

# FARMINGTON SCHOOL DISTRICT INTERSCHOLASTIC ATHLETICS

STUDENT-ATHLETE/PARENT HANDBOOK



CREATED: June 2008

UPDATED

# DEPARTMENT OF ATHLETICS HANDBOOK

## INTRODUCTION/WELCOME:

On behalf of the Farmington School District Athletics Department, we welcome you to the 2008-2009 interscholastic athletics school year. We are very proud of our Tiger athletics tradition and are excited to have your child as part of our athletics programs. Interscholastic athletics is one of the most important elements in the overall education of our students. Athletics provides an opportunity to extend the learning process from the classroom into the athletics arena. This handbook has been prepared to provide a source of information for both incoming and returning student-athletes and parents involved in the Farmington School District interscholastic athletics programs.

## FARMINGTON SCHOOL DISTRICT MISSION STATEMENT:

The mission of Farmington Independent School District 192, as a dynamic learning community, is to develop citizens of integrity whose passion for continuous learning ensures they excel in a global society. This is accomplished through:

- Learning partnerships with all communities,
- Students taking responsibility for their own learning,
- Staff believing in and fostering the unlimited potential of each student,

In an environment that actively engages and challenges all.

## PURPOSE OF SCHOOL ATHLETICS:

The Farmington Independent School District recognizes the value and importance of athletics programs as an extension of a good educational program. Participation in the athletics programs is a privilege and a valuable part of the overall school experience. It contributes to the mental and physical well being of our students. A primary goal of the athletics program will be the participation and involvement of maximum numbers of students. It is expected that all who participate will be afforded the training and wherewithal to compete successfully in athletics contests, but winning records are to be regarded as the outcome rather than the objective of a program which shall more appropriately seek to instill and develop life skills necessary for future success. These skills include Leadership, Communication, Goal Setting, Organization, Work Ethic, Self-Discipline, Perseverance, Cooperation, Loyalty, Integrity, Honesty, Perspective, Teamwork, and Relationships. In addition, we hope to develop an appreciation and commitment amongst our student-athletes for life-long physical activity. Athletics is truly an extension of the classroom experience for the student-athlete. Interscholastic athletics is not a separate entity unto ourselves; we exist to enhance the experiences our student-athletes receive first in the classroom.

# MEMBERSHIP INFORMATION

## MINNESOTA STATE HIGH SCHOOL LEAGUE (MSHSL):

Farmington is a member of the Minnesota State High School League. The mission of the MSHSL is to provide educational opportunities for students through interscholastic athletic and fine arts programs and to provide leadership and support for member schools. The MSHSL is organized for the following educational purposes:

1. To provide, promote, extend, manage and administer a program of activities for youth of the schools of the state on subsection, section and state levels in the field of athletics on a competitive basis, as well as such other curricular and extracurricular activities as may from time to time be sponsored by the schools of Minnesota.
2. To establish uniform and equitable rules for youth in inter-school activities.

3. To elevate standards of sportsmanship and to encourage the growth of responsible citizenship among the students, member schools and their personnel.
4. To protect youth, member schools and their personnel from exploitation by special interest groups.
5. To provide mutual benefit and relief plans for the assistance of school students injured in athletic events or supervised school activities in meeting medical and hospital expenses incurred by reason of such injuries.
6. To serve the best interests of member schools and their students by providing a medium of cooperation and coordination in educational fields of endeavor and a series of related activities on a state-wide basis, which they individually could not achieve or accomplish for their students and which aid and assist the schools in maintaining a constantly improved program.

The MSHSL publishes an annual handbook outlining the bylaws for member schools. These bylaws include policies pertaining to general eligibility, student eligibility, administration of student eligibility, and the administration of athletic programs. In addition, the handbook outlines sport specific bylaws for each activity offered through the MSHSL. If you have questions/concerns regarding MSHSL policy interpretations, please contact the Athletics Director.

## **REGION 1AA:**

Farmington High School is a member of Administrative Region 1AA. The region is responsible for the administration of Section Tournaments. The majority of the sports offered through the Farmington High School Athletics Department are assigned to Section Tournaments that are administered by Region 1AA. However, several sports may compete in Section Tournaments administered by other Regions.

## **MISSOTA CONFERENCE (High School Athletics Program):**

The Farmington High School athletic programs are members of the Missota Conference. The value of conference membership is derived from arranging schedules, equalizing competition, conducting league meets and generally up-grading the athletics program by adhering to conference standards and goals. Membership implies abiding by conference schedules, by-laws, rules and regulations. The following schools will be members of the Missota Conference in 2008-09:

Academy of Holy Angels  
 Farmington  
 Hutchinson  
 New Prague  
 Northfield  
 Prior Lake  
 Red Wing  
 Shakopee

## **BIG MISSOTA LAKE CONFERENCE (Middle School Athletics Program):**

The Farmington Middle School athletic programs are members of the Big Missota Lake Conference. The value of conference membership is derived from arranging schedules, equalizing competition, conducting league meets and generally up-grading the athletic program by adhering to conference standards and goals. Membership implies abiding by conference schedules, by-laws, rules and regulations. The following schools will be members of the Big Missota Lake Conference in 2008-09:

Cannon Falls  
 Faribault  
 Farmington  
 Lakeville Century  
 Lakeville Kenwood  
 Lakeville McGuire  
 New Prague  
 Northfield  
 Owatonna  
 Prior Lake  
 Red Wing  
 Shakopee

Please note that each school within the Big Missota Lake Conference will participate in different athletics programs.

# 2009-2010 DISTRICT 192 ATHLETIC PROGRAM OFFERINGS & FEES

| FARMINGTON HS FALL SPORT FEES |                                |           |
|-------------------------------|--------------------------------|-----------|
| SPORT                         | TEAM PARTICIPATION LEVELS      | FEE       |
| BOYS' CROSS COUNTRY           | VARSAITY/JV                    | \$ 145.00 |
| GIRLS' CROSS COUNTRY          | VARSAITY/JV                    | \$ 145.00 |
| FOOTBALL                      | VARSAITY/JV/B-SQUAD/9TH GRADE  | \$ 145.00 |
| BOYS' SOCCER                  | VARSAITY/JV/B-SQUAD            | \$ 145.00 |
| GIRLS' SOCCER                 | VARSAITY/JV/B-SQUAD            | \$ 145.00 |
| GIRLS' SWIMMING & DIVING      | VARSAITY/JV                    | \$ 145.00 |
| GIRLS' TENNIS                 | VARSAITY/JV                    | \$ 145.00 |
| VOLLEYBALL                    | VARSAITY/JV/B-SQUAD/9TH GRADE  | \$ 145.00 |
| CHEERLEADING                  | VARSAITY/JV                    | \$ 145.00 |
| ADAPTED ATHLETICS             | VARSAITY (CO-OP) - Grades 7-12 | \$ 145.00 |
| WEIGHTLIFTING (FALL)          |                                | \$ 60.00  |

| FARMINGTON MS FALL SPORT FEES |                           |           |
|-------------------------------|---------------------------|-----------|
| SPORT                         | TEAM PARTICIPATION LEVELS | FEE       |
| BOYS' CROSS COUNTRY           | MIDDLE SCHOOL             | \$ 110.00 |
| GIRLS' CROSS COUNTRY          | MIDDLE SCHOOL             | \$ 110.00 |
| FOOTBALL                      | 7TH/8TH GRADE             | \$ 110.00 |
| BOYS' SOCCER                  | MIDDLE SCHOOL             | \$ 110.00 |
| GIRLS' SOCCER                 | MIDDLE SCHOOL             | \$ 110.00 |
| GIRLS' SWIMMING & DIVING      | MIDDLE SCHOOL             | \$ 110.00 |
| GIRLS' TENNIS                 | MIDDLE SCHOOL             | \$ 110.00 |
| VOLLEYBALL                    | 7TH/8TH GRADE             | \$ 110.00 |

- Denotes programs where 6th graders are eligible to participate.

| FARMINGTON HS WINTER SPORT FEES |                               |           |
|---------------------------------|-------------------------------|-----------|
| SPORT                           | TEAM PARTICIPATION LEVELS     | FEE       |
| BOYS' BASKETBALL                | VARSAITY/JV/B-SQUAD/9TH GRADE | \$ 145.00 |
| GIRLS' BASKETBALL               | VARSAITY/JV/B-SQUAD/9TH GRADE | \$ 145.00 |
| DANCE TEAM                      | VARSAITY/JV                   | \$ 145.00 |
| GYMNASTICS                      | VARSAITY/JV                   | \$ 145.00 |
| BOYS' HOCKEY                    | VARSAITY/JV                   | \$ 195.00 |
| GIRLS' HOCKEY                   | VARSAITY/JV                   | \$ 195.00 |
| BOYS' SWIM & DIVE               | VARSAITY/JV                   | \$ 145.00 |
| WRESTLING                       | VARSAITY/JV                   | \$ 145.00 |
| CHEERLEADING                    | VARSAITY                      | \$ 145.00 |
| ADAPTED ATHLETICS               | VARSAITY (CO-OP)              | \$ 145.00 |
| WEIGHTLIFTING (WINTER)          |                               | \$ 60.00  |

| FARMINGTON MS WINTER SPORT FEES |                           |           |
|---------------------------------|---------------------------|-----------|
| SPORT                           | TEAM PARTICIPATION LEVELS | FEE       |
| BOYS' BASKETBALL                | 7TH/8TH GRADE             | \$ 110.00 |
| GIRLS' BASKETBALL               | 7TH/8TH GRADE             | \$ 110.00 |
| WRESTLING                       | MIDDLE SCHOOL             | \$ 110.00 |

- Denotes programs where 6th graders are eligible to participate.

| FARMINGTON HS SPRING SPORT FEES |                               |           |
|---------------------------------|-------------------------------|-----------|
| SPORT                           | TEAM PARTICIPATION LEVELS     | FEE       |
| BASEBALL                        | VARSAITY/JV/B-SQUAD/9TH GRADE | \$ 145.00 |
| SOFTBALL                        | VARSAITY/JV/B-SQUAD/9TH GRADE | \$ 145.00 |
| BOYS' GOLF                      | VARSAITY/JV                   | \$ 145.00 |
| GIRLS' GOLF                     | VARSAITY/JV                   | \$ 145.00 |
| BOYS' TENNIS                    | VARSAITY/JV                   | \$ 145.00 |
| BOYS' TRACK & FIELD             | VARSAITY/JV                   | \$ 145.00 |
| GIRLS' TRACK & FIELD            | VARSAITY/JV                   | \$ 145.00 |
| ADAPTED ATHLETICS               | VARSAITY(CO-OP)               | \$ 145.00 |
| WEIGHTLIFTING (SPRING)          |                               | \$ 60.00  |

| FARMINGTON MS SPRING SPORT FEES |                           |           |
|---------------------------------|---------------------------|-----------|
| SPORT                           | TEAM PARTICIPATION LEVELS | FEE       |
| BASEBALL                        | 7TH/8TH GRADE             | \$ 110.00 |
| SOFTBALL                        | 7TH/8TH GRADE             | \$ 110.00 |
| BOYS' GOLF                      | MIDDLE SCHOOL             | \$ 110.00 |
| GIRLS' GOLF                     | MIDDLE SCHOOL             | \$ 110.00 |
| BOYS' TENNIS                    | MIDDLE SCHOOL             | \$ 110.00 |
| BOYS' TRACK & FIELD             | MIDDLE SCHOOL             | \$ 110.00 |
| GIRLS' TRACK & FIELD            | MIDDLE SCHOOL             | \$ 110.00 |

- Denotes programs where 6th graders are eligible to participate.

## Middle School Student Participation Information:

Athletics programs that are not offered at the Middle School level, but are offered at the High School are open to student-athletes in grades 7-12 (Exception – Cheerleading). Middle School student-athletes are encouraged to participate and/or tryout in these high school programs that are offered as 7-12 programs. Please note that 6<sup>th</sup> Grade student-athletes are eligible to participate in the following Middle School athletics programs starting in the 2008-2009 academic school year: Boy & Girls Cross Country, Girls Swim & Dive, Girls Tennis, Wrestling, and Boys Tennis. Please note that 6<sup>th</sup> Grade student-athletes are only eligible to compete at the middle school level (No Varsity/JV/B-Squad/9<sup>th</sup> Grade competition).

## Refund Information:

The Athletics Director will determine eligibility for refunds. Generally, refunds will be given to student-athletes who are injured or released from a roster prior to the first game/event. Student-athletes that become ineligible during the season per MSHSL and/or District 192 policy will not be granted a refund.

# FHS ATHLETICS DEPARTMENT POLICIES & PROCEDURES

## STUDENT-ATHLETE REGISTRATION

All District 192 student-athletes in grades 6-12 who are planning on participating in a Farmington School District athletics programs must complete the 2009-10 Athletics Registration Packet and return the forms to the Farmington High School Athletics Office (20655 Flagstaff Avenue). Registration forms are available in the Farmington High School athletics office and in the main offices at both Boeckman and Dodge Middle Schools. These forms must be completed prior to the first day of practice as student-athletes must be completely registered before they will be allowed to practice or participate in any way. This registration packet is a summary of the general athletics rules that students and parents should understand. Complete eligibility policies are found in the MSHSL Official Handbook. If there is a question about any rule interpretation, please contact the Athletics Director.

### Registration Procedure Checklist (You must be able to check each box to be fully registered):

- Complete the 2009-2010 Farmington Athletics Registration Form. **Must be turned in once per school year/per participant, prior to any athletics participation.** Listed in title as (Form A – 1 Page)
- Parent/Legal Guardian and student-athlete must read the Minnesota State High School League (MSHSL) Athletic Eligibility Information. Parent/Legal Guardian must complete and sign both the MSHSL Annual Health Questionnaire Form and 2009-10 MSHSL Athletic Eligibility Statement. Student-athlete must also sign both of these forms. **Must be turned in once per school year/per participant prior to any athletics participation.** Listed in title as (Form B – 2 Pages)
- Physical Exam within the last 3 years.** District 192 and MSHSL regulations require that all students who participate in District Interscholastic Athletics Programs must have a record of a Sports Qualifying Physical Examination performed by a physician (signed & dated by physician), within a minimum of three calendar years, on file with the Athletics Department. If the student-athlete needs an updated physical, please have the attending physician complete the 2009-10 Sports Qualifying Physical Examination Forms that are attached to this registration packet. There are two places for the Physician to sign and one place for the Parents/Legal Guardian and student-athlete to sign. If you are registering for an adapted athletics program, please contact the Athletics Director for additional form requirements. Listed in title as (Form C – 3 Pages)
- Complete the Emergency Information Form. Listed in title as (Form D – 1 Page)
- Pay required registration fee prior to participation. **Checks are to be made payable to: Farmington HS.** If you have questions or concerns regarding the payment of the registration fee, please contact the Athletics Director. **Alternative fee payment plans are available for those who request financial assistance.**
- If an individual is registering for a second or third sport during the 2009-10 school year, you only need to complete the following:**
  - Pay registration fee. Please include student-athlete's name and sport in the Memo area of the check.
  - Complete the Emergency Information Form (Must be completed at the start of each season of participation.) Listed in title as (Form D – 1 Page)
  - Have an updated physical on file within the last 3 years.

*Only registered student-athletes will be allowed to try-out, practice, or compete for the Farmington School District. On the first day of try-outs or practice, the head coach/coaching staff will receive a list of registered student-athletes. This list will be shared with all members of the coaching staff. If a student-athlete's name is not on this list, they will not be allowed to try-out or practice, unless they have a registration card or another form of communication from the Athletics Office stating they have completed registration material and are able to participate. There will be NO exceptions. All student-athletes/parents must be aware of this process as coaching staff will be required to strictly adhere to this standard of practice.*

## **REGISTRATION FEES:**

The 2009-10 registration fee for Farmington High School athletics programs is \$145.00 per sport (Grades 9-12), exception Boys & Girls Hockey (\$195.00). Middle School student-athletes (Grades 6-8) will pay a \$110.00 per sport fee. Middle School student-athletes (Grades 7-8) that participate on the Varsity and/or JV team in adapted athletics, dance team, gymnastics, boys hockey, girls hockey, and/or boys swim & dive will pay the high school fee of \$145.00 (Hockey - \$195.00).

## **ALTERNATIVE FEE PLANS:**

Alternative fee plans are available for any student-athletes who have financial need. Any student-athlete with financial need must complete the **Alternative Fee Payment Request Form** paperwork and attach that to their registration material prior to any athletics participation.

## **REGISTRATION NIGHT:**

The Farmington Athletics Office will conduct Fall, Winter and Spring Registration Nights. These events will allow parents and student-athletes to complete registration information for their athletics participation. In addition, a general information session will be held with the Athletics Director and then individual sport meetings will be held with coaching staff.

# **PROGRAM STRUCTURE/ROSTERS/TEAM SELECTION**

The coaching staff for each of the athletics programs will be responsible for making roster decisions on all registered student-athletes. In certain sports, roster limitations, combined with participation numbers, will result in coaches having to conduct tryouts for the program. It is strongly encouraged that in this event, maximum participation numbers are the ultimate goal.

## **PROGRAM STRUCTURE:**

Any Farmington sport program that does not have a corresponding middle school program will be considered a grades 7-12 program. This allows any student-athlete, grades 7-12, to participate and/or tryout for the High School team(s). The exception to this rule is cheerleading. Please keep in mind that being eligible does not necessarily mean that all student-athletes will make the program roster. It is recommended that Head Coaches in sport programs that do have a middle school component adhere, for the most part, to rostering players according to grade levels. Any deviation from this practice should be communicated with the Athletics Director prior to roster decisions being made. As student-athletes begin their school district athletics experiences in the middle school, the emphasis will be on introducing the athletics experience to a maximum number of participants. The teaching/coaching emphasis will be on specific sport skills and fundamentals while maintaining a fun learning atmosphere. As student-athletes move from middle school athletics programming into high school athletics programming, teaching/coaching will continue to emphasize more complex skill development. In addition, the relationship between competition and participation will change as participation may be limited in certain activities and playing time is based more so on competition.

## **TRYOUT PROCESS/COMMUNICATION:**

Certain teams at certain levels have limitations on the number of participants. These limitations are the result of factors including time, facilities, equipment, staffing, budgets, and tradition. We do not like to limit participation of our team(s). In fact, it is the most difficult decision any coach has to make, but in some instances it has to be made. You should know that many factors are considered before limitation decisions are made by the coaching staff. Perhaps the most important element may be the roles to be played on the team and how each part fits into the entire puzzle. We will make the necessary decisions about limiting teams to certain numbers in as fair and a professional manner as possible. In the event that participation numbers will result in a tryout/cut process, Head Coaches will communicate the evaluation process with all-student athletes/parents who will be involved in the try out process. Those individuals who do not make a team are entitled to a full refund.

# **SCHEDULES (PRACTICE & GAMES)**

## **A. COMPETITION SCHEDULES**

The Farmington Athletics Department now publishes an online schedule/calendar for all athletic programs (Grades 6-12). The Farmington Athletics calendar is accessible online at [www.missotaconference.org](http://www.missotaconference.org) (Click on Member Schools and then click on Farmington HS). This online schedule is a great tool as this will always contain updated and accurate competitive scheduling information. The following features will assist with your navigation of the athletics calendar and assist you in keeping updated on all athletics scheduling information.

### **CATEGORIES:**

The online calendar is used to list all activities occurring in the Farmington School District in each of the district buildings/spaces. If you are only interested in the athletics events that are occurring, please follow the following process:

- Once you arrive at the online calendar, there is a dropdown box in the upper right corner that asks to view by type. Please use this feature to select Athletics. This will update the calendar to show athletics events only.

### **VIEW SCHEDULES:**

The online calendar will contain separate sport schedules for each of the athletics programs by level. If you are interested in viewing athletics schedules for different sport levels, please follow the following process:

- Once you arrive at the online calendar, there is a selection box under the mini calendar on the right side. You can click on any individual schedule and then select view schedule to access this information. If you are interested in viewing more than one schedule, please hold down the control button as you select multiple schedules.

### **NOTIFY ME:**

This feature of the online calendar will allow you to set-up parameters to have schedule information emailed to you. This includes change notifications, game reminders, etc. If you are interested in setting yourself up to receive notifications, please follow the following process:

- Once you arrive at the online calendar, there is a mailbox with a notify me link under the view by type dropdown in the upper right corner. You can click on this mailbox and follow the 4-step process in setting yourself up to receive these notifications.

## **B. PRACTICE SCHEDULES/EXPECTATIONS**

The Farmington School District coaching staff will be responsible for communicating with student-athletes and parents appropriate practice schedules for their sport programs. Our philosophy for practice is very simple; every student-athlete will be at every practice unless excused by the head coach for that activity. Each head coach will determine the consequences for non-excused absences. In order for a student-athlete to practice, or compete, on any given day, they must be in school. The exceptions to this rule would be medical appointments, death or illness in the family, or other special circumstances beyond the control of the student-athlete. These exceptions need to be approved by the Athletics Director. Student-athletes should never be allowed to stay home and rest before or after any event, no matter how important it may seem. We do request that parents are diligent in making sure they provide or arrange transportation for their student-athlete following practice and competitions.

### **PRACTICE/GAME CANCELLATIONS:**

In the event the Farmington School District athletics practices and/or competitions are cancelled, the athletics department will work diligently in communicating this message to all buildings. In regards to game cancellations, these changes will also be posted on the online calendar and those who have registered for the notifications will receive automatic email communication.

## **TRANSPORTATION**

The Farmington Athletics Department will provide transportation to all away competitions. The athletics department policy is that all student-athletes ride with their team to and from all competitions. The only exceptions to this will be cases where family situations require the student-athlete to ride to or from an event. We would like to keep such happenings to a minimum. In such cases, student-athletes need to secure a Travel Release Form from the coach and/or athletics director, have the parents complete the form, and return the form to the Athletics Director/Head Coach prior to the away event. The Farmington athletics department does not provide transportation for student-athletes following practice/contests and requests that parents are diligent and prompt in picking-up student-athletes following these events.

### **TRAVEL RELEASES:**

Student participants are to ride to and back from all contests and events with the team unless special arrangements have been made in advance with the coach and communicated with the Athletic Director. This will only be done on very rare and special circumstances on trips to games/contests. On return trips students may ride with their own parents, only if the coach/advisor has written/verbal permission from the student's parents. A copy of the Travel Waiver form is included in Appendix.

## **EQUIPMENT & UNIFORMS**

Student-athletes will be provided certain pieces of equipment and/or uniforms by the Farmington School District. Athletes are responsible for these items. Lost, unreturned, and/or damaged items will result in a fine being levied upon the student-athlete.

## **TIGER FAN CLUB**

The "Tiger Fan Club" is the central booster program that supports the goals and mission of Farmington Athletics. This group is instrumental in providing financial contributions to all Farmington Athletics programs. During the school year, the TFC will hold monthly meetings. As a parent, if you are interested in becoming a member of TFC and/or interested in serving as a board member, please contact the Athletics Director.

## **AWARDS/HONORS**

### **CAPTAINS:**

Each sport program may elect or appoint captains. These are not to be made lightly. Captains should be students that have been members of the program for several years, have made a commitment to the program, and have displayed true leadership and responsibility at all times.

### **LETTERING/TEAM AWARDS:**

The Head Coach will determine the requirements for letter awards. The Head Coach will communicate these requirements to the student-athletes at the beginning of the sport season.

### **AWARDS ISSUED:**

1. Chenille letter for first time letter winners.
2. Certificate for subsequent letters.
3. Non-lettering student-athletes receive participation certificates. (Coaches may develop policies regarding the issuing of participation certificates.)

## **PARTICIPATION IN MORE THAN ONE SPORT:**

In almost all cases student/athletes are not allowed to participate in more than one sport during a particular sport season. However, there are situations in which this could be possible, and requests for special permission for students to participate in two sports during the same season will be considered. The first step is for the student and parents to make a written request to the High School Athletics Director, outlining the circumstances which warrant special consideration. This should be done prior to the start of practices for that season. The Athletics Director will consider the request and, if the request is reasonable, will consult with the head coaches of the sports involved. With the approval of both coaches and the Athletics Director, special permission will be granted. Upon approval of the request, the head coaches, in consultation with the Athletics Director, will outline the schedule to determine the expectations of the student/athlete in each sport. This plan must be acceptable to the Athletics Director, coaches, parents and students before dual participation will be allowed.

## **ATHLETIC TRAINING**

In 2008-09, the Northfield Center for Sports Medicine and Rehabilitation (CSMR) will provide certified athletic training services for Farmington Athletics. This service will include after-school training room hours, at Farmington High School, during the school year. In addition, a certified athletic trainer will be on-site for numerous home varsity contests. Some of the athletic training services available are:

- a) First aid and emergency care for all athletes as needed.
- b) Evaluations of previous injuries and preventive injury assessments.
- c) Preventive taping and strapping as necessary.
- d) Administer treatments to athletes as they rehabilitate injuries.
- e) Maintain emergency information and records of treatments on all athletes.
- f) Supervise students when in training room.
- g) Stock training kits.

The hours of athletic training service will be posted for all three seasons (fall, winter, and spring). Coaches are encouraged to utilize this service when addressing athletic injuries.

Once a student-athlete sees a physician for evaluation on an athletic injury, that student-athlete will not be cleared for participation until a signed PHYSICIAN'S APPROVAL TO RESUME PARTICIPATION IN INTERSCHOLASTIC ACTIVITIES form has been completed and returned to the Athletics Director and Athletics Trainer. This form is available under Appendix B.

## **PARENTAL RESOURCES**

### **A. TOP 10 REASONS KIDS PARTICIPATE IN SPORTS:**

1. Have Fun
2. Improve Skill
3. Develop Fitness/Exercise
4. Be with Friends
5. Experience thrill and excitement
6. Be on a team.
7. Opportunities for personal accomplishment
8. Stay in shape
9. Do something I am good at
10. Win

## **B. TOP 5 REASONS KIDS QUIT SPORTS:**

1. Not having fun
2. Too much pressure from parents and peers
3. Too much emphasis on winning
4. Concerns about coaching
5. Not enough playing time

## **WHAT CAN PARENTS DO TO SUPPORT YOUR CHILD'S ATHLETICS EXPERIENCE**

### **BEFORE THE GAME:**

- Tell your child you are proud of him or her regardless of how well he or she plays.
- Make a commitment to honor the game no matter what others may do or say.

### **DURING THE GAME:**

- Cheer good plays by both teams.
- Mention good calls by the officials to others.
- Encourage others to respect the game.
- Remember to have fun. Enjoy the day.

### **AFTER THE GAME:**

- Ask your child open-ended questions:
  - What was the most enjoyable part of the game for you? Least enjoyable?
  - Do you feel you gave it your best effort?
  - How did you respond to any mistakes you made?
  - What did you learn from playing today?
- Tell your child you are proud of him or her-especially if the game didn't go well.
- Thank the officials for doing a difficult job.
- Thank the coaches for their effort.

### **WHAT IF:**

- The official makes a "bad" call against your team? Respect the game-be silent.
- Another spectator on your team begins to berate the official? Ask them to respect the game, the officials are human and will make mistakes!

## **PARENT/COACH EXPECTATIONS**

Both parenting and coaching are very difficult vocations. As stated earlier, athletics is truly an extension of the classroom experience for the student-athlete. However, our ability to provide this type of educational experience depends on our willingness to work together, understand roles, and support each other. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Here are some important expectations in the parent/coach relationship.

### ***A. Communication parents should expect from their child's coach:***

1. Coach's philosophy.
2. Expectations the coach has for your child.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
5. Procedures that will be followed if your child becomes injured during participation.
6. Discipline that may result in the denial of your child's participation.

### ***B. Communication coaches expect from parents:***

1. Concerns expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regard to the coach's philosophy and/or expectations.
3. Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives.

It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

***C. Appropriate concerns to discuss with a coach:***

1. The mental and physical mistreatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

***D. Issues NOT appropriate for discussion with your child's coach:***

1. Playing time
2. Team strategy
3. Play calling.
4. Any situation that deals with other student-athletes.

There are often situations that may require a conference between the coach and the parents. The student-athletes should be involved in these meetings. To resolve the problem, we must have everyone's help and involvement.

## **RESOLVING CONFLICTS**

***A. If there is a problem:***

1. Have your son/daughter talk directly to the coach, one on one at a predetermined time – this is part of the learning and maturing process.

***B. If the problem is not resolved:***

1. Contact the coach for their insight into the problem.
2. Set-up a face-to-face meeting with the coach and your son/daughter.

***C. Parents Should Not:***

1. Confront the coach before or after practice.
2. Confront the coach before or after a game.
3. Confront the coach before or after the banquet.

Coaches are teachers. A parent would not walk into a classroom during class time and confront a teacher to discuss grades, so please do not confront the coach in a public setting. There are proper ways to communicate and have your concerns addressed.

***D. If the meeting with the coach does not provide a satisfactory resolution:***

1. Contact the Athletics Director and request a meeting with all parties.

## **PARENTAL SPORTSMANSHIP**

Much of the joy of being a high school sports parent comes from watching your children compete in athletic events. There are very few kids who are not bolstered by looking into the stands and seeing their parents cheering for them. As part of their responsibilities, parents should be involved in their child's educational process, this includes being actively involved in after school activities. Fortunately, the majority of parents behave appropriately at school sporting events. But those who misbehave can spoil it for all the rest. It takes only a few out-of-control parents to ruin what should be a pleasant atmosphere into one that is stressful for everyone. In addition to some of the obviously inappropriate actions, such as profanity, use of chemicals, throwing of objects and the like, the following rules of thumb for personal behavior should be followed:

- ✓ Express interest, encouragement and support to your child and to the coaching staff.
- ✓ Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- ✓ Lend a hand when a coach or school administrator asks for help.
- ✓ Recognize and show appreciation for an outstanding play or achievement by either team.

- ✓ Inappropriate and/or harrassing comments should not be made to athletes, parents, officials or coaches of either team.
- ✓ Shouting out instruction or criticism may hinder the overall experience of the student-athlete.
- ✓ Negative comments and gestures of displeasure toward the coach, visiting team, or officials, only undermine the efforts of all involved.
- ✓ Remember that interscholastic athletics and activities are learning experiences for students and that mistakes are sometimes made. Praise students in their attempt to improve themselves as students, as athletes and as people, as you would praise a student working in the classroom.

Good sportsmanship among all spectators is a goal worth working for, but especially for parents, who have the obligation not only to control their behavior, but to also remind others around them of their responsibilities when necessary. When parents misbehave, it is the duty of other parents and school administrators to step in and correct the situation. A simple rule of thumb for all spectators to follow is that absolutely nothing in their actions should interfere with any youngster's enjoyment of the game.

**PARENTAL PLEDGE:**

As a parent, I acknowledge that I am a role model. I will remember that school athletics and activities are an extension of the classroom, offering learning experiences for students. I must show respect for all players, coaches, spectators, officials and support groups. I will participate in cheers that support, encourage and uplift the teams involved. I understand the spirit of fair play and that good sportsmanship is expected by our school, our conference and the MSHSL. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student involved in athletics and activities.

**APPENDIX A**

**FARMINGTON ATHLETICS  
TRAVEL RELEASE FORM**

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

This is to certify that \_\_\_\_\_  
needs to make alternative plans for getting to and/or from the activity to be held on (date) \_\_\_\_\_ at (location)  
\_\_\_\_\_. I certify that they will riding from the event with either his/her parent or guardian. I am  
personally responsible for the safety and well being of my child while he/she is riding with (driver's name)  
\_\_\_\_\_.

The reason for not riding the bus is: \_\_\_\_\_  
\_\_\_\_\_.

I understand that the ISD #192 (Farmington Schools) policy requires that students ride the bus to and from all events. I agree to release the School District and its employees from any and all liability with reference to this transportation exception. **THIS FORM MUST BE SIGNED AND ON FILE IN THE ATHLETIC DIRECTOR'S OFFICE PRIOR TO THE ABOVE STATED CONTEST!**

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Signature of Athletic Director / Building Administrator

\_\_\_\_\_  
Date

