstances, such as absences from practices.** Only exceptions will be for tournaments where everyone will get in the game, but not receive equal playing time. Also, in football, where our number one concern is the safety of the athletes, if an athlete's physical stature could put him/her at risk of an injury, the coach could limit his/her playing time.

9th Grade, C Squad, and Junior Varsity: Again, our goal is for those in the program to have a positive experience. Some players will play more than others. Coaches will use game situations as a guide for participation.

Varsity: The primary emphasis at the varsity level is on being as successful as possible. To achieve this goal, some athletes may experience significantly more playing time than others according to team needs and respective goals. There may be athletes that won't get in the game. The coaching staff will assess team needs and how individual players can help achieve those goals. Individual participation may be influenced by a number of different factors that may include skill level, practice performance, attitude, game situations, and other team needs. A good coaching staff should always keep the team concept in mind.

COMMUNICATION – CHAIN OF COMMAND

1. Player to Coach / Coach to Player
2. Player & Parent & Coach
3. Player & Parent & Coach & A.D.
4. Parent & Coach & A.D. & Principal – The student may not be present at this meeting.
5. Cases of neglect/Abuse/Etc. can go directly to the administration.

Player / Parent / Coach Communication

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 the coach at school to set up an appointment to meet.
2. If the coach cannot be reached, call the Activities Director.
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.

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 Fertile-Beltrami Public School, 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.

Issues Not Appropriate to Discuss With The Coach.

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

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

FERTILE-BELTRAMI
2015-2016
EXTRA CURRICULAR ACTIVITIES STAFF

ACTIVITIES DIRECTOR

Garnet Asmundson
gasmundson@isd599.org

FOOTBALL

Head Coach - Brian Nelson
Assistant – Chad Hitchen
Assistant - Neil Steffes
Assistant - Craig Larson
JH – Dennis Yell, Tony Grieve

VOLLEYBALL

Head Coach - Kerri Solie
Assistant - Shelley Rice
C squad 9th – Maggie Maroney
JH 8th – TBA
JH 7th – Lisa Orre

WRESTLING

Head Coach – Tim Olson
Assistant – Mitch Lenz
JH – Kevin Nephew

BASKETBALL – BOYS

Head Coach - Neil Steffes
Assistant - Jeff Gullickson
C Squad 9th - Tim Sykes
JH 8th - Scott Wilson
JH 7th – Tony Grieve

BASKETBALL – GIRLS

Head Coach – Kelly Stene
Assistant – Shelley Rice
JH 8th – Craig Larson
JH 7th – Kerri Solie

CHEERLEADING

Football – TBA
Wrestling – Kari Morvig
Basketball – Sheila Benesh

YEARBOOK ADVISOR

Jennifer Stene

BASEBALL

Head Coach – Tony Grieve
JH – Ray Cheeseman

SOFTBALL

Head Coach -Kerri Solie
Assistant- Lisa Orre

TRACK - BOYS

Brian Nelson

TRACK - GIRLS

Chad Braun

JH TRACK – BOYS & GIRLS

Neil Steffes

GOLF

Boys - Keith Pedersen
Girls – Craig Larson
Assistant – Karin Sorenson

MUSIC

Band – Scott Larsen
Choir – Shelly Wahlin

DRAMA

High School – Tammy Hemmah
JH – Tammy Hemmah
One Act – Heidi Larson

Friends of Rachel/Minor League

Denise Ingberg
Sarah Nereson

FFA

Whitney Rupprecht

FLA

TBA

KNOWLEDGE BOWL

Leah Burke

Parents and athletes are required to attend the Pre-Season Participation Meeting (**August 6, 630 pm, Old Gym**) for each sport before an athlete can participate in practices or games, unless prior arrangements have been made with the coach.

The following items must be completed before an athlete is allowed to participate in practices or games;

Participation fee, MSHSL Form, F-B Form, Sports Physical Form must be turned into the office prior to the first day of fall practice (August 10, 2015).

Once all fees/forms have been turned in, you will receive a Sports Pass to Play Card from Julie Wenschlag in the office. The head coach will not allow participation in practice or games until the Sports Pass to Play card is turned in by the student-athlete.

I, the undersigned, have read and understand the rules of the MSHSL and Fertile-Beltrami Activities Handbook for the 2015-2016 school year. Individual coaches may have additional rules that will govern their sport.

Student-Athletes Name (please print on the first line and sign next to it).

_____ Date _____
Last First MI Signature

Parent/Guardian Signature _____ Date _____

The following items must be completed before an athlete is allowed to participate in practices or games.

Current physical form on file – must be taken every 3 years
Minnesota State High School League Eligibility Form - Signed
Participation Fee – Paid or plan of action to pay work out with AD
Pre-Season Participation Meeting Attended
This form – Signed