

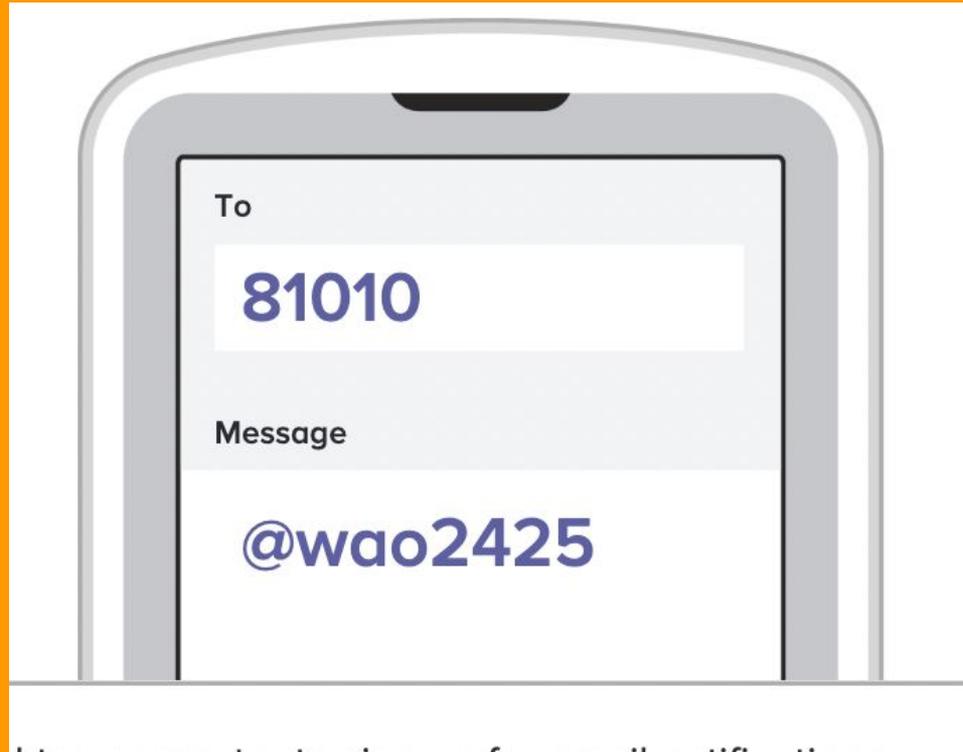
WAO SPORTS

2024/2025

Parent/Athlete Information

Sign Up for WAO REMIND:

If you are already signed up and receiving messages, great! You will continue to get general messages from the Activities Directors office. If you are new please use the following to receive remind messages.



Fall Practice Times

VARSIITY PRACTICE—GRADES 9-12 Starts on August 12th

Football 7am—11:30am

Volleyball 7am—11 am

Cross Country grades 7-12 7am—9am

Cheerleading contact the advisor

JUNIOR HIGH PRACTICE—GRADES 7-8

Football 8am-10:30am Starts August 19th

Volleyball 3:30pm—5:30pm Starts August 15

Sports Physicals

Sport physicals are required once every 3 years. Generally they happen before 7th and 10th grade. Athletes must have a physical on file before they can practice.

Sports physicals can be scheduled with North Valley Health Center (phone 745-4211). S

Appointments need to be scheduled ahead of time. Athletes should bring a sports physical form with them. They are available in the high school office.

No Physical -- No Practice! If physical is not complete, athletes should still attend practice to watch and learn. This may have an impact on playing time!

Paperwork/Forms

Every athlete must complete sports forms.

The sports forms will be available outside the high school office and will also be available at school registration.

SPORTS FEES

Fees must be paid:

7th and 8th grade - \$15 9th-12th grade - \$25

Please communicate in a timely manner if financial hardship prevents the payment of fees.

GRADES

GRADES WILL BE CHECKED AT MID-QUARTER AND END OF QUARTER

Rules of Ineligibility

- A failing grade at the mid-quarter evaluation date will result in a deficient grade. A student cannot participate in games/events if they have a deficient grade. A student may continue to practice. Once a student has made up the deficiency they are eligible to participate in all games/events.
- If a student fails a class at the end of the quarter, they are ineligible for 5 school days per class failed for games/events. If a student receives an Incomplete at the end of the quarter, the student is ineligible until the Incomplete is made up or at the end of the 2 week period.
- Students academically ineligible may not be allowed to travel on the team bus at the coaches/advisors' discretion.

Athletes must be in school all day to practice or play in a game unless the absence is pre-arranged!

MSHSL

MINNESOTA HIGH SCHOOL LEAGUE VIOLATIONS

SOME EXAMPLES: DRINKING, DRUGS (SMOKING AND VAPING ARE INCLUDED) BULLYING, SOCIAL MEDIA, CODE OF CONDUCT

Penalties for Minnesota High School League Violations

a. **First violation**

lose their eligibility for the next two (2) consecutive public performances they would be involved in or, (14) calendar days of a season in which the student is a participant, whichever is greater.

b. **Second violation**

lose their eligibility for the next six (6) consecutive public performances they would be involved in or, (21) calendar days of a season in which the student is a participant, whichever is greater.

c. **Third and subsequent violations**

lose their eligibility for the next twelve (12) consecutive public performances they would be involved in or, (28) calendar days of a season in which the student is a participant, whichever is greater.

MSHSL VIOLATIONS MAY DISQUALIFY YOU FROM ANY IN SEASON OR
POST SEASON AWARDS

SENIORS--ANY MSHSL VIOLATIONS DURING YOUR SENIOR YEAR MAY
DISQUALIFY YOU FROM ANY BOOSTER SCHOLARSHIPS OR SENIOR
ATHLETE AWARDS

VALUE OF ATHLETICS

Multiple studies have shown that student-athletes tend to have...

- HIGHER GRADE POINT AVERAGE, HIGHER ACT
- BETTER ATTENDANCE
- LOWER DROPOUT RATE
- FEWER DISCIPLINE PROBLEMS
- INCREASE CONFIDENCE AND SELF ESTEEM
- HIGHER GRADUATION RATES
- LESS LIKELY TO USE DRUGS, TOBACCO, OR SUFFER HEALTH ISSUES
- PHYSICALLY ACTIVE, SLEEP BETTER, EAT HEALTHIER DIET

- MANY LIFE SKILLS ARE LEARNED FROM ATHLETICS

COMMUNICATION

4-Step Process:

Step 1 – Athlete/participant meets with Coach/Director

Step 2 - Parent/athlete meet with Coach/Director (allow 24 hours)

Step 3 – Request a meeting with the AD

Coach, AD, Parent, and Athlete will meet to discuss the issue

Step 4 – Request meeting with the Principal – Coach, AD, Parent, Athlete, Principal

Keys:

Contact the coach to set up a meeting - don't approach before or after a game - 24 hour rule...give it 24 hours

Student must be present - parents and student need to be on the same page

You are entitled to your opinion - we just ask that you don't negatively affect the opinion of others

There is a difference between making decisions and mistreatment.

SOCIAL MEDIA

Websites

1. Parents need to be aware of student usage
2. Be responsible and appropriate

Cell Phones/Texting

1. Harassment
2. Be responsible and appropriate
3. Before entering locker room, shut them off and lock in locker

It is a MSHSL violation to be active on cell phones in changing areas

Social Media (facebook, twitter, snapchat, instagram)

1. Before you post ask yourself....What Good Can Come From It?

TRANSPORTATION FROM GAMES

If you are riding home with someone other than your parents or guardian, this needs to be prearranged.

LESS THAN 1% OF HIGH SCHOOL ATHLETES WILL PLAY
PROFESSIONALLY

LESS THAN 3% OF HIGH SCHOOL ATHLETES WILL PLAY
BEYOND HIGH SCHOOL AT ANY LEVEL

ENJOY THIS TIME OF WATCHING YOUR
ATHLETES!

Go Ponies! Go Fusion!