



**Wabasso Public School  
Athletic Handbook  
2023-2024**

**INTRODUCTION**

Wabasso Public School believes participation in sound athletic programs contributes to health and happiness, physical skill and emotional maturity, social competence, and moral values.

Wabasso Public School believes that cooperation and competition are both important components of American life. Athletic participation can help teach the values of cooperation as well as the spirit of competition.

Playing hard and playing to win can help to build character. So also does learning to "take it" in the rough and tumble of vigorous play, experiencing defeat without whimpering, and victory without gloating and disciplining one's self to comply with the rules of the game, of good sportsmanship and training.

Athletics may also exemplify the value of the democratic process and of fair play. Through teamwork, the student athlete often learns how to work with others for the achievement of group goals. Athletic competition can be a wholesome equalizer. Individuals on the playing field are urged on for what they can do, not on the basis of the social, ethnic, or economic group to which their families belong.

The Wabasso Public School believes that our boys and girls should be encouraged to participate in athletics.

This handbook reflects the thinking of the secondary administration and coaching staff of the Wabasso High School Athletic Department and has been adopted by the Board of Education, as part of the school policy.

**TO THE ATHLETES**

This booklet has been prepared for you so that you will be better acquainted with the rules and procedures in the athletic department. Read the booklet over carefully and familiarize yourself with the contents.

Athletics can make a significant contribution to the educational growth and development of those who participate in the program. The ultimate object should be that of aiding each and every boy and girl to develop into well-adjusted individuals who can and will be contributing members of the democratic society in which they live. A controlled athletic program is a strong factor in the development of health, physical development, courage, personality, cooperation, and leadership.

Every time an athlete participates in an athletic event, he is representing his parents, his classmates, his school, and his community. It is therefore necessary that young men and women participating in interscholastic athletics and activities conduct themselves as ladies and gentlemen at all times, so that those they represent will be proud of them.

## **ELIGIBILITY FORMS**

All athletes must have on file with the Athletic Department the following items prior to the first practice:

1. White Health, Permission and Eligibility Form signed.
2. Copy of Physical. (At least once every three years and every year if required by Athletic Department or School Nurse.)
3. Copy of Insurance Waiver. (insurance will be made available to all students/athletes at the families expense.)
4. Payment of fees.

## **FEE SCHEDULE**

Fees for Grades 9-12 Boys and Girls Athletes:

All Varsity Sport - \$80.00

All JH Sports Fee - \$50.00

1. NO equipment issued until fee is paid. No students are allowed to practice until fee is paid.
2. No refunds unless approved by the Athletic Director and Head Coach.
3. STUDENTS PARTICIPATING AS PLAYERS, MANAGER, BAND, ENTERTAINMENT OR CONCESSION STAND WORKER MUST SHOW THEIR PASS TO BE ADMITTED FREE.
4. Section, Conference, and State Coaches passes accepted.
5. All adult activity passes accepted - exclusive of tournaments.

## **CURFEW**

All athletes are to be home by 10:30 p.m. on a week night (Sunday through Thursday) unless special permission is obtained from a coaching member of that sport. Curfew is extended until 12:00 midnight on Friday and Saturday unless a member of the coaching staff grants permission. In cases where athletic contests run later than 10:30 p.m. the curfew will be extended until one-half hour after contest ends or the bus returns to school.

## **WABASSO 9-12 ELIGIBILITY RULES**

The reason for any academic eligibility rule is that "a student should be excluded from the important learning activities encompassed in co-curricular activities if that student's participation interferes with the major reason for the student attending school - intellectual development." Huron, NASSP Bulletin 1/88.

1. Students must maintain a passing grade in all subjects to be eligible for participation. A student will be ineligible as a result of (1) failing grade for a quarter. The student will be declared ineligible and the penalty period will begin on the day after grades are issued. They must continue to practice during this time. The student will then be ineligible for one event per failing or incomplete grade. **Number of eligible events will restart at the beginning of each quarter and mid-quarter. There will be a carryover from the spring to fall on grades. If they are failing in any area, they will be ineligible for one event per failing or incomplete grade.**
2. If a student is performing failing work in any class at the mid quarter they will become ineligible for one event per failing or incomplete grade, unless they are passing before the event. Students must continue to practice during this time. If their grade turns into a passing grade they must tell the Activities Director who will then check their grade and inform the student and coach.
3. An incomplete will also make a student ineligible just like a failure except a student may reinstate eligibility as soon as the incomplete is made up.
4. All subjects are included under these eligibility requirements.
5. Co-curricular activities include athletics, dance line, band and chorus performances, trips and allied activities, class plays, speech work, school publications, student council, class officers, activity officers, FFA, etc. Level II activities will follow MSHSL eligibility rules. Level II activities include Speech, SADD, Knowledge Bowl, Drama, etc.
6. Students must be in school by the start of 3rd hour (10:00 a.m.) to participate in extra-curricular events (including practice) unless the absence has been pre-arranged with the Athletic Director or Superintendent, and is an excused absence. Excused pre-arranged absence will be allowed for family emergencies and medical visits. Pre-arranged means that parents must call prior to the absence.

7. Eligibility for activities that are academically oriented will be decided upon by Administration on an individual basis.

### **WABASSO 7-8 ELIGIBILITY RULES**

The reason for any academic eligibility rule is that "a student should be excluded from the important learning activities encompassed in co-curricular activities if that student's participation interferes with the major reason for the student attending school - intellectual development." Huron, NASSP Bulletin 1/88.

1. Students must maintain a passing grade in all subjects to be eligible for participation. A student will be ineligible as a result of (1) failing grade for a quarter. The student will be declared ineligible and the penalty period will begin on the day after grades are issued. They must continue to practice during this time. The student will then be ineligible for one event per failing or incomplete grade. **Number of eligible events will restart at the beginning of each quarter and mid-quarter. There will be a carryover from the spring to fall on grades. If they are failing in any area, they will be ineligible for one event per failing or incomplete grade.**
2. Grade checks will be conducted every two weeks for students in grades 7-8. Any students with a failing grade, will be ineligible beginning on the Monday following the grade check and will become ineligible for one event per failing or incomplete grade, unless you are passing before the event. If their grade turns into a passing grade they must tell the Activities Director who will then check their grade and inform the student and coach.
3. An incomplete will also make a student ineligible just like a failure except a student may reinstate eligibility as soon as the incomplete is made up.
4. All subjects are included under these eligibility requirements.
5. Co-curricular activities include athletics, dance line, band and chorus performances, trips and allied activities, class plays, speech work, school publications, student council, class officers, activity officers, FFA, etc. Level II activities will follow MSHSL eligibility rules. Level II activities include Speech, SADD, Knowledge Bowl, Drama, etc.
6. Students must be in school by the start of 3rd hour (10:00 a.m.) to participate in extra-curricular events (including practice) unless the absence has been pre-arranged with the Athletic Director or Superintendent, and is an excused absence. Excused pre-arranged absence will be allowed for family emergencies

and medical visits. Pre-arranged means that parents must call prior to the absence.

7. Eligibility for activities that are academically oriented will be decided upon by Administration on an individual basis.

## **MINNESOTA STATE HIGH SCHOOL LEAGUE ELIGIBILITY**

### **Mood-Altering Chemicals**

#### **A. Philosophy and Purpose**

The Minnesota State High School League recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affects extracurricular 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.

The close contact in MSHSL activities of advisors and coaches provide them with a unique opportunity to observe, confront, and assist young people. The MSHSL, therefore, supports education and awareness training in adolescent chemical use problems including the symptomology of chemical dependency and special issues affecting League activities for administrators, athletic directors, coaches, advisors, participants, and their families.

#### **B. Rule**

A student should not at any time regardless of the quantity use a beverage containing alcohol; use or have in possession any tobacco, or use or consume, have in possession, buy, sell, or give away marijuana or any substance defined by law as a drug. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

Penalties shall be accumulative beginning with and throughout the student's participation on a varsity, junior, or sophomore team. Penalties will accumulate in grades 9-12. Any 7th or 8th grade student that participation the "B" squad or Varsity in any sport will have any penalties accumulate through the remainder of their high school career. Any violation prior to "B" squad or Varsity action will be forgiven at the start of the student's freshman year.

#### **C. Penalties & Recommendation for Athletic Activities**

Wabasso High School will follow the following recommendations of the Minnesota State High School League:

##### **A. First Violation Penalty**

The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.

**B. Second Violation Penalty**

The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.

**C. Third or Subsequent Violation Penalty**

- 1) The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.
- 2) A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:
  - a) The student is assessed as chemically dependent,
  - b) enters treatment voluntarily, and
  - c) the director of the treatment center certifies that the student has successfully completed the treatment program.
  - d) The treatment option cannot be used for the first or second violation. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

**ADDITION TO ABOVE RULES:**

1. Athletes may only enter a business or entertainment establishment whose primary source of income is the sale of alcoholic beverages or setups, to pick up take-out food or if accompanied by their parents. Students must leave such business by 10:00 p.m. even if accompanied by parents.
2. No athlete is to be in attendance at a private party where alcohol or drugs are being furnished or purchased unless accompanied by their parents.
3. Exception to numbers 1 and 2 above: Students may be granted permission from a member of the coaching staff if deemed necessary because of personal or family situations.
4. Any athlete who has bodily possession of alcohol, drugs, or tobacco will be considered in violation of Minnesota State High School League Rules.

5. Violations of any of the above will be granted a hearing and then the entire coaching staff with the exception of the sport involved will determine punishment in each case. Continuous violations will cause for permanent dismissal from the squad.

### **STUDENT CODE OF RESPONSIBILITIES**

Participation in interscholastic activities is a privilege which is accompanied by responsibility. As a student participating in League sponsored activities, I understand and accept the following responsibilities:

- a. I will accept the rights and beliefs of others and will treat others with courtesy and consideration.
- b. I will be fully responsible for my own actions and the consequences of my actions.
- c. I will respect the rights and property of others.
- d. I will respect and obey the rules of my school and the laws of my community, state, and country.
- e. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.

#### **Penalty**

A student who is dismissed from school or who violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the school activities director acting on the authority of the local board of education. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations. The student has the right to appeal this decision to the Principal within 5 school days. For example, when a student is suspended from school the student is not in good standing and cannot begin to serve the participating penalty until the student has completed the suspension from school and is returned to good standing.

### **ISD #640 WABASSO STUDENTS AND SOCIAL NETWORKING SITES:**

As a student at Wabasso High School, you are expected to follow student handbook guidelines, even though an event may happen off school property or after school hours.

Social network sites, other digital platforms (including cell phones) and distribution mechanisms that facilitate students communicating with other students are considered "Social Networking" platforms. Participation in such networks has both positive appeal and potentially negative consequences. It is important that the Wabasso students be aware of these consequences and exercise appropriate caution if they choose to participate.

Students are not restricted from using any on-line social network sites and/or digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal, state and local laws, as well as, your Student Handbook. As a Wabasso High School student, you must be aware of your Student Handbook regulations and expectations of our said extra-curricular programs. Ignorance of these regulations does not excuse students from adhering to them.

**Guidelines for Students:**

These guidelines are intended to provide a framework for students to conduct themselves safely and responsibly in an on-line environment. As a student at Wabasso High School you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as a full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Social Media sites provide numerous privacy settings for information contained in its pages. Use these settings to protect private information. However, once posted, remember the information becomes property of the website and public record.
2. Be aware that community members, family and potential current and future employers and college admissions offices often access information you place on on-line social networking sites. You should think about any information you post on sites or similar directories that potentially portrays an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.
4. Don't have a false sense of security about your rights to freedom of speech when using Social Media. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions or personal accountability.
5. Remember photos once put on the social network site's server become their property and public record. You may delete the photo from your profile but it still stays on their server. Internet search engines like "Google" or "Yahoo" may still



find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

6. Whoever is the “adult” (over 18) responsible for the contracts, computers, phone lines, etc...is liable (civil and criminal) for your actions as a minor as well.

**Things students should avoid:**

1. Derogatory language or remarks about our students, teammates, school personnel and our community at large; as well as, teachers, or coaches; student-athletes, administrators or representatives of other schools.
2. Demeaning statements about or threats to any third party – (Including support of demeaning statements and threats.) Don’t respond to these.
3. Distribution and possession of unauthorized videos and photos or statements depicting violence; hazing; sexual harassment and content; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
4. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
5. Indicating knowledge of an unreported felonies, crimes, thefts or damage to property or unethical behavior.
6. Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional.

One of the biggest lessons social network users can learn is that anything you post online enters the public record. You never know who may be looking and when.

**Students, Parents and Guardians, let it be known that any students in violation of said conduct is subject to consequences to be determined by the Administration, Principal and/or Activities Director.**

**The Minnesota State High School League Student Code of Responsibilities, Bylaw 206.00, is applicable and relevant in all student related issues and concerns in such matters.**

**ATHLETIC EVALUATION COMMITTEE AND COACHING STAFF**

The athletic director and all members of the Wabasso Public School Coaching Staff will serve on a committee to handle violations of any rules or regulations in the Athletic

Handbook. Any athlete may request to appear before this committee to appeal a decision or voice opinions in their case. It is hoped that with the addition of the committee that all student athletes will be given a fair punishment and that it will provide each student an equal opportunity to continue participating in athletics through practice and play. This committee will meet as needed.

### **TRANSPORTATION TO AND FROM GAMES OR SCRIMMAGES**

All athletes will travel to and from games and scrimmages in the transportation provided by the school.

A student may ride home with a parent or legal guardian as long as the coach has received a note before departure and physically sees the designated person. The note may be given prior to the event or at the event.

A student may ride home with a designated party/individual only if a note has been brought to the Athletic Director in the morning before the contest occurs. The note should be taken to the Athletic Director, the note in turn will be approved by the Athletic Director and at that point it is the responsibility of the student to give the note to the coach. The coach in turn must physically see the individual before allowing the student to go.

Students will not be allowed to ride home with minors, friends, or any combination thereof. Regardless of a note from the parents or legal guardians.

The coach will provide forms at the beginning of the season or they may be picked up at the office. We do however encourage riding home with the team at all times. This is a time to build team chemistry and reflect on the night's performance.

In the case of parents or legal guardians deciding at the event that they would like to take their child home with them a form will be provided by the coach that the parent or legal guardian may fill out. In the event that no form is available a note signed and dated by the parent indicating the intent of the parent will be sufficient.

Violators will be faced with suspension or dismissal from the squad.

In extreme cases we will also honor request from a parent to have their child drive, again written or oral request must be made through the coach, the advisor, or the Athletic Director. Please keep in mind that permission for your son/daughter to drive to a meet/game or scrimmage includes only that one person. We will not allow any other players to ride in that car. As always, there will be exceptions to these basic rules and may be approved by the school administrator.

### **SUSPENSION AND DETENTION**

Each individual coach will deal with any athlete who is put on detention or suspension if it means missing practice or games. The Student Handbook plainly covers the schools punishment but coaches may also attach penalties as they see fit. Athletes should be

aware of their individual behavior and show the type of respect to other adults so as not to hinder their playing time by being put on detention or by being suspended. (Refer to introduction)

### **TOURNAMENT ATTENDANCE**

STATE: Only a player who was a Sectional Roster Varsity Team Member, may (with Parent's Permission) be allowed two days of excused absence to attend a State Tournament in the sport in which they participated. The student is responsible for his own transportation, board and room and must purchase his tickets to the game. If requested, the head coach or assistant may assist them in arranging any of the above if they desire.

SECTION: Any boy or girl player who finishes the season of interscholastic play on the varsity level, (same as above) may with their Parent's Permission, be allowed to attend a Section Tournament contest with an excused absence, two hours prior to the starting of the contest. Students must pay for all expenses and arrange their own transportation and other accommodations.

WHEN WABASSO IS INVOLVED: Arrangements will be made by the Administration and the Athletic Department when Wabasso has a team or individual involved in Sub-Section, Section, or State Tournaments. Transportation, board and room, and tickets will be arranged by the Athletic Director with proper chaperones assigned to each group. Overnight accommodations will be arranged when a team is involved in a two-day session that does not justify a return trip to Wabasso.

### **SUNDAY PRACTICE**

Activities that are governed by Minnesota State High School League rules will not have Sunday practice in accordance with MSHSL regulations. All other organized student activities are banned on Sunday. In case of emergency, practice can be held with specific administration permission and with adequate notification of parents.

### **ATTENDANCE AT GAMES AND PRACTICE**

Each coach will provide student athletes with information regarding attendance at practice and games in their respective sports. Coaches will not tolerate unexcused absences and the policy for athletes should be to contact the coaching staff in advance when you are going to miss a practice or game. If you are absent from school in the morning, contact the school office to let the coach know approximately what time you can be expected to return. Read the Student Handbook in regards to attendance in school on days of games in order to be eligible to play at night. Unexcused absences will be penalized as the coach deems necessary.

### **INJURIES**

Any athlete who suffers an injury should immediately report to a member of the coaching staff so that immediate treatment may be given and shorten the time an athlete will lose in practice or playing time. If an athlete needs a doctor-hospital care, participation after injury form must be filled out and filed with the Athletic Director. These forms are available in the Athletic Office and are to be signed by the doctor.

## **CONDUCT**

The coaching staff expects each player to conduct himself in a manner that will reflect the behavior of a scholar and gentleman in the classroom, in public, and as a representative of the school. The latter requirement is highly stressed on trips, in public places such as restaurants, etc. and as guests of various opponents. On trips each player is expected to make himself as comfortable as possible and should be preparing himself mentally by going over assignments and scouting reports, boisterous behavior, singing, and card playing will not be allowed. Any violation of conduct not becoming to an athlete can cause suspension or dismissal from the squad. All players are expected to be courteous to the coaching staff, administration, faculty, janitors, game workers, and referees both at home games and when out of town. These people are valuable to the success of a good athletic program and should be given the utmost respect by all athletes.

## **SPECTATOR'S CODE**

1. I will applaud good plays made by either team.
2. I will consider our athletic opponents and their fans as guests and treat them accordingly.
3. I will consider the officials as the proper authorities to make decisions and will accept their decisions with demonstration.
4. I will cheer the entry of both teams onto the floor.
5. I will do everything in my power to prevent heckling, booing, or other acts of discourtesy.
6. I will support the team and coach regardless of winning record. I will consider age, skill, and winning. I will remember that good material is necessary for a winning team.
7. I will take pride in promoting good sportsmanship among the spectators, players, and coaches, and lend my wholehearted support to any program that thrives for this.
8. I will attempt to become more familiar with the rules and fundamentals of the game in order to become a more intelligent and understanding spectator.

## **STUDENT HANDBOOK**

All athletes should be familiar with everything in the Student Handbook. Such things as incompletes, failures, absences from school, detention, and suspension all may have a bearing on your athletic eligibility. All rules of the Student Handbook are enforced prior to enforcement of the Athletic Handbook.

### **YOUR DRESS AND CARE OF EQUIPMENT**

All athletes should dress appropriately and should be reminded that they are representing Wabasso High School. Minimum requirements may be set by each coach or advisor. Weather conditions may call for additional dress to protect the safety of athletes.

Care of athletic and personal equipment is the duty of each athlete. All equipment should be washed periodically and put in a proper place for drying. EACH ATHLETE IS RESPONSIBLE FOR RETURNING ALL EQUIPMENT THAT IS CHECKED OUT TO THEM AND WILL BE BILLED IF NOT RETURNED AT THE END OF THE SEASON. ALL VALUABLES SHOULD BE KEPT UNDER LOCK OR GIVEN TO COACH OR MANAGER FOR SAFE KEEPING. Knee braces and ankle braces must be checked out from the athletic director and returned to the athletic director or full replacement value of the brace will be assessed to the student.

Due to the possible damage and/or injury that could exist as a result of a dunk shot; either during practice or an illegal dunk during a game, at any site, it shall be the responsibility of the student who causes damage or who is injured to pay for all damages incurred.

### **LOCKER ROOM BEHAVIOR**

In the shower or locker room, the throwing of equipment or supplies is not to be done so as to cause injuries. Shoving and pushing is also not allowed. The use of profanity or filthy language is strictly forbidden. All towels, equipment, and supplies should be picked up after each practice or game. No cell phones are allowed in the locker room.

### **MANAGERS**

Athletic managing is a difficult and time-consuming task. As a result, good managers are hard to find. The work is purely voluntary and we expect our athletes to be very considerate in their attitudes and demands on our managers. We would appreciate any little help you can extend that will make some of the countless chores expected from the managers less of a burden. They are to meet the requirements of the coaching staff, not the individual athlete.

### **LEADERSHIP ELIGIBILITY**

Any student with any MSHSL violation will be ineligible for any leadership position. This would include Homecoming or Snow Week royalty, team captains, class officers, and

similar leadership positions as deemed by Administration. This will be effective for one calendar year from the date of violation.

### **AWARDS SYSTEM**

Awards will be given to participating athletes at discretion of the coach. Many factors are involved in giving awards and the coach and his staff will be the deciding persons. Wabasso High School allows students to purchase letter jackets at any time but letters are not provided until they are earned. First-year letter winners receive a "W" letter and a bar and pin of each respective sport. Each year thereafter they receive only the bar. All Captains are provided plaques and Most Valuable Players are provided trophies. These awards are presented at each individual activities award banquet. Any coach or advisor if approved by the Athletic Director may present special Awards. Once a student letters in a sport, they are a member of the "W" Club with its duties and obligations until they graduate.