ATHLETICS POLICIES AND OFFERINGS HANDBOOK
St. Anthony Village High School

2015-2016

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Mission Statement
St. Anthony Village High School is committed to provide the best activities
programs possible based on excellence and HEART for the students of St. Anthony-
New Brighton Schools in a fiscally responsible manner.

Code of Conduct
HEART – Honor, Effort, Attitude, Respect, Teamwork

It is the St. Anthony New Brighton School District’s policy to provide equal education opportunity for all students and to provide equal employment opportunity for all employees. The district does not discriminate in admission, treatment, employment or access to its programs or activities. In addition, the School District does not unlawfully discriminate on the basis of race, color, creed, religion, national origin, sex, marital status, parental status, status with regard to public assistance, disability, sexual orientation or age.
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Athletics and Activities
St. Anthony Village High School

STUDENT ATHLETICS POLICIES AND OFFERINGS HANDBOOK

I. Introductions

St. Anthony Village High School and Middle School offers a variety of athletic activities designed to meet the interests of I.S.D. #282’s students. The student programs offered are an opportunity and a privilege afforded in the St. Anthony – New Brighton School District.

A. To the parent/guardian:

This material is presented to you because your student has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that promote personal growth.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program meets with the students’ needs for self-expression, mental alertness and physical development. It is our hope to maintain a program that is sound in purpose and will further each student’s educational growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline. For this reason we stress good training habits. We are striving for excellence and want athletes who are willing to make a commitment.

Parents/guardians are expected to encourage their student(s) to perform to the best of their abilities. Parents/guardians should be a source of support for their athlete(s) and the program in which their student(s) participate. Please model good sportsmanship and respect for the rules, procedures, participants and officials. Set realistic and reasonable expectations for athletes, coaches, and programs while reinforcing the discipline, training, and commitment required to excel. Keep sports in perspective and encourage and monitor academic performance.

B. To the athlete:

Being a member of a St. Anthony Village athletic team is something of which to be proud. Participation carries with it certain traditions and responsibilities that must be maintained. A strong athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of St. Anthony Village High School, you have inherited a rich tradition, a tradition you are challenged to uphold.

When you wear the colors of our school, we assume that you not only understand our traditions, but are also willing to assume the responsibilities that go with them. In addition, the contributions you make should be a satisfying accomplishment.

Athletes are expected to show commitment to their sport and strive for academic success, demonstrate good sportsmanship, stay healthy and chemically free, show respect for coaches, peers and equipment, set realistic goals for themselves, keep sports in perspective, and set a good example for your community. Remember, you are a leader in the community. Get the most out of your high school experiences.

Statement of Philosophy

The basic philosophy of the interscholastic athletic program of St. Anthony Village High School is to provide competitive athletic opportunities for boys and girls under the competent leadership of qualified coaches.
St. Anthony Village High School will strive for a winning tradition through developing pride, excellence, participation and community support in our athletic programs. The programs will be based on organized competitive sports which afford students the opportunity to develop valuable human skills necessary for SUCCESS in life.

**The Purpose of Student Co-Curricular Activities**

Student activities provide youth of all ages with opportunities to explore interests, demonstrate capabilities and benefit from personal growth in areas beyond those provided in the classroom.

Student co-curricular activities focus on the areas of academics and athletics, student leadership, arts, and student interests.

**Building Character Through Activities**

After school activities provide a superb medium for developing character in a young person’s life. A competitive contest represents a challenge that involves planning, preparation, practice, facing the ordeal, winning or losing, reasoning, and finally, regrouping, a process we repeat over and over in our lives.

**Tri-Metro Conference**

St. Anthony Village High School is a voluntary member of this conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a united effort.

The conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, conducting league meets, and determining league championships. The conference provides St. Anthony Village the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations. Other member schools are:

1. Academy of Holy Angels  
2. Fridley High School  
3. Brooklyn Center High School  
4. Concordia Academy  
5. DeLaSalle High School  
6. Columbia Heights High School  
7. St. Agnes Schools  
8. St. Croix Lutheran High School  
9. Visitation

**II. Requirements for Participation**

**St. Anthony High School Athletic Registration Information**

All participants at St. Anthony High School must be fully registered prior to his/her first practice. Registration forms can be picked up in the athletic office at St. Anthony High School.

**A. Physical examination:**

A physical exam is required the 1st year of participation and every three years thereafter. The physical form must be completed by a physician and submitted to the athletic office prior to participation. The form will be kept on file in the nurse’s office. Physical exams are required for all high school and middle school athletes, regardless of level.

**B. Emergency medical authorization:**

Each athlete’s parents shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parent(s) are not available. The card will be kept in the medical kit for availability at all practices and contests.

**C. Parental permit, MSHSL eligibility form and MSHSL health form:**

These signed documents will be filed in the Athletic Director’s office. The permit is filled out for each sports season and the MSHSL forms need to be filled out once per school year.
D. Insurance:
The school district does not carry insurance to cover student athletic injuries; participants must carry their own insurance.

E. Scholastic eligibility:
In order to participate on an athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

F. Financial obligations and equipment:
1. Fees must be paid before athletes will be allowed to participate.
2. Refund of Athletic Fees - Athletic fees will be refunded in full to students who drop the activity before the first official contest in that sport. One-half of the fee will be refunded if the student drops before the 3rd official contest. No refund will be given following the 3rd official contest. Students who drop the activity for medical reasons will be handled on an individual basis. Refunds will not be given until an equipment clearance is issued by the coach in charge of the sport. Refund checks will always be issued to the parent/guardian of the athlete.
3. Equipment - All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

III. Athletic Offerings and Fee Schedule

<table>
<thead>
<tr>
<th>Sports</th>
<th>Grades</th>
<th>Season Begins</th>
<th>Fees</th>
<th>Coach &amp; Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys/Girls Cross Country</td>
<td>7-12</td>
<td>August 17</td>
<td>130.00</td>
<td>Travis MacLeod, (612) 706-1036</td>
</tr>
<tr>
<td>Middle School</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football</td>
<td>9-12</td>
<td>August 10</td>
<td>155.00</td>
<td>Todd Niklaus, (612) 706-1117</td>
</tr>
<tr>
<td>Girls Swimming &amp; Diving</td>
<td>7-12</td>
<td>August 17</td>
<td>130.00</td>
<td>Amy Croonquist (651) 343-1633</td>
</tr>
<tr>
<td>Middle School</td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:acroonquist@yahoo.com">acroonquist@yahoo.com</a></td>
</tr>
<tr>
<td>Girls Tennis</td>
<td>7-12</td>
<td>August 17</td>
<td>130.00</td>
<td>Ellie Kantar, <a href="mailto:eliannakantar@gmail.com">eliannakantar@gmail.com</a></td>
</tr>
<tr>
<td>Middle School</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Boys Soccer (Co-op with Spring Lake Park)</td>
<td>9-12</td>
<td>August 17</td>
<td>130.00</td>
<td>Ryan Manning, (763) 438-7765</td>
</tr>
<tr>
<td>Girls Soccer (Co-op with Spring Lake Park)</td>
<td>9-12</td>
<td>August 17</td>
<td>130.00</td>
<td>Mindy Daughtery, (651) 206-2745</td>
</tr>
<tr>
<td>Volleyball Middle School</td>
<td>7-12</td>
<td>August 17</td>
<td>130.00</td>
<td>Eric Trygstad, 612-706-1123</td>
</tr>
<tr>
<td></td>
<td></td>
<td>September 7</td>
<td></td>
<td>Traci Adams</td>
</tr>
<tr>
<td>Boys Basketball</td>
<td>9-12</td>
<td>November 9</td>
<td>155.00</td>
<td>Chris Hergenrader 612-706-1122</td>
</tr>
<tr>
<td>Girls Basketball</td>
<td>9-12</td>
<td>November 16</td>
<td>155.00</td>
<td>Mary Jo Hadler, (612) 232-2720</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:Hadle010@umn.edu">Hadle010@umn.edu</a></td>
</tr>
<tr>
<td>Gymnastics Middle School</td>
<td>7-12</td>
<td>November 9</td>
<td>225.00</td>
<td>Amy Caldwell 612-644-1386</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:dahramy@yahoo.com">dahramy@yahoo.com</a></td>
</tr>
<tr>
<td>Boys Hockey (Co-op with Irondale)</td>
<td>9-12</td>
<td>November 9</td>
<td>305.00</td>
<td>Adam Schmidt, (763) 229-0952</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:adamschmidt@gmail.com">adamschmidt@gmail.com</a></td>
</tr>
<tr>
<td>Girls Hockey (Co-op with Irondale)</td>
<td>7-12</td>
<td>October 26</td>
<td>305.00</td>
<td>Tom Rodefeld</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:Thomas.roedefeld@moundsviewschools.org">Thomas.roedefeld@moundsviewschools.org</a></td>
</tr>
<tr>
<td>Boys/Girls Nordic Skiing</td>
<td>7-12</td>
<td>November 9</td>
<td>130.00</td>
<td>Mike Miller, (763) 786-5648</td>
</tr>
<tr>
<td>Middle School</td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:mmille@district16.org">mmille@district16.org</a></td>
</tr>
<tr>
<td>(Co-op with Spring Lake Park)</td>
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</tr>
<tr>
<td>Wrestling Middle School (Co-op with Spring Lake Park)</td>
<td>7-12</td>
<td>November 16</td>
<td>130.00</td>
<td>Jacob Roberts, (763) 784-8625</td>
</tr>
<tr>
<td></td>
<td></td>
<td>October 19</td>
<td></td>
<td><a href="mailto:jrober@district16.org">jrober@district16.org</a></td>
</tr>
<tr>
<td>Baseball</td>
<td>9-12</td>
<td>March 21</td>
<td>130.00</td>
<td>Troy Urdahl, (612) 706-1105</td>
</tr>
<tr>
<td>Boys Golf Middle School</td>
<td>7-12*</td>
<td>March 21</td>
<td>130.00</td>
<td>Nate Dixon (248) 514-7969</td>
</tr>
<tr>
<td>Girls Golf Middle School</td>
<td>7-12*</td>
<td>March 21</td>
<td>130.00</td>
<td>Mike Sholl (612) 636-3662</td>
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<tr>
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<td></td>
<td></td>
<td><a href="mailto:mlsholl@aol.com">mlsholl@aol.com</a></td>
</tr>
<tr>
<td>Softball Middle School</td>
<td>7-12</td>
<td>March 14</td>
<td>130.00</td>
<td>Lamar Brendemuehl, (612) 280-6215</td>
</tr>
<tr>
<td>Boys Tennis Middle School</td>
<td>7-12</td>
<td>March 28</td>
<td>130.00</td>
<td>Dave Wiggins, (612) 706-1110</td>
</tr>
<tr>
<td></td>
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<td></td>
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<td><a href="mailto:dwiggins@stanthony.k12.mn.us">dwiggins@stanthony.k12.mn.us</a></td>
</tr>
<tr>
<td>Boys/Girls Track &amp; Field Middle School</td>
<td>9-12</td>
<td>March 14</td>
<td>130.00</td>
<td>Jason Liston 651-246-2928</td>
</tr>
<tr>
<td></td>
<td></td>
<td>After Spring Break</td>
<td></td>
<td>Travis MacLeod, (612) 706-1036</td>
</tr>
</tbody>
</table>

***There is a maximum total fee of $580.00 per family per school year.
Free Lunch Students Athletic Fee: $20
Reduced Lunch Students Athletic Fee: $30
Contact the District Office to request a free and reduced lunch application.
* MS students may try-out for varsity teams. Only if they are varsity level will they be allowed to compete.

<table>
<thead>
<tr>
<th>Season Ticket Prices</th>
<th>Event Ticket Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family - $210 (4 tickets)</td>
<td>Adult - $6.00&lt;br&gt;Student - $4.00</td>
</tr>
<tr>
<td>Adult - $70</td>
<td>Student - $40</td>
</tr>
</tbody>
</table>

IV. Athletic Code of Conduct & Eligibility

A. Conduct of athletes: A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics.

All athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to hazing, theft, vandalism, harassment, disrespect, immorality or violations of the law, tarnish the reputation of everyone associated with athletic programs and not be tolerated and are subject to penalty.

B. MSHSL Eligibility
Age: Must be under 20 years old
Seasons: No more than four seasons in a sport (grades 9-12)
Semesters: May not participate after the 8th semester
Suspensions: No participation while a student is suspended from school.

C. Substance Abuse: The use of alcohol, tobacco, and controlled substances is not permitted under any circumstances and is a violation of Minnesota State High School League policies. Students may not smoke any substance in any way. Policies governing chemical use, harassment, and hazing are established by the Minnesota State High School League.

D. Mood Altering Chemicals Violations Under the Minnesota State High School League
(During the entire calendar year, regardless of the quantity)

POLICIES GOVERNING CHEMICAL USE (tobacco/alcohol), HARASSMENT, AND HAZING FOR MINNESOTA STATE HIGH SCHOOL LEAGUE (MSHSL)

Any violation results in a loss of eligibility in both Category I and Category II Activities. If a student participates in both a Category I and a Category II Activity and receives a violation, that student must serve a suspension from both activities.

Category I Activities include all MSHSL sponsored activities with a regular schedule.

Category II Activities include MSHSL sponsored activities without a regular schedule (One Act Play, Speech, Visual Arts competition) and all other SAVHS activities, such as bowling, Knowledge Bowl, spring play, Patriots Marching Band, etc.

Example one: Student A receives chemical use violation in the summer. Student A is a Cross Country athlete and Knowledge Bowl participant. Student A will serve a suspension for both Cross Country in the fall (Category I) and Knowledge Bowl (Category II).
Example two: Student B receives a tobacco violation over winter break. Student B is in One Act Play and plays boys tennis in the spring. Student B will serve a suspension for both One Act Play in the winter (Category II) and boys tennis in the spring (Category I).

1st VIOLATION

After confirmation of the first violation, the student will lose eligibility for the next two consecutive interscholastic contests or two weeks of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the school year. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

2nd VIOLATION

After confirmation of the second violation, the student will lose eligibility for the next six consecutive interscholastic contests or three weeks of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the remainder of their high school career. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

3rd VIOLATION

After confirmation of the third violation, the student will lose eligibility for the next 12 consecutive interscholastic contests or 4 weeks of a season in which the student is a participant, whichever is greater.

Student is ineligible to be a captain of an athletic activity.

PRACTICE:

While serving any penalty, the student must follow team rules and regulations governing practice. If these rules and regulations are not followed the penalty will not be considered served.

No student is eligible for All-Conference honors or post-season awards after serving a suspension for a Minnesota State High School League violation that season.

Under this policy, in order for a penalty to be considered satisfied, the student must complete the entire season of the activity in which he/she participates and serves the violation’s penalty. If a student fails to participate for the entire season, his/her penalty will not be considered served and must be served in its entirety in any subsequent activity in which the student participates.

Penalties incurred under this policy will be cumulative beginning with the student’s first participation in a Minnesota State High School League sponsored activity or St. Anthony Village High School co-curricular activity and will continue throughout the student’s high school career, including when school is not in session.

Any violations may be appealed through the Minnesota State High School League.
V. Scholastic Eligibility Requirements

In order to participate on an athletic team, each athlete must maintain the minimum number of credits shown below. Credit totals shown are at the end of any given semester.

<table>
<thead>
<tr>
<th>Grade</th>
<th>9th Grade</th>
<th>10th Grade</th>
<th>11th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>S1</td>
<td>S2</td>
<td>S1</td>
<td>S2</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>12</td>
<td>18</td>
<td>23</td>
</tr>
</tbody>
</table>

VI. Fundamentals of Good Sportsmanship

A. Show respect for the opponent at all times
B. Show respect for the officials
C. Know, understand, and uphold the rules of the contest
D. Maintain self-control at all times
E. Recognize and appreciate skill in performance regardless of affiliation
F. Show a positive attitude in cheering

VII. Basic Athletic Department Policies

A. Participation: An athlete may participate in only one sport per season. Any exception requires the agreement of both coaches, the athletic director and the principal.

B. Dropping or transferring sports:
   1. Consult with your immediate coach and then the head coach.
   2. Report your situation to the Athletic Director.
   3. Check in all equipment issued to you.

C. Reporting harassment:
   It is the policy of Independent School District #282 to maintain a learning and working environment that is free from harassment and violence on the basis of race, color, creed, religion, national origin, sex, age, marital status, familial status, status with regard to public assistance, sexual orientation, or disability. The school district prohibits any form of harassment or violence on the basis of race, color, creed, religion, national origin, sex, age, marital status, familial status, status with regard to public assistance, sexual orientation or disability.

   If a student feels he/she is harassed, he/she should report the harassment to the principal, who will then take the complaint to the district Human Rights Officer.

D. Transfer: All transfer students should discuss their eligibility with the Athletic Director to make sure they meet all guidelines/rules of the St. Anthony Village High School and Minnesota State High School League.

E. Equipment: School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete’s financial obligation.

F. Missing Practice: An athlete should always consult his/her coach before missing practice. An unexcused absence from a practice or a game will be dealt with in accordance with team policy.

G. Transportation: There may be times when the school will not provide transportation to athletic contests and/or practices. Each athlete should check with his or her coach at the beginning of the season for the scheduled events when transportation will not be provided so that individual plans can be made. Students are expected to ride the bus when provided and school rules apply when on a bus. Under special circumstances, a coach may release a student directly to his/her parent(s).
H. **College recruitment policy:** In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information is available in the office. NCAA standards are available in the Counselor’s office.

If you are planning to play college athletics at a Division I or Division II school, you must be certified by the NCAA Initial Eligibility Clearing House. Eligibility requirements are based on a 2.0 GPA in 13 core classes and a 17 ACT score. Forms and additional information are available in the guidance office.

I. **Attendance:** Students must be in school the **entire day** in order to participate in after school activities. Students tardy to first hour will also be ineligible to play a contest or practice on that date. Exceptions to this policy will be:
1. Administratively approved absence.
2. Previous school permission to miss school, due to a school sponsored event (e.g. fieldtrip)
3. Any absence due to a medical (doctor, dental, eye) must have a note from the medical office to participate for that day.

Final authority for infractions of this rule will rest with the Athletic Director or Principal. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is approved by the Athletic Director or Principal.

J. **Release from class:** It is the responsibility of athletes to see their teacher the day before the classes missed because of an athletic contest. All work shall be made up at the convenience of the teacher.

K. **Grooming and dress policy:** A member of an athletic team is expected to be well-groomed.

L. **Vacations policy:** Vacations by varsity athletic team members during a sport season are discouraged.
Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event an absence due to a vacation is unavoidable, an athlete must
1. Contact the head coach prior to the vacation.
2. Be willing to assume the consequences related to his/her status on that squad.

M. **Squad selection:** In accordance with our philosophy of athletics and our desire to see as many students as possible participate in athletic programs while at St. Anthony Village, we encourage coaches to keep as many students as they can without compromising the integrity of their sport. Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular sport.

N. **Cutting policy for varsity only:** Choosing the members of teams is the sole responsibility of the coaches. Prior to trying out, the coach shall provide the following information to all candidates for the team:
1. Extent of try-out period
2. Criteria used to select the team
3. Number to be selected
4. Practice commitment if they make the team
5. Game commitments

When a squad cut becomes a necessity, the process will include two important elements. Each candidate shall have:
1. Competed in a minimum of 3 practice sessions.
2. Been personally informed of the cut by the coach, including the reason for the action.

Coaches will discuss alternative possibilities for participation in the sport, or other areas in the activities program.
O. Reporting of injury: All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, an injury report form must be completed. Once athletes are treated by a physician, the athlete must obtain the doctor’s permission to return to the activity.

P. Athletic Awards

Letter awards are presented in each varsity sport. Lettering criteria is unique to each activity. Each coach should distribute this information to students at the beginning of the season. Each sport awards a most valuable player plaque. All-Conference Awards are presented based on points accumulated or voting by the conference coaches.

1. First letter in your sport, athlete has not previously lettered in any other sport:
   ▪ Athlete receives a certificate and a chenille “STA” letter.
2. First letter in your sport, athlete has previously lettered in another sport:
   ▪ Athlete receives a certificate.
3. Previously lettering in your sport:
   ▪ Athlete receives a certificate.
4. The First Varsity letter is worn on the left side front on official letter jacket only.
5. A Most Valuable Player award is furnished for each sport by the athletic department.
6. Coaches may institute special awards tailored to the various sports.

Q. Senior Athletic Awards:

St. Anthony Village High School emphasizes participation on a continuing basis and encourages participation in more than one sport. The Senior Athletic Award will be presented to athletes who letter in three sports their senior year.

VIII. Participation and Playing Time

The amount of playing time per participant in high school athletic programs is always a concern for players, parents, coaches, the Athletic Director, and the school administration. The athletic guidelines are as follows:

Middle School: No cutting. The emphasis of Middle School athletics is learning and exposure to the game. All participants will play in each contest if possible, but not necessarily on an equal basis with all other players.

9th Grade Teams/C-Squad: No cutting. Athletic teams at St. Anthony Village High School are competitive, not primarily recreational as in the Middle School. The purpose of 9th grade/C-squad athletics is to continue to develop players for varsity play. There are no guarantees of (equal) playing time at the 9th grade/C-Squad level. Players have different skill levels, attitudes, and levels of commitment, and these factors will be considered in earning playing time. In some cases a “B” game, an extra quarter, or other extended play will be added to a contest in order to allow less skilled players to develop and have a chance at competition.

JV/B-Squad Teams: No cutting - same philosophy as 9th grade/C-squad.

Varsity Teams: A program for our most elite athletes. Cutting is permissible. (See cutting policy on page 9.) Playing time is given to those with the most athletic skills, the most determined attitude toward athletic endeavor, and the most consistent and demonstrable commitment to the sport.
IX. Participation of Middle School Athletes on H. S. Teams

Use of 7th and 8th grade athlete on Varsity teams is discouraged whenever possible. However, if a coach at the varsity level feels that there is an athlete in the 7th or 8th grade program who could participate on his/her team, each case shall be handled individually.

X. Registration and Coaches Pre-Season Meeting

A pre-season meeting will be held by all coaches to discuss rules and review the policies. Parents and athletes are expected to attend this meeting.

XI. Communication

Communication is very important. Parents/Guardians should discuss all issues with your athlete first, and then contact the team’s coach if necessary.

- No player of parent should approach coaches before, during, or after a game to discuss an issue.
- Parents should discuss any issue with their child before contacting a coach or the Athletic Director.
- Parents may request to talk to a coach the following day.
- If the issues have not been resolved, then the Athletic Director will intervene.
- If the issues are still not resolved, then the Principal will be consulted.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child’s behavior

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling
- Other students / athletes

XII. Expectations

A. Athletes:
1. Committed, dedicated and determined
2. Honest and cooperative
3. Enthusiastic / motivated
4. Academic commitment
5. Communicate appropriately with teammates, coaches, officials, parents, fans, and opponents
6. Respect peers, coaches and equipment
7. Willingness to learn and develop skills necessary for the sport
8. Positive attitude
9. Healthy and chemically free
10. Demonstrate good sportsmanship
11. “Team player”
12. Set team and personal goals
B.  **Parents/Guardians:**
1. Supports athletes through:
   - attending events and informational meetings
   - helping set priorities
   - encouraging and modeling a positive attitude
   - facilitate the athlete’s commitment to that sport
   - willingness to listen to athlete’s comments and concerns
2. Realistic and reasonable expectation for athletes, coaches and programs
3. Communicate personal concerns appropriately
4. Model good sportsmanship and respect for rules, procedures, participants and officials
5. Become familiar with athletic requirements and support rules and expectations for athletes and parents
6. Keep sports in perspective
7. Encourage and monitor academic performance

C.  **Spectators and Fans:**
The following applies to any person physically present at an athletic event, or through the use of electronic mediums (e.g. social media, email, internet, etc.)

**DO NOT:**
1. Ridicule or berate players, coaches, officials, or other spectators.
2. Engage in any kind of unsportsmanlike conduct with an official, coach, player or parent, such as booing, taunting, using profane language or gestures, etc.
3. Encourage or condone any behavior or practice which would endanger the health or well-being of any participant.
4. Boo, taunt, or in any way try to humiliate any participant or athlete.
5. Ridicule any participant for making a mistake.
6. Coach from the sidelines or bleachers.
7. Confront coaches in an inappropriate / antagonistic manner before, during, or after games / practices. Instead, make arrangements to speak with coaches at an appropriate time and place.

**DO:**
1. Understand that your attendance provides you with the opportunity and privilege to observe an athletic event, not to berate players, coaches, game workers, or officials.
2. Remember that interscholastic athletics is a part of the educational process. It is for the students, not adults.
3. Cheer for your team.
4. Be a positive role model and encourage sportsmanship by giving support to and showing respect for all players, coaches, officials, and spectators.
5. Promote behavior that treats players, coaches, officials, and spectators with respect regardless of race, religion, color, gender, or ability.
6. Support the decisions of coaches and officials.
7. Teach our youth that doing their best is of the utmost importance.
8. Emphasize that a healthy work ethic, a high level of effort, and cooperation with coaches are imperative for doing one’s best.
9. Learn and understand the rules of the game.
10. Appreciate the efforts of the players, coaches, and officials.
11. Be generous when you win, gracious when you lose.
PARENTS:

1. Be a “team fan,” not a “my child” fan.
2. Encourage your child to discuss any problems with the coach, while emphasizing how to improve their status on the team.
3. Encourage the attainment of team goals, rather than individual goals.
4. Understand that criticism and disrespect not only undermine the purpose of interscholastic sports, but also undermine the very behavior which we are trying to teach your child.

Behavior that demeans a player, coach, referee, school official, or another parent or fan is subject to disciplinary action by school personnel.

Anyone who engages in misconduct as described above, or who is removed from an interscholastic contest at the request of a game official or school administrator will be subject to the following:

1st Offense: Offender(s) will be prohibited from attending the team’s next home contest.

2nd Offense: Offender(s) will be prohibited from attending ANY home School District athletic events for the remainder of the season in question, or for a period of three months commencing from the date of the second offense, whichever is longer.

3rd Offense: Offender(s) will prohibited from attending ANY home and away School District athletic events for one full calendar year, commencing from the date of the third offense.

REMEMBER, WE ARE ALL ON THE SAME TEAM.
WE ALL REPRESENT OUR COMMUNITY, SCHOOL, AND FAMILIES.

SUPERVISION

All student-athletes must be under adult supervision when in school, on school grounds, traveling under school auspices or engaging in school-sponsored activities. Supervision must not be limited to practice and events, but must extend to the halls and corridors, locker rooms, buses or any place where students gather on school property during the co-curricular activities program. Staff are encouraged to report violations of policies, rules and regulations by students participating in or attending school-sponsored activities. Staff must not ignore the need under the pretext of not having been assigned a particular supervision.
### XIII. 2011-2012 St. Anthony Village High School – Site/Field Locations – Home

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<thead>
<tr>
<th>Sport</th>
<th>Level</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>Cross Country – Running</td>
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<td>St. Anthony Village High School</td>
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<tr>
<td>Football</td>
<td>all levels</td>
<td>St. Anthony Village High School</td>
</tr>
<tr>
<td>Boys &amp; Girls Soccer</td>
<td>all levels</td>
<td>Spring Lake Park High School</td>
</tr>
<tr>
<td>Girls Swimming &amp; Diving</td>
<td>all levels</td>
<td>St. Anthony Village High School</td>
</tr>
<tr>
<td>Girls Tennis</td>
<td>all levels</td>
<td>St. Anthony Village High School</td>
</tr>
<tr>
<td>Volleyball</td>
<td>all levels</td>
<td>St. Anthony Village High School</td>
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<tr>
<td>Boys &amp; Girls Basketball</td>
<td>all levels</td>
<td>St. Anthony Village High School</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>all levels</td>
<td>St. Anthony Village Community Center</td>
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<tr>
<td>Boys Hockey</td>
<td>all levels</td>
<td>Irondale High School</td>
</tr>
<tr>
<td>Girls Hockey</td>
<td>all levels</td>
<td>Irondale High School</td>
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<tr>
<td>Nordic Skiing</td>
<td>all levels</td>
<td>Spring Lake Park High School</td>
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<tr>
<td>Wrestling</td>
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<td>Spring Lake Park High School</td>
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<tr>
<td>Baseball</td>
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<td>Central Park</td>
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<tr>
<td>Boys &amp; Girls Golf</td>
<td>all levels</td>
<td>Francis Gross Golf Course</td>
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<tr>
<td>Softball</td>
<td>all levels</td>
<td>Central Park</td>
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<tr>
<td>Boys Tennis</td>
<td>all levels</td>
<td>St. Anthony Village High School</td>
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<tr>
<td>Boys &amp; Girls Track</td>
<td>V, JV, 9</td>
<td>Spring Lake Park High School</td>
</tr>
<tr>
<td>Boys &amp; Girls Track</td>
<td>Middle School</td>
<td>St. Anthony Village High School</td>
</tr>
</tbody>
</table>
St. Anthony Village High School Athletics Office

Troy Urdahl, Activities Director – 612-706-1105
Brian Skelly, Activities Assistant – 612-706-1103

High School Office – 612-706-1100
Athletics Fax – 612-706-1140
Sports Hotline – 612-706-1025

FOR THE MOST UP-TO-DATE SCHEDULES:
www.trimetro.org
and click on St. Anthony Village High School (Activity Calendars)