

## STUDENTS

Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) the summary of Apollo, District 742, and Minnesota State High School League rules which govern your participation.

Complete regulations are found in the MSHSL Official Handbook which is available at each member high school and is also posted on the MSHSL web site: [www.mshsl.org](http://www.mshsl.org). Please keep this brochure for reference, and if there is a question about any rule interpretation, contact the Activities Director.

## PARENTS/GUARDIANS

REVIEW the following rules with your son or daughter. Your role in stressing the value of following these rules cannot be overstated.

## INSTRUCTIONS

**Please make sure both parent and student signature is on the registration forms.** This signature tells us that you have read and understand all the Apollo, District 742 Policies and MSHSL Rules enclosed in this packet.

A physical exam is required every three years for athletic participation.

Please bring the attached (6 forms) when you register for your activity:

1. MSHSL Athletic Eligibility Statement
2. Insurance Waiver & Travel Permission form
3. MSHSL Annual Sports Health Questionnaire form
4. Health Card
5. Registration form
6. Participation fee

## ST. CLOUD APOLLO EAGLES



### 2009 – 2010 Parent/Student Information and Registration Forms for Extracurricular Activities

#### ATHLETIC FEES

<u>SPORT</u>	<u>GRADES 7-12</u>
<i>Fall</i>	
B/G Adapted Soccer	\$ 130.00
B/G Cross Country	\$ 130.00
Football	\$ 150.00
B/G Soccer	\$ 130.00
G Swimming	\$ 145.00
G Tennis	\$ 130.00
Volleyball	\$ 145.00
<i>Winter</i>	
Astronettes	\$ 85.00
B/G Adapted Floor Hockey	\$ 145.00
B/G Basketball	\$ 170.00
B/G Nordic Skiing	\$ 145.00
Gymnastics	\$ 150.00
B/G Hockey	\$ 170.00
B Swimming	\$ 145.00
Wrestling	\$ 150.00
<i>Spring</i>	
Baseball	\$ 145.00
B/G Golf	\$ 145.00
Softball	\$ 145.00
B Tennis	\$ 130.00
B/G Track	\$ 145.00

**This brochure is a summary of the general rules which students and parents should understand.**

**For changes to the schedule, please see the  
Central Lakes Conference website at: [clcmn.com](http://clcmn.com)**

# DISTRICT 742/APOLLO POLICIES

## ATHLETIC TRAINER

Apollo High School has an agreement with the Orthopedic Center for every other day athletic trainer coverage at the high school and coverage at selected contests. The sports medicine assistant program will continue with supervision and instruction from the Orthopedic Center. Questions regarding your son's/daughter's care can be directed to the coach or by calling the Orthopedic Center (202-5593 or 202-5991) or the Apollo Trainers Office (253-1600 ext. 2317) between 3:30 and 5:00 p.m.

## ATTENDANCE

Students who report to school after 11:30 are not allowed to practice or compete that day (unless absent due to a school sponsored activity)

Administration is aware of parent excuses for athlete tardies/absences. Assistant Principals will deal with these situations per incident.

## ATTENDANCE-REPORTING TO SCHOOL THE NEXT DAY

### **Coaches are to inform athletes of these Rules**

1. Members of athletic teams are expected to report to planning room on time after any trip that returns to the Apollo site by midnight.
2. If the bus returns to Apollo between midnight and 1:00 a.m. students will report to school no later than 9:20 a.m.
3. If the bus returns to Apollo between 1:00 a.m. and 2:00 a.m., students will report to school no later than 10:20 a.m.
4. If the bus returns later than 2:00 a.m. it would obviously be due to very unique circumstances and conditions. Coaches will communicate such situations to the Activities Director between 7:00 a.m. and 9:00 a.m. Encourage students to report to school by 10:20 a.m. Students with any problems regarding reporting to school must contact the attendance office.
5. Team groups which decide to stop for food at any time on the return trip are expected to report to school at the normal school day times. In other words, guidelines 2, 3, or 4 will not apply.
6. Failure to follow these guidelines will result in game and/or practice suspensions.
7. Students participating in the Apollo athletic program on any given day are required to be in school for that full school day beginning with planning room, unless properly excused through attendance office.
8. The "Late Rule" still applies under any conditions in that a student/athlete must be in school by 11:30 for participation after school. This situation, of course, has its exceptions with proper advanced permission being foremost.
9. Attendance until 3:10 p.m. is mandatory.

### Rationale:

Students will not abuse the "Late Rule" concept by utilizing a health related excuse as the reason for reporting late to school up until 11:30.

If the student is actually ill, the school is obligated to make sure that they are cleared by a professional to allow for participation.

Assistant Principals will handle all other reasons for a student reporting late to school. Each student needs to held accountable for their own attendance obligations.

## PROCEDURE FOR HANDLING COMPLAINTS

Parents and or participants having a concern regarding a particular situation, team players, or coach/advisor are to speak personally with the coach/advisor of the team. Refer to complaint procedure in Parent/Student handbook (pg. 22).

## RETURN OF EQUIPMENT

The exact uniform and equipment issued to a participant at the beginning of a season must be returned to the coaching staff at the end of the season. Items which are not returned within two weeks of the end of the season or the date that a participant drops or quits, whichever is earlier, will be charged to the participant. No student may compete in the following season unless previous obligations have been satisfied.

## USE OF LOCKERS

For increased security, students are urged to add a personal lock to the locker provided by the school. The following guidelines apply:

1. It is the student's responsibility to remember personal combinations. If a student locks uniform, sweats, or school clothes behind a personal lock and then cannot get those items when he/she wants, that is the student's immediate problem. (A bolt cutter is available at the school, but is not on immediate call).
2. Lockers belong to District 742; equipment belongs to District 742; personal items belong to the student. We respect the rights of students regarding search and seizure, but we are also responsible for the well-being of our entire student body and staff. If staff deems that immediate access to a locker is necessary, a student-owned lock will be cut off.
3. On the date that equipment is due at season's end, privately owned locks and belongings must be removed from athletic lockers. (These lockers must be reassigned for next season's sports.) Locks will be removed with no reimbursement. Belongings will be removed with no storage provided.
4. Students are responsible for knowing the date that equipment is due, for removing private locks, and for removing personal belongings.
5. Apollo High School does not assume responsibility for lost or stolen personal items.

## ELIGIBILITY

Eligibility requirements set forth by the MSHSL are specific concerning academic progress and athletic or activity eligibility. Apollo High School uses the following policy to determine eligibility:

<u>Grade 9</u>	<u>Cumulative Min. Credits Earned</u>	<u>Grade 11</u>	<u>Cumulative Min. Credits Earned</u>
1st Trimester	4	1st Trimester	33
2nd Trimester	8	2nd Trimester	39
3rd Trimester	12	3rd Trimester	45
<u>Grade 10</u>		<u>Grade 12</u>	
1st Trimester	17	1st Trimester	51
2nd Trimester	22	2nd Trimester	57
3rd Trimester	27	3rd Trimester	63

Any student who fails more than one subject during any trimester must meet with the student's coach/advisor and the student's counselor to discuss eligibility.

Any senior who fails any required subject, that will not be offered again during the academic year must meet with the student's coach/advisor and the student's counselor to discuss eligibility.

## **APOLLO ACTIVITIES ELIGIBILITY RULES**

Apollo High School applies all of the standard Minnesota State High School League eligibility rules with the addition of the following adjusted regulations.

1. Chemical/drug/tobacco infractions are enforced within the entire calendar year. (MSHSL 206.00) (Not merely within the season of play)
2. During the calendar year, regardless of the quantity, a student shall not: (1) use or possess a beverage containing alcohol; (2) use or possess tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance. (MSHSL 206.00)
3. Penalties for infractions are:
  - A. First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
  - B. Second Violations: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
  - C. Third and Subsequent Violations: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.
  - D. Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.
  - E. Denial Disqualification: A student shall be disqualified from all interscholastic athletics for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

NOTE: Practice is allowed during periods of ineligibility at the coaches' discretion.

Appeals of student ineligibility will be referred to the Building Placement Unit. STUDENTS WHO ARE SUSPENDED ARE INELIGIBLE FOR ALL ACTIVITIES BEFORE OR AFTER SCHOOL. STUDENTS CAN NOT PARTICIPATE OR ATTEND ANY ACTIVITY AFTER SCHOOL.

## **NCAA DIVISION I AND II ELIGIBILITY REQUIREMENTS**

Many college athletic programs are regulated by the national Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions – Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The clearinghouse was established as a separate organization by the NCAA member institutions in 1993. The Clearinghouse ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

It is your responsibility to make sure the Clearinghouse has the documents it needs to certify you. The documents are (1) Your completed and signed Student Release Form and fee. (2) Your official transcript from every high school you have attended (showing that you have maintained at least a 2.0 g.p.a. in a core curriculum of at least 13 academic courses taken during grades 9 through 12. Only courses that satisfy the NCAA definition of a core course are acceptable) (3) Your ACT or SAT scores. (You must earn a composite score of at least 17 on the ACT or a combined score of at least 700 on the SAT.)

You must pick up these documents from your guidance counselor usually near the end of your junior year, if you feel you may qualify for a scholarship to a Division I or II school.

### **ADDITIONAL INFORMATION**

Towels are not provided for athletes. All students are expected to provide their own towels.

The Activities Department requests that parents/guardians help with laundering of school supplied clothing items. Each coach may provide instructions on best methods to launder.

In the event a student is injured, a claim report must be filed in cooperation with the coach and athletic office. When a student is released from a doctor, he/she must have "participation after injury report" filled out by a doctor and returned to the athletic office.

### **The following fee schedule provisions shall govern students' participation in extra-curricular athletic programs.**

1. Pending school board approval in June, students on free lunch will be charged a minimal fee of \$35 to participate in athletic activities.
2. Students whose families qualify for reduced lunch under the existing federal guidelines may request a waiver of 50%.
3. In the event a student is involuntarily terminated from a program, except for violation of team or school rule, a refund of participation fees will be issued. (Injury is involuntary)
4. In the event a student voluntarily terminates from a program, no refund will be issued, **after one week or five practices**.

Discount activity passes can be purchased at the Activities Office.

Adult - \$50 for 10 admissions (saves \$10)

Student - \$30 for 10 admissions (saves \$10)

These punch cards can be used at Apollo & Tech home events on site with the exception of invitational tournaments and Boys & Girls Hockey and Baseball games at the MAC.

**St. Cloud District 742  
Student Activities Department**

**2009 - 2010 INSURANCE WAIVER AND TRAVEL  
PERMISSION FORM**

**Travel Waiver**

Due to budget reductions and the high cost of transportation services, in order to continue the extracurricular activities, students and parents agree to be responsible for their own transportation to metro-area practices, scrimmages and contests. This includes practices, scrimmages and contests at Apollo, Tech, Sauk Rapids or Sartell. Please indicate below that you understand and agree to be responsible for transportation for your son/daughter to events at these locations.

I agree to be responsible for the transportation for my son/daughter to school events at metro-area facilities. These facilities may include school gyms, athletic fields, hockey rinks or other facilities. I recognize that transporting participants can involve risks and I will not hold District 742 or any of its employees, or any others involved, responsible in the event of any accident incurred during the time of such trip.

**Insurance Waiver**

I am aware playing or practicing to play/participate in any activity can be a dangerous activity involving MANY RISKS OR INJURY. I understand that the dangers and risks of playing or practicing to play/participate in the above activity include, but are not limited to, death, serious neck and spinal injury which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment of future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. If I am a participant in baseball, basketball, football, gymnastics, hockey or wrestling, I specifically acknowledge that it is a VIOLENT CONTACT SPORT involving even greater risk of injury than other sports.

In consideration of District 742 permitting me to try out for the above mentioned team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or participating in that activity, I hereby assume all risks associated with participation and agree to hold District 742, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to the activities mentioned above.

The terms hereof shall serve as a release and assumption of risk for my heirs, executor, administrator, assignees, and for all members of my family.

As a parent/guardian, I fully understand that ISD 742 does not provide insurance for my student while participating in interscholastic activities. I fully understand that it is my responsibility to provide insurance coverage for my student. (If you would like to obtain sport insurance, please contact the Activities Office for a Student Assurance Services, Inc. brochure and application.)

I have read and understand the Insurance and Travel Waiver information.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

**Note:** This waiver must be on file in the Activities Office before a student may participate in away contests

## **Athlete Information Card**

Athletes' Name \_\_\_\_\_

Home Address: \_\_\_\_\_

Father: \_\_\_\_\_ Phone: \_\_\_\_\_

Mother: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_

Person who will care for student in case parent cannot be reached:

\_\_\_\_\_ Phone: \_\_\_\_\_

911 will be called in case of an emergency. I hereby consent to any medical services and hospital care that may be required while said child is under the supervision of an employee of School District #742 while on a school-sponsored activity and hereby appoint said employee to act on my behalf in securing necessary medical services and hospital care from any duly licensed physician.

Signature: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy/Group #: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medication taken on a daily basis: \_\_\_\_\_