

MILLE LACS RAIDERS

*Student/Parent Activities Handbook
2024-2025 MSHSL Eligibility Brochure*



MILLE LACS RAIDERS ELIGIBILITY POLICIES

The Mille Lacs Raiders athletic department understands the importance of opportunities afforded by participation in extra-curricular activities. Activities support the academic mission of our schools and are a critical extension of a good educational program. Students in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally. Activity programs provide valuable lessons in teamwork, sportsmanship, and hard work, and students learn self-discipline and leadership, build self-confidence, and develop skills that carry throughout the rest of their lives.

By choosing to take part in extra-curricular activities you are choosing to make a commitment. The Mille Lacs Raiders welcomes anyone to join in their extra-curricular offerings, provided you are willing to:

- Do your part to help make your team successful
- Represent your school and community in a positive manner
- Listen to and respect your coaches and game officials
- Choose a chemical-free lifestyle
- Be role model to younger students
- Maintain good grades and make academic progress towards graduation

RAIDERS HIGH SCHOOL LEAGUE OFFERINGS:

Fall: Football, Volleyball, Girls Cross Country, Boys Cross Country, Cheer

Winter: Boys Basketball, Girls Basketball, Wrestling, One Act Play, Speech, Cheer

Spring: Baseball, Softball, Girls Track, Boys Golf, Girls Golf, Trap Shooting

The Mille Lacs Raiders are a part of the Great River Conference. Member schools are: Isle, Onamia, Ogilvie, Pine City, Braham, East Central, Rush City, Hinckley-Finlayson, Aitkin, Mora, and Crosby-Ironton

Associate Members are: Moose Lake/Willow River, Cloquet, Barnum & Proctor

REQUIREMENTS

Prior to being allowed to participate in an extra-curricular activity, students must meet the following requirements:

- 1) Have a current physical on file. One is needed every three years.
*Note: A physical is not needed to compete in speech, one-act play, or trap shooting
- 2) Read, complete, sign, and abide by the Mille Lacs Raiders Eligibility Policy.
- 3) Read, complete, sign, and abide by the Minnesota State High School League Eligibility Rules.
- 4) Pay the necessary activity fee:
\$50 per activity for students in grades 9-12
\$25 per activity for students in grades 7-8.
There is a cap of \$150 per family for the school year.
*Note – no refunds will be given after the first contest. Families unable to pay this fee should contact their Athletic Director about waivers or payment plans.

CONTACT INFO:

Isle Athletic Director

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Onamia Athletic Director

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INSURANCE WAIVER

The Onamia School District and the Isle School District will not be providing an insurance program. If injuries do occur to the student/athlete, the parents or guardians will have to accept the responsibility of the payments.

ATTENDANCE POLICY

A student is required to attend the full day of school in order to practice or participate in an event that day except in the following circumstances:

- 1) The absence is preceded by notification from the parent or guardian stating an accepted reason for the absence. Parents are encouraged to notify the school about the absence before the day of the student's absence, but notification must happen no later than noon on the day of the absence
- 2) If the reason for the student's absence is illness, the student will not be permitted to participate in a practice or event on that day unless the student attends the last three periods of the day.
- 3) If an emergency or unique situation develops and an advisor or coach requests a review of a student's eligibility for a practice or event, an administrator may review the case and decide on eligibility.

Students who have been suspended from school will not be allowed to participate in events or practices during the suspension period. (This includes when a student is in A2S that day.)

TRAVEL

Participants must travel to and from away events and practices in school-provided transportation. The only exceptions to this are:

- 1) Injury or illness which requires alternate transportation.
- 2) Arrangements made by the participant's parents for alternate transportation. These arrangements should be made by the parents with the Activities Director/attendance secretary prior to the event. A form, which must be signed, will be available in the high school office.
- 3) When parents are present at an event, students may be released to the parents by the coach. A form will be provided for the parent to excuse their son/daughter from traveling home with the team.
- 4) If a parent wants to allow their child to ride home from an event with someone other than a parent, the parent must sign the pre-authorized travel permission form. This will allow their son/daughter to ride home after an event with the name of the individual on the form. The name of the individual must be over the age of 21.
- 5) If a participant needs to use transportation other than the school-provided transportation for any practices, a Travel Permission Form/Release of Liability Form must be completed by the parent and student ahead of time.

SOCIAL MEDIA GUIDELINES

Athletes and parents should consider social media communications as public at all times - even if created with private intentions. If you are going to use social media in any form, consider that your communication may be read by anyone at any time. Remember that many forms of direct electronic communication can be made public without the knowledge of the original message creator.

Remember that you represent your town, your school, and your team. Promote your team, school, and conference in a positive light and with a general feeling of pride.

Remember that ethical restrictions that apply to any form of public speech also apply to social media. It is inappropriate to communicate specifics about your teammates, coaches, opponents, game situations, and so on using these tools. Be very sparing in the sharing of your personal information, including photos. Adjust security settings accordingly.

Follow specific school, school district, and team policies regarding the use of social media. Failure to do so may result in penalties.

ACADEMIC ELIGIBILITY POLICY

Students participating in extra-curricular activities will have their grades monitored every three weeks while in-season using dates established by administration.

On the Monday (or first day of the school week) following a three-week grade check, students will be notified if they had an F in any class.

Students who have an F at any three-week grade cutoff are placed on one week of probation

- The probation period serves as a warning to students that they will become ineligible if they do not improve their grades. While on probation, students remain fully eligible for their extra-curricular activity.
- Students on probation will have until 3:30 on the Friday following their notification of probation to improve all grades to a passing level.

If a student does not receive, by the 3:30 Friday deadline, written notification from each of their teachers that they have improved all of their grades to a passing level, they will be ineligible for one week or one game (whichever is greater), beginning the following Monday.

- After serving this one week or one game (whichever is greater) of ineligibility, a student can regain eligibility as soon as all of their teachers have given written notification that they are passing all of their classes. Until all teachers have given written notification that the student is passing all of their classes, the student will remain ineligible.
- Ineligible students may practice but cannot participate in events.
- Ineligible students will not miss any part of the school day to attend an athletic event that they are academically ineligible to participate in

Any student-athlete that has two or more “Fs” at the end of a quarter will be ineligible for 2 events or 2 weeks, whichever is greater, of their current or upcoming activity. *(Note: Semester grades will be the grades considered for eligibility purposes at the end of the 2nd and 4th quarter)*

- If a student makes up the credit from failed classes through summer school or ALC opportunities, they will regain eligibility

The teaching staff has 48 hours from the time a student’s work is submitted to post any grade that may change the student’s eligibility status.

IEP/504 Student-Athlete Policy: The school district will provide students with disabilities an equal opportunity to participate in its existing extracurricular athletic programs. The district will make an individualized inquiry to determine if there are reasonable modifications, or make necessary aids and services, which would allow a student with a disability the chance to take part in the activity. Students with IEPs or 504 Plans are not subject to “pass all.” The student is not to be denied eligibility on the basis of grades if the student is making adequate progress, as determined by school officials, towards the goals and objectives on the student’s IEP or 504 Plan. (All students that are on an IEP or 504 Plan will be monitored individually by administration, the athletic director, and the IEP/504 Plan case manager to check for their making progress towards graduation -MSHSL)

The Athletic Director will meet with a committee if there are any difficult or questionable decisions to be made about any certain student on eligibility. Ex: Athletic Director, Coach, Teacher, Dean of Students, Principal, and the IEP case manager.

RELEASE: POTENTIAL OF PERMANENT INJURY OR TRANSMISSION OF INFECTIOUS DISEASE

Participation in extra-curricular activities may result in the participant being injured and the result of the injury, regardless of adequate supervision, training, equipment, and facilities, may be permanent disabling. All injuries, which occur while participating in athletics, should be reported to the coach immediately. Once a physician treats athletes, the athlete must obtain the doctor's permission to return to the activity.

By its nature, participation in interscholastic athletics includes risk of injury and transmission of infectious diseases such as Hepatitis B and HIV. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have responsibility to help reduce that risk. Participants must obey all safety rules, report all physical hygiene problems to their coaches, follow proper conditioning program, and inspect their own equipment daily.

The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees and for all members of my family.

SPORTSMANSHIP

The Mille Lacs Raiders and the Great River Conference are dedicated to promoting good sportsmanship and positive fan behavior. Please appreciate our student-athletes, coaches, and officials and enjoy the contests you attend.

Expectations for those attending Mille Lacs Raiders regular and post season competitions:

- Respect the American Flag and the National Anthem
- Wear appropriate clothing (no vulgar text or graphics).
- The use of appropriate language is expected at all times. Profanity, name calling, singling out players, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament personnel.
- Respect the game/contest. Under no conditions shall anyone other than the members of the official's squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser Lights are strictly prohibited.

Any person who chooses not to follow our expectations will be asked to leave at the discretion of school personnel and/or the officials. Thank You for supporting our student-athletes and fine arts participants.

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 school and request a returned call or a face-to-face meeting with the coach.
2. Coaches will make time available to meet with students and parents

If the problem is still not resolved:

1. Contact your Athletic Director and request a meeting with all parties

No issues/concerns between a parent, student or coach will be addressed before, during, or immediately following an event or practice. All meetings need to be pre-arranged and should take place after a 24 hour "cooling off" period. The 24 hour cooling off period may be shortened or waived, but only with the permission of the coach.

Additionally, areas that are occupied by the coach and team (sideline, locker room, dugout, etc.) are strictly off limits to anyone other than the coach, athletes, and team personnel prior to, during, and after events, unless permission is given by the coach to enter these areas.

Violation of either of these rules will result in an automatic suspension from the next game/event (no matter if it is home or away). Depending on the severity of the violation, the school and/or activities department may extend the suspension. Subsequent violations will result in longer suspensions, up to and including being trespassed from school grounds for a year.

MILLE LACS RAIDERS ELIGIBILITY POLICIES

Please sign and date this section:

I, _____ and my parent/guardian, _____ have read and understand the information provided in regards to:

- 1) The MSHSL Eligibility Brochure
- 2) Parental Insurance Waiver
- 3) Attendance Policy
- 4) Travel Policy
- 5) Social Media Guidelines
- 6) Academic Eligibility Policy
- 7) Warning of Risk
- 8) Sportsmanship Policy

I agree to abide by these rules and follow school policies regarding extra-curricular activity eligibility.

_____ Student _____ Date

_____ Parent/Guardian _____ Date