

## 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 Tech, 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 which 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 YOUR SCHOOL PRINCIPAL OR ATHLETIC/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

1. Please make sure **both parent and student** sign on the registration form. This signature tells us that you have read and understand all the Tech, District 742, and MSHSL rules enclosed in this packet.
2. A physical exam is required every three years for athletic participation.
3. Please bring the attached
  - registration form
  - signed front and back
  - travel waiver form
  - health card
  - fee statement
  - participation fee
  - CLC Social Media policywhen you register for your activity.

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

# ST. CLOUD TECH TIGERS 2015-16 Parent/Student Information And Registration Forms For Extracurricular Activities

## ATHLETIC FEES

<u>Sport</u>	<u>Grades 7-12</u>
Cross Country	130.00
Football	150.00
Soccer	130.00
Adaptive Soccer	130.00
Girls' Swimming	145.00
Girls' Tennis	130.00
Girls' Volleyball	145.00
Tigerettes	85.00
Basketball	170.00
Nordic Skiing	145.00
Girls' Gymnastics	150.00
Boys' Hockey	170.00
Girls' Hockey	170.00
Adaptive Floor Hockey	145.00
Boys' Swimming	145.00
Boys' Wrestling	150.00
Baseball	145.00
Golf	145.00
Softball	145.00
Adaptive Softball	145.00
Boys' Tennis	130.00
Track	145.00

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

- A. Students whose families qualify for free lunch under existing federal guidelines would pay \$35 for athletic fees and \$25 for activity fees.
- B. Students whose families qualify for reduced lunch under existing federal guidelines would pay of 50% of the fee.
- C. 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).
- D. In the event a student voluntarily terminates from a program, no refund will be issued, after one week or five practices.



Dear Athletes and Parents:

Welcome to the Tech Activities Program! We have a **great** activities tradition here at Tech that has been developed over the past years by student-athletes **like you**. It is our responsibility to carry on and continue to build on that tradition of excellence.

We are very proud of our students who choose to be involved in the Tech Activities Program and have the dedication it takes to be their **BEST!** These are special teenagers who are goal-oriented and consistently do well in terms of school attendance and academic performance.

The purpose of this packet is to answer questions parents and athletes commonly have regarding the Tech Activities Program. We hope that by communicating our rules and policies, everyone will be informed, and the channels of communication between athlete/parent and the Tech Activities Program, remain strong. If you have other questions, not answered in this packet, please don't hesitate to call the Activities Office at 252-2231, ext. 3010.

Let's continue to build "Tiger Pride"!

#### TECH ACTIVITIES PHILOSOPHY

Activities play an important part in the educational experience at Tech High School. Young people learn a great deal from their participation in interscholastic activities. Lessons in sportsmanship, teamwork, competition, & how to win and lose gracefully are an integral part of each team in our activities program.

Activities also play an important part in helping the individual student develop a healthy self-concept as well as a healthy body. The competition involved in the student activities program adds to our school spirit and helps all students - spectators as well as participants - develop pride in their school.

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community & to the student themselves. These experiences contribute to the development of learning skills & emotional patterns that enable our students to make maximum use of their education & to become effective citizens. Some Activities are forced to limit squad size to realistic numbers. However, it is our guarantee that there will be activities in each season that do not limit squad size so that any student who wants to be involved will have the opportunity.

The cornerstone of any quality activities program is good sportsmanship and this is an expectation at Tech High School. Sportsmanship is defined as that quality of responsible behavior characterized by a spirit of generosity and genuine concern for an opponent. The responsibility for good sportsmanship is vested in all of us who are in any way associated with the Tech Activities Program: Coaches/Advisors, Players, Administrators, Officials and Spectators.

The Activities Program shall be conducted in accordance with existing Board of Education Policies and rules and regulations. While we take pride in winning, we do not condone "winning at any cost" and discourage any and all pressure which might tend to neglect good sportsmanship and good mental health.

Tech is committed to keeping our student's activity endeavors in perspective. Our young people must be students first and participants second. No student should be allowed to entertain thoughts of not having to study because their activity prowess will allow him/her to coast through high school. At all times, the Activities Program must be conducted in such a way as to justify it as an educational activity.

4. **My son/daughter is unhappy because he/she isn't playing much or at all in games. When should I call the coach?**

**Answer:** This is obviously a very difficult topic. No coach is perfect but the vast majority of coaches are in this profession to help young people "grow" through their involvement in activities. However, high school activities are competitive in nature and some athletes will be stars, some will be starters, some will be reserves and some may not make the team.

For more detailed information, consult the current athletic eligibility information guide included in this packet.

#### Questions and Answers About Tech's Activities Program

1. **Are there any special rules beyond the MSHSL guidelines that Tech athletes must follow?**

**Answer:** Tech athletes are required to follow all Tech rules as explained in the **Tech Student Handbook**. In general, we want all Tech athletes to portray an image of caring about their school, their fellow students and about themselves. In addition, there are a few special rules for Tech athletes.

**A.** Before going out for any sport, a Tech student must read, sign and return to the Activities Office all forms in this **Activity Eligibility Information Packet**.

**B.** An athlete who is suspended from school will be ineligible to participate in practices or games during their suspension.

**C.** A student who is absent from school past 11:30 may not participate in practice or games that day unless they have a preapproved absence.

**D.** Students must have earned the required number of credits at the end of each semester in order to maintain their eligibility as listed below:

1st Semester 9th Grade	4 Credits
2nd Semester 9th Grade	8 Credits
1st Semester 10th Grade	14 Credits
2nd Semester 10th Grade	19 Credits
1st Semester 11th Grade	25 Credits
2nd Semester 11th Grade	31 Credits
1st Semester 12th Grade	37 Credits
Graduate	43 Credits

There is an appeals process for athletes who feel there are special circumstances to their eligibility problems. The student must see their counselor to arrange an appeal to the Building Placement Unit (BPU).

**E.** Any student who is selected as a team captain who subsequently has a training violation will lose their captaincy for a period of one calendar year. Please note: This rule applies from the time you are **notified** of your captaincy by your coach.

**F.** Coaches may establish special team rules (curfew, etc.) for participants in their sport. **Please attend your child's sport preseason parents meeting so you are aware of any special rules.**

2. **If I am suspended from competition for a training violation, can I make up my suspension by going out for another sport?**

**Answer:** Yes, that is allowed providing you meet the following criteria:

1. You participate from the 1st day of practice and finish the season in good standing on the team.
2. If it is a sport that limits the squad size, you must make the team.

3. **What if my daughter/son is ruled ineligible to participate but I don't think the decision is fair?**

**Answer:** There is a guaranteed Due Process procedure for appealing any MSHSL eligibility ruling. Please contact the Activities Office for more information regarding this procedure.

Playing time is not a reflection of the value of your son/daughter to the team but only of their ability at their position **at the current time**. Decisions regarding team membership and playing time must remain the responsibility of the coaching staff.

Many times athletes can conclude the coach doesn't like them and that's why they're not playing. As parents we need to be supportive of our sons/daughters while at the same time being realistic about their abilities. It is easy to be a parent when things are going well for our

children. We receive our challenge as parents when things are going poorly for the team or our own child.

If your son/daughter feels they are not being given a fair chance to play encourage them to set up a time to talk to their coach. This is difficult for many teenagers, but encourage them to try. Every coach will take time for a private talk to explain a player's position on the team and what they need to do to improve. Be sure you don't judge your child's worth by their athletic prowess and help them keep a positive self image whether or not they are being successful in their activity. It really is their effort that counts whether in athletics or "real" life. They, and we as parents, should always be proud of their best effort!

If you are not able to resolve the feelings of your son/daughter on your own, please call the coach at school. If they are not available you can leave a message and they will return your call. If this process does not resolve the issue, you may of course, call the Activities Director.

5. **What if a coach has been verbally or physically abusive to my son/daughter?**

**Answer:** Call the Activities Director who will document the accusation. Appropriate steps will be taken.

6. **Can I buy reserved tickets for Tech athletic events?**

**Answer:** There are no reserved seats for Tech athletic events. Tickets can be purchased for each individual event at a cost of \$6.00 for adults or \$4.00 for students. Another option is to buy a season pass. There are a variety of season pass options for students and adults which will be explained at your preseason parents meeting or you can contact the Activities Office.

7. **Are there any special leadership opportunities for Tech athletes?**

**Answer:** Yes!

**A. Captains & Leaders:** This group membership is those students selected as varsity captains or appointed by coaches as leaders of their activity. We meet to discuss issues important to Tech and our activities program.

**B. Target:** This group is open to all Tech athletes. It's purpose is to recognize and support those students who pledge to stay chemically "free" throughout their high school years. Target students meet regularly to provide support to each other and discuss chemical use issues. Some members of Target attend special training sessions on Leadership skills. All members are invited to talk to junior high homerooms to encourage students to stay chemically free. Students interested in joining Target should contact the Activities Director or Tech's Chemical Health Counselor.

8. **Can my son/daughter ride home from an athletic contest with me?**

**Answer:** Yes, if you make person-to-person contact with the coach prior to or following the contest. Also, under no circumstances can a student athlete ride to or home from an away game/event with anyone other than a parent.

9. **What process is used to determine squad size when squad size must be limited?**

**Answer:** While each team may have a slightly different tryout period, all teams will give interested students an opportunity to make the team during the first week or so of the season. Student-athletes who do not make the team will be informed by the coach. Athletes not making the squad will be told why they were not chosen. All athletes not making the squad will be encouraged and welcome to participate in an alternate activity. If they choose not to participate in another activity, their activity fee will be refunded. Athletes who do not make a team one year may tryout for the

13. **What if my son/daughter loses their sport equipment that has been checked out to them?**

**Answer:** Unfortunately, they/you will have to pay a reasonable amount for replacement equipment. The biggest problem occurs when student-athletes forget to lock their lockers or leave equipment outside their lockers. Sorry, we are not able to reimburse students for stolen money or personal items. **Please** do not bring valuable items to the locker room and be sure to lock your lockers! Furthermore, help us identify anyone who is taking others' possessions. We will prosecute!

14. **Can my son/daughter participate on a non school travel team while he/she is participating on the school team in the same sport?**

**Answer:** No. All Tech students in grades 9-12 follow MSHSL rules limiting participation to only one squad during their high school season. First violation carries a two week ineligibility.

same team in the next year.

10. **What special athletic awards are given at Tech?**

**Answer:** A variety of awards are given to athletes who excel in the activities program. Some of these are as follows:

**A. Varsity Letter:** If you have met the requirements set by the varsity coaching staff, the student may purchase a chenille "T" the first time he/she letters at the varsity level. A certificate is given each time an athlete letters in a sport. The athlete may then purchase a letter jacket at Fitzharris Athletic. (Either orange or black, leather or synthetic sleeves).

**B. All Conference:** Certificate award given in each sport for excellence in the Central Lakes Conference.

**C. Vern Morrison Award:** Plaque given to any senior who has won a letter in at least six (6) different activities, athletic and non-athletic, while at Tech.

**D. 3 Sport Athlete Award:** Given to any Tech athletes who earn a letter in three (3) sports in one year. Underclassmen are given a patch for their letter jacket while senior 3 sport letter winners receive a plaque from the Tech coaching staff.

**E. Scholar Athlete Award:** A scholar patch for your letter jacket is given to Junior athletes who maintain at least a 3.8 g.p.a. through 1st semester of their junior year.

**F. CLC Scholar Athlete Award:** This certificate is given to Senior letter winners in CLC Sponsored Activities who maintain at least a 3.65 g.p.a. through their senior year sports season.

**G. Exchange Club Honor Athletes:** Given to one senior male and one senior female athlete selected through a process that includes letters earned, academic achievement, citizenship, captaincies and coaches vote. It is Tech's most prestigious athletic award and has been given every year since 1948 for the boys and 1970 for the girls. The Exchange Club of St. Cloud invites the athletes and their parents to a noon luncheon and award ceremony and the athletes names are added to the plaque on permanent display outside the Tech gym.

11. **What if my son/daughter is ejected from a contest by the official?**

**Answer:** Under MSHSL rules any player (or coach) who is ejected from a contest will be ineligible for the next regularly scheduled game/meet. A second violation carries a four (4) game ineligibility.

12. **Where do I sew my son's/daughter's chenille patches on their letter jacket?**

**Answer:** The suggested placement of the various patches that students can earn for their letter jacket is as follows:

A. Letter "T"	Right Upper Chest
B. Tiger	Left Upper Chest
C. Sport Insignia	Right Arm
D. Captain Stars	Right Arm
E. Graduation Year	Upper Left Arm
F. Chevrons for Each Letter	Left Arm Under Grad Year
G. 3 Sport Chenille	Right Arm
H. Scholar Award	Right Arm
I. Name	Right Pocket

15. **What is the NCAA Eligibility Clearinghouse?**

**Answer:** 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. These 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.

**16. Who do I call if I have a question regarding the Tech Activities Program?**

**Answer:** Andrea Swanberg, Tech Activities Director  
252-2231, ext. 3010  
Shelly Fruth, Tech Activities Secretary  
252-2231, ext. 3009

**Activities 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, 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, jockey or wrestling, I specifically acknowledge that it is a VIOLENT CONTACT SPORT involving even greater risk of injury than other sports.

In consideration of St. Cloud Tech High School 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 the St. Cloud School District, 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 hereby 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.)



2015--2016

# MSHSL ELIGIBILITY BROCHURE

**Students:** Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of 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 which is also posted on the MSHSL Web site: www.mshsl.org. Please keep this brochure for reference, and if there is a question about any rule interpretation, CONTACT YOUR SCHOOL PRINCIPAL OR ATHLETIC/ACTIVITIES DIRECTOR.

I understand I must sign the current eligibility statement prior to participation each school year.  
I understand that once I sign the eligibility statement all eligibility rules apply:

- Twelve (12) months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement.

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

**General Student Eligibility Checklist (must be completed by all students)** (If you cannot check all 8 items, see your athletic/activities director or principal)

- \_\_\_\_\_ 1. Making academic progress toward graduation.
- \_\_\_\_\_ 2. Will not have turned 21 before the start of the season in which I participate.
- \_\_\_\_\_ 3. Have not dropped out of school or repeated a grade while in high school.
- \_\_\_\_\_ 4. Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids, or drug paraphernalia.
- \_\_\_\_\_ 5. Have not and will not violate the racial/religious/sexual harassment/violence/and hazing bylaws of the MSHSL.
- \_\_\_\_\_ 6. I agree to fully cooperate in any investigation honestly and truthfully.
- \_\_\_\_\_ 7. Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.
- \_\_\_\_\_ 8. **Both the student and parent have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website:** www.cdc.gov/concussion.

**Athletic Eligibility Checklist (must be completed by all athletes)** (If you cannot check all 5 items, see your athletic/activities director or principal)

- \_\_\_\_\_ 1. Physical exam within the last three (3) years on file with the school.
- \_\_\_\_\_ 2. Have not transferred schools.
- \_\_\_\_\_ 3. Will not participate in more than six (6) seasons in any sport in grades 7-12.
- \_\_\_\_\_ 4. Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
- \_\_\_\_\_ 5. Have not and will not compete in non-school events in my sport after reporting for the school team.

**INFORMED CONSENT:** By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. 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.

## GENERAL RULES

1. **\*ACADEMIC** — (Credit Requirement) To be eligible, a student must be making satisfactory progress toward the school's requirement for graduation.
2. **\*AGE** — A student who turns 20 during the 11<sup>th</sup> or 12<sup>th</sup> semester since first entering the 7<sup>th</sup> grade shall be allowed to participate through the completion of the 12<sup>th</sup> semester. Adapted athletes are eligible to participate until their 22<sup>nd</sup> birthday, provided they meet all other eligibility requirements.
3. **AMATEUR STATUS** — A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose her/his amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport. (*Reference Bylaw 201 for further amateur provisions*)
4. **AWARDS** — Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for participation in that activity.
5. **\*ENROLLMENT, ATTENDANCE, AND REQUIRED SUBJECT LOAD** — Students must be fully enrolled in (as defined by the Minnesota Department of Education) and attending the school before they are eligible to represent that school in MSHSL sponsored activities. Students must be properly registered, attending school and classes regularly. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7<sup>th</sup> grade.
6. **FOREIGN EXCHANGE STUDENTS** — Approved Foreign Exchange Students are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance. **INTERNATIONAL STUDENTS** – students not participating in a CSJET approved foreign exchange program are eligible only at the B-squad or JV level for one calendar year.
7. **\*GENERAL ELIGIBILITY** — In order to be eligible for regular season and MSHSL tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide member of his or her high school in good standing. A student who is under penalty of exclusion, expulsion or suspension, whose character or conduct violates the Student Code of Responsibilities and is not in good standing, shall be ineligible for a period of time as determined by the principal.  
**Student Code of Responsibilities**  
*As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:*
  1. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
  2. I will be fully responsible for my own actions and the consequences of my actions
  3. I will respect the property of others.
  4. I will respect and obey the rules of my school and the laws of my

community, state and country.

5. *I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.*

A student ejected from a contest shall be ineligible for the next regularly scheduled game or meet at that level of competition and all other games or meets in the interim at any level of competition, for the first ejection. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled games or meets.

8. **\*SEASONS OF PARTICIPATION** — No student may participate in more than six (6) seasons in any sport while enrolled in grades 7-12, semesters 1-12 inclusive.
9. **\*SEMESTERS IN HIGH SCHOOL** — A student shall not participate in an interscholastic contest after the student's twelfth semester in grades 7-12 inclusive. All twelve semesters shall be consecutive, beginning in the 7th grade.
10. **JUNIOR HIGH/MIDDLE SCHOOL PARTICIPATION** — Participation in high school interscholastic programs is limited to students in grades 7-12 inclusive. Students in grade 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the League have been met. Elementary students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B-squad, junior varsity or varsity level.
11. **\*GRADUATE** — Students who have graduated from a secondary school, or who have completed the terminal or final grade of a secondary school, or who have earned a GED or diploma are not eligible for participation in any League activity. A student who graduates while a member of a team with a season in progress may complete the season if three or fewer weeks of the regular season, exclusive of League tournament play, remain.
12. **\*MOOD-ALTERING CHEMICALS**

A. **Reference Bylaw 205**

**Twelve (12) months of the year, a student shall not at any time, regardless of the quantity: (1) use or consume, have in possession a beverage containing alcohol; (2) use or consume, have in possession tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia, (4) use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals. "Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product, (5) use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.**

1. The bylaw applies continuously from the first signing of the student Eligibility Brochure.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her/his doctor.

B. **Penalty:**

1. 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.
2. 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.

3. 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.
4. Penalties are progressive and consecutive.
5. **Denial Disqualification: A student shall be disqualified from all inter-scholastic 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.**

C. **Penalties for Category II Activities**

**Definition - Category II Activities:** Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

Fine Arts Activities

1. Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series.
2. Music Activities.
3. Visual Arts Activities.

Each member school shall develop penalties which it will apply to the participants in these activities. A copy of the member school's policy shall be filed in the principal's office.

13. **\*SEXUAL/RACIAL/RELIGIOUS HARASSMENT / VIOLENCE and HAZING**

A. **Reference Bylaw 209.00:**

A student shall not engage in the sexual, racial, religious harassment, violence or hazing during the school year or any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

B. **Reporting Procedures:**

1. Any person who believes he or she has been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual, racial, religious harassment, violence or hazing, shall inform the building principal immediately.
4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

C. **Reprisal**

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates against any person who makes a good faith report of alleged sexual, racial, religious harassment, violence or hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such sexual, racial, religious harassment, violence or hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

**D. Penalties for Category I Activities:**

1. First Violation: the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater. *Recommendations: 1) It is recommended that the school develop a local education program through which the student would receive information about sexual, racial, religious harassment, violence or hazing. 2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for counseling.*
2. Second Violation: the student shall lose eligibility for the next six (6) consecutive interscholastic contests or three (3) weeks, 21 calendar days, whichever is greater, in which the student is a participant. *Recommendation: It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.*
3. Third or Subsequent Violations: the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests or four (4) weeks, 28 calendar days, whichever is greater, in which the student is a participant.
4. Penalties are progressive and consecutive.

**E. Penalties for Category II Activities:**

Each member school shall develop penalties that it will apply to

the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.

14. **SERVING A MSHSL PENALTY** — a student must be a student in good standing, and able to be placed in the game, meet or contest except for the penalty being served. (Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty).
15. **PROGRESSIVE AND CONSECUTIVE PENALTIES:** Penalties shall be progressive and consecutive beginning with the student's first participation in a League activity and continuing through the student's high school career.
16. **COLLEGE/UNIVERSITY TEAMS** — Individuals who have participated with a college or university team are ineligible for participation in any activity of the League.
17. **FAIR HEARING PROCEDURE** — The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's determination of ineligibility for a student. **The student has 10 calendar days in which to appeal the school's decision.** The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school or on Web at [www.mshsl.org](http://www.mshsl.org) in the Publications section.

## ATHLETIC RULES

1. **\*PHYSICAL EXAMINATION AND PARENTS PERMIT** — Any student who intends to participate in high school interscholastic athletics and cheerleading activities must have on file in the school, a record of a physical examination performed within the previous three (3) years. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required.
2. **LAST DATE TO JOIN A TEAM** — To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday from the official start of that sport season. Gymnasts must be on the school's team not later than the third Monday from the official start of that season. When a sport season begins on a Monday, that day shall be counted as the first Monday.
3. **NON-SCHOOL COMPETITION AND TRAINING FOR TEAM AND INDIVIDUAL SPORTS** —
  - A. **During the High School Season:** During the high school season a student 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. *Participation defined: practice, training, tryouts, scrimmaging and competing. 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.  
**Exception: Non-School Training During the High School Season for Athletes Who Qualify as Individual competitors to**

**the State Tournament: (Swimming, Cross Country, Tennis, Skiing, Gymnastics, Wrestling, Synchronize Swimming, Golf, and Track and Field)**

- i. **Lessons/Training:** During the MSHSL high school season athletes may take lessons from professionals and other non-school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. Athletes may take lessons and or train with a non-school team/club during the high school season in the same sport.
  - ii. **Competition:** Athletes will be able to compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition. Exception: Summer Vacation Period — Students may participate in non-school competitions, meets, games, tournaments in the same sport they currently play at the high school level during the summer vacation period. *See definition of summer vacation below: 14.C.*  
Summer Coaching waiver: If a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless a conditional extension to the summer waiver is granted by the school's athletic director.  
Students may take private lessons during the MSHSL season.
- B. **During the School Year, Prior To and Following the High School Sports Season:** A student may participate in contests,

meets or tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff.

1. A student may not use any type of high school uniform.
2. A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating, tennis, gymnastics, and indoor soccer are included in this limitation.
3. A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
4. A student's fee for non-school coaching or training must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.

**C. Summer Vacation Period:**

A student may compete as an individual or as a member of a nonschool team even though competing on a high school team in the same sport. *Summer shall be defined as June 1 through Labor Day. Summer for the sport of soccer shall be defined as June 1 through Sunday immediately preceding the official starting date of the MSHSL high school soccer season. Note: Students may participate in activities during the summer, as defined above, even though their high school sport season in the same sport has begun. For example, students may play in a non-school tennis tournament while a member of the high school team or participate in road races while a member of the cross country team through Labor Day. Soccer is excluded from dual participation as defined above.*

**D. Penalty:**

1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.
3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.
4. Penalties are progressive and consecutive.

**E. Special Considerations:**

1. National Teams and Olympic Development Programs  
The MSHSL may permit participation by high school students on bona fide national teams or in Olympic development programs if:
  - a. The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.
  - b. Directly funded by a national governing body on a national level.
  - c. Authorized by a national governing body for athletes having potential for future national team participation.Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school principal to obtain an application form. This must be completed at least thirty (30) days prior to participation.
2. During the school year, students who participate for their school in a sport may participate through training, try-out or

competition on a National Team or in a United States Olympic Development Program provided the student receives an individual invitation from the United States Olympic Committee or the United States National Governing Body on the national level for that sport.

3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport.

**4. ATHLETIC CAMPS AND CLINICS —**

- A. **School Year:** Students may attend athletic camps and clinics which have been approved by their high school principal.
- B. **Summer Vacation Period:** Non-school specialized athletic camps and clinics do not require approval.
  1. The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the Board of Directors.
  2. A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-Squad, junior varsity or varsity) in that sport owns, administers, directs, organizes, or serves as an instructor or is a staff member during the student's attendance.

**C. Penalty:**

1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.
3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.

**5. TRANSFER RULE — Bylaw 111**

- A. A transfer student is eligible for varsity competition provided the student was in good standing on the date of withdrawal from the last school the student attended and one (1) of the provisions in Section B (below) is met.
- B. A transfer student is eligible for varsity competition if:
  1. 9<sup>th</sup> Grade Option: The student is enrolling in 9<sup>th</sup> grade for the first time.
  2. Family Residence Change: the student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible in the new public school attendance area or a non-public school if the student transfers at the same time the student's parents move.  
If the parents move from one public school district attendance area to another, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the new school.  
A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.



3. Court Ordered Residence Change for Child Protection: the student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.
  4. Divorced Parents: a student of legally divorced parents who have joint physical custody of the student may move from one custodial parent to the other custodial parent and be fully eligible at the time of the move. The student may utilize this provision only one time during grades 9-12 inclusive.
  5. Move from Out of State: if a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parent establishes a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.
- C. If none of the provisions in Athletic Rule 5.B.2.1-5 (above) are met, the student is ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance in the new school.
1. Students are immediately eligible for competition at the non-varsity level.
  2. A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.
  3. Each time a student transfers and the conditions of the transfer do not meet any of the provisions of Bylaw 111.2.A-E, the student will be ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance at the new school. For example, if a student, while serving a one-year transfer suspension, transfers to another school and none of the provisions of Bylaw 111.2.A-E are met, an additional one-year suspension will be applied. The student will begin serving the additional one-year suspension immediately following the completion of the previous one-year suspension.
  4. Enrollment Options Program: a student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and transfers without a corresponding change of residence by the student's parents shall elect one of the following:
    - a. retain full eligibility for varsity competition for one (1) calendar year at the school where the student was enrolled prior to the transfer after which time the student shall become fully eligible at the school to which the student has open enrolled; or

- b. be eligible only at the non-varsity level in the school to which the student has open enrolled for one (1) calendar year.
5. A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for fifteen (15) calendar days from the first day the student attends practice in the fall or attends classes in the new school for the first time.
- Upon transfer, the student will be ineligible at the former school and may practice at the new school but may not compete in any varsity activity at the new school.
- The student will retain full eligibility at the former school if the student chooses to return to the former school during the fifteen (15) calendar day period.
- If the student remains at the new school, following the fifteen (15) calendar day period, the student will become eligible at the varsity level only when the student has fully met all of the transfer criteria and has been deemed to be eligible both by the new school and the League office.
- If any of the transfer criteria has not been met, the student will be ineligible for varsity competition at the new school and must then choose between varsity eligibility at the former school or JV eligibility at the new school.
- a. The student may elect to decline the 15 day window to become eligible to compete at the varsity level at the Receiving School once the school administration determines the student has met all of the varsity participation eligibility criteria.
  - b. A student may utilize this provision one time per 365 calendar day period.

\* Denotes rules applicable to cheerleaders

*REV. 9-9-14*

# CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES



## **Acute injury**

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

## **Return to play protocol**

Return-to-play decisions are complex. An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if he/she continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

The return to play after a concussion follows a stepwise process:

1. No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

For more information please refer to the references listed below and [www.concussionsafety.com](http://www.concussionsafety.com).

## **Signs Observed By Coaching Staff**

Appears dazed and stunned  
Is confused about assignment or position  
Forgets sports plays  
Is unsure of game, score, or opponent  
Moves clumsily  
Answers questions slowly  
Loses consciousness (even briefly)  
Shows behavior or personality changes  
Can't recall events prior to hit or fall  
Can't recall events after hit or fall

## **Symptoms Reported By Athlete**

Headache or "pressure" in head  
Nausea or vomiting  
Balance problems or dizziness  
Double or blurry vision  
Sensitivity to light  
Sensitivity to noise  
Feeling sluggish, hazy, foggy, or groggy  
Concentration or memory problems  
Confusion  
Does not "feel right"



# 2015-2016 MSHSL ELIGIBILITY STATEMENT

*Statement to be signed by the participant from a MSHSL member school and by the participant's parent or guardian each school year prior to participation in that year.*

*Please check all items:*

- I have read, understand, and acknowledge receiving the 2015-2016 MSHSL Eligibility Brochure, which contains only a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official Handbook of the MSHSL is on file with the senior high school athletic director and or principal and that I may review it, in its entirety, if I so choose. The Official Handbook and MSHSL bylaws are also posted on the MSHSL website: [www.MSHSL.org](http://www.MSHSL.org) under Handbook.
- We, the student and parent, have reviewed Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and on the following website:** [www.cdc.gov/concussion](http://www.cdc.gov/concussion).
- I understand that once I sign the eligibility statement all eligibility rules apply:
  - Twelve (12) months of the year;
  - Whether I am currently participating or not;
  - Continuously from the first signing of the statement through the completion of my high school eligibility.
- Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.
- I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletics/activities a school may sponsor and that local rules may be more stringent, and penalties more severe, than MSHSL rules.

### STUDENT CODE OF RESPONSIBILITIES

- As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:
  - I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
  - I will be fully responsible for my own actions and the consequences of my actions.
  - I will respect the property of others.
  - I will respect and obey the rules of my school and the laws of my community, state and country.
  - I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

**A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty for MSHSL Bylaw violations.**
- Informed Consent:* By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Herpes and Hepatitis B and others. 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. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**
- I consent to the athletic trainer or coach treating injuries and authorize them to discuss those injuries with and release any applicable medical information or records relating to those injuries to coaches, school staff and other qualified health care providers as deemed necessary within their scope of practice.
- I further understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.
- By signing this we acknowledge that we have read the information contained in the 2015-2016 MSHSL Eligibility Brochure and Statement.
- I/we acknowledge the electronic signature confirms I/we have read and reviewed the information contained in the contents of the Eligibility Brochure and Statement. I/we also acknowledge this electronic signature has the same legal effect, validity, and enforceability as a signature in a non-electronic form.

**The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student/parent understands and agrees that public information shall include names and pictures of students participating in or attending extra-curricular activities, school events, and High School League activities or events.**

---

*Student's Printed Name* *Birth Date* *Grade in School*

---

*Student's Signature* *Date*

---

*Parent's or Guardian's Signature* *Date*





# St. Cloud Area School District 742

Learning for a lifetime. It's our promise to you.

Technical High School  
233 12th Avenue South  
St. Cloud, Minnesota 56301

P 320.252.2231  
F 320.529.4328  
tech@isd742.org  
<http://isd742.org/~tech/>



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.

## TRAVEL PERMISSION/WAIVER FORM

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.

I have read and understand the Permission/Waiver form.

\_\_\_\_\_  
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.

Clear Lake  
Clearwater  
Collegeville  
Luxemburg  
Pleasant Lake  
St. Augusta  
St. Cloud  
St. Joseph  
Waite Park

# Social Networking Guidelines for CLC Athletes and Activity Participants

## Student Athletes and Social Networking Sites

As a participant in athletic programs and co-curricular activities (called participants in this document) in the Central Lakes Conference, participants need to be aware of the CLC's social networking guidelines. The CLC member schools and the Athletic Departments recognize and support the participant's rights to freedom of speech, expression and use of social network sites. However, each participant must remember that playing and competing for your school is a privilege. As an athletic and co-curricular participant you have responsibilities that extend beyond school for your behavior as outlined in By Law 206 by the Minnesota State High School League. You represent your school and your community and you are expected to portray yourself, your team, and the School District in a positive manner at all times.

Participants should be aware that third parties including the media, school faculty, future employers and college officials could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the individual participants and their school. This can also be detrimental to a participant's future options and you may be subject to sanctions by your school for these behaviors. Examples of inappropriate and offensive behaviors concerning participant in online communities may include the following:

- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student athlete, coach or team at another school and derogatory comments against race and/or gender).
- Posts that depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco.
- Photos, videos, and comments that are of a sexual or lewd nature.
- Pictures, videos, comments or posters that condone drug related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of your family, your team, your school and the community that you represent.

By signing below you affirm that you understand the Central lakes Conference Social Media Guidelines for Student Athletes and Co-Curricular Participants and the requirements that you must adhere to. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team or activity (relative to MSHSL By Law 206), and you may be subject to additional penalties imposed by your school.

Printed Name: \_\_\_\_\_

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

Date: \_\_\_\_\_

**Athlete Information Card**

**Athletes Name:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

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

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

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

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

**Person who will care for student in case parent cannot be reached:**  
\_\_\_\_\_  
**Phone:** \_\_\_\_\_

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 #:** \_\_\_\_\_

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

**ST. CLOUD AREA SCHOOL DISTRICT 742  
FEE ACTIVITY/REFUND STATEMENT**

APOLLO \_\_\_\_\_ TECH \_\_\_\_\_ OTHER \_\_\_\_\_

DATE: \_\_\_/\_\_\_/\_\_\_ DATE OF BIRTH \_\_\_\_\_

GRADE: 7 8 9 10 11 12

HOME PHONE # \_\_\_\_\_

STUDENT NAME \_\_\_\_\_

PARENT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

ACTIVITY \_\_\_\_\_

SCHOOL ATTENDED LAST YEAR?  
\_\_\_\_\_

**OFFICE USE ONLY**

FEE WAIVER \_\_\_\_\_ APPROVED \_\_\_\_\_

REFUND \_\_\_\_\_ APPROVED \_\_\_\_\_

REFUND REASON: \_\_\_\_\_

ID NUMBER \_\_\_\_\_

CRS/SCTN \_\_\_\_\_ - \_\_\_\_\_ FEE \_\_\_\_\_

CRS/SCTN \_\_\_\_\_ - \_\_\_\_\_ FEE \_\_\_\_\_

CRS/SCTN \_\_\_\_\_ - \_\_\_\_\_ FEE \_\_\_\_\_

TOTAL \_\_\_\_\_

COMMENTS:

PHYSICAL EXAM \_\_\_\_\_

ELIGIBILITY BULLETIN \_\_\_\_\_

PERMIT/HEALTH  
QUESTIONNAIRE \_\_\_\_\_

INSURANCE WAIVER \_\_\_\_\_

ALL ABOVE INFO ON FILE \_\_\_\_\_

DATE PROCESSED: \_\_\_/\_\_\_/\_\_\_