

# Mabel-Canton Extra-Curricular Handbook



Being a Supportive Parent of a Student Involved in  
Mabel-Canton High School Athletics and Activities.

A Guide to a Positive Experience!

## **MCHS Parent Participant Handbook**

The purpose of this handbook is to assist the parents and guardians of the student who participate in MCHS programs. Being a parent can be a difficult and trying experience for both the parent and the student. Participation in high school activities can be a fulfilling and positive life experience if everyone has a better understanding of the issues and concerns that surround students' participation in interscholastic activities.

In order to ensure that the educational experience that your son or daughter has while participating in our interscholastic activities programs are positive, we feel that it is vital that we share this information with you.

We hope that you will find this information both informative and beneficial.

### **Mabel-Canton High School**

316 W. Fillmore Avenue

Mabel, MN 55954

507-493-5422

Fax: 507-493-5425

Website: <http://www.mabelcanton.k12.mn.us>

### **Minnesota State High School League**

2100 Freeway Boulevard

Brooklyn Center, MN 55430

763-560-2262

Website: <http://www.mshsl.org>

### **Registration process for students to participate in M.C.H.S. Athletic Programs:**

(Forms may be obtained at eligibility meetings or in the High School office)

- 1) 2021-22 Eligibility Forms filled out (must be filled out annually)
- 2) Current Physical Examination on file with Athletic Director (cut-off date 8/10/18)
- 3) Participation Fee paid (for each activity)

## **Mabel-Canton High School Athletics – Mission Statement**



*The interscholastic athletics program shall provide a well-rounded, professionally directed, and supervised program of athletic activities at all skill levels. The programs shall operate primarily for the benefit of the students that participate directly or vicariously in these activities, although the importance of public fan and spectator support is also recognized and appreciated. Participation in athletics is a privilege for those students who meet standards of eligibility adopted by local, conference, and state associations.*

*The interscholastic athletics program should stimulate the development of the whole person. It should enable the athlete to experience personal accomplishments and skill growth, and foster a positive self-image through a competitive athletic experience. Winning is an important measure of accomplishment in competitive athletics, often enhancing the overall development of the whole person, and serves as a program goal so long as there is compliance with policy requirements.*

### **Goals:**

Mabel-Canton High School has an active commitment to meet the following goals in its athletic program:

1. To provide all student-athletes with positive experiences which promote the ideals of leadership, physical fitness, competition, and the pursuit of excellence.
2. To protect the well being of student athletes through policies and procedures concerned with safety, fitness, and injury care.
3. To instill good sportsmanship and citizenship, ethical behavior, integrity, and honesty into our student-athletes.
4. To foster the progress of student-athletes through the academic curriculum of Mabel-Canton High School.

### **Multiple Participation in Athletics and Activities:**

Students must understand that when they are involved in multiple activities that conflicts will arise where practices and rehearsals will be missed. Missing a practice or a performance may directly affect the student's participation in those activities.

1. The student should coordinate their schedules between activities and note the conflicts that might exist before becoming involved or trying out in those activities.
2. If a conflict exists, the student should individually contact the coaches and advisors involved to discuss the conflicts and possible resolutions.
3. If a conflict still exists, the advisors and coaches involved must meet face-to-face and resolve any and all conflicts.
4. If a conflict still remains, the director of athletics and activities will sit down with the coach and advisor involved and resolve the conflict.

# What Parents Can Do ...

## **Before the Game:**

- Tell your child you are proud of him or her regardless of how well he or she plays.
- Make a commitment to honor the game no matter what others may do.

## **During the Game:**

- Cheer good plays by both teams
- Mention good calls by the officials to others
- Encourage others to respect the game
- Remember to have fun. Enjoy the day.

## **After the Game:**

- Ask your child open-ended questions:
  - What was the most enjoyable part of the game for you? Least enjoyable?
  - Do you feel you gave it your best effort?
  - How did you respond to any mistakes you made?
  - What did you learn from playing today?
- Tell your child you are proud of him or her – especially if the game didn't go well.
- Thank the officials for doing a difficult job.
- Thank the coaches for their effort.

## **What if:**

- The official makes a “bad” call against your team?  
Respect the game – be silent!
- Another spectator on your team begins to berate the official?  
Ask them to respect the game, the officials are human and will make mistakes!  
Respect these individuals who are trying to promote opportunities for kids!
- Your child does not get to play in the game?  
Review the reasons why kids play sports!

# Communication Between Parents and Coaches

## **Communication 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 games
4. Team requirements, i.e. practices, special equipment, out of season training
5. Procedures to follow should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

## **Communication that coaches may expect from parents:**

1. Concerns expressed directly to the coach
2. Specific concerns with regard to a coaches philosophy and or expectations
3. Notification of any illness or injury or missed practices

## **Appropriate concerns to discuss with the coaches:**

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

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

## **Issues not appropriate to discuss with the coach:**

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are often situations that may require a conference between the coach and the parents. The student athlete should be involved in these meetings. To resolve the problem, we must have everyone's help and involvement. These meetings are encouraged.

# Resolving Conflicts

## **If there is a problem:**

1. Have your son/daughter talk directly to the coach, one on one – this is part of growing up.

## **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, you, and your son/daughter.

## **Parents Must Not:**

1. Confront the coach before or after practice
2. Confront the coach before or after a game
3. Confront the coach before or after the banquet (awards night)

Coaches are teachers. 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. There are proper ways to communicate and have your concerns addressed.

Practices and games are highly emotional times for everyone involved: players, coaches, and parents. Confrontations take everyone out of their game. Just like the athlete who prepares mentally and physically for a practice or game, coaches are also thoughtful in their daily preparation. During a practice or game, coaches need to be able to focus 100% of their energy on the athletes as individuals and as a team.

## **If the meeting with the coach did not provide a satisfactory resolution:**

Call the school Athletic Director and request a meeting with all parties. The Athletic Director will attempt to mediate a resolution.

# **The Fundamentals of Sportsmanship**

Hopefully, the following will help everyone to understand their responsibilities at a Mabel-Canton High School athletic contest.

## **1. Gain an understanding and appreciation for the rules of the contest.**

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of Good Sportsmanship depends on conformance to a rule's intent as well as to the letter of a given rule.

## **2. Exercise representative behavior at all times.**

A prerequisite to Good Sportsmanship requires one to understand his/her own prejudices that may become factors in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

## **3. Recognize and Appreciate Skilled Performances Regardless of Affiliation.**

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents Good sportsmanship, but also reflects a true awareness of the game by recognizing and acknowledging quality.

## **4. Exhibit Respect for the Officials**

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of Good Sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later applications in life.

## **5. Display Openly a Respect for the Opponent at All Times**

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

## **6. Display Pride in Your Actions at Every Opportunity.**

Never allow your ego to interfere with good judgement and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

## **Mabel-Canton ISD #238 Behavior Regulations**

As a member of the Minnesota State High School League (MSHSL), Mabel-Canton High School must follow the MSHSL Athletic Eligibility Rules. The student/athlete is responsible for reading these rules in the 2021-22 MSHSL Athletic Eligibility Brochure before signing and thereby agreeing to follow these rules.

The following are the rules and penalties concerning chemical use and racial/religious/sexual harassment and racial/religious/sexual violence

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

During the school year, a student shall not violate the racial/religious/sexual harassment and racial/religious/sexual violence and hazing bylaws of the Minnesota State High School League.

*Interpretation: The bylaw applies to the entire school year and any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.*

**Penalty:** (for chemical violation and the racial/religious/sexual harassment)

1. First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks 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: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
3. Third and Subsequent Violations: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.
4. Consecutive Penalties: Penalties shall be consecutive beginning with the student's first participation in a League activity and continuing through the student's high school career.
5. **Denial Disqualification (for chemical violation): A student shall be disqualified from all inter-scholastic athletics for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.**

**Penalty:** (for Racial/Religious/Sexual Violence Violations)

After determination of the violation of the racial/religious/sexual violence rules, the student shall lose eligibility for the next year, i.e., twelve (12) calendar months.



**SERVING A MSHSL PENALTY** — a student must be a student in good standing, and able to be placed in the game, meet or contest except for the penalty being served. (Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty).

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**The following is the MSHSL Student Code of Responsibilities, which each student/athlete is expected to adhere to or suffer the consequences.**

## **STUDENT CODE OF RESPONSIBILITIES**

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

I will respect the rights and beliefs of others and will treat others with courtesy and consideration.

I will be fully responsible for my own actions and the consequences of my actions.

I will respect the property of others.

I will respect and obey the rules of my school and the laws of my community, state and country.

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.

**A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty for MSHSL bylaw violations.**

## **MABEL-CANTON HIGH SCHOOL ACADEMIC ELIGIBILITY RULES**

1.0 Our school must promote academic achievement throughout the entire activity program. The eligibility policy outlines minimum standards which apply to all students of M-C H.S. with the exceptions stated in section 5.0. The eligibility policy is divided into two parts. The mid-quarter standards will be a bit more lenient allowing approximately four weeks for a student to improve his/her grades. The quarter standards will be more strict as these grades are recorded on a student's file.

### **2.0 Mid-Quarter Standards**

A student will become ineligible if they are failing one course at the time mid-quarter reports are filed by individual teachers with the high school principal.

### **2.1 Length of Ineligibility**

A student will become ineligible for game participation for one week, one contest, whichever is greater in length. The period of ineligibility will start the Monday following the day mid-quarter reports are reviewed by the principal and last until Sunday of that week. After the initial one week minimum period of ineligibility a student will become eligible at the time all of his/her grades reach the level described in section 2.0. Ineligible student athletes will be required to stay in school the entire day in the event that their team leaves during the school day for a contest.

### **3.0 Quarter Standards**

A student must pass all classes. An "F" in any course will result in ineligibility.

3.1 Length of Ineligibility

A student will become ineligible for game participation for one week or one contest whichever is the greatest. Ineligible student athletes will be required to stay in school the entire day in the event that their team leaves during the school day for a contest.

4.0 Responsibility of Administering the Policy

It will be the duty of the principal to formulate a list of academically troubled students. The principal will be responsible for meeting with individual teachers to review the students' academic progress. It will be the duty of the Athletic Director to contact the coaches.

5.0 Exceptions

5.1 Special Education students attending schools outside the district will have their academic eligibility based upon an evaluation conducted by his/her teacher.

5.2 Students with adapted/modified courses will be graded by their Learning Disabilities teacher.

5.3 A student enrolled in a correspondence course(s) which will count toward graduation should be included in the Eligibility Policy.

*6.0 Attendance: In order to be eligible to participate in an extracurricular activity (practice, game, etc) students must be in attendance at school during 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> hour. The only exceptions are school sponsored field trips, medical appointments, court, or emergencies such as a funeral.*

### **Requirements for Earning a Letter**

Each participant will receive one letter upon meeting the requirements set forth. Thereafter, he/she will receive a pin for each sport he/she earned his/her letter in.

Volleyball: A student must play part or all of one game for each match played during the season. (i.e. 15 games for 15 matches, 20 games for 20 matches)

Basketball: A student must play part or all of one half in 3/4 of the games played. (i.e. 15 halves for 20 games, 18 halves for 24 games).

Football: A student must play part or all of one quarter for each game played during the season. (i.e. 8 quarters for 8 games, 10 quarters for 10 games)

Baseball  
or Softball: A student must play part or all of two innings for each game played during the season. (i.e. 20 innings for 10 games, 40 innings for 20 games)

Track: A student must earn one point for each meet scheduled or earn points at the conference, subsection, section, or state track meet.

Trap: Avg. score in the 5 league events must be a minimum of 20.

Golf: A counting score in at least 4 meets

Wrestling: Must score 9 varsity team points

Cheerleaders: A student must be a member of the varsity squad and attend all events assigned to him/her during the year.

Manager: A student must have been manager for a given sport for two years.

Exceptions to the above will be at the discretion of the coach and athletic director.

Any athlete suspended from an activity for breaking MSHSL rules cannot earn a letter, be named to an All-Conference Team, serve as a captain, local team awards, or win any team voted upon awards in that activity for that season, even if the other criteria are met. A student will not be punished twice for the same offense. If a student loses eligibility during one sport season and the period of ineligibility for that same violation carries over into a second sport season, the student will be eligible to earn a letter and other awards for the second sport season.

### **The 7 Worst Things Parents Do To Young Athletes**

*(By guest contributor Dr. Mara Smith)*

Our job as sports parents is to enjoy watching our children play. We need to help them understand that playing isn't about things being perfect, always turning out the way they want, or winning. But rather, being equipped to handle what comes their way. Preparing for a life where they persevere in the face of failure, that they focus on their own efforts and not outcomes and that they feel the exhilaration of exerting themselves. But far too often our behavior, even if it is unintended, undermines all the wonderful lessons sports can and should teach a child. Here are the 7 ways parents keep kids from getting the full benefits of playing sports.

1. **Treat children differently after a great performance/win than a poor performance or loss.** There is little doubt that parents love their children regardless of the outcome of a game, but sometimes parents get so worked up they can't let it go and their behavior can convey something different to the child. This can lead to children believing their value depends on whether they win or lose. Come on.
2. **Have goals and expectations that are different from the young athletes.** Time and again we hear kids say the most important things are having fun, being with their friends and learning new skills. (Winning is way down on the list). Parents who are looking for a stepping stone to a scholarship or making a super select team need to adjust their expectations. Kids often say that even though they know their place on the team their parents think it should be bigger. Annoying.
3. **Undermine the Coaches.** Trying to scream instruction from the sidelines is never as helpful as parents think it is. There are two voices the athletes can hear and it is coaches and teammates – not parents. For young athletes it can be both confusing and distracting. For older kids, it can be distracting and embarrassing. So stop. Tearing down the coach at home or other places also is a sign of disrespect and enables athletes at a young age to make excuses.
4. **Undermine the Refs.** Bad Mouthing and criticizing the refs teaches the young athlete to badmouth and criticize the refs. Whatever is being screamed at the refs is completely irrelevant. Your criticism or perfect perspective and omniscient view doesn't matter to anyone. Zip it.
5. **Be Overly Emotional (and try to pass it off as “being passionate”)** In almost every sport (except perhaps tire tossing) there is a benefit to maintaining composure and keeping emotions on an even keel. So, here is

where we can model what we want to see. If a parent is screaming, V8ing their forehead, whirling around like a Tasmanian devil – it sends the wrong message. Settle down.

6. **Hijack a young athlete's experience.** Easily defined by the collective “we”. We worked with a special coach on that, we worked on that play, I can't believe we lost that game. Let the experience belong solely to the child. If they are on to their next activity and you are still moping, that's a red flag. Step away.
7. **Believe that the best lessons in sports come from winning.** Winning might be more fun and feel better, but a lot of what is learned in sport comes from the times when young athletes and/or their team isn't winning. After all, a game is the perfect place for a kid to fail. No one needs to be rescued from a loss and it has no permanence unless one gives it such. You might do your absolute best and not succeed – that's how it goes.

#### **How to be a great parent to your athlete:**

1. Support your coach
2. Volunteer at the concession stand
3. Squash drama
4. Get your student to practice on time
5. Be in the stands
6. Tell them you love them
7. Support your coach

# 2021-22 Mabel-Canton H.S. Athletic Eligibility Statement

Statement to be signed by the participant and the participant's parent/guardian.

- I Have read, understand, and acknowledge receiving the **2021-22 Mabel-Canton H.S. Athletic Eligibility Policy**.
- I further understand that as a member of a Mabel-Canton H.S. athletic team, I must adhere to all the rules and regulations set forth, in the **2021-22 Mabel-Canton H.S. Athletic Eligibility Policy**.
- By signing this I acknowledge that I have read the above information.

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Students Signature

Grade

Date

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Parent/Guardian Signature

Date