

# All Sports Kickoff 2022



# **Our Purpose**

- 1. Help our athletes to grow and develop.**
- 2. Connect our athletes to a caring adult.**

# Our Purpose

**We want to win. We want to win state championships.**

**But that is not our purpose.**

# **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's New in the AD Office?**

**We are gearing up for transitioning to all ticket purchases online.**

**This year you will be able to buy tickets online or at the gate.**

**Next year all ticket purchasing will be online.**

# Activity Passes

K-12 Students	\$35
Adult	\$75
Adult Couples	\$105
Senior <small>(not SC resident)</small>	\$25

Super Seniors for SC residents  
available in AD office.

All passes must be purchased online.

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

**Best place to go  
for information!**

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

**Our  
Communication  
Tool to You.**

**School Messenger.**

**It is important that you have correct contact information in PowerSchool.**

**If you haven't received anything yet, contact your building secretary.**

**Patty Meyer grades 7 & 8 or Tracey Thielen grades 9 - 12.**



# Locker Rooms

**Take pride in our 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.**

# First Practice

<b>Cross Country 7-12</b>	<b>August 15</b>	<b>6:00 pm</b>
<b>Football 9-12</b>	<b>August 15</b>	<b>7:30 am Locker room will be open at 7:00 am.</b>
<b>Football 7/8</b>	<b>August 18</b>	<b>Equipment handout 3:00 in the JH boys locker room.</b>
	<b>August 22</b>	<b>9:30 am</b>
<b>Tennis 7-12</b>	<b>August 15</b>	<b>9:00 am</b>
<b>Girls Swimming 7-12</b>	<b>August 15</b>	<b>7:30 am</b>
<b>Volleyball 9-12</b>	<b>August 15</b>	<b>7:30 am</b>
<b>Volleyball 7/8</b>	<b>August 22</b>	<b>3:00 pm</b>

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

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

# How missing school affects your 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.
- If you have a unique situation, talk to me ahead of time.

# **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 chemical 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.**



# **Social Media!!**

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

- **Say thank you.**
- **Share positive news.**
- **Promote your school and  
community.**
- **Your billboard.**

**Follow us on  
Twitter**

**@Sauk\_Activities**

**Other activities  
you can  
participate in.**

- **Fall Musical**
- **FFA**
- **Robotics**
- **One Act Play**
- **Speech**
- **Music Contests**
- **Community Ed Activities**

# Our Sports Boosters

- Help at halftime events.
- Make a donation.
- There are other ways you can become involved.
- Contact Gregg Trisko.
- 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](mailto:bswanson@heartlandorthopedics.com)  
(320) 762-1144

**Have questions?**

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

# Where are the Parent Meetings?

<b>Football 9-12</b>	<b>301B</b>
<b>Football 9</b>	<b>MPR</b>
<b>Girls Swimming 7-12</b>	<b>Room 5</b>
<b>Volleyball 9-12</b>	<b>301A</b>
<b>Cross Country 7-12</b>	<b>Room 25</b>
<b>Tennis 7-12</b>	<b>Monday 7:00 pm SH Cafeteria</b>
<b>Volleyball 7/8</b>	<b>Room 1</b>
<b>Football 7/8</b>	<b>Auditorium</b>