

# All Sports Kickoff 2018



# How can I contact the Activities Office?

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**Can I get a copy  
of this  
presentation?**

**It is on our school website:**

**[isd743.org](http://isd743.org) (click Activities)**

**Where can I find  
schedules?**

**isd743.org**

**westcentralconference.com**

Use Notify Me to get email with  
changes

**Activity Scheduler App**

Type *rSchool Today* in the App  
Store search bar



# Home of the Mainstreeters

Sauk Centre Public Schools

Achieving Excellence



Staff Directory



Activities Calendar



Power School



RevTrak Online Store



Food Service

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## General Information

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## Welcome to Mainstreeters

### Activities News

### Physicals 2018-2019

Sports Physicals for the 2018-2019 school year can be found under the Activities tab. Go to Forms to download the physical.

### General Information

### Activities Calendar

### Forms

### Athletics

### Organizations

### Fine Arts

### Sports Boosters

### Athletics Hall of Fame

### Coaches Directory

## Mainstreeter Activity Tweets

Tweets by [@Sauk\\_Activities](#)



**Sauk Mainstreeters**  
[@Sauk\\_Activities](#)



Congrats to State Speech participants! Rachel Kloth, Emily Johnson, Maria Jennissen, Ayden Berg. Great job!

[#Streeters](#)



Apr 22, 2018

# **School Notification of Cancelled Events**

**We use the Instant Alert System.**

**Make sure your most recent  
information is on the system.**

# All Sport Kickoff

## First Practices

<b>Cross Country 7-12</b>	<b>August 13</b>	<b>9:00 am</b>
<b>Football 9-12</b>	<b>August 13</b>	<b>8:00 am Locker room open at 7:30 am</b>
<b>Football 7/8</b>	<b>August 27</b>	<b>10:00 am Equipment handout followed by practice</b>
<b>Tennis 7-12</b>	<b>August 13</b>	<b>7:30 am</b>
<b>Girls Swimming 7-12</b>	<b>August 13</b>	<b>7:30 am</b>
<b>Volleyball 9-12</b>	<b>August 13</b>	<b>7:30 am</b>
<b>Volleyball 7/8</b>	<b>August 27</b>	<b>3:00 pm</b>

# What do you need to do to be ready for practice?

- 1. Must have a current physical on file in the office updated every 3 years.**
- 2. Must complete the online registration process.**
- 3. Must pay the participation fee.**



**Registration  
process is  
online!**

**Go to our school website:  
[isd743.org](http://isd743.org) and click Activities**

**You can pay online or bring a  
check to the AD Office**

# Locker Rooms

**I encourage all athletes to secure their belongings by having a lock.**

**A lock is available in the AD office for \$10. Return the lock and receive the \$10 back.**

# **Student Accident Insurance**

**If you need insurance for your athlete we do work with Student Assurance Services and always have athletes purchase insurance through them each year.**

**If interested stop in the AD Office for information.**

# Frequently Asked Questions

# How does failing a class affect my eligibility?

A student who receives a failing grade on any quarter report card will lose eligibility for two weeks or two contests, whichever is greater.

To regain eligibility, the student must provide the office with a form that has all current instructors' signatures verifying that the student is passing all classes.

This can be done any time following the two week or two contest period.

# How does missing school affect my participation?

**A student who misses any part of the school day is not able to participate in practice or a contest unless:**

- School is missed due to a school activity.
- School is missed due to a medical appointment but the student attends school at least two periods and the student presents an appointment card.
- School is missed due to an illness but the student is in school 4th and 5th period with a Doctor's note.
- School is missed due to a College Visit and the student received prior approval from the office.

**Do I have to ride  
the bus to away  
events to  
participate?**

**Yes.**

**You may ride home with a  
parent but must notify the  
coach with a note or talk  
directly to coach after the  
contest.**

**What do most people not know about chemical violations?**

**E-Cigarettes and vaping are popular. This is a MSHSL violation!**

**Possession = consumption in the eyes of the MSHSL!**

**First violation is 2 weeks or two contests, whichever is greater.**



# What is a Code of Conduct?

**Participation is a privilege which is accompanied by responsibility.**

**As athletes we must:**

- **Respect the rights and beliefs of others.**
- **Be fully responsible for your actions and accept the consequences.**
- **Respect and obey rules of your school and community.**
- **Show respect to those responsible for enforcing those rules.**

## **Penalty**

**A student who violates these is ineligible for a period of time as determined by administration.**

# **Social Media!!**

**Use social media to build  
your reputation, not ruin it.**

- **Say thank you.**
- **Share positive news.**
- **Be a good ambassador.**
- **Promote your school and  
community.**

# **Parent/Coach Relationship**

**Both parenting and coaching are extremely difficult.**

**Let your kids be coached. Let them get used to coaches holding them accountable. If you save your children from discomfort, you often keep them from realizing their own strength & ability. Let them grow their character so they can become confident, independent adults.**

# What Parents Can Expect From Their Athlete's Coach

- We will do our best to give all athletes a fun and positive experience regardless of playing time.
- We will teach our athletes the fundamentals of our sport to help them become the best they can be.
- We will try to instill a good work ethic and sportsmanship in our athletes.
- We will be open and honest with our athletes when it comes to their role on the team.
- We will make decisions based on what we think is fair and in the best interests of the team.

# What to do if you want to talk to the coach?

**It is not a good idea to talk to the coach after an event. Wait until the next day.**

**If you have a concern to discuss with the coach the procedure is:**

1. Athlete talks to the coach. If the concern is not resolved then:
2. Parents contact the coach to set up a meeting. If the concern is not resolved then:
3. Parents contact the Activities Director to set up a meeting between the Activities Director, coach and parent.

**What other  
activities can I  
participate in?**

- **Fall Musical**
- **FFA**
- **One Act Play**
- **Speech**
- **Music Contests**

# Meet our trainer!

Our primary trainer is Beth Swanson from Heartland Orthopedic Specialists.



Beth Swanson, M.Ed., ATC, OTC  
Heartland Orthopedic Specialist  
[bswanson@heartlandorthopedics.com](mailto:bswanson@heartlandorthopedics.com)  
(320) 762-1144

**Consider  
becoming  
involved with  
Sports Boosters!**

- Help at halftime of events.
- Make a donation.
- There are other ways you can become involved.
- Contact Todd Bussmann.



# How to purchase Activity Cards!

K-12 Students	\$35
Adult	\$75
Adult Couples	\$105

Student passes can be purchased in the District Office.

Adult passes can be purchased in the Activities Office and District Office.

**Follow us on  
Twitter**

**@Sauk\_Activities**

**Need help  
registering?**

**Geri and I are  
available after  
this presentation  
to help!**

# Where are the Parent Meetings?

<b>Football 9-12</b>	<b>301B</b>
<b>Girls Swimming 7-12</b>	<b>At a later time.</b>
<b>Volleyball 9-12</b>	<b>Senior High Cafeteria</b>
<b>Cross Country 7-12</b>	<b>Room 6</b>
<b>Tennis 7-12</b>	<b>Room 1</b>
<b>Volleyball 7/8</b>	<b>None</b>
<b>Football 7/8</b>	<b>None</b>