

MANKATO EAST HIGH SCHOOL
ACTIVITIES PARENT
HANDBOOK



A GUIDE TO A POSITIVE EXPERIENCE
INDEPENDENT SCHOOL DISTRICT 77

MEHS PARENT PARTICIPANT HANDBOOK

The purpose of this handbook is to help the parents and guardians of students who participate in MEHS programs better understand the issues and concerns that go along with a student's participation in interscholastic activities.

To help make sure your son or daughter has a positive experience while participating in an interscholastic activity we have provided this information to help us achieve this goal.

Addresses and Websites:

Mankato East High School
Activities Office
2600 Hoffman Road
Mankato, MN 56001
507-387-5655

Minnesota State High School League
2100 Freeway Boulevard
Brooklyn Center, MN 55430
763-560-2262

Mankato East High School Web Site

www.ehs.isd77.org

Big 9 Conference Website

www.big9.org

Minnesota State High School League Website

www.mshsl.org



DISTRICT MISSION STATEMENT:

“Assuring learning excellence and readiness for a changing world.”

Core Values

- Integrity
- Respect
- Excellence
- Adaptability
- Responsibility
- Engagement
- Collaboration

SPORTSMANSHIP EXPECTATIONS:

- Take part in cheers and applaud good performances.
- Work cooperatively with contest officials and supervisors in maintaining a positive, educational setting.
- Refrain from booing or making negative comments about officials or participants.
- Show mutual respect for each other, public property, the safety of everyone involved, and the rules of the contest and schools.
- Enjoy the competition and the efforts of everyone involved in the contest.
- Those not recognizing our expectations will be asked to leave. Please be a good sport, respect our requests, and enjoy the event!

MINNESOTA STATE H.S. LEAGUE MISSION STATEMENT:

The Minnesota State High School League provides educational opportunities for students through interscholastic athletics and fine arts programs, and provides leadership and support for member schools.

-LEAGUE VALUES:

- Equity, fairness and justice
- Activities which support the academic mission of schools
- Fair play and honorable competition
- Activities which support healthy lifestyles
- Treating people with dignity and respect.



ATHLETIC PARTICIPATION PHILOSOPHY:

Ninth Grade - C Team

1. The emphasis is on blending competition with participation. Grouping by ability level now begins. Coaches are encouraged to work with all participants.
2. When there are enough participants and resources to have multiple teams, those teams will be established on the basis of level of ability.
3. Because of limited budgets, "cuts" may have to begin at this level.

Tenth Grade - B Team

1. The team is selected by ability level.
2. Coaches are encouraged to provide coaching time and playing time for all participants, but the amount of time is determined by the ability level of the participant.

Varsity Team

1. Teams are made up of the best and most competitive athletes from grades 7-12.
2. Players are selected on the basis of ability.
3. Playing time for individual participants is determined by the head coach on the basis of the player's ability and the needs of the team.
4. Coaching time will vary by ability level.
5. Junior varsity programs are provided for varsity reserves in some sports.

ATHLETIC HONORS AND AWARDS RESTRICTIONS:

CAPTAINS, OFFICERS AND ALL-CONFERENCE – a student-athlete cannot be a captain nor can he/she be named to an all-conference team if he/she misses any part of the season due to a penalty for violation of MSHSL/District 77 chemical and/or hazing, racial/religious/sexual harassment rules and/or student code of conduct rule.

VARSIITY LETTER – A student-athlete will not earn a varsity letter if a confirmed student code of conduct, chemical/racial/religious/sexual harassment and/or hazing ineligibility occurs.

POST SEASON HONORS - District 77 personnel shall not nominate an athlete for post-season honors if the athlete has served a penalty for student code of conduct, chemical and/or hazing racial/religious/sexual harassment/violence rule violation during the season.



TIPS FOR PARENTS

BE SUPPORTIVE OF COACHES: In front of your child be supportive and positive of the coach's 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 an 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: When your child is on the court, field, 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 the 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.

GET TO KNOW THE COACH: Since the coach has a powerful influence on you child, take time to attend the pre-season parent meeting and get to know the coach's philosophy, expectations, and guidelines.

FOCUS ON YOUR CHILD AS AN INDIVIDUAL: Focus on what your child does well and what they need to improve on. 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 A ROLE MODEL: Take a good honest look at your actions and reactions in a sport setting. These actions are a big cue to your child and the others around you.

SHOW UNCONDITIONAL LOVE: The most important thing, show your child you love them, win or lose.



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 excited 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 sometimes mistakes are 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.



FEE SCHEDULE

Senior High (9-12)

Athletics, Dance Company, Drama, Speech, Debate and Knowledge Bowl - **\$160.00**
Drama Club and Math League - **\$75.00** Jazz Band and Chamber Singers - **\$100.00**
The family maximum in senior high is \$550.00.

**If more than one-half of the activity season is completed, no refund will be paid.

**Students unable to pay the fee will not be denied participation. The fee may be waived by using the free school lunch program as a guideline.

SEASON PASSES

(Good for all home games except section and state contests)

Adult - \$100 Student - \$50 Elementary - \$35 10 Game Punch Pass - \$60

ATHLETIC REGISTRATION

All athletes, before beginning practices, must complete and sign the MSHSL eligibility form. In addition, a physical exam is required at least every 3 years and it must be on file in the school. All activity fees must be paid in the Activities Office.

The last day for a student to join a district 77 athletic team and be eligible for post season play is by the closing time of the athletic office (4:00 p.m.) on the 4th Monday (the 22nd calendar day) after the official start of the sport season. In order to satisfy a penalty for a violation of MSHSL rules, an athlete must be a member of a team by the closing time of the athletic office (4:00 p.m.) on the eighth (8th) calendar day after the official start of that sport season. "Membership" is defined as: (1) The student must be under the MSHSL/District 77 bylaws by having all forms completed, signed, and on file in the Activities Director's office; (2) The student must be eligible to practice with the team; and (3) The student must be on the school's master eligibility list.

ATHLETIC INSURANCE

Students must provide their own insurance coverage. They may, if they wish, purchase a low cost insurance. That information is available in the Activities Office. All students will be made aware of the insurance.



ACADEMIC ELIGIBILITY

For any academic school year, students must have accumulated the following number of credits towards graduation by the end of the semester in order to be eligible to participate in a MSHSL sponsored activity:

	<u>1st Semester</u>	<u>2nd Semester</u>
9 th	1 (Probation)	3.5
10 th	7	10
11 th	13.5	17
12 th	20.5	24

Students failing to earn the credit requirements for graduation listed above will be placed on academic probation. To remain eligible during this probationary period, students must be able to earn the required amount of credits for graduation at each grading report period (mid-quarter and quarter). Students on academic probation who can no longer earn the required amount of credits for graduation will be ineligible to compete in a MSHSL sponsored activity, but may still practice. Academic ineligibility will continue until the next grading report period (mid-quarter and quarter) in which the student is again able to meet the required amount of credits for graduation. Included in the process will be a review of the student's credit deficiencies as well as a remediation plan for the student to regain his/her eligibility.

ATTENDANCE

A student who participates in a co-curricular activity must be in school the entire day of the contest/performance to be eligible for participation in the scheduled event. A student will be excused only for school-related functions, family emergencies, religious observances and doctors' appointments (a doctors' note is needed to qualify as an excuse). No other excuses will be accepted.

