

### Inclement Weather

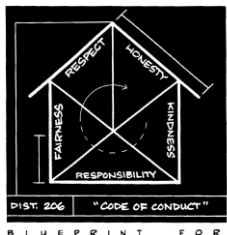
When school is dismissed or canceled due to inclement weather, all Middle school activities will also be canceled including practices and games or events such as concerts, plays, etc. There is not a set policy for senior high co-curricular activities. In the event of a senior high activity not being canceled due to inclement weather any middle school student who is a part of the senior high activity will be allowed to participate with that activity. We will continue with a policy of making a decision by 1:00 PM on days with inclement weather and having it announced on the District 206 website. The parent always has the right to decide that their student will not participate because of the weather. This decision will not jeopardize the student's participation in any way.

### Refund Policy

If your student does not make the selection for the activity they signed up for or chooses not to participate, you can be refunded the registration fee if it is requested before the first contest/event. To receive this refund, you athlete must ask the coach/advisor to notify the activities office that all equipment, uniforms, locks, etc. have been returned. Turn in the completed form to the activities office and a refund check will be sent to you from the District office. Participation fees can be transferred if your student would like to try a different activity.

### District 206 Code of Conduct

School District 206 has a district-wide Code of Conduct. All persons involved with school activities of any kind will be expected to dedicate themselves to the following Code standards while at school and school-related events.



- Respect** - Be considerate of self, others, their beliefs and property.
- Honesty** - Be truthful.
- Kindness** - Be caring, friendly, and helpful.
- Responsibility** - Be dependable and accountable.
- Fairness** - Be committed to the just treatment of others.

### 2019-20 Head Coaches

#### Fall

- |                        |                   |
|------------------------|-------------------|
| Cross Country          | Travis Hochhalter |
| Football               | Mike Empting      |
| Girls' Swimming/Diving | Kathy Walker      |
| Girls' Tennis          | Dave Ronning      |
| Cheerleading           | TBD               |
| Girls' Soccer          | Tom Roos          |
| Boys' Soccer           | Brandon Johnson   |
| Volleyball             | Mary Byrne        |

#### Winter

- |                       |                  |
|-----------------------|------------------|
| Boys' Basketball      | Forrest Witt     |
| Girls' Basketball     | Wendy Kohler     |
| Nordic Skiing         | Jeremy Rapp      |
| Alpine Skiing         | Logan Hanson     |
| Boys' Swimming/Diving | Kathy Walker     |
| Dance Team            | Kassie Gibbons   |
| Gymnastics            | Jessica Anderson |
| Wrestling             | Aldon Struchen   |
| Boys' Hockey          | Ian Resch        |
| Girls' Hockey         | Molly Arola      |

#### Spring

- |                        |                |
|------------------------|----------------|
| Baseball               | Jacob Munsch   |
| Softball               | Randy Albers   |
| Boys' Track and Field  | Mike Empting   |
| Girls' Track and Field | Meghan Orgeman |
| Boys' Tennis           | Dave Ronning   |
| Boys' Golf             | Brady Swedberg |
| Girls' Golf            | Tim Zupfer     |
| Adapted Bowling        | Wade Traphagen |

### Phone Numbers

- AAHS Activities Office 762-2142 ext. 4530 (Office Hours 7:30am-4:00pm)
- Discovery Activities Office 762-7900 ext. 4305
- Girls' Locker Room: 762-2142 ext. 4651
- Boys' Locker Room: 762-2142 ext. 4650
- AAHS Fax: 762-7749
- Fitness Center: 762-2142 ext. 5160 (after 3:00pm)
- Training Room: 762-2142 ext. 5133
- Confidential Crime & School Safety Tip Line: Toll Free 800-847-8763

Weather related announcements are available on the Alexandria Area High School website at [www.alexschools.org/aahs](http://www.alexschools.org/aahs) or [www.centrallakesconference.org](http://www.centrallakesconference.org) Decisions to cancel or postpone are not made until approximately 1:00 PM on the day of the event.

# CARDINAL ACTIVITIES



## ALEXANDRIA AREA HIGH SCHOOL

# 2019-20

### Philosophy:

Student Activities shall be an integral part of the District 206 total education program. Their purpose is to provide positive educational experiences not otherwise provided in the curriculum, which will develop learning outcomes in the areas of knowledge, skills and emotional patterns and will contribute to the development of better citizens.

## RESPONSIBILITIES

### PARENTS

#### Attendance

- Try to schedule vacations, appointments, etc. at times other than during practice or games.
- Encourage your son/daughter to be on time.

#### Attitude

- Help your son/daughter to know, understand and respect school and team rules.
- Help your son/daughter to understand the TEAM concept by explaining and supporting their role on the team.
- Help your son/daughter to come prepared physically and mentally.
- Help your son/daughter to understand the team comes before the individual. Great teams and teammates put the success of the team above their own success.

### COACHES/ADVISORS

#### Attendance

- Provide schedules of all practices, games and meetings.
- Communicate any changes in the schedule.
- Be on time.

#### Attitude

- Come prepared for all practices, games and meetings.
- Encourage participants to do their best.
- Apply school and team rules to all participants equally.
- Be professional in all actions and words.

#### Communication

- Philosophy of coach/advisor and program.
- Expectations of participants and team.
- Location and times of practices, games and meetings.
- Communicate all MSHSL, District 206 and team rules to participants and parents clearly.

### STUDENT PARTICIPANTS

#### Attendance

- Be at all practices, games and meetings.
- Be on time.

#### Attitude

- Come prepared to be a part of the team.
- Respect your teammates, coaches and facility.
- Encourage and cheer on your teammates.
- Put the success of the team before your own success.
- Come prepared to do your best. This includes proper nutrition, sleep, care of injuries and illness.

- Conduct yourself in a way that your parents, coaches, and school would be proud of you

#### Communication

- Communicate any problems to the coach/advisor.
- If you don't understand something or have questions, talk to your coach/advisor.

## ELIGIBILITY

Eligibility requirements set forth by the MSHSL are specific concerning academic progress and athletic or activity eligibility. District 206 uses the following policy to determine eligibility:

2019-20 School Year	After Semester 1	After Semester 2
Grade 9	3.25	7.25
Grade 10	10.5	14.5
Grade 11	17.75	21
Grade 12	25	29

#### Mid Quarter Eligibility

Students failing a class at mid-quarter will be considered "academically ineligible" to participate in co-curricular activities until they are passing. Ineligible means that a student cannot compete or perform with a co-curricular activity, or miss school because of a co-curricular activity. The student may still attend practices. Administration will meet with the student, and inform the coach/director/advisor of the student's ineligibility. The classroom teacher will indicate when the student has regained eligibility. It is the student's responsibility to get the "proof of progress" signed and delivered to the Activities Office.

## COMMUNICATION IS KEY

Communication you should expect from your son/daughter's coach or advisor:

- Philosophy of the coach/advisor.
- Expectations the coach/advisor has for your son/daughter and the team.
- Team requirements and policies such as practices, special equipment, out of season training, etc.

Communication that coaches/advisors expect from parents

- Notification of any illness, injuries, or reasons for missed practices.
- Notification of any schedule conflicts, vacations, etc. well in advance.

### Issue Resolution Process

- Student to Coach
- Student and Parent to Coach
- Student/Parent/Coach to Athletic Director
- Student/Parent/Coach/Athletic Director to Principal
- Student/Parent/Coach/Athletic Director/Principal to Superintendent
- Student/Parent/Coach/Athletic Director/Principal/Superintendent to School Board

We ask that there be a **24 hour** cooling off period before contacting the coach/advisor.

Playing time/team selection strategy can be discussed at the coach and Athletic Director level, but not beyond

## WEBSITES

The Alexandria Area High School website has a wealth of information you might find helpful at

- [www.alexschools.org\aaahs](http://www.alexschools.org\aaahs)
  - Schedules, transportation,
  - Daily results
  - Cardinal Connection
- [Centrallakesconference.org](http://Centrallakesconference.org)
- [MSHSL.org](http://MSHSL.org)

## TRANSPORTATION

All students are expected to ride to and from contests on District 206 transportation. If special situations arise, students may ride only with their own parents if written permission is given in advance.

## ATHLETIC TRAINING

Alexandria Area High School has an agreement with the Alomere Health and Heartland Orthopedic Specialists for daily athletic trainer coverage at the high school and coverage at selected contests. Questions regarding your son's /daughter's care can be directed to the coach or by calling Heartland Orthopedic Specialists 762-6071 or Scott Scholl the AAHS Athletic Trainers Office 762-2142 ext. 5133 between 2:30 and 5:15pm, M-F

