

All Sports Kickoff 2024



Our Purpose

We want our athletes to walk away from their activities being able to say:

I had fun.

I got better.

I did the best I could.

I'm more prepared to face the next challenge.

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 make decisions based on what we think is fair and in the best interests of the team.**

Parents Are Critical in the Success of Our Programs!

5 Keys for Sport Parents

By Greg Berge

**Raising an Athlete is Hard. Your approach matters.
Here are 5 Critical Lessons for Sports Parents.**

1. It is your child's experience, not yours.

You must remember that this athletic journey is your child's, not yours. Allow them to own their successes AND failures. Support them without dictating their path.

2. Team Focus

As much as you love your child, remember it is a TEAM sport. It's all about the team, not just your child. Teach them the value of teamwork and collective success. Show them how to sacrifice ME for WE. Celebrate their teammates' Successes!

3. Embrace the Struggle

Accept the struggle of team sports. Embrace the highs and lows. Help your child understand the value of perseverance and resilience. Struggles are part of growth and character. development.

4. Navigate, Don't Plow

Be there for support, not to clear all obstacles. Allow them to navigate challenges and learn resilience. Being a snowplow parent denies them the chance to grow.

5. Find Joy in the Journey

Find happiness in the entire sports experience. Celebrate the small victories and lessons learned. The journey's highs and lows are equally valuable. Teach your child to cherish every moment, win or lose.

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

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.

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

MSHSL Behavior Expectations at Events



MINNESOTA STATE HIGH SCHOOL LEAGUE **BEHAVIOR EXPECTATIONS**

Created by MSHSL Students



**Lead by example
by being respectful.**



**Follow all MSHSL, school
and venue expectations.**



**Speak with honor and
thoughtfulness.**



**Use the power of social
media for good.**



**Support those harmed by
words or actions.**



**Honor each contest and
everyone involved.**



**Hold yourself to high
standards of sportsmanship.**

Student Conduct at Home Events

We want a loud and positive student section.

We want our elementary and middle school age fans to have fun, cheer on our teams. They should not be running around.

Buying Your Game Tickets

Buy your tickets ahead of time online.

Buy your tickets at the gate online.

\$10 cash at the gate.

**We encourage you to consider buying
an Activities Pass!**

Activity Passes

K-12 Students	\$35
Adult	\$75
Adult Couples	\$105
Family (good for 4)	\$150
Senior (not SC resident)	\$25

Super Seniors for SC residents
available in AD office.

All passes can be purchased online.

You can show the barcode on your
phone or print and show.

Buying Your Game Tickets



GoFan is our new vendor to buy tickets.

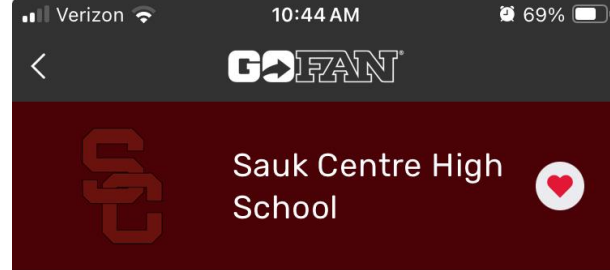
Advantages:

- **Setting up an account makes it easier and quicker to buy ticket.**
- **Will be able to use a credit card at the gate.**

Download the App.

Select Sauk Centre as a Favorite.

Buying Your Game Tickets



Filter by category (7)

Digital Season Pass Football Mu

Filter by Home/Away

Home Away

Upcoming events (7)

Pass
**Regular Season Activity
Pass 2024-25**
Aug 26, 2024 - May 23, 2025
Digital Season Pass
Varsity
 more Buy pass →

First Practice

Cross Country 7-12	August 12	6:00 pm
Football 9-12	August 12	5:00 pm
Football 7/8	August 15 August 19	Equipment handout 5:00 pm in the JH boys locker room. 9:00 am
Tennis 7-12	August 12	9:00 am
Girls Swimming 7-12	August 12	Leave for Browerville at 8:00 am
Volleyball 9-12	August 12	7:30 am
Volleyball 7/8	August 19	3:00 pm

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

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

Centra Care, Harmony Health & Wellness, St. Michaels Health, Abel Chiropractic and Arrow Health

- 3. Please pay the participation fee.**

New This Year

The School Board has implemented a \$700 family cap on Activities fees.

Angie will work with families that exceed this to get refunds.

**Best place to go
for information!**

isd743.org

Schedules Game & Practice

Register online

Pay fees

Buy online tickets

Purchase items

Locker Rooms

Take pride in our locker rooms.

We 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.

**How missing
school affects
your
participation**

**Students need to be in
school!**

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

How missing school affects your participation

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.

How missing school affects your participation

School is missed due to an illness but the student is in school 4th and 5th period with a Doctor's note.

If you have a unique situation, talk to me ahead of time.

How missing school affects your participation

Examples of missing school that results in not being able to practice:

- Oversleeping.
- Missing school because of non medical appointment.

How failing a class affects your 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.

What you need to know about MSHSL violations.

- **Alcohol, tobacco, vaping, drugs.**
- **Possession = consumption in the eyes of the MSHSL!**
- **365 days a year.**
- **First violation is 2 weeks or two contests, whichever is greater.**

Code of Conduct and your eligibility.

Participation is a privilege which is accompanied by responsibility.

As athletes we must:

- **Respect the rights and beliefs of others.**
- **Be fully responsible for our actions and accept the consequences.**
- **Respect and obey rules of our 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.

**Other activities
you can
participate in.**

- **Fall Musical**
 - **Little Mermaid**
 - **Auditions Sept 9,10,11**
- **FFA**
- **Robotics**
- **One Act Play**
- **Speech**
- **Music Contests**
- **Community Ed Activities**

Our Activities Boosters

- Help at halftime events.
- Make a donation.
- There are other ways you can become involved.
- Contact Mary Lieser.
- They are here tonight ready to answer questions!

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
(320) 762-1144

Have questions?

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

Where are the Parent Meetings?

Football 9-12

301B

Volleyball 9-12

301A

Cross Country 7-12

MPR

Volleyball 7/8

Elem Cafeteria

Football 7/8

Front of The Shelby