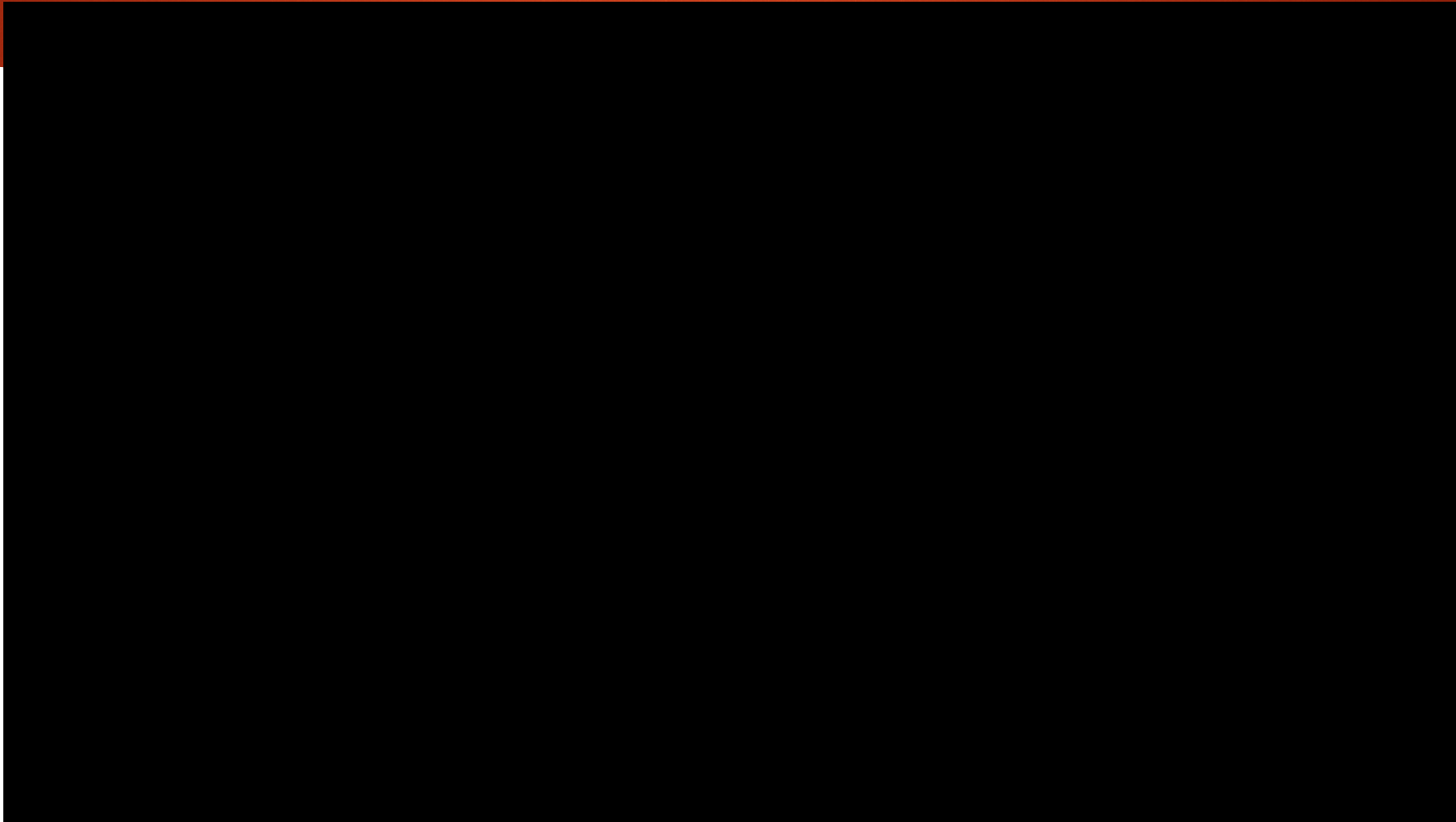




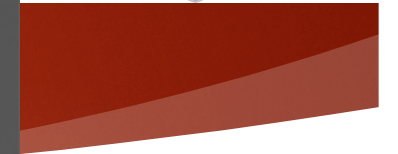
Grand Rapids Student Activities 2018-2019

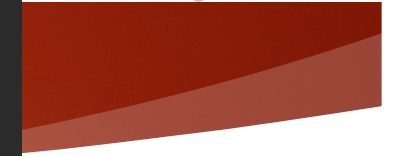
THE THUNDERHAWK WAY

Why do YOU play?



TEAMWORK
CHALLENGE
ENJOYMENT
GROWTH
& DEVELOPMENT
RESPECT
LIFE SKILLS
COURAGE
UNITY





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

Why We Coach – Thunderhawk Coaches



- ▶ 29 Head Coaches
- ▶ Over 70 Assistant Coaches
- ▶ 94 teams grades 7-12
- ▶ The Thunderhawk Way

Our Coaches Are Committed



*****All ISD 318 Head Coaches are required to:**

- ▶ Complete continuing education requirements, per MSHSL
- ▶ Prepare philosophy, mission and vision statements for their program
- ▶ Communicate to parents the program expectations and guidelines
- ▶ Prepare emergency action plans
- ▶ Undergo formal observation in practice and games by AD
- ▶ Complete survey of players, staff and parents every 3 years
- ▶ Prepare a professional development plan every 3 years

Conducting
yourself
The
Thunderhawk
Way
leads to:



SUCCESS NOW
AND
SUCCESS LATER

Success now...



Decades of research prove students who participate in activities:

- ▶ Have better attendance
- ▶ Achieve higher GPA (**Thunderhawks: 3.26 GPA last year**)
- ▶ Avoid drugs and alcohol (**98% of Thunderhawks eligible all year**)
- ▶ Many continue their education at college or university

Success later...



- ▶ 95% of male Fortune 500 CEOs participated in high school sports.
 - ▶ USA Today
- ▶ 80% of female executives at Fortune 500 companies identified themselves as sport participants.
 - ▶ Women's Sports Foundation

“Athletes are accustomed to failure, adversity, and success. All of this revolves around the drive to compete. Athletes enter the real world with the ability to wake up and compete on a daily basis”

--Brian Scanlon, National Recruiting Coach

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

Captains Council



First Meeting

Date:

*Monday, Sept
10th @ 7:45
a.m. in THE
LOFT*

<https://youtu.be/jdhEwZWxBvk>



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 st Semester	2 nd Semester
9 th Grade	3 credits	6 credits
10 th Grade	9 credits	12 credits
11 th Grade	15 credits	18 credits
12 th 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.



- Off-season vs. in-season vs. summer waiver
- Attendance: Must be in school all day to participate. If excused absence must be approved in advance & permission from principal.
- Undue Influence
- Non-school competition in your sport during your season
- 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 student: See Athletic Director
- Details of bylaws can be found at 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 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:

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- ___ Murder, any 609.185



GRAND RAPIDS POLICE DEPARTMENT
OFFICE (218) 326-3464
1-800-AX (218) 326-7611

NOTICE OF STUDENT INCIDENT

INCIDENT DATE: _____

STUDENT: _____

OFFICER: _____

GRPD _____

STUDENT INCIDENT OFFENSE REPORTS

Minnesota Statute 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
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- ___ Burglary, first or second degree 609.582.1
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- ___ Murder, any 609.185

We could be subject to:

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



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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- Minor possession of alcohol 340A.503.1 (2)
- Minor attempting purchase of alcohol 340A.503.2 (2)
- Murder, any 609.185





- **Chemical Eligibility Violations**

- **1st 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
- **2nd 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
- **3rd 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





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



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

Steroids and Supplements

MSHSL says:



- ▶ Students should not use creatine, androstenedione, ephedrine or other performance enhancing nutritional supplements as defined by the World Anti-Doping Agency. www.wada-ama.org
- ▶ Even natural substances in unnatural amounts may have short-term or long term negative health effects.
- ▶ Only prescribed by the medical profession

Again,

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

Better to be safe!



We Make Choices



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

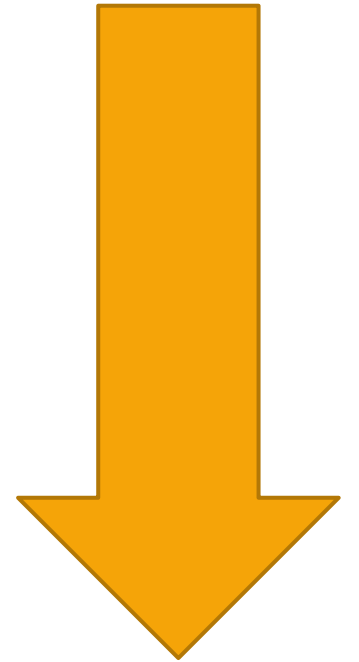
- ▶ *“You are free to choose, but the choices you make today will determine what you will BE, DO and HAVE in the tomorrows of your life.”*

-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 liable for YOUR safety.
- ▶ 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 leaving with them
 - ▶ *This form is on the Activities web page





Social Media can be...



Helpful

- ▶ Stay connected
- ▶ Follow other schools/teams
- ▶ Score updates
- ▶ Highlights, fun clips
- ▶ Recognize and honor people

Harmful

- ▶ Too connected, not present here & now
- ▶ Glamorizing harmful situations/rhetoric
- ▶ Relationship updates
- ▶ Lowlights, substance abuse
- ▶ Bully and make fun of people

How will you use it???



Quicklinks

- [Athletics Page](#)
- [MSHSL Website](#)

Calendar

July 2014

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Homepage

Parents/Guardians, Complete Your Athletics Registration Online!

SPORTS Fine Arts Intramurals Summer Camps



Please read and follow these steps carefully to be fully registered. IMPORTANT: You are only registered once ALL steps are completed.

If you participated in a sport in the Fall or Winter, you still need to complete each step below.

Step 1: Athletes must have a current sports qualifying physical exam on file in the Activities Office. Physicals are good for 3 years from date of your last physical. You can get the blank Physical Form [here](#).

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 in to the office or you can scan it and submit completed Physical Forms online.

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).

1. grthunderhawks.com

2. Activities > Online Sports Registration

3. Follow steps 1 & 2

Note "High School" & "Middle School"

Athletic Passes: 2018 – 2019 School Year



- ▶ **ALL SEASON PASS '18 – '19**
 - ▶ **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)

- ▶ www.grthunderhawks.com

- ▶ ONLINE SPORTS REGISTRATION

- ▶ www.ironrangeconference.org
("Notify Me")

- ▶ Twitter: @GR Activities

- ▶ 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!



GRAND RAPIDS
THUNDERHAWKS

