



Duluth East Girls Soccer Handbook

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2019 Changes/Important Updates

- Teams- As of 2017- due to the decline in the numbers of teams in the Twin Cities we will be reducing our program to 4 teams to ensure that players in our program get adequate game time against quality competition. To offset the loss of the team we will expand the numbers on the B & C teams to 22.
- CLUB TEAM PAPERWORK- As a reminder and as stated in the pre-tryout meeting, our club teams are NOT SCHOOL AFFILIATED. For this reason you SHOULD NOT register for soccer online. All paperwork will be turned in and kept with our boosters/coaches.
- Club Team Schedules/Communication- All schedules for the club teams can be found on Dulutheastsoccer.com. All communication with these teams should go through the individual team coach or Steve Polkowski. Shawn Roed or the activities secretary should not be contacted on issues surrounding the club teams.
- ATTENTION ALL SOPHOMORES- You MUST have a physical on file prior to the start of tryouts, failure to do this will result in not being allowed to tryout and will result in you not being able to participate in Duluth East Athletics.

Program/Coaching Background:

Duluth East Soccer tryouts are held in mid-August every season. I have been a head coach at Duluth East since 2009 and the girls head coach since 2010 and I am very excited about the upcoming season. Being part of the Duluth East Girls Soccer program is a very big honor, one that does not come easy. You will have to work harder than you ever have, returners included!!! This program has a long history of success which includes many trips to the state tournament and once being rated by the NSCAA as a top 25 team in the nation. Make sure you put yourself in the best position possible to make a team, be in the best shape of your lives, listen to your summer coaches, play hard and learn from mistakes and victories. We have an outstanding schedule this season against some of the best competition the state has to offer- Andover, Woodbury, Egan, Rosemount, Wayzata, Eastview and Stillwater to name a few. We will take the best players for the team, "best" is defined by those who are: hard working, skilled, coach-able, dedicated, driven, team players, strong, fast, fearless, leaders, and who want to go past their comfort zone.

Please note that the top players will be selected for each team, teams will be determined during the tryout period. Past team placement, summer clubs and past performances will not come into play when selecting the teams.

Culture:

The Duluth East girls' soccer program has had a long tradition of excellence on and off the field. This excellence is brought about in part because of a culture that has been established in our program since its inception. Our culture will continue to revolve around hard work, dedication and commitment to the team in competition, in practice and in the classroom.

Coaching Philosophy

Our goal as coaches is to teach leadership to young women through dedication, commitment, teamwork and perseverance. It is our goal to have your daughter leave our program having learned qualities that will allow them to succeed away from the field of play.

Purpose as a Coach

The purpose of the Duluth East girls' soccer staff is to foster an atmosphere of learning within our sport. We will do our best to always demonstrate the positive qualities that we are expecting of our players. We will treat our fellow coaches, players, officials, administration and parents with respect both on and off the field. We will be asking our players to represent our program, our school, your families and our community in a positive way and we will do our best to model this as well.

Team Explanations:

We will continue to select "The Top 40" to define our varsity and jv teams, this will allow for more fluidity between varsity and jv teams rather than placing players on teams early in the season. The ending varsity roster will be comprised of the top 22 healthy players from that top 40.

The Top 40- The top forty soccer players (36 field players, 4 keepers) of any age level will be placed on either the varsity or jv soccer team. These forty players will train together all year long to compete for a spot on the varsity team. Movement between these teams will happen based on play, injury or illness. A player who earns a varsity spot one week is not guaranteed a spot the following week. This will create constant competition and raise expectations during practices.

Varsity- Is the top 16 field players and top two keepers at any time of the year. Varsity is eligible for any player of any age (senior-7th grader) provided they are one of the top sixteen players/two keepers at that time. A player who is named to varsity can be moved to junior varsity due to play, injury or illness. To be a varsity player the player must prove to be: skilled, hardworking and a team player (in no particular order). There is NO guaranteed playing time at the varsity level.

Junior Varsity- Is the next 20 field players and 2 keepers. A player who is named to the junior varsity may be moved up to varsity if their play, work ethic or dedication to the team deems it appropriate. This team is eligible for any player who is between the grades of Junior and 7th grade. Equal playing time is NOT guaranteed at the junior varsity level.

B-Team- This is a non-school district team that consists of 22 players between the grades of Sophomore and 7th grade. Because this is a non-school district team players who are named to the B-Team are not able to be moved up to the Varsity/JV team. Movement between the B & C teams can occur based on play, injury or illness. Equal playing time is NOT guaranteed at this level.

C-Team- This is a non-school district team that consists of 22 players between the grades of Freshmen and 7th grade. Because this is a non-school district team players who are named to the C-Team are not able to be moved up to the Varsity/JV team. Movement between the B & C teams can occur based on play, injury or illness. Equal playing time is NOT guaranteed at this level.

Grade Level Explanations:

Seniors: Varsity Only- This means that a senior must finish in the top 16 field players of any age after tryouts or top two goal keepers. Seniors that have made the original varsity team after tryouts could potentially play junior varsity due to injury or illness.

Juniors: Varsity or Junior Varsity- In order to make varsity after tryouts a field player must finish in the top 16 field players or two keepers. A junior must finish in the top 36 (top 16 play varsity) field players of any age or the top four goal keepers (top 2 play varsity) to play junior varsity. Juniors that make the top 16 out of after tryouts may be moved down to jv based on play, injury or illness. Juniors that make the top 36 field players or top 4 keepers may be moved between varsity and junior varsity during the season.

Sophomores: Varsity, JV or B-Team- Sophomores have the same opportunity as Juniors when it comes to varsity or jv (top 16 field players/2 keepers for varsity, 36 field players/4 keepers for jv). Sophomores who make varsity or jv after tryouts may be moved between the two teams during the year based on play, injury or illness. Sophomores are also able to play B-Team soccer, the B-Team has no affiliation with the high school and players who make the B-Team cannot be moved to JV/Varsity during the season.

Freshmen: Varsity, JV, B or C-Team- Freshmen can make any of the four teams. In order to make varsity a freshman must be in the top 16 field players or two keepers, jv would be the top 36 (including 16 varsity) or four keepers (including 2 varsity), freshmen who make varsity/jv may be moved between the two teams based on play, injury or illness. Freshmen can also play B-Team provided their skills put them in that tier of players. The fourth team that a freshman is eligible for is the C-Team, if a freshman makes either the B or C team they may be moved between teams during the year based on

play, injury or illness. Because the B & C teams have no high school affiliation a freshman on B or C team is not eligible to move up to Varsity/JV at any point during the year.

7th & 8th Graders: Varsity, JV, B, or C- A middle school aged player is eligible to play on any of the 4 teams in this program. If a middle school player, after tryouts, rates in the top 36 field players or 4 keepers that makes them eligible for Varsity/JV soccer, in order to play this level a meeting between the player, parent and coach must take place and the proper middle school student to varsity/jv criteria must be completed. A middle school student is also eligible for the B or C provided their skill level puts them in that tier of players.

Tryout Information:

Tryout Info: August 12/13 at Jean Duluth (Backup at Ordean Middle School if weather is bad)

Monday –

7:00-8:30- 7th-9th Graders

8:45-10:15- 10th-12th Graders

1:00-2:30- 7-9th Graders

2:30-4- 10-12th Graders

Tuesday -

7:00-8:30- 7th-9th Graders

8:45-10:15- 10th-12th Graders

1:00-2:30- 7-9th Graders

2:30-4- 10-12th Graders

Movement During Tryouts- In order to best evaluate each player there will be players that will be moved “up” during the tryout process. This is to allow the advanced soccer player to show their skill against older competition as well as to allow other players to showcase their skills against similar abilities. Movement of players can happen at any point during the tryout process, no players will be moved “down” during this process.

Fitness Tests- Fitness is a major part of soccer; speed, agility and endurance are all things that coaches look for. There MAY be up to five tests given to evaluate these areas: 60 yard sprint, shuttle run, two mile run, Scottish 18’s and 20-40’s. This will accurately demonstrate individuals abilities in each of the areas.

What Coaches Look For-

Athletic Ability- strength, speed & quickness

Shooting- proper technique, accuracy & power

Passing- accurate, proper speed/touch

Soccer Sense- ability to be involved in the game

Movement- what you do away from the ball

Heading- fearless, attacking the ball

Finishing- composure around the net

Trapping- under control and with purpose

Sportsmanship- teammates & coaches

Enthusiasm- passion for the game

Program/Duluth East Rules:

Each parent and player should read and understand each of these rules as well as the Minnesota State High School League rules and accept the consequences of violating them.

Duluth East Athletics Student First Policy

This policy was developed to ensure that Duluth East Student Athletes continue to focus on academics along with participation. Student Athletes are held to a higher level when it comes to the privilege to participate in student activities. See MSHSL and District guidelines.

Meeting Classroom Expectations:

- Student Athletes MUST check in with teachers to make arrangements for make up work. This should be done at least two days prior to the date they miss class for a game or activity!
- Student Athletes must meet classroom deadlines and make it easy for the teacher to make up work. Missing time for athletics is not an excuse for late work or late making up work.
- Failure to meet academic deadlines, displays of disruptive behavior, and excessive tardies & absences may result in practice and game suspensions.

- Coaches must monitor grades prior to and during the season. Coaches can obtain grade reports from Activities office. All info is protected under data privacy laws and guidelines.
- *It is a privilege, not a right to participate in MSHSL activities.*

Academic Help:

The National Honor Society – Tutor Room has tutors available (Room 2365) If a team goes on an overnight and misses class time – The coach must have mandatory study time on the bus trip or hotel. During this time videos or cell phones are not allowed. Saturday School is available, sign up in the main office!

Attendance:

- Student Athletes must attend class following a road game or trip; if a team gets home late the coach should give them the following day's practice off.
- If a student has been excused for an all day absence and it is not a school related absence, the student may not participate in any after school activity that day.
- If a student comes to school in the morning and then is excused for the rest of the day due to an illness or an unexcused absence, the student may not participate in any after school activity that day.
- Students must be in attendance at least the last two hours of the day in order to participate in games or practice. Special circumstances must be cleared with the activities office prior to the event. Student athletes that violate the district participation attendance policy can be subject to multiple game penalties.
- *Middle school athletes participating at the High School level need parent permission to leave school in accordance with school policy.*

ISD #709 Academic Eligibility

A. Academic Eligibility

At the conclusion of each grading period, a student cannot have an F on report card and must not have a "U" in conduct given by the administration. If a student receives an F on report card, the student is ineligible at least the first six weeks of the next grade period (as described below). Students must be making progress towards graduation.

B. Ineligibility Status

Report card issuance day is the Monday starting the second week of the marking period. Ineligibility is described as a period of time in which the student **may practice but not participate in activities/games/contests**. Grades will be reviewed the Friday of the fourth week of the marking period. The student must have no F's and no administrative "U" in conduct on that day to gain eligibility. For **consecutive grade period violations**, a student is **ineligible** to participate until the issuance of the next report card. Ineligibility is described as a time the student may continue to practice but may not participate in varsity games or contests.

Fall 2018:

Note: If a student failed a class the previous school year and/or credits do not meet district guidelines, completion of summer school course(s) may help student gain eligibility.

Eligibility review date for students who failed a class in Quarter 4 of the previous school year

Eligibility review date – **September 28th**

End of 1st grade period November 3rd

Credit Eligibility

At the conclusion of the first semester and end of the school year, students must be making satisfactory progress toward graduation based on the credit schedule listed below. If a student falls below the credit requirements, they may be deemed ineligible for a period of time as determined by the building principal.

1. Incoming 10th grader (sophomore) – 5.25 credits, 8.0 credits at semester
2. Incoming 11th grader (junior) – 11.25 credits, 13.75 credits at semester
3. Incoming 12th grader (senior) – 16.50 credits, 19.00 credits at semester
4. 22.25 credits needed to graduate in 2018; 22.50 credits to graduate in 2019 and beyond
 - Have not dropped out of school or repeated a grade while in high school and will not participate in more than six (6) seasons in any sport in grades 7-12
 - Will not have turned 20 before the start of the season in which I participate.

Less Than A Normal Course Load

All students must be fully enrolled (as defined by the Minnesota Department of Education) – minimum of four classes and one study hall. This includes students enrolled in PSEO classes. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7th grade.

Arts, Activities, Academics, and Athletics

I am a huge backer of having our student/athletes get involved at East High School. If you have a conflict please work out a compromise that works best for your son between the advisor, coach, or teacher. If you can't come up with one that is satisfactory please contact me and I will help!

Lettering Policy

In order to letter in soccer you must fall into one of the following categories: play in over ½ of the games or, in the opinion of the coaching staff, the individual has made a significant contribution to the team.

Appearance

Players should report to games wearing the team warm-up uniform. Away from soccer, players should dress in such a way that reflects positively on our school and team. **Duluth East Soccer** gear and apparel is suggested – wear it with PRIDE. Dress like a team – not individuals!

Returning Home

Players are expected to drive back with the team bus. Team bus rides are considered a team activity! Parents should talk to the head coach about any circumstances before the bus leaves. Parents must provide a note that releases them from the team that is signed and dated. **Players MUST ride with a parent – they CANNOT drive themselves.**

Travel Policy

- We expect kids to ride the bus – Riding the bus is a part of the “team” experience. Win/loss.
- Travel Release for emergencies-🚑 Forms on Website/outside AD office (Coach or AD can sign)
- Students must ride with THEIR parent/Students may not drive to away events except to Hermantown, Proctor, Superior, and Duluth
- Students must be in attendance at school at least two hours (end of the day) in order to PRACTICE or participate in GAMES. However, *if a student is at a medical appointment they are ok with a note from the Doctor.*

Captains' (and Seniors) Responsibilities

- To lead the team in a positive soccer setting.
- To remind players of their equipment responsibilities when necessary.
- To lead players in enthusiasm and hustle and to help create a competitive atmosphere.
- To bring players problems directly to coaches and not let rumors or ill feelings harm team play/goals.
- The captains are team representatives. Athletes in violation of MSHSL rules will be ineligible to serve as captain.
- To not play favorites and to be fair to every player and coach.
- If a captain violates MSHSL or East HS rules – they will no longer be captain.

Responsibilities

1. Each player is responsible for their own actions and they are accountable for them. Part of that responsibility is taking care of their uniform, warm-ups, and any other team issued equipment.
2. Varsity players will be in attendance for the beginning of JV games, and JV players must be attendance for the entire Varsity game. This is for games that are at the same site. All team members are to sit together as a team away from student sections if possible. If a player has a conflict it must be cleared with the head coach.
3. Curfew is to be observed at 10 PM during school nights and/or before **games** and 11:30 PM during the weekend (parental curfews supercede these, if it is earlier!). Parents and captains are expected to monitor the curfew times
4. No friends or parents are allowed in the team area during the game or immediately following the game unless cleared with the coaches.
5. All players are required to help clean up the game and practice sites after the game or practice has concluded. Players should wait until the coaches have addressed them before they leave after games.

Bus and Locker Room Procedures:

- You will be expected to assist the coaches in keeping locker room and buses in first-class condition. All trash will be properly disposed.
- Each player must make sure that the bus is cleaned before they get off. This is not the job of the coaches or the bus driver. Be responsible, be adults.

All players must help with field set up and take down prior to and after games!

JV admittance to Varsity Games

A junior varsity player, who competes on the same day, but at a different site, will be admitted to the varsity game without charge by following this procedure. The JV coaches will notify and arrange a time following their game and be responsible for the athlete's entry. The junior varsity coach will meet his/her players at the ticket gate and upon the coach's identification the rostered players will be admitted without charge. JV must play to get into Playoff and Boys games.

Conduct on the field:

- You will be expected to conduct yourself in a first-class manner at all times.
- All rules for the MSHSL Athletic Eligibility Statement are to be followed. Especially note the Student Code of Responsibilities. You are expected to fully respect the rights and beliefs of others and treat others with courtesy and consideration; you are expected to be fully responsible for your actions and the consequences of your actions. You are expected to respect the property of others. You are expected to respect and obey the rules of the school and the laws of your community, state, and country. Anyone violating these rules is subject to disciplinary action and will not be eligible for all-conference or all-state awards. Do your part to maintain the high standards of the boys soccer program.
- Use of tobacco and drugs is banned as stated by the MSHSL rules. Anyone violating this rule will not be eligible for all-conference or all-state awards. Remember your teammates and coaches are counting on you to follow the MSHSL rules.

Violations of these rules shall result in game and practice suspensions based on the severity of the offense.

All players are subject to the Minnesota State High School League Rules and Eligibility requirement that are available in the East activity office.

- No talking to officials unless you are a captain
- No swearing on or off the field
- Sportsmanship – prior to game – shake hands of officials, opposing teams, and coaches – wish them luck
- Post game – shake hands of officials, players, and coaches – show class.
- Clean up the bench area and locker rooms when visiting. At East HS, clean up both HOME and AWAY!

Open Door Policy:

If you have any questions, complaints, or problems feel free to discuss them with us. Let's keep soccer matters within our own "soccer family". As a member of a team it is important that you realize that your personal choices affect other members of the team. Discuss additional activities involving time and energy with your coach prior to your involvement to ensure that neither you nor the team is adversely affected.

LINE OF COMMUNICATION ISD #709 EXTRACURRICULAR CONFERENCE PROCESS

24 Hour Rule- Individuals who are upset must wait until 24 hours after a game to bring up a complaint. This allows individuals time to think with a level head and take the emotion out of the situation, this will result in a more effective and productive conversation.

E-mails will not be accepted as a form of communication. E-mails often times can be taken out of context and messages can be misunderstood, to insure this doesn't happen complaints through e-mail will be immediately deleted.

While text messaging is an appropriate way to alert a coach of an absence from practice or game as soon as possible. It is not an appropriate way to inform or question the coach about personal or team concerns. These issues should be addressed face to face.

INTRODUCTION

The ISD # 709 Extracurricular Conference Process has been developed for the purposes of establishing and maintaining the lines of communication between the school, parents/guardians, and students for the resolution of concerns related to the athletic/activity programs. This process is a means by which concerns/problems about the IDS #709 extracurricular programs can be resolved.

In order to establish a positive atmosphere and assure that the proper channels of communication will not be circumvented, the athlete, parent, coach and administrators have outlined a process for the use. All participants in the process are to adhere to the guidelines at all levels of the process. Any deviation from this plan will result in the expiration of the process.

If you (student) have a concern with a Coach – Follow These Steps Please

1. Verbal - Talk to your Child First (Student to Coach) - part of life lesson learning!
2. Verbal - Talk to the Coach Directly
 - Playing Time and Game Strategy are not appropriate topics.
 - We will not agree to "not tell them you called"
 - Coaches DO NOT "retaliate" with kids. This is a myth, coaches want to succeed.

- Coaches will always discuss your child's treatment/ development; get their side of the story.
3. Written – Contact the AD (Form is on the East Website/or Activities Office)
 - I will ask if you have done steps 1 and 2
 - If you have met with the coach and the matter has not been resolved please call me and we can discuss whether a meeting is necessary.
 4. Written – Committee Appointed by the Principal

Duluth Public Schools Return to Play Procedure:

1. Coach/Certified Athletic Trainer evaluates and assesses the injury.
2. If, after the initial evaluation, the injury seems minor and the athlete wants to return to participation, the re several criteria and functional tests that will help assess the athlete's physical ability to return.
 - *The injured athlete should have nearly full strength of the uninjured side.*

The injured athlete has complete range of motion of the affected body part.

- *The injured athlete should have NO significant swelling or fever in the affected body part.*
- *The injured athlete should have NO significant pain in the injured area.*

The injured athlete should be able to perform a series of tests which will test his/her ability to participate in the activity. If there is any concern about an injury, DO NOT return a student to play. Refer the injured athlete to the Certified Athletic Trainer or Doctor.

3. Coach/Certified Athletic Trainer will immediately contact parents in the event of a significant injury.
4. If a PLAYER gets injured and they go to the doctor or professional **they must** be cleared to play by filling out the "resume participation" form by their doctor. The district "return to play" form must be used. Coaches will not accept a hand written note, or a note from a family friend or parent that is a doctor. The note must come from their primary doctor or the doctor that oversaw the student athlete.

NOTE:

- Injuries and sickness must be reported to coaches and trainers immediately by parents and players. Failure to do so could result in additional missed games or practices.
- The coach, in conjunction with the Certified Athletic Trainer, is responsible for making the "return to play" determination. The Certified Athletic Trainer (Jennie Koelling Jennie.Koelling@essentiahealth.org) will read and evaluate the "return to play" form and make a determination to which activities student athletes can participate in.
- If the Certified Athletic Trainer is not present, the coach must make a determination to the best of their ability. Coaches are instructed to always error on the side safety; this directive comes from the MSHSL and is directly tied to reducing the chance for re-injury.
- No form = No play
- Injured players will not be permitted to drive. Coaches will contact parents, parents will arrange for transportation.
- The return to play form should be handed in 24 hours prior to a game or practice. The Coach, Certified Athletic Trainer, and AD should all participate in this process.

Fundamental reminder about this rule

It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that players are allowed to compete in practice or contests only if they are physically capable of doing so. Coaches are responsible for determining playing time, this protocol does not supersede that responsibility.

- The "return to play" form can be found in the activities office, trainer's room, or online.

Illness:

- Students must be in attendance at school at least **two hours** (end of the day) in order to PRACTICE or participate in GAMES.
- However, *if a student is at a medical appointment or an emergency a note can be brought in to excuse the student/athlete from the two-hour minimum rule.*
- *This note must be shown to the Activities Director or Coach in advance, and must be signed by the doctor, dentist, or be a family emergency.*
- Students who are excused for a school sponsored event Leave School Pass may practice or play, on presentation of the permit to their coach or advisor.
- A student who has been suspended either in school or out of school may NOT participate in practices/contests and /or scheduled activities during the time of suspension.

Equipment:

- Each player is fully responsible for his equipment. That player will pay for any missing equipment. \

- Bring home and away jerseys, socks, and shorts to all games. Keep them in a waterproof plastic bag.
- Don't wear jewelry to practice or games.
- Line up bags behind bench or sidelines – be first class, act first class, play first class.

Season Attendance Policy:

- All Players are required to attend each practice and game
- Classroom attendance. Miss school = Miss practice, game unless school related
- You are a student athlete. It is your responsibility to balance your commitment to the team and your studies. (No practice no play, unless cleared with the coach)

Playing other sports:

We expect our soccer players to play multiple sports, this makes our soccer players better athletes all-around. We do however expect that during the soccer season, soccer is the only sport that is played. We do have exceptions for college showcase or recruiting opportunities, all star games, etc....please clear with the coach!

Playing Time

For a coach this is the #1 area of contention between an athlete and a coach. Every person that has coached has been criticized regarding this issue.

First, we have a plan on who we want to play and when, and most of the times it doesn't work out.

Second, we are always looking for ways to play everyone on our roster

Third, as the season turns towards Section Playoffs we look to find the winning formula which may mean some players see more time and others see less or none

Fourth, we will try and communicate to the players what they can do to earn more playing time, if a player is executing in practice, working hard, being dedicated, and contributing positively in games they will **play more**.

Roster Limits: Our program is limited to the number of players that can be taken. With that said, cuts may be made to meet school district limits. The varsity team will be limited to the top players. Some players may move between levels for practices and/or games. The final varsity section roster will be made up of the top 22 players that the coaching staff feel will help the team advance in the sections and state tournament. Throughout the season player movement may occur helping an individual, the team, and the program become successful.

How players earn playing time:

- Players earn playing time in practice. If they don't practice – they won't play, unless it is excused or an extenuating circumstance.
- We have to be grade blind, however there are times maturity does matter and older players may be played over younger players.
- Players earn time if they execute during games and practice. The question must be asked – would the coaching staff play players they don't believe deserve to? Do the coaches not want to win? Any player can earn a starting spot and unlimited playing time. This starts in practice.
- The coach's watch the players everyday, they see how they practice the effort they put in, and how they perform. If a player does not perform – they will not see the playing time in the game. This is fair.
- The team is bigger than the individual....” The name on the front of the sweater is more important than the one on the back.” That is what it means to be on a team.
 - Not Summer Soccer – nor does that season matter in the fall
 - Playing time – will be fair but not equal
 - Practice/Attitude/Execution – determines playing time
 - Open Door Policy – Starts with the Coaching staff!

Move Up Policy - JV – Varsity – Top 40

Based on same criteria as playing time – however position, individual talents, strengths, and opposition will be taken into account!

Hazing

Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.

Coaches will make sure that the team does not engage in the following:

1. Initiation rites that includes face-painting or unusual costumes
2. Any physical activities (paddling, blindfolds, obstacle courses, etc.)
3. Any public activities that would embarrass or single out a member. (singing in a restaurant, standing on a street corner waving at cars, making purchases which may embarrass the individual)

4. Any activity that involves putting up signs or toilet paper on any buildings or homes or anything in a yard.
5. Any activity that separates team members and treat them in an embarrassing way.

DISTRICT #709 BEHAVIOR REGULATIONS

STUDENTS RESPONSIBILITY

- Students must serve a consequence in each activity in which they participate – MSHSL, Duluth High School Intramurals, Activities, and Fine Arts. Penalties may be served concurrently.
- Due Process including appeals procedure as defined in the MSHSL bylaw 213.02,8.

All penalties:

1. Are in effect year round (including summer and off-season.)
2. Carry over from school year to school year.
3. Carry over from sport/activity to sport/activity.
4. Are applied to MSHSL violations that occur anywhere and any time.
5. Student fully agrees to fully cooperate in any investigation honestly and truthfully.

Determination and notification of violations:

1. Any violation(s) of the MSHSL or ISD 709 policy known to a coach/advisor must be reported to the Activities Director and/or Principal in writing immediately upon learning of the violation.
2. The Principal and Activities Director are responsible for administering this policy and declaring a student ineligible. The Principal and Activities Director will conduct a thorough investigation prior to reporting findings in the case.
3. Written notification of a student's ineligibility and the reason for such should be provided to the parent, student, and the coach/advisor.
4. Serving a penalty: 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).
5. A copy of this notification must be kept on file in the High School Activity Director's Office until the student graduates. All and any paperwork will be shredded immediately after the student no longer participates.

*MOOD-ALTERING CHEMICALS - Reference MSHSL Bylaw 205

Twelve (12) months of the 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, (4) use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals. "Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product, (5) use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.

First Offense

1. After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive activities (performances, contest, events) or two (2) weeks of a season in which the student is a participant, whichever is greater if the student athlete notifies the coach, AD, or school principal within 48 hours (summer & off-season included) after the violation occurred. If the student athlete does not notify their coach, AD, or Principal within 48 hours after the violation the student shall lose eligibility for the next three (3) consecutive activities (performances, contest, events) or three (3) 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. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.

A team/group/club, in conjunction with the coach/advisor as well as the knowledge and approval of the activities director and principal, may increase the severity of a penalty. The coach/advisor shall clearly communicate in writing any changes or additional consequences to the parents and students prior to the season.

Second Offense

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 if the student athlete notifies the coach, AD, or school principal within 48 hours (summer & off-season included) after the violation occurs. If the student athlete does not notify their coach, AD, or Principal within 48 hours the student shall lose eligibility for the next eight (8) consecutive activities (performances, contest, events) or four (4) 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.

The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.

Third Offense (and subsequent):

1. Student will be ineligible for 12 weeks for any elected or appointed positions and for all school-sponsored MSHSL athletic teams and activities. Student will be reinstated after a twelve (12) week or twelve (12) game suspension, whichever is greater.
2. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.
3. 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.

Social Media Policy – Facebook/Twitter, etc.

As a student in the **Duluth Public Schools**, you are expected to follow student handbook guidelines, even though an event may happen off school property or after school hours.

Social network sites, other digital platforms (including cell phones) and distribution mechanisms that facilitate students communicating with other students are considered “Social Networking” platforms. Participation in such networks has both positive appeal and potentially negative consequences. It is important that as a student in the **Duluth Public Schools**, you are aware of these consequences and exercise appropriate caution if they choose to participate.

Students are not restricted from using any on-line social network sites and/or digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal, state and local laws, as well as, your Student Handbook. As a student in the **Duluth Public Schools**, you must be aware of your Student Handbook regulations and expectations of our said extra-curricular programs. Ignorance of these regulations does not excuse students from adhering to them.

Guidelines for Students Using Social Media:

These guidelines are intended to provide a framework for students to conduct themselves safely and responsibly in an on-line environment. As a student and athlete in the Duluth Public Schools you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as a full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Social Media sites provide numerous privacy settings for information contained in its pages. Use these settings to protect private information. However, once posted, remember the information becomes property of the website and public record.
2. Be aware that community members, family and potential current and future employers and college admissions offices often access information you place on on-line social networking sites. You should think about any information you post on sites or similar directories that potentially portrays an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.
4. Don't have a false sense of security about your rights to freedom of speech when using Social Media. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions or personal accountability.
5. Remember photos once put on the social network site's server become their property and public record. You may delete the photo from your profile but it still stays on their server. Internet search engines like “Google” or “Yahoo” may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.
6. Whoever is the “adult” (over 18) responsible for the contracts, computers, phone lines, etc...is liable (civil and criminal) for your actions as a minor as well.

Things students should avoid when using Social Media:

1. Derogatory language or remarks about our students, teammates, school personnel and our community at-large; as well as, teachers, or coaches; student-athletes, administrators or representatives of other schools.
2. Demeaning statements about or threats to any third party- (Including support of demeaning statements and threats.) Don't respond to these.

3. Distribution and possession of unauthorized videos and photos or statements depicting violence; hazing; sexual harassment and content; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 4. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 5. Indicating knowledge of an unreported felonies, crimes, thefts or damage to property or unethical behavior.
 6. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.
- One of the biggest lessons social network users can learn is that anything you post online enters the public record. You never know who may be looking and when.
 - Students, Parents and Guardians, let it be known that any students in violation of said conduct is subject to consequences to be determined by the Administration, Principal and/or Activities Director.
 - The Minnesota State High School League Student Code of Responsibilities, Bylaw 206.00, is applicable and relevant in all student related issues and concerns in such matters.

Schedules (Practice and Games)

The game schedules is available on the Duluth East Activities webpage. Below is the address to this site. Please learn how to use the system.

Websites

- East Activities Home Page <http://duluth-east.isd709.org/activities> Google Duluth East Activities
- Online Activities Calendar – Updated Daily –www.eastgreyhounds.com
- “Notify Me” Option – receive automated schedule changes real time!
- Online Registration - <http://www.isd709.org/activities-registration>
- MSHSL – www.mshsl.org - - Schedules/Coach Contact/State Tourney Info/Rules/etc
- Duluth East Athletics Online School Store www.eastgreyhoundslockerroom.com