



NORTH

6TH, 7TH and 8TH GRADE

ATHLETIC/ACTIVITIES HANDBOOK

2019 - 2020

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THIS HANDBOOK IS FOR ALL PARTICIPANTS IN NORTH ACTIVITIES, THEIR PARENTS/GUARDIANS, AND THEIR ACTIVITY ADVISORS. ITS GOAL IS TO OPEN LINES OF COMMUNICATION AND ESTABLISH AN UNDERSTANDING OF THE NORTH ACTIVITIES PROGRAM AND POLICIES. DISTRIBUTION AND DISCUSSION OF THIS HANDBOOK WILL PRECEDE EACH NORTH ACTIVITY SEASON.

OUR MISSION

The purpose of North's activities is to facilitate individual student success and the development of positive, well-rounded, life-long participants who are able to work together as cooperative, responsible citizens.

OUR SPECIAL PURPOSE IS TO HELP ADOLESCENTS FEEL CAPABLE AND ACCEPTED AT THEIR VARIOUS LEVELS OF INDIVIDUAL DEVELOPMENT.

This school's activities program will try to provide a safe, caring, and positive environment. We will offer a wide variety of activities and strive for equal participation based on attendance. The school will foster a positive attitude toward setting and achieving realistic goals. Winning on the scoreboard is nice, but we prefer to define winning as hard work, dedication and improvement. Competitiveness will be encouraged and supported in all instances where it does not directly undermine the other goals of the program.

The aim of the activities program is to make the junior high years wholesome, productive, and fun.

**NORTH
ATHLETIC ACTIVITIES**

FALL

Football	Aug. 26th-Oct. 11th
Volleyball (Girls)	Aug. 26th-Oct. 11th
Soccer (Boys)	Aug. 26th-Oct. 11th
Soccer (Girls)	Aug. 26th-Oct. 11th

WINTER

Basketball (Girls)	Oct. 22rd-Dec. 20th
Basketball (Boys)	Jan. 2nd-Feb.28th
Weightlifting	TBD

SPRING

Baseball (Boys)	Mar. 23 - May 22
Softball (Girls)	Mar. 23 - May 22
Track (Boys)	Mar. 23 - May 15
Track (Girls)	Mar. 23 - May 15

**NORTH
ACADEMIC ACTIVITIES**

Student Council	All Year
Yearbook Committee	All Year
Academic Triathlon	Oct. 29th-Mar. 8th
Future Problem Solving	Oct – April
Fall Play	Sept. 10th-Nov. 9th
Knowledge Bowl	Oct. 22-Dec. 14
Spring Play	Jan. 2-Mar. 8
Geography Bee	December
Spelling Bee	Jan. 23
Vex Robotics	All Year
W.E.B	All Year
Eagles Act	All Year
Art Club	Oct.-May
Speech	Jan-Mar.

**SPORTS OFFERED WITH APOLLO
7 – 12 PROGRAMS**

FALL

Tennis (Girls)	Aug. 12-Oct. 5
Swimming (Girls)	Aug. 12-Nov. 2
Cross Country Running (Boys)	Aug. 12-Oct. 17
Cross Country Running (Girls)	Aug. 12-Oct. 17
Adapted Soccer (Co-ed)	Aug. 26-Nov. 9
Trap Team (Co-ed)	TBD

WINTER

Swimming (Boys)	Nov. 25-Feb. 14
Wrestling	Nov. 18-Feb. 14
Astronettes (Girls)	Oct. 21-Jan. 24
Adapted Floor Hockey (Co-ed)	Nov. 18-Mar. 13
Nordic Skiing (Boys)	Nov. 11-Jan. 24
Nordic Skiing (Girls)	Nov. 11-Jan. 24
Hockey (Girls)	Oct. 28-Jan. 31

SPRING

Tennis (Boys)	Mar. 23-May 15
Golf (Girls)	Mar. 16-May 22
Golf (Boys)	Mar. 16-May 22
Trap Team (Co-ed)	TBD

NORTH 6TH GRADE SPORTS

All North Only activities will have a 6th grade component. Football will be run through community education, please contact them for further 6th grade football information.

CODE OF ETHICS

COACHES/ADVISORS

1. The emotional and physical well being of the participants will be placed ahead of any personal desire to win.
2. Each player will be treated as an individual, acknowledging the large spread of emotional and physical development for middle school age children.
3. Advisors will do their best to organize practices that are fun and challenging for all participants.
4. By their own example, advisors will demonstrate fair play and sportsmanship to all participants.
5. **The advisor will remember that the activity is for children and not for adults.**

PARENTS

1. By their own example, parents will encourage good sportsmanship by demonstrating positive support for all players, advisors and officials; this will provide an enjoyable experience for all participants.
2. Parents will place the emotional and physical well being of their child ahead of any personal desire to win.
3. Parents will expect their child to treat other participants, advisors, fans and officials with respect regardless of race, sex, creed or ability.
4. Parents will demand a drug-free (to include alcohol and tobacco) activity environment for their child and will agree to set an example by refraining from drug use at all youth events.
5. **Parents will remember that the activity is for children and not for adults and will do their best to make the activity fun for the child.**

STUDENTS

1. Although winning is enjoyable, the student will remember that teamwork, sportsmanship, fun, and the experience gained are the most important parts of any activity.
2. The student will treat other participants, advisors, parents and officials with respect, regardless of race, sex, creed, or ability.
3. The student will practice a drug-free lifestyle (to include alcohol and tobacco).
4. The student will maintain strong academic efforts and responsible citizenship. This includes respect for school property, others, and self.
5. The student is a winner when she/he puts forth her/his best effort.

VIOLATIONS

Any violation of this Code of Ethics will be dealt with by the advisor/coach and/or administrator in accordance with appropriate Minnesota High School League rules and the North Code of Conduct as needed. Classroom and school conduct counts. Coaches and advisors will expect that students are good citizens during the school days and keep up with their school work. Coaches and advisors may make discipline decisions in consultation with the Activities Director and Administration.

STUDENT ACTIVITIES PARTICIPATION POLICY

MIDDLE SCHOOL ACCELERATION GUIDELINES FOR STUDENTS PARTICIPATING AT THE SENIOR HIGH LEVEL

It is the philosophy of District 742 schools that, in general, the rigor, focus, and expectations of senior high activity participation and competition are not appropriate for middle level students. At the middle school level, the emphasis is to promote the healthy development of a well-rounded, life-long involvement in activities. Most middle level students lack not only the skill but, more importantly, the maturity to benefit from senior high participation.

District 742 recognizes there may be an occasion when, because of unusual ability, maturity, and/or age, a student may be considered for participation at the senior high level. Moving into the senior high program may be reasonable in sports where there is not a middle level program available.

If a student requests a waiver to participate at the senior high level, the student must be proficient enough to compete at the varsity level.

District 742 senior high coaches will not recruit middle level students. However, the school district encourages senior high coaches to work cooperatively with the middle level coaching staffs to determine the skills that should be developed at each level of competition.

District 742 schools will not allow middle level students to participate or practice with any higher level teams before permission has been granted using the procedure outlined below. This process must be completed before each season of participation.

The following procedure will be used to consider the student's participation:

1. A request for a middle level student to participate at the senior high level will be made in writing by the parent(s) of the student to the Activities Director at the junior high. Except in unique circumstances, the request must be made prior to the season. Unique circumstances may include, but are not limited to, a new student moving into the district; filling out an incomplete varsity squad; or replacing a program no longer available at the middle level school.
2. The middle school Activities Director will consult with the following people upon the parent(s) request:

- a. The student's academic team teachers;
 - b. The student's counselor;
 - c. The appropriate junior and senior high coaches; and
 - d. The senior high Activities Director.
3. The middle school Activities Director will make a recommendation to the middle school Administrator.
 4. If approved by the administration, the recommendation will be sent to the senior high Principal for approval by the senior high Building Placement Unit.
 5. If the senior high Building Placement Unit approves the recommendation, they will notify the student and parent(s).
 6. All appeals of the decision of the school by parent(s) will be reviewed by the Secondary Placement Unit upon notification by the middle school Activities Director.

GENERAL INFORMATION

ATTENDANCE

Activities will typically meet no more than five times a week. Sometimes more practices are necessary. **Parents will be notified of an activity's schedule ahead of time.**

Participation in an activity is a commitment to a group of people; therefore, attendance at an activity practice is mandatory. If you cannot attend, please inform the coach/advisor ahead of time, if possible. Always bring a written excuse if you have not notified the coach/advisor ahead of time.

1. Excused absences include medical reasons, family plans, church, and other school-related activities.
2. Unexcused absences and suspensions will result in less playing/participation time.
3. Students participating in the North activities program are required to be in school for that full school day unless properly excused through the attendance office.
4. Students who are ill in the morning are required to be in school by noon in order to participate after school. A written excuse must accompany the student's return to school.
5. Students who decide to discontinue an activity should notify the advisor or the Activity Director of that activity and return all uniforms and equipment.
6. When a student is returning from major surgery, serious illness or an injury, he/she must have a "Participation After Injury Report" filled out by the attending physician and returned to the Activities Director before he/she can resume practice.

REGISTRATION

FALL SEASON:

Signing up is easy and can be done before or after school starts (preferably before) in the fall. A physical examination within the last three years is required if participating in a sport and should be in your permanent file.

Ideal Situation: (If you know what sport or activity you want to go out for.)

1. Obtain registration forms in the office (after July 1st), or at the North Activities meeting on August 8th. (5:30-6:30)
2. Have Parent/Guardian complete the forms, and then the parent or the student can return them to the office before the start of practice.
3. Report to practice on the correct day with the appropriate equipment. For further information, see below.

PRACTICE INFORMATION:

STARTING DATE: All sports, except 6th grade volleyball, start Aug. 26th from 3:30 p.m. – 5:20 p.m. (6th grade volleyball will begin the first day of school.) *See below for Football.

PLACE: North

TIME: 3:30 – 5:30 p.m.

DATES: Usually five days a week with practices on all days. (Check your sports schedule.)

NOTE: Students will be given a specific practice and game schedule for their sport on the first day of practice.

QUESTIONS: Contact Mike Gritman at 370-7000 or michael.gritman@isd742.org.

ALL SEASONS:

A physical is required for all students participating in sports in grades 7-12.
The record of this physical will become a part of the student's permanent school record and is good for 3 years.

<u>FOOTBALL EQUIPMENT HANDOUT</u> (Parents* and Students)	<u>AT NORTH JR HIGH</u> Monday, Aug. 26th 4:30-5:30p.m. (8th grade) 5:30-6:30p.m. (7th grade)
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***NOTE: Parents must be there to fill out forms and pay fees. (If not already.)**

Prior to each activity season, the following must be turned in to the main office:

1. The health questionnaire (once per year).
2. MSHSL Eligibility Information Form (once per year).
3. The insurance waiver (once per year).
4. The "Fee Activity/Refund Statement" with the fee payment. **(The signed yellow form must be turned in to the office. This must be turned in for every activity.)**
5. The Sportsmanship and Behavioral Expectations Contract. (once per year)

EQUIPMENT (PROVIDED BY SCHOOL):

Any uniforms, equipment, or resource materials issued to students must be properly maintained and returned at the end of the activity. Replacement of any items not returned or damaged will be charged to the student to whom they were issued.

Replacement costs are as follows:

Helmet with Pads	\$110.00
Shoulder Pads	50.00
Pants	18.00
Knee Pads	5.00
Thigh Pads	8.50
Hip Pads	13.00
Chin Strap	3.50
Practice Jersey	15.00
Game Jersey	30.00
Belt	2.00
Girdle	11.00
Face Mask	12.00
Jaw Pads	4.00
Soccer Game Jersey	30.00
Track Sweat Top	50.00
Track Sweat Bottom	50.00
Track Shirt	20.00
Volleyball Shirt	25.00
Basketball Game Jersey	35.00
Softball Game Jersey	30.00
Baseball Game Jersey	30.00

***Unpaid fines result in an indefinite "hold" on school records.** Students can also be blocked from future participation in activities until fines are paid or equipment is returned.

PROVIDED BY STUDENTS:

- A. Football: Tennis shoes, turf shoes, or soft, flexible, molded rubber sole shoes (**NO METAL OR REMOVABLE CLEATS**). A mouth protector, athletic supporter, and protective cup are required.
- B. Soccer: Shin pads, black game shorts, and a mouthpiece are recommended. See below.
- C. Volleyball: Black game shorts and a mouthpiece are recommended. See below.

- D. Girls/Boys Basketball: Black game shorts and a mouthpiece are recommended. See below.
- E. Baseball: Glove, royal blue hat, royal blue sleeved baseball shirt, sweatpants or baseball pants, proper shoes (molded rubber preferred), and a mouthpiece are recommended. See below.
- F. Softball: Glove, royal blue sleeved baseball/softball shirt, sweats pants or softball pants, proper shoes (molded rubber preferred), and a mouthpiece is recommended. See below.
- G. Track: Black game shorts.

ALL: LOCK FOR LOCKER. Proper practice clothes and, again, appropriate shoes.

(This is probably not a complete list and any additional equipment needed will be identified at each individual sports informational meeting.)

MOUTHGUARDS: North/District 742 agrees with the MSHSL and is recommending that all Middle School participants use a mouthpiece in the following sports: soccer, volleyball, basketball, wrestling, softball, and baseball. **It is required for football.** They can be picked up at a sporting goods store for around \$4 - \$10.

AFTER SCHOOL PROCEDURES

1. Bring books, bags, coats, etc., to practice with you. You will not be allowed to go to your school locker after the activity.
2. Excellent locker room behavior is expected of all athletic participants. Coaches/advisors are expected to supervise their students before and after each practice/game until all have left the building.
3. Each activity participant is expected to safely secure all valuables. Athletic lockers are in the locker rooms. Most losses occur from unlocked lockers. Make sure you have a lock. North or schools we visit are not responsible for missing or stolen items. **Keep lockers locked!**
4. RIDES: All participants are expected to arrange for rides from North within twenty minutes of the end of the activity. Riders should be picked up by Door #4--the southeast door by the parking lots.

5. TELEPHONE: You are not to use the office phones. However, if you must use a phone, contact your coach and they will help you. Use good judgment and plan ahead.

TRANSPORTATION/AWAY TRIPS

1. Appropriate bus conduct is very important. This includes behavior, respect for property and each other, and cleaning up after one's self.
2. Activity advisors will provide estimates of return times from "away" activities. However, there are many variables when traveling to and from an activity. Phones will be available for students after trips.
3. Students will ride the provided school bus to "away" activities except in rare (pre-approved by the Activities Director, written) instances.
4. Students will ride the provided school bus back to North unless picked up by their "Parent/Guardian." The only exception will be when a student provides written permission to their coach from their "Parent/Guardian" to ride with another "Parent/Guardian." All of this must be done ahead of time.

DISCIPLINE

Each sport will have a discipline policy that will be provided to the participants. All other forms of misconduct not expressly mentioned in these general rules will be dealt with according to the North Discipline Policy. Coaches/advisors will keep the Activities Director and Administration informed when discipline relates to participation. We will enforce all expectations found in our Sportsmanship and Behavior Expectations Contract.

HEALTH RISKS

By its nature, participation in athletics includes risk or injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules,

report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

Shaving (legs, face, etc.): It has been brought to our attention that athletes have been shaving in some of the district's locker rooms. Whenever there is shaving, whether it is used in taping or shaving legs, there should be **NO SHARING** of razors. The transmission possibility of HIV is probably slight, but the sharing of razors is not a safe practice and not worth the risk involved. Blood on any item always is a red flag and the practice should be eliminated.

Inhalers: It has been brought to our attention, on several occasions, that athletes have been known to share inhalers. Inhalers are prescribed generally for asthma or reactive airway disorders. They are very specific to each individual and if used inappropriately the effects could be serious. We do not doubt the need for individuals to use inhalers, but they should only be used for the individual they are prescribed for. Also, for your information, typically inhalers are prescribed in such a manner that there should be a 2-hour wait between doses.

Water bottles: Students should bring their own water bottle for water and keep it in their athletic locker.

ACTIVITIES PROGRAM FUNDING

Budgets for activities in District 742 are extremely limited at this time. The reality is that our program offerings extend far beyond what our funding can provide. We are basically limited to providing a competitive schedule to include transportation, officials, and game administrative costs. Participation in some activities may be limited because of budget restrictions.

ACTIVITIES FEES

1. All activities have an \$80.00 registration fee except for activities at Apollo (then the fees are the same as the high school).
2. Students qualifying for reduced lunch will pay \$40.00. The charge for students qualifying for free lunch is \$20.00.

3. In the event a student voluntarily terminates from a program, no refund will be issued after one week or four team practices, whichever comes first.
4. In the event a student is involuntarily terminated from a program due to an injury, a prorated refund of participation fee will be issued.
5. Practice is not allowed, and no equipment will be issued, until all forms are completed and all fees are paid.

FUND RAISING

All fund raising by any school group (concessions, button sales, candy sales, dances, etc.) must be approved by the school Fund Raising Committee. Please see Mrs. Stewart for approval form. Money obtained from fund raising projects must be turned into the office for deposit. Fund raising by groups outside of the school is not authorized by the school and should not take place in school.

ACTIVITIES HOTLINE

THE DAY'S EVENTS, LOCATIONS, AND ANY CHANGES ARE POSTED ON THE NORTH TELEPHONE SYSTEM. JUST DIAL 251-2159, OPTION #3, OR EXT. 9980 FOR THE LATEST INFORMATION.

YOU MAY ALSO CHECK OUR WEBPAGE FOR UPDATES AND INFORMATION ABOUT ATHLETICS.

