

# WAO SPORTS

## 2022/2023

Parent/Athlete Information

Sign Up for WAO ATHLETICS REMIND

SEND TEXT TO  
81010

Text this message  
@wao22-23

# Fall Practice Times

VARSDITY PRACTICE—GRADES 9-12 Starts on August 15<sup>th</sup>

Football 7am—11:30am

Volleyball 7am—11 am

Cross Country 7am—9am

Cheerleading TBD

JUNIOR HIGH PRACTICE—GRADES 7-8

Football 8am-10:30am Starts August 22nd

Volleyball 3:30pm—5:30pm Starts August 22nd

Cross Country 7am—9am Starts August 15th

# Sports Physicals

Sport physicals are required once every 3 years. Generally they happen before 7<sup>th</sup> and 10<sup>th</sup> 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). Sports physicals can be scheduled on the following dates:

August 3 from 8am-12pm

August 8 from 1pm-5pm

August 9 from 8am-5pm

August 10 from 1pm-5pm

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 on Wednesday, August 10.

# SPORTS FEES

Fees must be paid:

7<sup>th</sup> and 8<sup>th</sup> grade - \$15      9<sup>th</sup>-12<sup>th</sup> 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

## 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!