

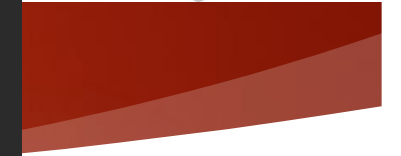


# Grand Rapids Student Activities

**THE THUNDERHAWK WAY**

# Why do YOU play?





**Life Skills** **SUCCESS**  
**Challenge** **Excitement**  
**Sportsmanship**  
**Love**  
**Confidence** **OF THE**  
**Game**  
**DETERMINATION**

**GROWTH & DEVELOPMENT**  
**COMMITMENT**  
**INSPIRATION**  
**OVERCOMING ADVERSITY**  
**Character Building**  
**Courage**  
**Belonging**

**WHY WE PLAY**  
**FUN**



## Why we play: Student athletes say...

- ▶ Teamwork and cooperation with peers
- ▶ Self-discipline, commitment, responsibility, time management and respect
- ▶ Community Pride
- ▶ Stress relief
- ▶ It's FUN

MSHL survey of 5000 students indicates the positive impact of activities on students, school and community



## Success now...

### Decades of research prove students who participate in activities:

- ▶ Have better attendance
- ▶ Achieve higher GPA (**Thunderhawks: 3.36 GPA last year**)
- ▶ Avoid drugs and alcohol (**98% of Thunderhawks eligible all year**)
- ▶ Many continue their education at college or university

# The Thunderhawk Way



- ▶ Respect your coaches, teammates, officials and opponents
- ▶ Show good sportsmanship
- ▶ Appreciate the work of people who make it possible!
  - ▶ Bus drivers, custodians, scorers, supervisors, the bands and fans
- ▶ Honor your country during the National Anthem
- ▶ Use positive language



# Remember...You Can Only Pick One!

- ▶ Student Athlete
- ▶ Coach
- ▶ Official/Referee
- ▶ Parent



Here's  
what...



GRAND RAPIDS  
**THUNDERHAWKS**

**REQUIRES**  
**Of You**





- The MSHSL requires all team members to complete:
  - An annual eligibility agreement
  - An annual health questionnaire
  - A physical examination every three years
- MSHSL participants must adhere to all bylaws as described in the annual eligibility agreement. Bylaw violations carry penalties that increase in duration with consequent violations.
- **Participation in MSHSL activities is a privilege, not a right.**



- Student athletes must be in grades 7-12 (bylaw 105: Students in grades K-6 are not eligible to participate in any MSHSL activities.)
  - Make progress toward graduation, be enrolled full-time and attend class
  - No more than 6 seasons in any one sport
  - All eligibility rules apply 12 months of year (continuous until graduation)
- Meet chemical eligibility requirements (no use, possession or distribution of alcohol, tobacco or controlled substance or paraphernalia).
- Be in good standing with school and team. If suspended from school cannot participate in any school activities.
- Student code of responsibility: I will obey and respect the rules of my school and the laws of my community, state and country. I will be fully responsible for my own actions and consequences of my actions



# Academic Eligibility



	1 <sup>st</sup> Semester	2 <sup>nd</sup> Semester
9 <sup>th</sup> Grade	3 credits	6 credits
10 <sup>th</sup> Grade	9 credits	12 credits
11 <sup>th</sup> Grade	15 credits	18 credits
12 <sup>th</sup> Grade	21 credits	GRADUATE

**Criteria: if a student does NOT have required credits at the end of each semester, and/or he/she has received an “F” on a grade report, he/she will be placed on academic probation and/or ineligible for competition.**

1. Athletic Director will run credit/grade reports at midterm and at semester.
2. Coach will be notified and talks with student.
3. Athletic Director will notify parent/guardian. Parent communicates with teacher.
4. Meeting with counselor is arranged if needed.



## Important Reminders:



- Attendance: Must be in school all day to participate. If excused absence must be approved in advance & permission from principal
- Zero-tolerance: Harassment and Hazing: bylaw 209.60
- Booster Club Support: IN SEASON ONLY
- Ejection from a game: sit out rest of game and next game; second ejection equals a 4 game suspension
- Transfer students: See Athletic Director
- **Details of bylaws can be found at [www.mshsl.org](http://www.mshsl.org)**

Here's  
what...



GRAND RAPIDS  
**THUNDERHAWKS**

**REQUIRES**  
of the *School*

Whenever Law Enforcement hands one of these to the school:



MSHSL REQUIRES US TO TAKE ACTION in a number of ways.

GRAND RAPIDS POLICE DEPARTMENT  
OFFICE (218) 326-3464  
1-800-AX (218) 326-76HI

NOTICE OF STUDENT INCIDENT

INCIDENT DATE:

STUDENT:

OFFICER:


GRPD

STUDENT INCIDENT OFFENSE REPORTS

Minnesota A.28 and 260B.171 requires law enforcement agencies to forward reports to a student's school when an agency has probable cause to believe that the student has committed any of the following violations. Please indicate applicable offenses:

- Arson, first degree 609.561
- Assault, any 609.22.1
- Burglary, first or second degree 609.582.1
- Controlled substance crime, any 151.021
- Criminal sexual conduct, any 609.342
- Criminal vehicular homicide and injury 609.21
- False imprisonment 609.255
- Harassment 609.749
- Kidnapping 609.25
- Manslaughter, first degree 609.20
- Manslaughter, second degree 609.205
- Minor consumption of alcohol 340A.503.1 (0)
- Minor possession of alcohol 340A.503.1 (2)
- Minor attempting purchase of alcohol 340A.503.2 (2)
- Murder, any 609.185



If Law Enforcement hands a **Notice of Student Incident** to the school, and appropriate action **IS NOT** taken... 

GRAND RAPIDS POLICE DEPARTMENT  
OFFICE (218) 326-3464  
FAX (218) 326-7611

NOTICE OF STUDENT INCIDENT

INCIDENT DATE:

\_\_\_\_\_

STUDENT:

\_\_\_\_\_

OFFICER:

GRPD \_\_\_\_\_

STUDENT INCIDENT OFFENSE REPORTS

Minnesota Statutes 260B.171 requires law enforcement agencies to forward reports to a student's school when an agency has probable cause to believe that the student has committed any of the following violations. Please indicate applicable offenses:

- \_\_\_ Arson, first degree 609.561
- \_\_\_ Assault, any 609.22.1
- \_\_\_ Burglary, first or second degree 609.582.1
- \_\_\_ Controlled substance crime, any 151.021
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- \_\_\_ False imprisonment 609.255
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- \_\_\_ Kidnapping 609.25
- \_\_\_ Manslaughter, first degree 609.20
- \_\_\_ Manslaughter, second degree 609.205
- \_\_\_ Minor consumption of alcohol 340A.503.1 (1)
- \_\_\_ Minor possession of alcohol 340A.503.1 (2)
- \_\_\_ Minor attempting purchase of alcohol 340A.503.2 (2)
- \_\_\_ Murder, any 609.185



GRAND RAPIDS POLICE DEPARTMENT  
OFFICE (218) 326-3464  
FAX (218) 326-7611



NOTICE OF STUDENT INCIDENT

We could be subject to:

- Forfeit of games
- Forfeit of season
- Loss of trophies
- Ineligible for playoffs

INCIDENT DATE:

\_\_\_\_\_

STUDENT:

\_\_\_\_\_

OFFICER:

GRPD \_\_\_\_\_



STUDENT INCIDENT OFFENSE REPORTS

Minnesota 28 and 260B.171 requires law enforcement agencies to forward reports to a student's school when an agency has probable cause to believe that the student has committed any of the following violations. Please indicate applicable offenses:

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That's why we adhere to ALL *Chemical Eligibility Guidelines* and treat *Chemical Violations* **very seriously!**

Because if we don't, **EVERYONE** loses.

GRAND RAPIDS POLICE DEPARTMENT  
OFFICE (218) 326-3464  
FAX (218) 326-7611

NOTICE OF STUDENT INCIDENT

INCIDENT DATE:

\_\_\_\_\_

STUDENT:

\_\_\_\_\_

OFFICER:

GRPD \_\_\_\_\_

STUDENT INCIDENT OFFENSE REPORTS

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- **Chemical Eligibility Violations**

- **1<sup>st</sup> Offense: 2 weeks or 2 contests**, whichever is longer
  - Ineligible to be captain during season of suspension
  - Ineligible to earn varsity letter during season of suspension
- **2<sup>nd</sup> Offense: 3 weeks or 6 contests**, whichever is longer
  - Can never be captain in any sport or activity
  - Can never earn a varsity letter in any sport or activity
- **3<sup>rd</sup> Offense: 4 weeks or 12 contests**, whichever is longer
- Must be at all practices, games, meetings during suspension
- Must start and finish the season where suspension was served
- Denial disqualification: If not truthful; additional 9 weeks added



# Parents: Good News!

You're their #1 Influence & They WANT to Talk!



- ▶ Grand Rapids students who reported their parents would feel it was *very wrong* for them to drink alcohol are 7.7 times LESS LIKELY to drink.
- ▶ 78% of students agree that parents should talk with them about NOT using alcohol

Data from 2017 PCN Student Survey

# The Reality of Alcohol Use in Athletes



- ▶ Athletes who drink are twice as likely to get injured or sick
- ▶ 1 night of drinking = 2 weeks of training gone
- ▶ 4 days of suppressed training hormones, meaning you can show up to practice or work out but not see improvement
- ▶ Impaired reaction time for up to 12 hours

American Athletic Institute, 2011



If you have specific questions about these guidelines, talk with me or your coach!



# We Make Choices



- ▶ ~100 a day
- ▶ ~2,800 a month
- ▶ ~36,400 a year
- ▶ **~728,000 in a playing career**

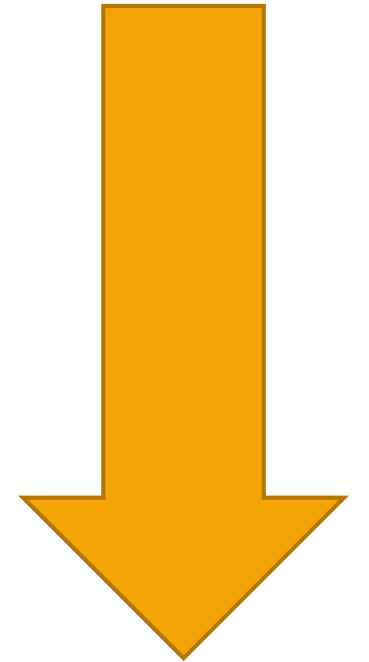
- ▶ *“You are free to choose, but the choices you make today will determine what you will BE, DO and HAVE in the tomorrows of your life.”*

*-Zig Ziglar*

# Resolving Conflicts



- ▶ Student → Coach
  - ▶ If there's a problem: Student-athlete talks directly to the coach, One on one
- ▶ Student → Parent → Coach
  - ▶ If the problem isn't resolved call the school and request a return call or face-to-face meeting with coach(es), parent(s) and the student
- ▶ Student → Parent → Coach → Activities Director
  - ▶ If the problem is still not resolved: Call the school and request a meeting with the student, parent(s), coach(es) and Activities Director



# Transportation



- ▶ We're working daily with the Transportation department to assure safety for everyone.
- ▶ Please stay alert for transportation updates from your coach.
- ▶ Ideally, the expectation is that the student-athlete ride the bus **to** and **from** event with the team.
- ▶ A travel release form can be filled out by the parent/guardian and given to the coach – indicating the student will be riding with parent.
  - ▶ \*This form is on the Activities web page





## Quicklinks

[Athletics Page](#)

[MSHSL Website](#)

[Family Account Login](#)

## Calendar

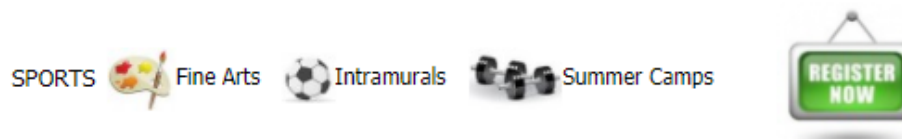
August 2020						
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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30	31					

School Year 2020-21 Online Registration will open on [August 4th, 2020](#).

**\*\*\*Please read the [MSHSL COVID-19 Notice](#)\*\*\***

**Parents/Guardians, Complete Your Athletics Registration Online!**

**You will need a credit card to pay at the end of the registration process, or if you are on a reduced fee, please go to the Activities office to fill out the forms.**



Please read and follow these steps carefully to be fully registered.

**IF YOU HAVE ALREADY USED THIS SITE TO REGISTER, GO DIRECTLY TO YOUR FAMILY ACCOUNT BY CLICKING THE 'FAMILY ACCOUNT LOGIN' ON THE UPPER LEFT SIDE UNDER QUICKLINKS. USE THE USERNAME AND PASSWORD YOU CREATED DURING YOUR FIRST REGISTRATION.**

**ONCE LOGGED IN, YOU MAY CLICK ON THE 'REGISTER' DROPDOWN AND ADD ANOTHER SPORT FOR YOUR STUDENT, OR YOU CAN ADD A NEW STUDENT IN YOUR ACCOUNT. CLICK [HERE](#) TO VIEW/DOWNLOAD THE GUIDELINES/INSTRUCTIONS.**

**WHEN REGISTERING, PLEASE MAKE SURE YOU PULL DOWN THE 2020-21 SCHOOL YEAR ACTIVITY. ALSO, MAKE SURE YOU ENTER YOUR STUDENT'S CURRENT GRADE**

**Step 1:** Athletes must have a current sports qualifying physical exam on file in the Activities Office. Physicals are good for 3 years from the date of your last physical.

Parents/guardians, you can check the parent portal on [Infinite Campus](#) to see if your child needs a physical.

Once you have your physical completed by a doctor, you can turn it into the office.

**Step 2:** Fill out and submit the [Online Registration Form here](#) (includes all forms in one for High School). Fill out and submit the [Online Registration Form here](#) (includes all forms in one for Middle School).



# Athletic Passes: School Year



- ▶ **ALL SEASON PASS**
  - ▶ **Student:** \$30
  - ▶ **Adult:** \$100
  - ▶ **Senior (65+ years):** Free pass to home events, *except* for hockey games
- ▶ **PUNCH PASSES: no expiration date**
  - ▶ Students/Seniors \$30 = 10 punches
  - ▶ Adults: \$60 = 10 punches
  
- ▶ All passes are available at the Athletic Office: 8am-4pm

# Contact Information



- ▶ Activities Office

- ▶ **Pat Webber**

- 218-327-5765

- [pwebber@isd318.org](mailto:pwebber@isd318.org)

- ▶ **Anne Campbell**

- 218-327-5766

- [acampbell@isd318.org](mailto:acampbell@isd318.org)

- ▶ <https://grandrapids-oar.rschooltoday.com/>

- ▶ ONLINE SPORTS REGISTRATION

- ▶ [www.lakesuperiorconference.org](http://www.lakesuperiorconference.org) (“Notify Me”)

- ▶ Twitter: @GRActivities

- ▶ Get the latest news and notes from the Grand Rapids Activities Department!

# Top 3 Student-Athlete Replies (Family)



- ▶ They encourage me.
- ▶ They attend most of my games, contests or events.
- ▶ They let me choose the sports or activities I want to participate in.



# GO RAPIDS!



Please fill out the Eligibility Form indicating that you've viewed this presentation. Please turn in to your coach.



GRAND RAPIDS  
**THUNDERHAWKS**