

**GRAND MEADOW PUBLIC SCHOOL
EXTRA-CURRICULAR HANDBOOK
2026-2027**



Grand Meadow Public Schools Mission Statement:

Design and deliver relevant learning opportunities for all students which enable student growth and achievement

Grand Meadow Public Schools Vision Statement:

All students receive a quality education in a safe and welcoming environment that enables them to develop to their full potential to live meaningful and productive lives



Grand Meadow School



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www.gm.k12.mn.us

2026-2027 Grand Meadow Extra-Curricular Handbook

Extra-curricular Philosophy	2
Objectives of Interscholastic Activities	2
Academic Eligibility Policy.....	3
Attendance in School	4
Calling off Practice	4
Communication Procedure.....	4
End of Season Programs	4
Fees	4
Fundraisers.....	5
Injuries	5
Care of Uniforms	5
Lettering.....	5
MSHSL Rules	5
Open Gym Policy.....	5
Padlocks	6
Physicals	6
Towels.....	6
Transportation	6
Weight Room Procedures	6
Extra-Curricular Opportunities.....	7
Signature Page	8

EXTRA-CURRICULAR PHILOSOPHY

It is the philosophy of Independent School District #495 that extra-curricular activities be considered an integral part of a program of education providing experiences that will help boys and girls to grow physically, mentally and emotionally. Although it is tempting to emphasize the elements of competition and winning in an academic program, these elements are controlled to the extent that they do not determine the nature of the program.

The belief that a student's educational experiences should include participation in extra-curricular activities, both as a participant and as a student spectator, is an integral part of the philosophy of the extra-curricular program. These experiences should contribute to the student's knowledge, skill and emotional growth, thereby making the student a better person and citizen. Participation in the extra-curricular activities is a **privilege** that carries with it responsibilities to the school, team, student body and community. In their play and in their conduct, a student represents all of these groups.

The main goal of the Extra-Curricular Department is to help educate students and to build people of integrity. The values taught in activities are honesty, respect, pride, discipline, compassion, responsibility and teamwork.

OBJECTIVES OF INTERSCHOLASTIC ACTIVITIES

The student in Independent School District #495 will learn:

1. Ideals of fairness in all human relationships
2. Respect for authority
3. Respect for the rights of others
4. The value of conforming to rules
5. Social competence
6. Self-discipline and emotional maturity
7. Moral and ethical standards
8. To excel
9. An appreciation of wholesome recreation and entertainment
10. The value of health and physical fitness
11. How to improve motor skills
12. The value of group ideals
13. To appreciate the democratic process
14. To think as an individual and contribute to the decisions of a group
15. The rules essential to the game in order to be an intelligent player or fan
16. The benefits that can be derived from participation in an activities program
17. The reasons for offering a program of activities in the schools
18. Introduce individuals to positive and healthy life long experiences

EQUAL OPPORTUNITY POLICY FOR STUDENTS

Policy: Grand Meadow Public School District #495, in compliance with State and Federal statutes and regulations, and in recognition of its obligation to provide equal educational opportunity for all students. The school district does not unlawfully discriminate on the basis of race, color, creed, religion, national origin, sex, marital status, parental status, status with regard to public assistance, disability, sexual orientation, including gender identity and expression, or age. The school district also makes reasonable accommodations for disabled students in the following:

1. Access to course offering
2. Curricular materials
3. Counseling practices
4. Extracurricular activities
5. Athletics
6. Use of school facilities

Implementation:

- A. This policy statement shall be available to the public, students and parents.
- B. An Equal Opportunity Officer shall be designated to coordinate compliance efforts, maintain a file of all complaints and act, upon requests, as a consultant in grievance matters.
- C. The District shall provide a grievance procedure providing for resolution of student and parent complaints of discrimination under this policy.
- D. In all their educational practices and activities administrators, teachers, counselors, support personnel, media specialist, athletic coaches and extracurricular advisors will make their best efforts to provide whatever learning materials, facilities, activities, and experiences, as needed, to overcome the limitations imposed by the traditionally stereotyped roles of minorities and women.

ACADEMIC ELIGIBILITY POLICY

To be eligible to participate in Minnesota State High School League (MSHSL) governed activities, a student must be making satisfactory progress toward the requirements for graduation from Grand Meadow High School.

Academic checkpoints will be held eight times throughout the year, each midterm, and the end of first, second, third and fourth quarters. Any student that failed a class during the 4th quarter of the previous year will be academically ineligible to begin the current school year. Athletes involved in Cross Country or Football will be ineligible for their first event of the season. Athletes involved in cheerleading will be ineligible for one (1) game. Athletes involved in volleyball will be ineligible for the first two (2) events of the season. THESE INELIGIBILITY PERIODS ARE APPROXIMATELY EQUAL WHEN CONSIDERING THE NUMBER OF EVENTS THAT EACH SPORT HAS DURING THEIR SEASON.

If a student is failing a class at any of the eight academic checkpoints, the student will be academically ineligible to participate in extra-curricular competition not part of a course content or required for graduation for the next two weeks. If at the end of this two-week period, the student is passing the previously failed class eligibility will be restored to the student. During such time of ineligibility, the student will be allowed to practice with their team.

If at the end of the first two-week period the student is not passing the previously failed class, the student will continue ineligibility for another two-week period.

Category II Violation Policy (Fine Arts)

Students committing category II violations will serve 25 hours of community service to regain eligibility for Fine Arts performances and events such as (but not limited to) music, contests and theatre. These hours must be recorded and signed by the adult who supervises the community service. Students may not collect any money for these hours, and the hours cannot in any way be connected to the student's family (example: chores, babysitting, etc.). Moreover, these hours cannot count towards Cord Program hours. Students failing to complete the required number of hours within four weeks will not be allowed to perform. However, Fine Arts activities which are part of a class's curriculum and are graded are exempt (i.e., concert or pep band events). Any student wishing to perform a solo at a concert would remain ineligible until the hours are completed.

ATTENDANCE IN SCHOOL

- A. A student must be in attendance in school to practice or play in a contest or participate in an activity by 10:00 a.m. (the beginning of 3rd period).
- B. If a student has an appointment that had to be scheduled during school hours, the office must be notified in advance in order for the student to participate in an event or a practice on that day.
- C. Due to an emergency situation at home, a student may be allowed to participate in a contest if it is approved by the activities director and the building principal.

CALLING OFF PRACTICE

No practice or open gym is allowed on any day that school was dismissed early or closed due to the weather.

COMMUNICATION PROCEDURE

The District #495 Communication Procedure has been developed for the purposes of establishing and maintaining the lines of communication between the school, parents/guardians, and students for the resolution of concerns related to the activities programs. This process is a means by which concerns/problems about the Superlarks Extra-Curricular Program can be resolved.

- A. If a player has a concern, that player should arrange a time to visit with the coaching staff. This needs to occur outside of the normal practice schedule.
- B. If step A did not resolve the concern, then a meeting should be set up with the athlete, parent/guardian and coaching staff outside of the normal practice schedule.
- C. If step B did not resolve the concern, a meeting should be set up with the athlete, parent/guardian, coaching staff and activities director.
- D. If step C did not resolve the concern; the concern will be forwarded to the administration/school board. Students or parents/guardians are to address only the concerns/problems related to themselves. In order to be in compliance with the "Privacy in Information Act", concerns related to other students will not be discussed.

Meetings need to be scheduled at least one day in advance. The time to schedule a meeting is not when people's emotions are high. Playing time is at the discretion of the coaching and will not be discussed at any of these meetings.

END OF SEASON PROGRAM

Each activity or sport should hold an awards program at the conclusion of the season. Team and individual awards, letters, numerals and all-conference awards should be handed out at this time. The families of the students should be included in the program and the planning of it. No money is budgeted for these programs so the cost should be shared by the parents, advisors, or coaches. A potluck type dinner is the suggested way to go.

FEES

There will be no athletic fees charged to participate in athletic program or activity groups.

Participation fees are still required for Clay Target League in order to cover the cost of targets and rounds of ammunition.

FUNDRAISERS

All fund raisers must have the approval of the activities director and school administration.

INJURIES

ISD #495 has contracted with Mayo Clinic to provide an athletic trainer during the school year. Anyone with an athletic injury may sign up in the high school office to see the athletic trainer. The trainer will make professional recommendations as to how to treat an injury. The trainer may advise the student to seek a doctor's opinion. That decision is left to the parent/guardian's discretion. If the parent/guardian chooses not to see a doctor the coaches will follow the trainer's professional recommendation as to whether or not the athlete be allowed to participate. If a student does see a doctor, a written doctor's release must be provided in order for the student to participate.

CARE OF UNIFORMS

Students will be issued a uniform at the beginning of each season. They are responsible for turning in the uniform at the conclusion of the season. If the uniform has been lost, the student will be charged for replacing the uniform. In some sports the school will launder the uniforms and in other sports laundering the uniforms will be the student's responsibility. If uniforms are returned damaged the student may be held responsible for replacements.

LETTERING

Each coach will determine the requirements that need to be met for a student to earn a varsity letter in their program. At the beginning of the season the coach/advisor will provide guidelines as to what the requirements will be for that particular extracurricular activity. All lettering is at the discretion of the coaching/advising staff. Anyone who loses their eligibility for any reason during a season will not be allowed to letter for that season.

BEHAVIOR AT EVENTS and PRACTICE

Students are expected to attend all events/games and practices they have signed up to be in. Any negative behavior including physical fighting, harassment, taunting, and skipping practice/events, will lead to a school or MSHSL consequence. This consequence will be enforced by coaches and school administration. Consequences may be, but are not limited to detention, removal from practice, removal from events, or even removal from sports. In the event of physical contact, district administration and law enforcement will be notified. Kids want good experiences, competitive events, positive support, and to be welcomed, accepted for who they are and appreciated for the effort they are making. Grand Meadow holds a high standard for positive, competitive behavior that will create safe, healthy and positive education-based events for our students to participate in.

MINNESOTA STATE HIGH SCHOOL LEAGUE RULES

Each coach/advisor is responsible for knowing the Minnesota State High School League rules that govern that activity or sport. These rules can be found on the Minnesota State High School League web site:

www.mshsl.org.

Standards of Conduct: The Board of Education recognizes that local, state and federal laws prohibit the illegal use, possession, distribution and sale of alcohol, tobacco, tobacco related devices, electronic delivery devices and other illicit drugs on school premises or as a part of any school related activity by any district employee, visitor or student. The designated supervisor or administrator is mandated to report violations to the proper law enforcement authorities and to record information to be used later as a part of the disciplinary action.

Compliance with the District #495 Drug/Alcohol/Tobacco Use and Abuse Policy is mandatory for all district employees, students and visitors.

OPEN GYM POLICY

A. All open gyms must be scheduled through the Activities Director's Office.

B. The school facilities during open gym should be available for students to participate in a number of activities.

C. The recreational activities of an open gym should be open to all students.

D. No high school coach of that sport will be allowed to participate in that sport with the students at any time in the off season with the exception of summer months, with a waiver filled out and given to the activities director.

E. There will be no coaching of skills during open gyms.

F. There will be no requirement of attendance in open gym activities as a prerequisite for membership on a high school team.

G. No influence will be placed on a student to attend an open gym.

H. No record will be kept of a student's attendance at open gyms.

I. No students shall be given keys to open the gym.

PADLOCKS

A. Students will be issued a lock for their locker in the locker room. They should use it at all times as thefts have occurred in the past. If a student loses their lock they will be charged \$5.00.

PHYSICALS

A. Any student who intends to participate in high school interscholastic athletics must have on file in the school, record of a physical examination performed by a physician within the previous three years.

B. A health questionnaire will be provided by the Minnesota State High School League and must be completed annually.

C. After major surgery or serious illness or injury, the attending physician must certify in writing the student's readiness for participation.

TOWELS

A. No school towels will be allowed for personal use by the players or coaches.

TRANSPORTATION

Students who are participating in events sponsored by Grand Meadow School District are expected to ride to and from the event in vehicles designated by the district.

Students who drive to school are expected to park in the normal parking spaces in the northwest gravel lot before leaving for events.

Students will be allowed to ride home with their own parent(s)/guardian(s) provided a communication is presented to the coach of the individual sport. Parent(s)/Guardians(s) must personally speak to the coach/chaperone before leaving with their child(ren) and sign-out that they are leaving with them.

Students will only be allowed to ride home with someone other than their parent/guardian if communicated and approved by coach.

WEIGHT ROOM PROCEDURES

The weight room will only be open at designated times and a weight room supervisor must always be present.

Students are not allowed in the weight room without proper supervision. When using the weight room all athletes must conduct themselves in a safe and responsible manner. Athletes are expected to return clean weights/equipment to their proper places when they're finished. Anyone that does not meet the supervisor's expectations will not be allowed to use the weight room. Using the weight room is a privilege and not a right.

EXTRA-CURRICULAR OPPORTUNITIES

Grand Meadow School offers several extra-curricular opportunities for student participation in grade 7-12. Below is a list of activities along with a list of the advisor(s).

CLUBS:

Art Club (7-12th grade)
Robotics
FFA (Future Farmers of America) (7-12th grade)
Knowledge Bowl – Junior High
Knowledge Bowl – Senior High

Advisor(s)/Building Contact

Mrs. S. Johnson
Mrs. J. Fretty
Mr. W. Garten
TBD
TBD

SPORTS:

Fall Sports:

Cheerleading (9 -12th grade)
Cross Country (Men & Women 7-12th gr.)
Football (9-12th grade)

Coach F. Gehling
Coach L. Glynn, Coach M. Bradley
Coach J. Bain, Coach Stejskal, Coach E. Lane
Coach T. Hoch, Coach W. Garten
Coach C. Paul
Coach J. Christenson
Coach T. Nordeng
Coach S. Unverzagt, Coach A. Hoyle

Football (Jr. High)
Volleyball (Varsity)
JV Volleyball
Volleyball (9th grade)
Volleyball (Jr. High)

Winter Sports:

Basketball (Men 9-12th grade)
Basketball (Men 7-8th grade)
Basketball (Women 9-12th grade)
Basketball (Women 7-8th grade)
Cheerleading (Women 9-12)
Wrestling (Men 7-12th grade)
Wrestling (Women 7-12th grade)

Coach E. Lane, Coach B. Kraft
Coach T. Fay
Coach A. Oian, Coach A. Heine
TBD
Coach F. Gehling
Coach R. Smith, Coach J. Hale
Coach S. Sawdey, Coach D. Smith

Spring Sports:

Golf (Men & Women 7-12th grade)
Track (Men & Women 7-12th grade)

Coach J. Glynn, Coach C. Knight
Coach A. Thauwald, Coach J. Hubka,
Coach L. Glynn, Coach R. Young, Coach
M. May, Coach T. McBryde, Coach I. Minnich
Coach M. Peterson
Kingsland Host School
Kingsland Host School

Clay Target League (Men & Women 6 -12th gr.)
Baseball(co-op GMLOK)
Softball(co-op GMLOK)

National Organizations:

* NHS (National Honors Society, 11 – 12th grade)
Application Process for Membership

Mrs. C. Swanek

ACTIVITIES

Note: All clubs, organizations, and sports will follow the GMHS Academic Eligibility Policy.

Your child has many rights and responsibilities at Grand Meadow High School. It is important that you review the Extracurricular Handbook together so that you may fully understand just what is expected for the coming year. Thank you for assisting us. If you have any questions please call.

Rebecca Young
Activities Director

PLEASE RETURN THE BOTTOM PORTION OF THIS LETTER TO THE OFFICE AS SOON AS POSSIBLE. BE SURE STUDENT AND PARENT/GUARDIAN HAVE SIGNED WHERE APPROPRIATE.

Student's Name (please print) _____

I have read, reviewed, and understand the Extracurricular Handbook and will abide by all school policies and guidelines.

As the Parent/Guardian of this student, I have read the Student Handbook and reviewed the material with my son/daughter.

Parent/Guardian's Name (please print) _____

Page 8