

# Ogilvie High School

## 2021 - 2022 Activities Handbook



**A Parent & Student Guide to Activity Offerings and  
Participation Guidelines At OHS  
(Review This Packet Carefully With Your Child)**

Go To [www.ogilvie.k12.mn.us](http://www.ogilvie.k12.mn.us) For Ogilvie Public School Activity Schedules, League Rules, and Calendar Dates which are automatically entered as they are schedule by the Activities Director. Just click on “Activities”

**PARENTS AND GUARDIANS**

**PLEASE RETAIN FOR YOUR INFORMATION**

The policies within this handbook are policies required by the Minnesota State High School League and established by Ogilvie High School. MSHSL policies may not be adjusted by member schools to minimize their effect or severity. This handbook is not inclusive of all MSHSL policies.

Revised August 2021

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**ACTIVITIES DIRECTOR: David Nickles EMAIL: [dnickles@ogilvie.k12.mn.us](mailto:dnickles@ogilvie.k12.mn.us)**

## Dear Parent / Guardian

On behalf of the OHS activities staff and administration, I would like to thank you for the great amount of time and effort that you put forth in supporting your child in their participation in OHS activities!

With respect to those who do not have a student involved in an activity, we as a staff encourage you to encourage your child to “get involved”. Taking part in activities is not only fun but also provides all of us (especially students) with learning experiences which are essential to an individual’s preparation for adult life and for the emotional, mental, and physical wellness of our youth and the nation. Through positive interscholastic competition and cooperative group involvement, our students will be better prepared to compete and cooperate in the real world, which is, and will only become, increasingly competitive and demanding of cooperative skills to achieve success.

While participating in high school activities does not guarantee that your son or daughter will be among the 500 wealthiest people in America (next page), it is obvious that the effects are significant and meaningful to an individual’s development and success in life. **And so, this packet has been established to inform you of the opportunities in OHS activities and to recruit those who are not involved in our programs into the long and successful tradition of activities at Ogilvie High School.**

The structure of this packet is designed with two purposes to achieve those ends: First, it is designed to inform community members about the **co-curricular activities offered, our goals**, and how you, the parent, can **help attain them**, and inform you and the student of the necessary policies, rules, and guidelines established by OHS and the MSHSL to maintain eligibility. **KEEP THIS FOR YOUR INFORMATION!!!** Second, it is designed to provide the forms and materials to be signed by you and the student before participation in an activity.

It is important for students and parents to remember that participation in any athletic, fine art, or activities program is a ‘**privilege**’ and a ‘**choice**’. This means that students in activities take on the responsibility and commitment of adhering to specific guidelines, which have been set forth by the Minnesota State High School League and the Ogilvie Board of Education. It means dedicating yourself to achieving the goals of the team, adhering to the rules and guidelines set forth by your coach or advisor, positively representing Ogilvie High School through participating and observing competition, and dedicating yourself to self-improvement. There are no guarantees for success except by hard work and discipline.

**So, before your son or daughter decides to take the challenge, please examine the contents carefully with your son or daughter. Doing so will mean having a positive experience in OHS/MSHSL activities for you, your son/daughter, and OHS Activities as a whole!**

Ogilvie Public Schools does not discriminate on the basis of race, color, creed, religion, national origin, sex, age, marital status, status with regard to public assistance, sexual orientation, including gender identity or expression, veteran status or disability in its programs and activities. The following people have been designated to handle inquiries regarding the non-discrimination policies:

Section 504 Coordinator

Principal Suzanne Davis (320) 272-5000

Email: [sdavis@ogilvie.k12.mn.us](mailto:sdavis@ogilvie.k12.mn.us)

Alternate Section 504 Coordinator

Principal Alicia Nelson (320) 272-5050

Email: [anelson@ogilvie.k12.mn.us](mailto:anelson@ogilvie.k12.mn.us)

Title IX Coordinator

Principal Suzanne Davis (320) 272-5000

Email: [sdavis@ogilvie.k12.mn.us](mailto:sdavis@ogilvie.k12.mn.us)

Alternate Title IX Coordinator

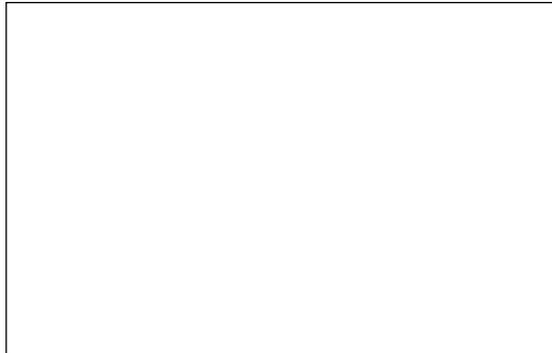
Superintendent Kathy Belsheim (320) 272-5075

Email: [kbelsheim@ogilvie.k12.mn.us](mailto:kbelsheim@ogilvie.k12.mn.us)

**Claims of discrimination may also be pursued through the following agencies where appropriate:**



*Employees may file a complaint of  
discrimination with:*  
Equal Employment Opportunity Commission  
Towle Building  
330 South Second Avenue, Suite 720  
Minneapolis, MN 55401-2224  
United States  
Phone 612-552-7306  
Fax (612) 335-4066  
TTY 1-800-669-6820



## **Attendance Policy Dealing With Extra-Curricular Activities**

No student will be permitted to practice, participate, or attend afterschool or evening extra-curricular activities unless the student has been in attendance at least 4 hours of the school day and if a parent/guardian has called or sent a note prior to 8:30 a.m. that morning. Students will be required to bring a note from the doctor or the pharmacy noting the time which they attended to present to the office for verification. This policy excludes choir and band performances. Exceptions may be only granted by administration with prior approval. Smoking and behavior violations may also result in student losing the opportunity to be involved in extracurricular activities such as trips, musicals and special events at any time during their consequence.

## **7 Good Reasons to Play Sports**

More and more teenagers are passing on the opportunity to play sports — and that's not good! It's a bit unsettling to know that while most teens ages 13-17 are physically able, only about 40 percent of them are active in any sports activity, competitive or recreational. Unfortunately, the downward trend may likely continue because today's young people are being lured into "activities" that require only the movement of a hand, such as video games, social media or web surfing.

If you're a pre-teen or teen and you haven't played a sport yet, now's the perfect time to give it a try! Beyond the simple enjoyment of playing, there are several other good reasons to join a sport. Below are just seven of them.

### **1. You'll be healthier.**

Sports require you to move your body, and it's a commonly known fact that exercise is good for your health. According to the Mayo Clinic, physical activity helps control weight, combats health conditions and diseases, improves mood, boosts energy and promotes better sleep. The health advantages of participating in a sport far outweigh the dangers of actual injury.

### **2. You'll be smarter.**

Many studies reveal that playing sports can actually boost your brainpower. A report from the Institute of Medicine stated: *Children who are more active show greater attention, have faster cognitive processing speed, and perform better on standardized academic tests than children who are less active.*

This shouldn't be too surprising as exercise increases blood flow to the brain, and blood flow to the brain stimulates brain growth. Plus, playing a sport actually does require you to think on your feet and strategize, keeping your mind sharp and alert.

### **3. You'll learn teamwork and sportsmanship.**

In sports, individuals learn to rely on each other and motivate one another to accomplish a common goal. Though individual sports are great, team sports actually do teach you a life lesson: the success of a team — or an organization — depends on how well the players work together. Not even the "star" player can win the game alone.

Sports also teach you to play fairly and to respect the players on the opposing team. Cheating, gloating and fighting do not belong in sports — or in the professional world for that matter. Sports teach you to put forth your best effort and exhibit honorable behavior whether you win or lose a game.

### **4. You'll make friends.**

When you join a sports team, you will inevitably make friends. Because teammates share so many fun and exciting moments, your friendships should last long after you finish playing. There is also one more perk: most teams traditionally go out to eat after a game!

### **5. You'll learn to focus and manage your time.**

Sports require time and commitment, but most players usually perform better in school and are more likely to be involved in clubs or community service. How is this possible? Playing a sport requires teenagers to develop two important skills: focus and time management. Focus and time management are crucial traits in people who get things done and accomplish their short and long-term goals.

### **6. You'll strengthen your college resume.**

Though it should not be the main reason to join a sport, it's a fact that colleges and universities do favor applicants who are well-rounded. Playing a sport will not only pad your resume, it will usually tell the admissions counselor that you are disciplined, confident and work well with others.

It may say that you have more than student potential ... you have *leadership* potential.

### **7. You'll have an advantage in the workplace.**

Not all people who play sports are "dumb jocks." In fact, there are studies indicating that girls and boys who played sports are more likely to land higher-status jobs than those who did not.

According to a study from Cornell University, teenagers who played sports developed stronger leadership skills, worked better in teams and demonstrated more confidence. The study also stated: "*Participation in competitive youth sports 'spills over' to occupationally advantageous traits that persist across a person's life.*"

### **Pick a sport ... today!**

Whether or not you're a natural-born athlete, there's probably a sport that's just right for you. Whether it's basketball, swimming or karate, choose a sport that you are truly passionate about. This way, you will always enjoy it.

*At Marine Military Academy, all cadets must participate in physical training and join a sport or activity. MMA understands the value of fitness and the life lessons sports can teach young men. To learn more about MMA and its comprehensive, college-preparatory education, visit [MMA-TX.org](http://MMA-TX.org).*

## **Great River Conference Sportsmanship Policy**

**"Be A Good Sport! People Notice!"**

1. All cheering should be directed to the support of each team rather than against the opposition or game officials.
2. Accept the decisions of officials.
3. Stay off playing area.
4. Mechanical noisemakers (bells, buzzers, horns), megaphones, whistles, and confetti are not to be used.
5. Practices such as stomping on the bleachers and use of musical instruments indiscriminately should be discouraged.
6. Unauthorized persons / non-uniformed players are not allowed on the floor.

## **Seasonal Opportunities In Ogilvie Activities**

### **Fall**

FFA, Football, Volleyball, Girls Swimming

### **Winter**

Girls Basketball, Choir, Band, Boys Basketball, Speech, Wrestling, FFA, Musical

### **Spring**

Softball, Baseball, Boys Track, Girls Tack, Music Trip (every 2 yrs.)

**PURPOSE** Ogilvie extra-curricular programs exist to support the mission statement of Ogilvie Public School District #333.

### **MISSION**

1. To provide activities which allow equal opportunities for girls and boys with a wide variety of interests and abilities. To provide the opportunity to experience success.
2. To create the ability to set goals and the opportunity to achieve them.
3. To provide activities which offer the greatest benefits to the greatest number of students.
4. To develop and broaden interest in lifelong activities for leisure time in the students' future adult lives.
5. To develop high ideals for fair play, cooperation, and sportsmanship.
6. To develop self-discipline and emotional maturity in making decisions under pressure.
7. To promote physical health and fitness habits, which will carry on into the students' adult lives.
8. To create a positive atmosphere of school / community unity and spirit.
9. To develop in the student a desire to promote activity involvement to future generations.

## **PHILOSOPHY OF ACTIVITIES**

Involvement in activities at Ogilvie High School is an important part of the educational process that involves a wide range of student-selected activities. Such participation is a choice and a privilege that carries with it certain coach/advisor, student, and parental responsibilities: to Ogilvie High School, to the team, to the community, and to the individual students. The various experiences in activity involvement contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education. Ogilvie student activities are extra-curricular to the school's program of education and provide for the student the opportunity to develop physically, mentally, socially, and emotionally through the building of a positive self-esteem. The competitive nature of activity involvement is excellent training for transitioning into a competitive society and world. However, priority is in the area of maintaining good sportsmanship and the health of the individual participants.

## Factors Affecting Student Role Placement

7<sup>th</sup>- 8<sup>th</sup> grade playing time will be close to equal and will emphasize player development and opportunity. However, playing time may be reduced due to missing practice/games, poor attitude, and/or not following team or school rules. At the C-squad, junior varsity level, and above there will be a higher degree of selectivity according to skill level and positive team attitude. At the varsity level, competition and success for the team will be the focus. ***Degree of playing time or role status is not guaranteed. Each coaching staff carefully evaluates the personnel on the team based on (but not solely limited to) the following criteria: Skill level, work ethic, dedication to team, attendance at practices, consistency in meeting MSHSL & OHS participation guidelines, discipline, leadership, sportsmanship, position and need, coach ability, practice vs. game execution.***

## Athletic Team Composition

Sports differ in their makeup and their skill level development. Therefore, there must exist some flexibility for how each sport is assessed and the level of competition.

- A. FOOTBALL: Varsity, Junior Varsity, C-Squad, 8th grade and 7th grade
- B. G-VOLLEYBALL: Varsity, Junior Varsity, C-squad, 8th grade and 7th grade.
- C. G-SWIMMING/DIVING: Varsity, Junior Varsity.
- D. WRESTLING: Varsity, Junior Varsity, and Junior High.
- E. B-G BASKETBALL: Varsity, Junior Varsity, C-squad, 8th grade and 7th grade.
- F. B-G TRACK: Varsity, Junior Varsity, and Junior High.
- G. G-SOFTBALL: Varsity, Junior Varsity, 8th grade and 7th grade.
- H. B-BASEBALL: Varsity, Junior Varsity, 8th and 7th grade.

It will be the policy of Ogilvie High School to give equal opportunity to students. With this in mind, the following criterion will be used regarding junior high students playing at levels of competition above the junior high level.

Junior high students may be given the opportunity to compete at the varsity and junior varsity level. All decisions regarding this will be made by the coach in conjunction with the Activities Director.

1. In all sports (excluding football and swimming) and activities (including speech, fall play and musical) all 7<sup>th</sup> and 8<sup>th</sup> grade students will be given the opportunity to compete at the varsity, junior varsity and C-squad level of competition given their abilities are deemed adequate by the coach. **The activities director will be consulted.**
2. Participating in more than one sport at the same time, in the same season is not allowed. Dedication to one sport should be emphasized to maximize individual achievement for the benefit of team achievement and cohesiveness.

## Policy Regarding 6<sup>th</sup> Grade Participation

### Sixth Grade Participation

Sixth grade students will be invited to participate in sports at the junior high level of competition (Excluding football and swimming) - if needed due to lack of numbers in the 7<sup>th</sup> and/or 8<sup>th</sup> grade; needs approval by activities director and administration.

**Eligibility:** Students are evaluated using the academic policy used for grades 7-12. If students are academically ineligible at the end of the **Fourth Quarter**, they will be placed on probation the following fall and evaluated every Wednesday (starting the first Wednesday after school starts) to determine eligibility for playing in scheduled games for the next week.

**Permission Forms and Physicals:** Students will be required have a permission form signed by a parent/guardian to participate and must obtain a sports physical examination using the form in the Activity Permission Form Packet. Both must be on file in the Activities Director's office before students are allowed to practice (as per board adopted policy).

**Funding:** If participation of 6<sup>th</sup> grade students is an additional expense to the district, then students will not be allowed to participate in that sport/activity.

### KNOW HOW YOU CAN SUPPORT STUDENTS & COACHES IN ACTIVITIES

PARTICIPATING IN AN ACTIVITY WITH YOUR CHILD CAN BE EXCITING, FULFILLING, HIGHLY EMOTIONAL, AND OFTEN FRUSTRATING. HERE ARE SOME ESSENTIAL TIPS TO SUPPORTING AND PROMOTING SUCCESS IN OHS ACTIVITIES. (SOURCE: Athletic Management, Magazine)

1. **Demand good grades!** Success in activities occurs through maintaining good grades in two ways. First, meeting the basic minimum standards allows a student to participate; Second, students who place high effort into academics.... exercising their mind..... are more successful in their activity because they are more likely to be a student of their activity and also in knowing their responsibilities on the team; this translates into greater execution and performance in competition!! Being smarter than the opponent can often be the needed edge.
2. **Get to know the coach / advisor.** Doing so will help you understand his or her philosophy, attitudes, ethics, and knowledge. They have tremendous potential to influence your child. Being personally connected to the coach / advisor can greatly improve the relationship between participant and coach; as well as program success.
3. **Be careful of what your student communicates to you.** Students tend to exaggerate both when praised and criticized, so don't over react. Investigate, but anticipate that the problem may be different than it appears to be.
4. **Refrain from comparing the skills or abilities of your child to that of other members of the team.** If your child tends to resent the treatment he or she gets from the coach, be careful to talk over the facts. If you play the role of the over-protective parent who does not address the merits of you child or other possibilities, you may perpetuate a problem or create one that really does not exist. Encourage the child to discuss it with their coach / advisor.
5. **Refrain from competing with the coach / advisor.** Skills and strategies can be taught in many ways which our coaches / advisors learn through attending many clinics. A parent's negative or condemning comments toward a coach / advisor in the presence of the participant not only undermines the coach / advisor, but it also decreases the probability of team success.

6. **Try not to relive your experiences in activities through your child.** This creates a great deal more pressure on them than there already is. What they want may differ greatly! Encourage them to do their best and pursue what they feel is fun and important to them!
7. **Ensure consistent sleep and nutrition.** Students who are involved in any activity put in long hours ... from getting up in the morning to finishing or coming home from an event... which, often extends to 12 or more hours throughout the entire day of active and physically strenuous activity. Improper nutrition and sleep may result in inconsistent and below average performance... not only affecting the performance of the team but also leading to increased risk of injury, sickness, or poor performance in the classroom!
8. **Notify a coach or administrator if your son or daughter has violated a training rule!** This is very difficult to do, but doing so shows support of our activities programs and of our staff. That is noticed by the student, and it eliminates the “double standard” that is created by not doing so, pitting parent/student against staff/school; creating a rivalry when cooperation and consistency is needed for success.

# **RECOGNITION FOR ACHIEVEMENT IN OHS ACTIVITIES**

## **STUDENT ATHLETE OF THE YEAR**

### **Senior Student Athlete of the Year**

All seniors who have a 2.0 GPA at the end of the 3<sup>rd</sup> quarter, who do not possess any MSHSL violation (grades 10-12) and have lettered in a sport in grades 9-12 will be eligible for the "Senior Student Athlete of the Year" award. An award will be given to a male and female student athlete. The following criteria will be used based on a point system for each area (While participating at Ogilvie):

1. **Lettering** - 1 point for each varsity letter earned (grades 9-12)
2. **All Conference** - 1 point per award. In track and wrestling if a participant places 1<sup>st</sup> or 2<sup>nd</sup> at the GRC conference meet they will receive 1 point. In Swimming, if the athlete meets a qualifying time for the Section meet they will be given a point.
3. **Team MVP** - 1 point per award Field events MVP etc.
4. **Conference MVP or placing at the Section meet for Swimming** - 1 point
5. **All State or All State Honorable Mention** – 1 point

In the event that there is a tie, the student athlete's GPA will be the tie-breaker. The awards will be presented to the recipients at graduation.

## **LETTER WINNERS / CERTIFICATES OF PARTICIPATION**

Students may earn a letter by competing at the varsity level and meeting the unique requirements of each individual program set forth by the staff involved. Once this has been earned, participants may see the activities director to receive a chevron and/or pin for their letterman jacket, representing that sport/activity and or special honors held.

## **GREAT RIVER CONFERENCE / TEAM AWARDS**

Awards established by the conference may or may not include the following depending on the activity: All - Conference, Honorable Mention (numbers set by the conference and selected by coaching staff), or MVP, MVP Offense - Defensive Player (voted on by conference coaches / advisors). Team awards vary by activity and are generally determined by a team vote or by performance.

## **EXCEL**

The ExCEL Award – Excellence in Community, Education and Leadership – is a unique recognition program designed exclusively for Minnesota high school juniors who are active in school activities, leaders in their schools, and who demonstrate a strong commitment to community service. This award is sponsored by the League's corporate partner Wells Fargo.

### **Nomination Criteria:**

**Every League member school is invited to nominate one girl and one boy for the ExCEL Award.**

### **Nominees must:**

- Be a junior in high school
- Make satisfactory progress toward graduation
- Participate in an MSHSL fine arts and/or athletic activity
- Hold a leadership position(s) in their school
- Volunteer in their community
- Meet MSHSL General Eligibility Requirements (Bylaw 206)

The ExCEL Award nomination form is posted on this website and will be accepted through December 10, 2021. We're counting on you to help us to recognize student leaders in your school who are making a difference.

## **NATIONAL HONOR SOCIETY SELECTION PROCEDURES**

The following guidelines for National Honor Society (N.H.S.) selection are based on the N.H.S. constitution. Students (grades 10-12) must have a cumulative grade point average of 3.25 (based on a 4 point scale) or better to be considered for N.H.S. membership. At all grade levels, the G.P.A., which is used for determining N.H.S. eligibility, will be the cumulative G.P.A., which has been earned by the student through the 2<sup>nd</sup> quarter of the current school year. Students who meet the scholastic criteria (3.25 G.P.A.) and wish to be considered for N.H.S. membership will then need to complete a N.H.S. student activity information form. N.H.S. members must maintain the academic requirements under which they were initiated. Failure to do so could lead to removal from National Honor Society.

A student must also show good character. (MSHSL Rules 1<sup>st</sup> violation is probation, and 2<sup>nd</sup> violation is dismissal.) If a student is unable to meet these requirements, he/she will be placed on probation for a period of one quarter. If the student is unable to improve after one quarter, he/she will be dismissed.

### **TRIPLE "A" AWARD (Academics, Arts, and Athletics)**

The Academics, Arts, and Athletics Award, commonly known as the Triple 'A' Award, honors high school seniors throughout the state who have a 3.0 or higher-grade point average and who participate in League-sponsored athletic and fine arts activities.

#### **Nomination Criteria:**

#### **To be eligible for the Academics, Arts, and Athletics Award a student must:**

- be a high school senior at the time of nomination. Schools may nominate one senior boy and one senior girl for this award.
- have a cumulative GPA of 3.0 or higher at the time of nomination.
- participate in at least one League-sponsored athletic program and one arts/activity program.
- comply with the MSHSL's Student Code of Conduct
- complete the application form and submit it to the administrative region secretary by the deadline date specified by the region committee.

#### **Selection Process**

Triple 'A' Award recipients are selected through a multi-level process involving member schools of the League, the League's administrative regions, and a special committee of educators, business leaders, and members from the fine arts and athletic communities.

#### **Triple 'A' Recognition**

Two award finishers from each region (one boy and one girl) will be invited to a recognition banquet in March and League officials will announce the four statewide Triple 'A' Award winners at that time. All 32 finalists will also participate in an on-court ceremony during the Class AA championship game of the Boys Basketball State Tournament. The statewide award winners—a girl and a boy from Class A and Class AA schools—will also receive a four-year \$1,000 scholarship.

### **PARTICIPATION IN COLLEGE ATHLETICS (National Collegiate Athletic Association (NCAA) Academic Standards)**

Student-athletes interested in participating in an NCAA affiliated athletic program are required to meet basic academic standards set by the NCAA in order to qualify for participation and competition. NCAA legislation requires that each course's content be distinct in order for a student to receive NCAA credit for the course. Therefore, all courses must contain material that is at least 75% unique from all other courses that a student wishes to use in certifying eligibility. *STUDENTS SEEKING PARTICIPATION IN A COLLEGE SPORT SHOULD CONSULT THE SCHOOL COUNSELOR AND ACTIVITIES DIRECTOR.*

## **Activities Academic Policy**

This policy pertains to all students who participate in any Ogilvie Activity. This policy does not include concert band and concert choir performances, which are part of the band and choir course requirements and constitute a part of the student's grade. This policy will operate on a yearly basis, based on one-week evaluation periods, with the dates established by the activities director.

**1. Evaluation Period:** Each quarter there will be an evaluation period. Students are ineligible when having one or more "F" or "I". This will go into effect when the district secretary distributes the probation list. Ineligible students with no "F's" or "I's" on their grades will be on probation but eligible to participate. Students who are ineligible will NOT be allowed to get out of class for away events. If the bus leaves after school is dismissed the student can travel with the team. Those students that successfully completed "Credit Recovery" with a passing grade in the class or classes the student received and "F" or an "I" would then be removed from the Ineligibility list.

**2. Ineligible Period:** Students will be ineligible for participation for a period of 7 days once declared ineligible and evaluated at the end of this period. Students with (no "F's", and no "I's") will be on probation and may return to participation. Students with an incomplete will be ineligible until the "I" is made-up and the instructor submits a grade to the activities director (which must include name and date). Grades, recorded as 'F's', shall not be changed at the end of the one-week period. Students will remain on probation (but eligible to play) as long as the above criterion are met. For those ineligible at the beginning of Fall activities, the students will be required to begin filling out the yellow eligibility form the Wednesday after school begins. If they are passing all their classes they will then be eligible until the following Wednesday when they will have to fill out the eligibility form again...this process will continue until the end of the Fall grading period.

Students will be removed from the ineligibility list for the next term when the term evaluation reveals that the student has no "F's", and no incomplete grades. If an ineligible student drops a class, it will be an "F" for the basis of this policy unless the principal and counselor approve special arrangements. When a student becomes ineligible, it will be his/her responsibility to set up meetings with his/her instructors to discuss how to raise his/her grade. Coaches and advisors must receive notice of eligibility from the activities director before students can participate. All teachers will receive up to two school days from the time of submission to evaluate and grade school work on which eligibility is pending.

- 1. Appeals For Eligibility:** If it is brought to the attention of the principal or activities director that a student is working up to his/her potential and should be granted eligibility, an Academic Eligibility Evaluation will be undertaken in which the student's teachers and parents will be consulted/surveyed regarding the student's "efforts" in the classroom. Efforts will be defined as: completing/handing in quality work, NO behavior/disruptive/tardy problems in class, and absenteeism. This evaluation will also include the examination of past test scores at all levels. A committee comprised of instructors and the activities director will make decisions. Academic interventions such as peer tutors, parent supervised homework, and past academic performance shall be used to appraise student ability. Any student on an IEP is accountable to the IEP only, and he/she is not included in the eligibility policy if the IEP dictates that he/she can not follow this policy due to a disability.

# OGILVIE H.S. ACADEMIC ELIGIBILITY PROCESS

*To participate in an activity you must have no "F"s or no "I"s*



**BELOW STANDARDS AT THE END OF THE QUARTER**

Student is placed on the ineligible probation list for entire next term. INELIGIBLE FOR 7 SCHOOL DAYS ONCE THE PROBATION LIST IS DISTRIBUTED TO STAFF.

Every Tuesday, student picks up evaluation sheet and obtains class grade and instructors' signatures. DUE WEDNESDAYS @ 4pm to the AD office.

**STANDARDS ARE MET:**  
Student is eligible to play for 7 days, then re-evaluated.

**STANDARDS NOT MET:**  
Student is in eligible to play for 7 days, then re-evaluated. (Incompletes may be turned in to instructors for grade re-evaluation at any time. Instructors will contact the AD with new grade.

**TRACKING & EVALUATION OF ACADEMICALLY INELIGIBLE STUDENTS**  
On each Tuesday prior to the DUE DATE of the academic evaluation forms, students will be responsible for picking up a yellow Academic Evaluation form which the student will bring to each teacher to sign and record the student's current grade. Students must submit the form to the Activities Director by 4:15 PM on Wednesday.  
For those ineligible at the beginning of Fall activities, the students will be required to begin filling out the yellow eligibility form the Wednesday after school begins. If they are passing all their classes they will then be eligible until the following Wednesday when they will have to fill out the eligibility form again...this process will continue until the end of the Fall grading period.

**STANDARDS MET AT END OF NEXT Quarter (BASED ON REPORT CARD)...  
STUDENT IS OFF INELIGIBLE LIST FOR NEXT QUARTER. THIS WILL GO INTO EFFECT WHEN THE ELIGIBILITY PROBATION LIST IS DISTRIBUTED TO STAFF BY THE DISTRICT SECRETARY, NO LATER THAN THREE DAYS AFTER THE END OF THE QUARTER.**

Any student on an IEP or 504 Plan is accountable to the IEP or 504 Plan only, and he/she is exempt from the eligibility policy if the IEP/504 plan dictates that she/he cannot follow this policy due to a disability.

# Student Progress Report

**Student Name:**

**Date:**

Hr	Class	Homework Grade	Effort	Attendance	Current Grade for Quarter	Comments	Teacher Initials
1.							
2.							
3.							
4.							
5.							
6.							
7.							

**Teachers:** Please evaluate this student's work for the past week in the area above using the following scale. Students should present this form at the beginning of the class period and not during or at the end.

- 5 = **Excellent**           **(A work)**
- 4 = **Good**               **(B work)**
- 3 = **Average**           **(C work)**
- 2 = **Fair**                 **(D work)**
- 1 = **Poor**               **(F work, but turned in)**
- 0 = **No effort**

**Categories should be evaluated on the following:**

Attitude: cooperation, work with peers, work completed in a professional manner, approach to themselves  
 Homework: in on time; done well  
 Effort: working in class, homework completed on time, extra help if needed, staying on task, working to ability  
 Attendance: one point for each day in class  
 Current Grade: rough estimate of current grade for term

**Students:**

\*\*\* It is your job to bring this form to your teachers at the beginning of the hour.

## **Athlete Game/Meet/Match Expectations:**

- A. Athletes are expected to be part of the team at all times.
  - a. JV/C squad athletes must sit behind varsity bench during varsity game with other team-mates.
    - i. No cell phones during game
    - ii. No sitting with “friends” not part of team
  - b. Varsity athletes are expected to be at JV game to give them support and watch the game from behind the bench
    - i. No cell phones during game
    - ii. No sitting with “friends” not part of team
  - c. All team members should be listening to the coach at all times – NOT PARENTS OR FANS!
- B. Athletes that are injured or not dressed in uniform are expected to sit with team
  - a. No cell phones
  - b. No food
- C. Athletes are expected to make sure they have their own beverage (water, Gatorade, etc.) ahead of time and should not rely on others (parents, friends, etc.)

## **Voicing Parental Concerns** **(Conflict Resolution)**

Within any program, conflicts and disagreements are going to occur. It is essential to maintain the support of parents by keeping an open line of communication. This is essential to promote program involvement and success. Should a concern arise concerning a student’s involvement in a program, parents should use the following guidelines to address the issue.

1. No conflict between a parent, student, official or coach should be addressed during or immediately following a game or event. The game site, practice field, lobby or locker rooms are not appropriate places to handle the conflict. Coaches are not to meet or deal with conflict at these times or in these places. Conflicts are better resolved after an appropriate cooling down period.
  - a. *Violation of this policy by a fan or parent will result in suspension from the next scheduled home or away contest.*
  - b. *A second violation of this policy by fans or parents will result in suspension from the next two scheduled home or away contest.*
  - c. *A third violation of this policy by fans or parents will result in suspension for one calendar year from all district sport and fine art activities.*
  - d. *Violations shall be cumulative, regardless if they involve coaches, advisors, or game officials.*

If you have a concern, please call or arrange a meeting with the coach/advisor the next work day. Calls should be directed to school/work numbers. Emails are available through the activities web page.

The following steps should be taken in order to resolve a conflict or voice a concern.

- A. **STEP 1:** Conflicts and concerns should first be resolved through a meeting between player and coach.
- B. **STEP 2:** Failure to resolve the issue will then involve a parent/guardian, participant, and coach meeting in the school during school time. If emotions rise to an unreasonable level during the meeting, the meeting will be concluded and rescheduled.
- C. **STEP 3:** If, after good faith attempts by the parents and coaches have failed to resolve the issue, it will be referenced to the activities director. A meeting between the activities director, coach/advisor, parent/guardian

[Type here]

and/or participant will be scheduled. Notes of the meeting will be taken, and a summary with a resolution will be sent out in a reasonable time. Should the AD be the coach/advisor involved, another administrator will sit in.

*NOTE: Questions of playing time will not be discussed in any terms except as to what the participant can do to improve his or her skills. Other players and participants will not be discussed under any circumstances.*

### **CONCERNS INVOLVING OPPOSING SCHOOLS**

Parents or fans who wish to voice a concern about an opposing player, coach, or fan may do so to the administrator or supervisor on hand at the event. Such complaints are never to be directed by a fan or parent directly to an opposing player or coach. Concerns may be made verbal or in writing to the event supervisor or the activities director of your school, who will then contact the activities director of the concerned school to address the issue.

### **ATTENDANCE AT EVENTS OUTSIDE OF OGILVIE**

Students participating in away events must travel in school-approved vehicles. Staff or student vehicles are not allowed. Students are allowed to travel with approved individuals identified on the Activities Participation Form. Parents are responsible to notify the activity supervisor at the departure point in person. Students violating rules at host schools will be subject to discipline according to the Ogilvie School Rules.

### **OVERNIGHT EVENTS**

Attendance at events away from school, especially tournaments and overnight stays, are a time for caution, good sense, and restraint. Students are to display concern for safety, adherence to traveling rules, good sportsmanship, and courtesy. (Overnight trips need to have School Board approval.)

1. All school rules (Ogilvie School, Bus, and Activities Behavior Plan) apply to all students attending school-sponsored events. This includes travel to and from the event.
2. No tobacco, alcohol, or other controlled substances are to be in the possession of or used by any student at a school-sponsored activity.
3. Courtesy is to be shown to all motel, restaurant, school staff, etc.
4. Students are to be in their assigned rooms and quiet at the times stated by chaperones.
5. Students are to make sure that the chaperones know where they are at all times. Students are not to leave the premises without the permission of the chaperone.
6. Students are not to be in cars at any time without the permission of chaperons.
7. Students are not to be in the rooms of individuals not part of the Ogilvie group without permission.
8. Students are responsible for all extra costs they incur.

**Violation of these rules or other behavior considered disruptive, rude, obscene, or in any other way inappropriate, will be dealt with according to the OHS Rules.**

### **WORK RESTRICTIONS**

Minnesota Statutes section AYE.04 states that a high school student under the age of 18 must not be permitted to work after 11:00 p.m. on an evening before a school day or before 5:00 a.m. on a school day. With written permission from a parent or guardian, these hours may be expanded to 11:30 p.m. and 4:30 a.m.

### **ATHLETIC GAMES**

1. All after school activities are governed by the Ogilvie school, bus, and activities behavior plan.
2. Students and fans are to remain in the gym except for regular breaks.
3. Students will not be readmitted once they leave.
4. **TICKET PRICES:** Regular season events are (\$6 – Per Person (Ogilvie students are FREE with student ID)
5. **SEASON PASSES:** (fall - winter) Are available through the main office. (Family Season: \$100; Adult Season: \$50; Sr. Citizen Season: Free)

***./Fees are subject to change by school board each June***

## **AFTER SCHOOL ACTIVITIES**

***Students are not to be in the building after school hours except under the supervision of a faculty member.*** There will be no after school activity bus. All after school activities are governed by the Ogilvie School, Bus, and Activities Behavior Plan.

## **GAME EVENT CANCELLATIONS**

***School Closings Due To Bad Weather:*** If this should occur, all school games and practices will be canceled. Cancellations and reschedules can also be viewed on the district website by clicking on “Activities” and “District Calendar”. Parents can receive emails of cancellations or reschedules by registering on “rschooltoday.” (Link located on Ogilvie school website)

## **OGILVIE MUSIC TRIP RULES AND POLICIES**

1. All Minnesota State High School League rules, regulations, and ineligibility suspensions apply. You must be eligible under MSHSL rules.
2. You must be academically eligible. At the time of the trip, students who are academically ineligible for participation in extra-curricular activities will not be allowed to travel with the Band and Choir.
3. In the case of a student becoming ineligible, or choosing not to make the trip, that student will forfeit all money earned in music fundraisers, and he/she will be liable for any dollars that have passed the refund deadlines of tour company, hotel, bus company, etc. “Personal” money **above and beyond those debts** will be refunded.
4. Students are to participate in all scheduled activities. Roll call will be taken formally or informally for activities and meals.
5. Students are to participate in all scheduled departures and activities. Time may change for activities. Listen to announcements.
6. Pick up your trash. Whenever you get off the bus, take a handful or two of trash to the garbage can. We once had to pay a fine for leaving a mess. Please clean up the trash!!
7. **NO SMOKING, DRINKING, OR CHEMICAL USE BY PARTICIPANTS ON THIS TRIP. CHAPERONES AND FACULTY HAVE THE RIGHT TO CHECK LUGGAGE, BAGS, AND ROOMS AT ANY TIME.**
8. Dress standards require modest and “appropriate” attire. This includes trips to the hotel ice machines and on the bus.
9. Vulgar or profane language is not acceptable at any time.
10. Rowdy conduct is not permitted at any time. Refrain from carelessly slamming hotel room doors. Please respect other guests. Hotel room noise levels must be respectful of other visitors in the hotel.
11. Participants are financially responsible for their own hotel room service, phone calls, movies, and other personal expenses. These charges must be cleared from your hotel room bill before departure.
12. Participants are responsible for damages and/or losses caused on the trip.
13. **Only members of your same sex may be in your room.** Fraternizing with members of the opposite sex from Ogilvie should be done in the public areas of the hotel. Behavior of “couples” should be appropriate for public observation.
14. Under **no** circumstances may anyone who is not from Ogilvie visit your room.
15. Please stay in groups of Ogilvie students.
16. Should you decide to disregard these rules, or any others, you may find yourself with a chaperone as a close and constant companion. This includes on the bus and all the way home. Follow the rules!
17. CURFEW TIME is 10:00 p.m. on Monday and 11:00 p.m. on Tuesday and Wednesday. Room checks will be made each night at curfew. Students must be in their own rooms and stay in their own rooms for the rest of the night. This is a hotel, and not our private retreat center. We need to be considerate of hotel guests who expect and pay for a quiet night’s sleep.

18. No participant should leave the hotel unless they have cleared it with a director or chaperone. Honor the “buddy system.” Never go anywhere without three or four other people. NEVER EVER go anywhere with a stranger!
19. A student **must not** leave the supervision of directors or chaperones with anyone who is not from our group. Relatives or other visitors must be cleared with chaperones or directors. They may visit you at the hotel.
20. Students are to remain with the group at all times unless you have specific permission from the director to be away from the group. Remember, you will not be at home in the relative safety of your neighborhood; avoid dark streets, alleys, hotel stairways, etc... **Be Careful!**
21. Students are responsible to directors and chaperones and other adults with our group from departure to return, hours a day. Respect them. Obey them.
22. Be aware and careful of your money and valuables. **Do not** carry your wallets in your back pocket. Uncomfortable as you may think it is, put your wallets in a front pocket like a savvy traveler. Fanny packs are still a traveler’s good choice, or money pouches pinned inside your shirt. Be Smart!
23. Reasonable, positive, responsible conduct is required at all times. Attitudes are infectious. In the event a participant’s conduct does not meet these program guidelines or threatens his/her personal welfare or the welfare of others, the person may be sent home at his/her own expense.



2021-2022

# MINNESOTA STATE HIGH SCHOOL LEAGUE

## 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 Website: [www.mshsl.org/about/mshsl-handbook](http://www.mshsl.org/about/mshsl-handbook). 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:

- 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.

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 20 before the start of the season in which I participate.
- \_\_\_ 3. Have not dropped out of school or repeated a grade beginning with the initial entrance in the 7<sup>th</sup> grade.
- \_\_\_ 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, drug paraphernalia or products containing or used to deliver nicotine, tobacco products and other chemicals.
- \_\_\_ 5. Have not and will not violate the racial/religious/sexual harassment/violence/and hazing by-laws 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/headsup](http://www.cdc.gov/headsup)

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 BYLAW REVIEW

All MSHSL eligibility determinations are based on bylaws found in the most current official handbook or on the MSHSL website at: [www.mshsl.org/about/mshsl-handbook](http://www.mshsl.org/about/mshsl-handbook)

\*Denotes rules applicable to cheerleaders

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. AMATEURSTATUS — 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. For transfer eligibility purposes participation in a school program is considered full enrollment at that school.
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:*

- A. *I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
- B. *I will be fully responsible for my own actions and the consequences of my actions*
- C. *I will respect the property of others.*
- D. *I will respect and obey the rules of my school and the laws of my community, state and country.*
- E. *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/MIDDLESCHOOL 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

## 11. 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 which the student is a participant, whichever is greater.

*Recommendations:*

- a) *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.*
  - b) *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.

12. **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).

13. **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.

14. COLLEGE/UNIVERSITY TEAMS — Individuals who have participated with a college or university team are ineligible for participation in any activity of the League.
15. 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 at [www.mshsl.org/about/mshsl-handbook](http://www.mshsl.org/about/mshsl-handbook).

## 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, Synchronized Swimming, Golf, and Track and Field)
      1. 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.
      2. 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 non-school 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 9th 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 at the public school 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 public school in the new public school district attendance where the residence of the receiving parent is located. 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 111.1.B.i-v, 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 111.1.B.i-v 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.

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

## Symptoms Reported by Athlete

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

# OGILVIE ACTIVITIES PERMISSION FORM

PRIOR TO PRACTICE OR PARTICIPATION  
COMPLETE AND TURN INTO YOUR ADVISOR/COACH

STUDENT NAME \_\_\_\_\_ GRADE FALL 2021 \_\_\_\_\_

I acknowledge reviewing the Ogilvie Activities Handbook, which contain a summary of the district and MSHSL eligibility rules. I understand that a copy to the MSHSL Official Handbook is on file with the Activities Director and on the MSHSL website: [www.mshsl.org](http://www.mshsl.org). I understand that this information is my responsibility to obtain. I further agree to adhere to all of the rules and regulation that pertain to all activities sponsored by the district and that local rules may be more stringent than the MSHSL rules.

Parents Names \_\_\_\_\_ Other Names \_\_\_\_\_ Other Names \_\_\_\_\_

Address \_\_\_\_\_ Address \_\_\_\_\_ Address \_\_\_\_\_

Home # \_\_\_\_\_ Home # \_\_\_\_\_ Home # \_\_\_\_\_

Cell #1 \_\_\_\_\_ Cell #1 \_\_\_\_\_ Cell #1 \_\_\_\_\_

Cell #2 \_\_\_\_\_ Cell #2 \_\_\_\_\_ Cell #2 \_\_\_\_\_

Participants must ride district transportation to and from away events from departure point.

\*\*Designated transporters are those listed above and must make in person one-on-one contact with the coach or advisor and must notify them that they will be taking responsibility for their child. Any exceptions must be submitted in writing and approved by the High School Principal two (2) days in advance of the event.

## MEDICAL RELEASE AND INFORMED CONSENT

In the event of injury, I give permission for my child to receive medical attention/care if the need arises at an away event or activity. Doctors may require written approval from the parents before they will provide care for your child. This applies to the school year and to all Ogilvie activities.

\_\_\_\_\_  
DATE

STUDENT SIGNATURE

\_\_\_\_\_  
DATE

PARENT/GUARDIAN SIGNATURE

IN SIGNING, WE ACKNOWLEDGE THAT WE HAVE READ THE ABOVE INFORMATION. THE STUDENT AND PARENT AUTHORIZE THE RELEASE OF DOCUMENTS AND OTHER PERTINENT INFORMATION BY THE SCHOOL IN ORDER TO DETERMINE STUDENT ELIGIBILITY.



## 2021-2022 MSHSL Eligibility Statement

All MSHSL eligibility determinations are based on the most current official handbook on the MSHSL website at: [www.mshsl.org/about/mshsl-handbook](http://www.mshsl.org/about/mshsl-handbook)

*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 2021-2022 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 at: [www.mshsl.org/about/mshsl-handbook](http://www.mshsl.org/about/mshsl-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/headsup](http://www.cdc.gov/headsup)
- I understand that once I sign the eligibility statement all eligibility rules apply:
  - 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 2021-2022 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.

I am a home school student? YES  NO  I am an online student? YES  NO

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<i>Student's Printed Name</i>	<i>Birth Date</i>	<i>Grade in School</i>
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<i>Student's Signature</i>	<i>Date</i>
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<i>Parent's or Guardian's Signature</i>	<i>Date</i>
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# MSHSL ANNUAL SPORTS HEALTH QUESTIONNAIRE

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_ Birth Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Date of Last Sports Qualifying Physical Exam (SQPE) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Check Yes or No boxes for each question or Circle question numbers for which you cannot answer.

IN THE LAST YEAR, since your last complete Sports Qualifying Physical Exam with your physician or your Year 2 Annual Health Questionnaire, HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:

- |                                                                                                                                                                                                                                                                                          |                          | YES | NO                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|-----|--------------------------|
| 1. In the last year, has a doctor restricted your participation in sports for any reason without clearing you to return to sports? .....                                                                                                                                                 | <input type="checkbox"/> |     | <input type="checkbox"/> |
| <b>IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR</b>                                                                                                                                                                                                                       |                          |     |                          |
| 2. In the last year, have you passed out or nearly passed out <i>during or after</i> exercise?.....                                                                                                                                                                                      | <input type="checkbox"/> |     | <input type="checkbox"/> |
| 3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise? .....                                                                                                                                                                          | <input type="checkbox"/> |     | <input type="checkbox"/> |
| 4. In the last year, does your heart race or skip beats (irregular beats) during exercise? .....                                                                                                                                                                                         | <input type="checkbox"/> |     | <input type="checkbox"/> |
| 5. In the last year, do you get light-headed or feel more short of breath than expected during exercise? ....                                                                                                                                                                            | <input type="checkbox"/> |     | <input type="checkbox"/> |
| 6. In the last year, have you had an unexplained seizure? .....                                                                                                                                                                                                                          | <input type="checkbox"/> |     | <input type="checkbox"/> |
| <b>IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR</b>                                                                                                                                                                                                               |                          |     |                          |
| 7. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason?.....                                                                                                                                                                     | <input type="checkbox"/> |     | <input type="checkbox"/> |
| 8. In the last year, has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including an unexplained drowning or an unexplained car accident)?.....                                                                    | <input type="checkbox"/> |     | <input type="checkbox"/> |
| 9. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning?.....                                                                                                                                                         | <input type="checkbox"/> |     | <input type="checkbox"/> |
| 10. In the last year, has anyone in your immediate family been diagnosed with hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long or short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia?..... | <input type="checkbox"/> |     | <input type="checkbox"/> |
| .....                                                                                                                                                                                                                                                                                    |                          |     |                          |
| 11. In the last year, has anyone in your immediate family under age 35 had a heart problem, pacemaker, or implanted defibrillator? .....                                                                                                                                                 | <input type="checkbox"/> |     | <input type="checkbox"/> |

**MEDICAL RISK QUESTIONS IN THE LAST YEAR**

- |                                                                                                                                                                    |                          |  |                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--|--------------------------|
| 12. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems? ..... | <input type="checkbox"/> |  | <input type="checkbox"/> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--|--------------------------|

**Parents or Legal Guardians: Please note below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.**

\_\_\_\_\_

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

**Activities Director Note: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)**

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SQPE Due \_\_\_\_ / \_\_\_\_ /

CLEARED FOR

YES  NO

**Supplemental Mental Health Screening Questions** (may be cut from form before submitting)

*Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)*

Not at all	Several days	Over half the days	Nearly every day	
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are  $\geq 3$ , please see your provider)

*Reference: Pre-participation Physical Evaluation (Fifth Edition): AAFP, AAP, AMSSM, AOSSM, AOASM; AAP*



## Nutrition and Performance Resources

To read full guideline resource visit:

<http://www.ncaa.org/health-and-safety/nutrition-and-performance/nutrition-and-performance-resources>

NCAA *Sports Medicine Handbook* **GUIDELINE 2f: Nutrition and Athletic Performance**, January 1986 • Revised May 2009

Athletic performance and recovery from training are enhanced by attention to nutrient intake. Optimal nutrition for health and performance includes the identification of both the quantity and quality of food and fluids needed to support regular training and peak performance. As training demands shift during the year, athletes need to adjust their caloric intake and macronutrient distribution while maintaining a high nutrient dense diet that supports their training and competition nutrient needs.

**Hydration** status impacts health and performance. Athletes should consume fluids throughout their day (water, low fat milk, 100% fruit juices) as well as pre, during and post training. Fluids containing electrolytes and carbohydrates are a good source of fuel and re-hydration. Fluids containing questionable supplement ingredients and high levels of caffeine or other stimulants may be detrimental to the health of the competitive athlete and are not effective forms of fuel or hydration.

Adequate overall energy intake spread out over the day is important for all student athletes. Insufficient energy intakes (due to skipped meals or dieting) will have a rapid negative impact on training, performance and over time on bone, immune function and injury risk. Inadequate energy intakes increase fatigue, deplete muscle glycogen stores, increase the risk of dehydration, decrease immune function and increase the risk of injury as well as result in unwanted loss of muscle mass. A low caloric intake in female student-athletes can lead to menstrual dysfunction and decreased bone mineral density.

**Eating disorders** are often an expression of underlying emotional distress that may develop long before the individual was involved in athletics. Eating disorders can be triggered in psychologically vulnerable individuals by a single event or comments (such as offhand remarks about appearance, or constant badgering about a student-athlete's body weight, body composition or body type) from a person important to the individual. Coaches, athletic trainers, sport dietitians and supervising physicians must be watchful for student-athletes at higher risk for eating disorders. Disordered eating can lead to dehydration, resulting in loss of muscular strength and endurance, decreased aerobic and anaerobic power, loss of coordination, impaired judgment, and other complications that decrease performance and impair health. These symptoms may be readily apparent or may not be evident for an extended period of time. Many student-athletes have performed successfully while experiencing an eating disorder. Therefore, diagnosis of this problem should not be based entirely on a decrease in athletic performance.

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I certify that I have read and understand the above information regarding steroid use, heart disease in student-athletes, nutrition and performance resources, and concussion management. Any inquires may be directed to the school Athletic Trainer.

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Student-Athlete Full Name

Date of Birth

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Parent/Guardian Signature

Date



Athletic Training/Sports Medicine services are provided by Welia Health Sports Medicine. The current Welia Health Sports Medicine Team members may viewed at:

<https://www.weliahealth.org/services/sports-medicine/>

I understand my child may follow up with my preferred medical provider and system and is not obligated to Welia Health for continued care.

I certify my child may be medically treated and evaluated by the Welia Sports Medicine Staff when appropriate. Pertinent medical information may be shared with school coaching and nursing staff, Welia Sports Medicine team, and/or other treating medical staff when appropriate.

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Student-Athlete Full Name

Date of Birth

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Parent/Guardian Signature

Date

