

Thank you, parents, for allowing our athletics staff to coach your student. Many individuals contribute to the success of each individual student-athlete and program at Eastview High School. It is one of our goals that we work together as partners to provide the best of opportunities for our students.

Our mission is to promote participation and sportsmanship while developing good citizens through equitable opportunities, learning experiences and positive recognition for students while maximizing the achievement of educational goals.

It is my hope that this guide will answer some of your questions regarding your student's eligibility as well as provide you with some tips to enhance your student's experience as a student-athlete.

Sincerely,



Bruce Miller  
Assistant Principal

## TIPS ON BEING A GOOD SPORTS PARENT

### BE SUPPORTIVE OF THE COACH

In front of your student 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 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 student is competing, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop your student-athlete's character and teach life skills that athletics bring to the forefront.

### LET YOUR STUDENT CREATE THEIR OWN SPORTS MEMORIES

Separate your sports life from theirs. Let your student discover their own sports successes. Help to calm the stormy waters, but let them handle the navigational problems. They will be their own person which will most likely be different than you.

### HELP YOUR CHILD LEARN THROUGH FAILURE

The way your student 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. Let your student cope in their own way, then, at some later time they will be much more receptive to words of correction or advice from you.

### GET TO KNOW THE COACH

Since the coach has a powerful influence on your student, take the time to attend the preseason parent meeting and get to know the coach's philosophy, expectations and knowledge.

### FOCUS ON YOUR CHILD AS AN INDIVIDUAL

Focus on what your student does well and where they need to improve. Forget about the progress or success of other athletes.

### LISTEN TO YOUR CHILD...BUT STAY RATIONAL

Always listen to your student, but remember to stay rational until you have investigated the situation. Remember, students can exaggerate their woes and heroics.

### BE MINDFUL OF YOUR ROLE AS A ROLE MODEL

Take a good, honest look at your actions and reactions in the athletic arena. These actions are a big cue to your student and to others around you.

### SHOW UNCONDITIONAL LOVE

The most important thing - show your student you love them, win or lose.

## PARENT/ATHLETE EXPECTATIONS

Trust

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 benefits to our student-athletes. As parents, when your student becomes involved in our program, you have a right to understand what expectations are placed on them. This begins with clear communication from the coach of the student's program.

### Communication you should expect from coaches

- Basic coaching program philosophy
- Locations and times of all practices and contests
- Team requirements; e.g., practices, special equipment, lettering policy, awards, team rules
- Procedure followed if student is injured
- Discipline that may result in a period of ineligibility
- Sportsmanship
- Squad determination
- Transportation expectations
- Attendance at school on practice/game days
- MSHSL rules (academic/chemical)

Respect

### Communication coaches expect from parents

- Specific program concerns expressed directly to the coach
- Notification of any schedule conflict well in advance

As your student becomes involved in the programs at Eastview High School, they will experience some of the most rewarding moments of their lives. It is also important that they understand that there may be times when things do not go as they wish. At these times, discussion with the coach is encouraged.

### EXAMPLES OF THESE SITUATIONS:

- Treatment of your student-athlete, mentally or physically
- Ways to help your student-athlete improve
- Concerns about your student's attitude
- Academic support and college opportunities

It is very difficult to accept your student's not playing as much as or in the role you may hope. Coaches are professionals. They make judgements based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your student's coach. Other situations should be left to the discretion of the coach.

### EXAMPLES OF THESE SITUATIONS:

- Team strategy
- Other student-athletes
- Playing time

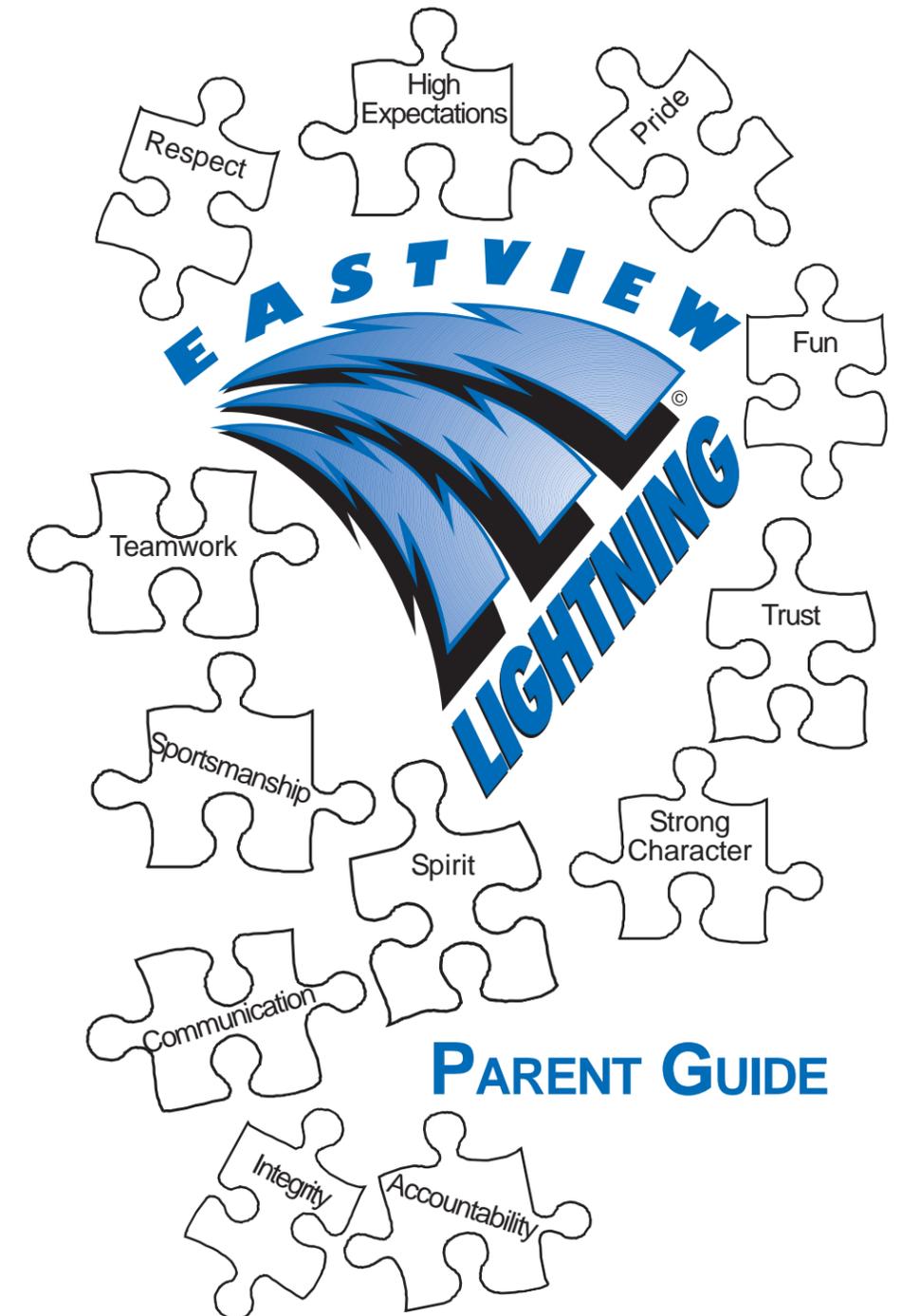
## ATHLETIC OFFICE DIRECTORY

For complete athletic information including schedules, visit [www.district196.org/evhs/athletics](http://www.district196.org/evhs/athletics)

Main Office .....	(952) 431-8900
Athletic Director, Bruce Miller .....	(952) 431-8905
Athletic Secretary, Joan Beckmann .....	(952) 431-8904
FAX .....	(952) 431-8911
Athletic Trainer, Doug Nelson .....	(952) 431-8948
24 Hour Athletic Medical Hotline .....	(952) 920-8850
<b>VOICEMAIL SYSTEM .....</b>	<b>(651) 683-6969</b>

Revised 8/04

# EASTVIEW HIGH SCHOOL LIGHTNING ATHLETICS



## PARENT GUIDE

## ACADEMIC ELIGIBILITY

Eastview High School and the MSHSL have an academic eligibility requirement. To be eligible, a student must be making satisfactory progress toward graduation.



## PHYSICAL EXAMINATION REQUIREMENTS

Student-athletes must have record of a physical examination performed by a physician within the previous three years on file in the athletic office prior to the participation in any sport.

After major surgery or serious illness or injury, the attending physician must certify in writing the student-athlete's readiness to return to competition.

## STUDENT CODE OF RESPONSIBILITIES

Eastview High School and the MSHSL believe participation in cocurricular activities is a privilege which is accompanied by responsibility. A violation of the code of responsibilities may result in a period of ineligibility for the student-athlete.

Each student-athlete shall:

- respect the rights and beliefs of others and will treat others with courtesy and consideration.
- be fully responsible for their own actions and the consequences of those actions.
- respect the property of others.
- respect and obey the rules of Eastview High School and the laws of the community, state and country.
- show respect to those who are responsible for enforcing the rules of EVHS and the laws of the community, state and country.

## MOOD-ALTERING CHEMICALS

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, consume, possess, buy, sell, or give away any other controlled substance (this applies to the 12-month calendar year).



**Penalty:**

**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.

**Second Violation:** 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.

**Accumulative Penalties:** Penalties shall be accumulative beginning with the student's first participation in a MSHSL activity and continuing through the student's high school career.

## 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 a rule, is allowed to participate and then is subsequently found guilty of the violation.

## PLAYER/SPECTATOR EJECTION FROM A COMPETITION

- **A player** ejected from a contest shall be ineligible for the next regularly scheduled competition at that level of competition and all other competitions in the interim at any level, for the first ejection. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled competitions.
- **A spectator** ejected from a competition will not be allowed to attend the next competition at that level and all other competitions in the interim at any level. All subsequent ejections shall result in a suspension for four (4) regularly scheduled competitions.

## PROGRAM PHILOSOPHY AND EXPECTATIONS

Eastview High School allows each head coach to prescribe team rules for their program that best fit each program philosophy and maintain the mission of Eastview High School. These rules may be more restrictive than those set by the MSHSL.



## NON-SCHOOL COMPETITION AND TRAINING

During the high school season a student-athlete may not participate as a member of a team or as an individual competitor in non-school sponsored games, meets, tournaments or contests, in the same sport. **Season Defined:** *The high school season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition.* Baseball, softball and skiing are exceptions to this rule.

## CAPTAINS' PRACTICES

Students may participate in practices organized by their team's captains so long as participation is voluntary and not influenced or directed by a paid or unpaid member of their high school coaching staff.

## OPEN GYMS

Students may participate in open gym so long as it meets the following criteria:

- The school facilities are available for students to participate in a number of activities.
- The recreational activities are open to all students.
- There is no coaching of the skills and techniques of activities provided in the school interscholastic athletic program.
- There is no requirement for students to attend open gym activities as a prerequisite for membership on a high school team.



## SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY!

At its best, athletic competition can hold intrinsic value for our entire Eastview community and society as a whole. It is a symbol of a great ideal: pursuing victory with integrity. Everyone (administrators, officials, coaches, parents, student-athletes, and fans) involved in athletic competition has a duty to treat the traditions of the sport and other participants with respect. Disrespectful behavior involving verbal ill-treatment of opponents and officials, profane or belligerent trash-talking, taunting and unseemly celebrations do not have a place at high school competitions and will not be tolerated at Eastview High School. Your admission to a competition is not a license to practice poor sportsmanship!

### Tips for Practicing Good Sportsmanship

- Keep your emotions and attitudes balanced.
- Appreciate a good play, no matter who makes it.
- Remember that Eastview High School and your sports program will be held responsible for or receive the praise for **YOUR** individual conduct at games!
- Fans may not remember the final score, however, they will remember the fan in Section 3 who made a fool out of him or herself.
- You want others to treat you the way you want to be treated. How many of us want to be treated with disrespect?
- We believe participation in sports is an extension of the classroom. Would it be OK to harass students in a math class for their performance on a test?
- When you witness others practicing poor sportsmanship, help them to be more successful in the future by role modeling a positive attitude. **All** of our behaviors will collectively reflect upon Eastview High School and help to form our reputation in the community.
- Sportsmanship begins with you!

## CONFLICT RESOLUTION

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following steps should be followed:



- Conflicts should be resolved between the student-athlete and the coach. Parents are welcome to provide support for the student-athlete through conversations with the coach after the initial player/coach discussion.
- Contact the coach to set up an appointment. The contact should be directed to the coach's school phone number or email.
- Meetings should be held in a professional setting in the school building during school/professional time.
- It is inappropriate to approach a coach immediately prior to, during, or at the conclusion of a contest or at any other unscheduled time. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
- If, after a good faith attempt to discuss a situation or resolve an issue without reasonable satisfaction, the next step is to contact the athletic director to further discuss the situation.