MANKATO WEST ACTIVITIES

PARENT HANDBOOK

A GUIDE TO A POSITIVE EXPERIENCE

INDEPENDENT SCHOOL DISTRICT 77

MWHS PARENT PARTICIPANT HANDBOOK

Parents and Students –

Welcome to the Mankato West Activities Department. I am the Activities Director at Mankato West, and I look forward to working with you!

The purpose of this handbook is to help the parents/guardians of students who participate in MWHS 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.

Please know the positive benefits of participating in co-curricular activities. Studies show that students who participate in activities have higher grade point averages, better school attendance, fewer discipline referrals, and are prepared to take on leadership roles in and after high school. Congratulations!

I hope you find the following information helpful!

Sincerely,

Joe Johnson

Addresses and Websites:
Mankato West High School
Activities Office
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507-207-3921

Activities Secretary
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Activities Director
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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.
- No swearing
- No singling out of opposing team members – cheer for our team!
- 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.

VARSITY LETTER – Each program will have its own lettering policy. 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 occurred IN-SEASON. In-Season is defined from the starting date for that sport/activity until the team/individual is eliminated from tournament competition.

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.

COMPLAINT PROCESS

Should there be an issue with a coach or program that need to be resolved, the following steps should be followed in order to assure proper attention to the problem.

1. Student meets with the coach/advisor to discuss the issue.
2. Student and parent meet together with the coach/advisor.
3. Student and parent request meeting with coach and Activities Director.
4. Student, parent, coach, Activities Director, and Principal meet to discuss the issue.

**Note - coaches can decline to discuss playing time with parents; coaches are encouraged to discuss playing time questions or issues with the players directly

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 and privately with the coach. Please schedule a time to meet in private 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 at 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 or activity 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, Orchesis, Drama, Speech, Debate and Knowledge Bowl - **$160.00**

Math League - **$75.00** Chamber Music Groups - **$100.00**

The family maximum is $550. This can be combined with fees paid at DMMS.

**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.

ATHLETIC REGISTRATION

All activities participants, 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 activities office. 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 activities 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 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.

ADMISSION COSTS

- $7 for adults
- $5 for students and senior citizens

SEASON PASSES

- Student athletic pass - $50 – purchase in the main office
- Good for all home regular season events
- Excludes section and state contests
- 10 punch athletics passes - $60
- Adult athletic passes - $100

ACADEMIC ELIGIBILITY

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

Grade	1st Semester	2nd Semester
9	1.5 (probation)	3.5
10	7	10
11	13.5	17
12	20.5	24

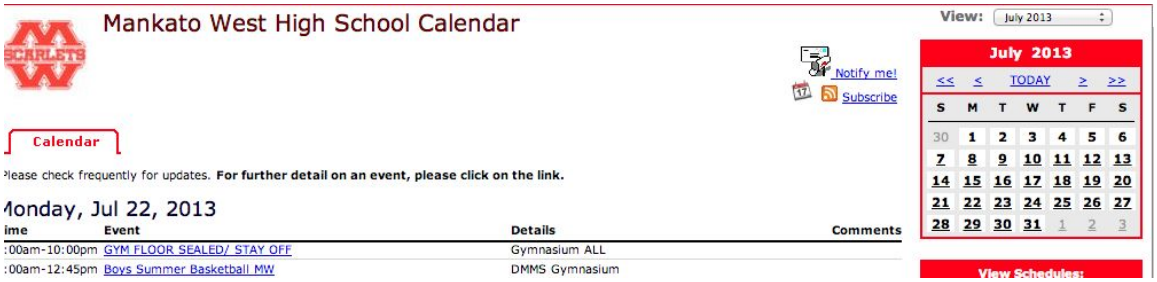
Students failing to earn credit requirements for graduation listed above will be placed on academic probation. To remain eligible during this probationary period, students must be able to earn the required amount of credits for graduation at each grading report period (mid-quarter and quarter). Students 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 for the entire day of the contest/performance to be eligible for participation in the scheduled event or practice. A student will be excused only for school-related functions, family emergencies, religious observances, and doctor appointments (a doctor's note is needed to qualify as an excuse). No other excuses will be accepted.

Big9.org Website

The best place to go for the most current schedules is through the website www.big9.org

Directions:

1. Go to www.big9.org
2. Under "Activity Schedule/School Calendars," select "Mankato West"
3. On the right-hand side under the calendar click on the "Notify Me" button
4. Follow the 4 step process to receive email notifications for any of the sports your child(ren) may play.
5. Whenever there is a schedule change, you will receive an email notifying you of the change.