

St. Francis High School Saints Activities



Parent Guidelines

Thank you, parents, for allowing our athletics/activities staff to coach or advise your student. Many individuals contribute to the success of each individual student-athlete and program at St. Francis High School. It is one of our goals that we work together as partners to provide the best of opportunities for our students. It is our mission to enhance student learning and personal development by teaching skills and provide learning experiences that promote success and positive recognition for students in harmony with our school's commitment to learning.

Sincerely,
Jeff Fink
SFHS Activities Director

Tips On Being A Good Activities 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 the coach, please talk with the coach directly.

Teach Respect For Authority

There will be times when you disagree with the coach or official, but always remember they are trying their best and are trying to be fair. Show good sportsmanship by remaining positive.

Let The Coach Do The Coaching

When your student is competing or performing, 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 skills that being in activities bring to the forefront.

Let Your Students Create Their Own Activities Moments

Separate your sports and activities life from theirs. Let your student discover their own successes. Help to calm the stormy moments, but let them handle the navigational problems.

Help Through Disappointment

The way your student handles disappointment can help them to face the certain challenges life will throw at them in the future. The worst time for you as a parent is to give advice is immediately after a disappointment. They will be much more receptive to words of correction or advice from you at a later time.

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.

Listen To Your Child...But Stay Rational

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

Be Mindful—You Are A Role Model

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

Show Unconditional Love

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

Parent/Athlete Expectations

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/advisors:

- Basic coaching and 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
- Transportation expectations
- Attendance at school on practice/game days
- Minnesota State High School League (MSHSL) Rules Academic/Chemical/Code of Conduct
- Discipline that may result in a period of ineligibility

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 St. Francis High School, they will experience some of the most rewarding moments of their lives. It is also important that they understand that there will be times when things do not go as they wish. Refer to the conflict resolution guide in these situations.

Examples of these situations:

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

It is very difficult to accept your student not playing as much as or in a role you may hope. Coaches are professionals. They make judgments 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 addressed with the coach. It is important that your student communicates with their coach first. This communication promotes maturity and allows the student to advocate for themselves. Team strategy, other student-athletes, and playing time should not be discussed between parent and coach.

Student Code of Conduct Responsibilities

St. Francis High School and the MSHSL believe participation in co-curricular activities is a privilege which is accompanied by responsibility. A violation of the code of conduct 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 considerations.
- be fully responsible for their own actions and the consequences of those actions.
- respect the property of others.
- respect and obey the rules of SFHS and the laws of the community, state, and country.
- show respect to those who are responsible for enforcing the rules of SFHS and the laws of the community, state, and country.

Mood-Altering Chemicals

During the calendar year, a student shall not:

- (1) use or possess a beverage containing alcohol
- (2) use or possess tobacco or e-cig products
- (3) use, consume, possess, buy, sell, or give away any other controlled substances
- (4) be in attendance at a party where alcohol or controlled substances are present without leaving promptly (Code of Conduct Violation).

Denial Disqualification

A student shall be disqualified from all interscholastic athletics and activities 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.

Academic Eligibility

St. Francis High School and the MSHSL have an academic eligibility requirement. To be eligible, a student must be making satisfactory progress toward graduation. Students who have more than one failure or incomplete grade will not be eligible until the Activities Director has determined adequate progress is being made. We also reserve the right to hold students out of practice and competition who are not making progress during any trimester.

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

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

This does not include the chemical and controlled substances violations.

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. Students can receive training during their season from an outside source. ***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 Practice

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 Saints 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 St. Francis High School. Your admission to a competition is not a license to practice poor sportsmanship.

Tips for good sportsmanship:

- Keep your emotions and attitudes balanced.
- Appreciate a good play, no matter who makes it.
- Remember that St. Francis 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 St. Francis High School and help to form our reputation in the community.

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:

Step 1 Coach/Student

The student and the coach/advisor will meet to discuss the issue. The goal of this meeting is to bring closure to the concern. This meeting should occur within five days of the incident.

Step 2 Coach/Student/Parent

The parent and student should schedule a meeting with the coach/advisor within five school days of incident or within five days of the initial meeting between the coach and student.

Meeting time must be convenient to both parties. The meeting agenda is limited to the initial issue. Coaches/advisors may request administrative presence at the meeting, but the coach/advisor will run the session and provide a detailed summary either verbally or in writing for the Activities Director.

Step 3 Coach/Student/Parent/AD

If no closure is attained at the meeting, the coach/advisor must create a written summary of the meeting within five school days for review by the Activities Director. If the parent requests a meeting with the Activities Director, an email to the AD must be completed by the person with the conflict with details of Steps 1 and 2. The Activities Director will set up a meeting with the coach/advisor, parent, and student (at the discretion of Activities Director). After the meeting, the Activities Director will make a ruling on the issue and share the findings and solution strategy with the family, coach/advisor, and building principal.

Step 4 Parent/Principal

If the established ruling/strategy is still unacceptable to the family they may then meet with the building principal to discuss alternatives. The Activities Director, coach/advisor, and/or student will meet with the parent and principal at the principal's discretion.

Other key points:

- It is inappropriate to approach a coach with a concern before or after a game or practice.
- Playing time and team selection is determined solely by the coaching staff, these discussions should be between the coach/advisor and the student. A parent may only be involved in these discussions if the student is present (should not exceed step two).
- Calls should be directed to school contact numbers only unless the coach has given specific approval to call their cell phone.
- Data privacy rules must be maintained; discussions about other students are not permitted.
- Failure to follow the process may impact the final ruling on the issue.
- If the parent refuses to involve the student in the process, the conflict resolution process is compromised.

Respectful communication is expected between both parties; if at any time the meeting becomes confrontational, the meeting will be halted by the coach and/or Activities Director and rescheduled.

Driving/Riding Policy

Students will be expected to ride to and from an event with the team when school transportation is provided. Exceptions may be for family reasons, medical appointments, need to arrive late or return early, etc. A permission slip from parents must be given to the coach before departure. Parents must call the Activities Director Jeff Fink @ 763-213-1504 or email jeff.fink@isd15.org in addition to the driving form being turned in.

- Students are not allowed to ride home from an event with other students or friends.
- Students can ride home with parent if parents talk to a coach/advisor at the site.

Activities Attendance Policy

A committee comprised of coaches, advisors, students, and the activities director established the activities attendance procedure. We hold our activity participants to high standards in being positive role models in and out of the classroom. The image and perception of our participants to other students, our teaching staff, other school personnel, and the community in general is vitally important. This attendance policy establishes guidelines to preserve the importance of our participants to be in school and being positive role models.

Students who participate in athletics or activities are expected to be in attendance the full school day. A student who misses all or any part of the school day will not be allowed to practice or participate with the following exceptions:

- A written excuse from a doctor or health office professional
- A school sponsored activity
- A family emergency
- An in school health issue

Coaches and advisors will enforce this procedure and communicate with their sport or activity participant. The coach and advisor may make the determination whether or not the participant should be allowed to practice or play in special circumstances. The coach or advisor, if unsure after using their best professional judgment, needs to get permission from the activities director or designated representative for any other exception. The student has the responsibility for providing appropriate documentation and communicating with the coach or advisor.

Students that are sent home by the school nurse can only participate and/or play with a returning doctor's note or note from the nurse. In addition, coaches and advisors will monitor each individual's attendance pattern and history to prevent abuse. The coaches and advisors are expected to communicate with the activities director about any participants who have continuous attendance or tardy issues.