

**WDC
ATHLETIC
HANDBOOK**



2025-2026

It is the policy of Independent School District #2155 not to discriminate on the basis of sex, in its educational program, activities, or employment policies as required by Title IX of the 1972 Education Amendments. Inquiries regarding compliance with Title IX, may be directed to Mr. Lee Westrum, Superintendent, at 600 Colfax Avenue SW, Wadena, Minnesota, 632-2155, or to the Director of the Office for Civil Rights, Department of Health, Education and Welfare, Washington, D.C.

Parental Acknowledgment of Athletic Policies

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics. Each parent or guardian and athlete shall read all the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. This signed document will be filed in the athletic administrator's office.

Insurance

The Wadena-Deer Creek School District **will not** be providing an insurance program. If injuries do occur to the student/athlete, the parents or guardians will have to accept the responsibility of the payments.

INTRODUCTION

To the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in personal adjustments.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program can meet student needs for self-expression, social, mental, and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training of each specific sport and conduct means exclusion from the team. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. High school athletics encourages students to be able to discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations, which are:

- a) to provide adequate equipment and facilities
- b) to provide well trained coaches
- c) to provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

To the Athlete

Being a member of a WDC athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Wadena-Deer Creek High School, you have inherited a wonderful tradition, which you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our school and our community. Such tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved numerous conference, section and state championships. Many individuals have set records and achieved All-American, All-State and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear blue and gold, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

- a) Responsibilities to Yourself: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences.

Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

- b) Responsibilities to Our School: Another responsibility you assume as a squad member is to your school. WDC cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make WDC proud of you, and our community proud of our school, by your consistent demonstration of these ideals.

- c) Responsibilities to Others: As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all the training rules, that you have practiced to the best of your ability everyday and that you have played the game “all out,” you can keep your self-respect and your family can be justly proud of you.

The younger students in the Wadena-Deer Creek School System are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

Communications Between Parents and Coaches

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept actions of the other and provide greater benefit to students. As a parent, you have a right to understand what expectations are placed on your child when involved in programs at WDC. This begins with clear communication from the coach of your child's team.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child.
3. Location and times of all practices and contests.
4. Team requirements: i.e. fees, special equipment, off-season training.
5. Procedures should your child be injured during practice or a contest.
6. Discipline that might affect your child's participation.

Communication Coaches Expect From Parents

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

As your children become involved in the programs at WDC, they will experience some of the most rewarding moments of their lives. It is important to understand that there might

be times when things do not go the way you or your child wishes. During those times it is important to have an open dialogue with the coach.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

As a parent it may be very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With the Coach

1. Team Selection
2. Playing Time
3. Team Strategy
4. Play Calling
5. Other Student Athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. The following is the procedure to help resolve conflicts.

RESOLVING CONFLICTS

If there is a problem:

1. Have the athlete talk directly to the coach one-on-one this is part of the learning and maturing process.

If the problem is not resolved:

1. Call the coach for their insight into the problem.
2. Set up a face-to-face meeting with the coach and the athlete.

If the problem is not resolved after meeting with the coach:

1. Call the Athletic Director to set up an appointment to discuss the situation.
2. At the meeting the next appropriate steps can be determined to attempt to resolve the problem.

There are proper ways to communicate and have your concerns addressed. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in a public setting. Practices and games are highly emotional times for everyone involved. Confrontations like this never resolve a problem, but can only add to it.

Parents Should Not:

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

ATHLETIC PHILOSOPHY

Statement of Philosophy

The WDC Athletic Program should provide a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” It discourages any and all pressures, which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

Athletic Goals and Objectives

Our Goal-The student-athlete shall become a more effective citizen in a democratic society.

Our Specific Objectives-The student-athlete shall learn:

- a) To work with others – In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- b) To be successful – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- c) To develop sportsmanship – To accept any defeat like a true sportsman, knowing you have done your best, we must learn to treat others, as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- d) To improve – Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.

- e) To enjoy athletics – It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.
- f) To develop desirable personal health habits – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

The Minnesota State High School League

All schools are voluntary members of the Minnesota State High School League and compete only with member schools. As a member school district, the secondary schools of Wadena-Deer Creek agree to abide by and enforce all rules and regulations promulgated by this association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The league solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The State High School League attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

Sportsmanship

Wadena-Deer Creek High School holds expects great sportsmanship from players, coaches, and fans. We remind you that interscholastic events are an extension of the classroom, and that lessons are best learned when the proper respect is accorded to all.

Please, let your sportsmanship show during events. Events are being played according to the rules of the Minnesota State High School League. These rules provide for fair competition among players.

Spectators can help promote good sportsmanship by observing the rules of fair play. Everyone is responsible for keeping the events at a high level of good sportsmanship.

Codes of Conduct

COACHES

Follow the rules of the sport during the progress of the contest.

Accept the decisions of contest officials.

Avoid offensive gestures or language.

No public display of criticism in front of participants or spectators.

Teach sportsmanship and reward players that are good sports.

STUDENT ATHLETES

Show respect for opponents by shaking hands with them.

Accept the decision of contest officials.

No offensive gestures or language.

Display modesty in victory and graciousness in defeat.

Learn the rules of the game.

SPECTATORS

Take part in cheers with the cheerleaders and applaud good performances.

Work cooperatively with contest officials and supervisors in keeping order.

Refrain from crowd booing, foot stomping or making negative comments about officials or participants.

Show respect for public property.

CHEERLEADERS

Use discretion in selecting the time to cheer.

Encourage support for any injured participant.

Show respect for opposing cheerleaders.

Learn the rules of the game.

Lead positive cheers, which praise your team without antagonizing the opponent.

The National Federation of State High School Associations (NFHS)

The NFHS consists of the fifty-one individual state high school athletic and/or activities associations. The purposes of the NFHS are to serve, protect and enhance the interstate activity interests of the high schools belonging to state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.

The NFHS is both a service and regulatory agency. The growth and influence of state associations and the NFHS ensures some degree of team work on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

Park Region Conference

Wadena-Deer Creek High School is a voluntary member of the conference for many of our sports programs. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools.

The conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of

schedules, equalizing competition, and conducting league meets and determining league championships. The conference provides WDC the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

Member schools are: Bertha-Hewitt, Henning, Menahga, New York Mills, Pillager, Sebeka, Verndale, and WDC

USAGE FEE

- Grades 9-12 will be charged \$75 per sport.
- Hockey fees will be additional \$360.
- Grades 7-8 will be charged \$50 per sport.
- Fees collected prior to or first day of practice
- Refunds only if student decides to terminate their participation in the sport prior to first competition.
- During the season if student becomes ill or injured refund will be prorated based upon portion of season completed. Refund will be rounded to nearest 25%.
- A waiver of fees may be considered in those cases of determined financial hardship.

MEDICAL INFORMATION

Physical Examination

- ✱ Any student who intends to participate in senior and junior high school interscholastic athletics and cheerleading activities, must have a physical examination record on file in the school.
- ✱ A physician must have performed the physical examination within the previous three years. A Minnesota State High School League health questionnaire form must be completed annually and will include the following: 1) a statement by the parent or guardian that the student has no known existing physical condition which would preclude participation, and 2) the signature of the parent or guardian, which approves participation in athletics or cheerleading activities. The student must pay cost of physical examination. **No student athlete may practice or participate in an activity until a valid physical exam record is on file in the activity director's office.**

Academic Eligibility

The Board of Education believes that the academic coursework is the primary purpose for the school's existence and therefore, academic classes are considered to be of more importance than the extra-curricular opportunities provided.

Grades will be formally monitored every 4 ½ weeks (mid-quarter and quarter) beginning when school starts. Students and their parents/guardians can, and should, monitor their grades electronically to ensure success.

Any student involved in activities receiving an F on their Mid-quarter report will be notified and encouraged to attend study sessions which will be offered twice before school, and twice after school the final two weeks of the quarter.

Study sessions will be overseen by a certified teacher and be open to not only students who earned F's at the Mid-Quarter, but any student in activities who would like to attend.

Any Student in activities who receives at least one F at the end of the quarter will be ineligible to compete in activities for a two-week period starting on the day that all grades have been submitted and students have been notified by school administration. If the quarter ends between competitive seasons, the ineligibility will start on the first day of official MSHSL practice for the next season. (This will vary by the activity) If a student is not involved in an activity during the next season, the penalty shall not carry over to a non-consecutive season. Students who fail during at the end of spring quarter who are not involved in an activity will not be penalized at the beginning of the next school year. For classes lasting a semester, the student's semester grade will be used to determine eligibility at the end of first and second semester.

*Each program may have additional academic monitoring and/or consequences for academic issues.

WADENA-DEER CREEK PLAYER SELECTION POLICY

It is our sincere hope that this policy will never be implemented. If such large numbers exist to necessitate a cut, a far better solution would be to provide coaches and teams for all to play. If a cut is to be made, the following criteria will be used:

1. Team needs
2. Attitude
3. Knowledge of the game
4. Skills
5. Physical characteristics
6. Past performance
7. No cuts will occur in grades 7, 8, and 9

EARNING A LETTER

1. To win a letter in any sport, the athlete must show that he/she has been a credit to his/her school and community and has been a good example to the youngsters following his/her footsteps. Considerations will be politeness, courtesy, positive attitude in and out of the classroom, abiding by school policies and training rules.
2. The coaching staff reviews time played. A senior may earn a letter if practice time and experience merit it. The awarding of a letter will be in the judgment of the head coach. Practice records of all candidates for letters must show near perfect attendance. (There is a possibility that a player may have enough playing time and not receive a letter—the reason being not having the proper attitude, conduct, and not doing satisfactory work in class.)
3. During any season, if the athlete breaks the chemical rules, he/she shall be disciplined according to the Wadena-Deer Creek High School rules and in addition, he/she forfeits a chance to be awarded a letter in that sport for the season. The student may continue to play on the team after having met the requirements set down by Wadena-Deer Creek High School. A season shall start the first day of practice and end with the state tournament of that season. If two seasons overlap, then the withholding or forfeiture of the letter will be for the sport whose season is finishing.

TRAINING RULES AND REGULATIONS

Philosophy and Purpose

The Wadena-Deer Creek Public Schools and the Minnesota State High School League recognize the use of tobacco, alcohol and drugs as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affects extra-curricular participation and development of related skills. Others are affected by the misuse and abuse by family, team members or other significant persons in their lives.

You cannot compromise athletic participation with substance abuse. Students should not experiment with such substances and should remove himself/herself from the team before he/she jeopardizes team morale, team reputation and team success and does physical harm to him/herself.

The community of Wadena-Deer Creek is concerned with the health habits of student-athletes and is convinced that athletics and the use of these substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use these substances is greatly reduced.

RULE

MSHL Rule

During the calendar year, regardless of the quantity, a student shall not: 1) use or consume, have in possession a beverage containing alcohol; 2) use or consume or have in possession tobacco; or 3) use or consume or have in possession, buy, sell, or give away any other controlled substance.

This rule applies the entire year. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by his/her doctor.

Division of Activities

School activities are divided into two categories. The activities in the two categories and the regulations governing the categories are explained below.

- A. Category I Activities (Interscholastic Athletics, Cheerleading, and Speech). Activities in which there is a season of interscholastic contests and in which there are MSHSL sponsored contests allowing for advancement.
- B. Category II Activities
Those MSHSL sponsored and school sponsored activities exclusive of speech, including Band, Choir, School Plays, One-Act-Play, FFA, Foreign Exchange Club, FCCLA, NHS, Student Council, Class Officers, Knowledge Bowl and any other cheerleading, and interscholastic athletics and which are not covered by Category I.

Penalties

Each category has different penalties, and these penalties are outlined below. Students who are participants in Category I and II activities, and who violate the eligibility rules, will serve penalties in both categories.

- A. Penalties for Category I Activities
 - 1. First violation
Penalty: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, 14 calendar days of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
 - 2. Second Violation
Penalty: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests or 3 weeks, 21 calendar days in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

3. Third and subsequent Violations
Penalty: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests or 4 weeks, 28 calendar days in which the student is a participant. If, after the third or subsequent violations, the student on his/her own volition becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in Category I activities after a minimum period of six (6) weeks. The director or a counselor of a chemical dependency treatment center must issue such certification.
4. Penalties shall be cumulative beginning with and throughout the student's participation on any team or activity.
5. A student shall be disqualified from all interscholastic athletics for nine additional weeks beyond the student's original period ineligibility when the student denies violation of the rule is allowed to participate and then is subsequently found guilty of the violation.
6. Students will not be allowed to join in activity already in progress to fulfill the requirements of a violation; however, a student will be allowed to participate in an activity that is beginning for the entire season of that activity in order for the violation penalty to be completed.
7. Loss of Letter Award: During the season in which the student is a participant, and he/she is determined to be guilty of using alcohol, using tobacco, or using, consuming, in possession of, buying, selling, or giving away other controlled substance, that student will serve suspension from that activity as stipulated by the MSHSL and will lose his/her letter award.
8. A student who has been suspended may continue to practice if he/she abides by the rules. Head coaches/supervisors and the athletic director will study and listen to all violations of training rules and then pass judgement.

B. Penalties for Category II Activities

Events in Category II include, but are not limited to, public appearances, scheduled programs, meetings, and contests. Events will not include practices or rehearsals.

1. First Violation
Penalty: After confirmation of the first violation, the student shall lose eligibility for events, which include, but are not limited to, public appearances, scheduled programs, meetings, and contests for the next two calendar weeks. No exceptions are permitted for the student who becomes a participant in a treatment program.

2. Second Violation

Penalty: After confirmation of the second violation, the student will lose eligibility from the above listed events for six calendar weeks. No exception is permitted for a student who becomes a participant in a treatment program.

3. Third Violation

Penalty: After confirmation of the third and subsequent violations, the student will lose eligibility for the next 12 calendar weeks. If, after the third or subsequent violations, the student on his/her own volition becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in Category II activities after a minimum period of six (6) weeks. The director or a counselor of a chemical dependency treatment program must issue such certification.

This policy will be subject to enforcement and /or disciplinary action by the athletic department and administration for twelve (12) months of the year. Additionally, offenses in violation of this policy are cumulative:

- a) During a student's participation in athletics at the junior high school level
- b) During a student's participation in athletics at the high school level (junior high accumulation ends and high school accumulation begins with eighth grade graduation)

Attendance, Additional Expectations

- ✱ Students who miss part of the school day due to illness must be in attendance by 10:00 am to play a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence to participate. Final authority for infractions of this rule will rest with the administration. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided a school administrator excuses the absence.
- ✱ Participants must be present at all practice sessions. If for some important reason, an athlete cannot attend, the coach should be contacted in advance. In addition, any student who is judged to be truant by school administrators or the activities director will forfeit his or her right to participate in the next contest/game/activity.
- ✱ Students enrolled in a post-secondary program are welcome to participate in all activities that are sponsored by the school district. Post-secondary students are expected, as are all participants, to be present at all practice sessions and events from the first day of practice through post-season tournament play. Post-

secondary enrolled students are eligible for all awards and honors that apply to that activity.

- ★ Students who are residents of Independent School District #2155 and are home-schooled are eligible to fully participate in extra-curricular activities on the same basis as public school students.
- ★ When coaches and team members approve additional rules for their activity, those rules will be part of the Wadena-Deer Creek High School Policy and must be adhered to by all members of the team.

BASIC ATHLETIC DEPARTMENT POLICIES

Dropping or Transferring Sports

Quitting during an activity at WDC is not recommended, if you must quit a sport, you may lose the privilege of participating in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed.

- a) Consult with immediate coach and then the head coach
- b) Report situation to the athletic administrator
- c) Check in all equipment

If an athlete wishes to change sports during a season, or after having won an award in one sport and he/she wishes to change sports, he/she shall consult with both coaches concerned and the athletic administrator. This procedure assures a smooth transfer, which is in the best interest of the student.

Equipment

School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. All equipment must be turned in prior to participation in the next season. Loss of any equipment is the athlete's financial obligation.

Travel

All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless the parents for an exceptional situation make previous arrangements.

- a) Athletes will remain with their squad and under the supervision of the coach when attending away contests
- b) Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances
- c) All regular school bus rules will be followed
- d) Dress should be appropriate and in good taste

Conflicts in Extracurricular Activities

An individual student who attempts to participate in several extracurricular activities will create conflict of obligations and interests.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything possible to avoid continuing conflicts. Positive efforts might include being cautious about joining too many activities where conflicts are unavoidable. It also means notifying the faculty sponsors/coaches involved immediately when a conflict arises.

When a conflict arises the sponsors/coaches will work out a solution, so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:

- a) The relative importance of each event to the student
- b) The importance of each event to the school
- c) The relative contribution the student can make
- d) How long each event has been scheduled
- e) Talk with parents

Once a decision has been made and the student has committed to that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

Release From Class

It is the responsibility of athletes to see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.

Grooming and Dress Policy

A member of an athletic team is expected to be well groomed. "He/she shows up best that shows off least." Appearance, expression and actions always influence people's opinions of athletes, the team and the school. Members of a squad have made a choice to uphold certain standards expected of athletes in this community.

Vacation Policy

Vacations by athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an unavoidable absence due to a vacation, an athlete must:

- a) Be accompanied by his/her parents while on vacation
- b) Contact the head coach prior to the vacation
- c) Practice one day for each practice or contest day missed prior to resuming competition. (Contest day will count as a practice day.)
- d) Be willing to assume the consequences related to their status on that squad as a starter, (reserve starter, etc.)

Reporting of Injury

All injuries, which occur while participating in athletics, should be reported to the coach immediately. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once a physician treats athletes, the athlete must obtain the doctor's permission to return to the activity.

Locker Room Regulations

- a) Respect for the locker room area and lockers. Damage to the locker room will lead to no locker use.
- b) All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- c) No one except coaches and assigned players is allowed in the locker room.
- d) No glass containers are permitted in locker rooms.
- e) All spiked or cleated shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. Use the NW entrance. **No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.**
- f) The MSHSL has a rule in which no cell phones will be allowed in the locker rooms. Wadena-Deer Creek High School will adhere to this rule for the protection of our student-athletes.

Award Criteria That Pertain To All Sports

A coach will have the prerogative to letter a senior who has not met the seasonal requirements of the lettering procedure.

Injury rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgment, he/she would have met the lettering requirements.

Complete the season in good standing with the school and coach.

Special Olympics –Major Letters

One of the goals of the Special Olympics Program is to have all Special Olympians in grades 9-12 and/or 14-21 years of age recognized as part of the athletic community. One of the ways to achieve this is by developing major letters.

The criteria for a major letter are program criteria – not sports criteria. The criteria are district-wide.

The athlete can only achieve one minor letter and one major letter award. However, participants can achieve a service bar pin for each of the sports the athlete participates in after a major letter is earned.

The major letter is the WDC varsity letter. This recognition process will take place at the Special Olympics Sports Banquet.

Criteria For Earning A Special Olympics Letter Award

- * Freshman or age 14 to participate in the program.
- * Appropriate behavior (Agreement between the coaches and the classroom teachers concerning appropriate behavior for each athlete. However, the coach will make the final decision regarding the behavior criteria.)
- * Active participation during scheduled practices and Special Olympics events.
- * Demonstrate a measurable improvement within the particular activity.
- * Responsible for care and return of the uniform and equipment. Program criteria consideration may be given for participation from other districts.
- * Training and competition in at least two sports (exceptions may be made for participants with physical limitations).
- * Awards will be given at the discretion of the coaches.

SPECIAL AWARDS

Jim Roes Memorial Award

A scholarship from the Roes Family will be awarded to a top student who has lettered in at least one athletic program during their senior year. This is will be based on Grade Point Average as well as a student essay are used for criteria.

Fox/Hess Sportsmanship Trophy

The Fox/Hess Sportsmanship Trophy will be a traveling award which will be given each year and remain on display in the school. The Wadena Pioneer Journal donated this award. The persons who will be responsible for the selection each year will be the athletic coaches of Wadena-Deer Creek High School plus three teachers designated by the high school principal.

Selection is based on the following criteria:

1. Student selection must be a senior boy and girl letter winner.
2. There are no given numbers of sports in which a boy and girl must have lettered.
3. Selection should be according to:

- a. Sportsmanship
- b. Character
- c. Contribution to school

The Activities Director has the responsibility of seeing that the committee makes the selection before the annual awards day program in May. In the event of a tie, the principal will make the deciding vote.

Wolverine Boosters Male and Female Athlete of the Year Award

The male and female athlete of the year award is sponsored by the Wolverine Boosters. The selection will be made by a committee of not less than 5 Head Coaches and the Activities Director.

WDC Athletic Handbook, 2025-2026

Release to participate, acknowledging policy handbook.

I have read and understand the Wadena-Deer Creek Athletic Policies.

Parents signature _____

Date ____ / ____ / ____

I have read and understand the Wadena-Deer Creek Athletics Policies.

Participants signature _____

Date ____ / ____ / ____

Return this page to the student services office before your first season of participation.

Thank you and Good Luck!

WDC Activities Department

