



Rochester John Marshall High School Rockets Authorization for Activities Participation

John Marshall High School
1510 14th Street NW • Rochester, Minnesota 55901
www.rochester.k12.mn.us/school107 (phone #507-328-5330; fax #507-328-5295)



2011-12 Eligibility Guidelines for John Marshall High School Athletics and Arts

Instructions for completion by students and parents or guardians:

- 1) Please read and be familiar with all parts of this authorization brochure.
- 2) Sign each place that your signature is requested and return the page with signatures to the Athletic Office. Retain pages with rules stated.
- 3) Record of a physical examination signed by a physician is required every 3 years and must be on file in the Athletic Office.
- 4) The activity fee (see page 4) must be paid prior to participation in the first scheduled practice in that sport season.

General Eligibility (Bylaw 206.00)

In order to be eligible for regular season and Minnesota State High School League (MSHSL) tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide undergraduate member of his or her school in good standing. A student who is under penalty of exclusion, expulsion or suspension whose character or conduct violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the Administration. A student ejected from a contest shall be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition, for the first ejection. All other subsequent ejections shall result in ineligibility for four (4) regularly scheduled games/meets.

Academic Eligibility (Bylaw 103.00)

Student athletes must maintain satisfactory progress towards graduation. All student athletes should have achieved the following number of credits at the end of each semester to maintain eligibility.

Freshman Year:

End of 1st Semester	3 credits
End of 2nd Semester	6 credits

Sophomore Year:

End of 1st Semester	9 credits
End of 2nd Semester	12 credits

Junior Year:

End of 1st Semester	15 credits
End of 2nd Semester	18 credits

Senior Year:

End of 1st Semester	21 credits
End of 2nd Semester	24 credits

First quarter freshman and middle school students must maintain passing grades in all classes. All cases falling below this level will be reviewed by the administration. If a student is failing, the administration will intervene and develop a plan of action to assist the student. Students who are more than one (1) credit deficient are academically ineligible. Students who are deficient one (1) credit or less may be placed on academic probation. The probation may include any of the following options:

- a. Full participation with conditions
- b. Practice without competition
- c. Total non-participation

Student athletes considered to be Division I or II scholarship prospects are reminded that there are course requirements to be eligible for

scholarships. Contact your Guidance Counselor.

Attendance and Behavior Standards

Athletes are required to attend school and compete in the attendance area in which their parent or guardian resides. Athletes are expected to abide by all school attendance and behavior guidelines. Participation in extracurricular activities is a privilege offered to students in good standing. Athletes are expected to be in class as scheduled. Unexcused absences will result in exclusion from the next event. It is the responsibility of the student to clear any truancy question. Coaches will be provided with an unexcused absence list on a daily basis. Students absent due to truancy, illness or injury during their last half of the school day may not participate in contests or practice that day. Athletes may be excluded from a varsity letter, events or activities due to behavior unbecoming that of an athlete or for a violation of the school's rules of conduct. A felony conviction will have a penalty no less than that for a first chemical violation. This determination will be made by the Coach, Athletic Director and Building Principal or Assistant Principal.

Semesters in High School (Bylaw 110.00)

A student shall not participate in an interscholastic contest after the student's 12th semester in grades 7-12 inclusive. All 12 semesters of attendance shall be consecutive. The attendance of 15 days or more in one semester will count as a semester in administering this standard. Participation in high school interscholastic programs is limited to students in grades 7-12 inclusive. Students in grades 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the MSHSL have been met.

Elementary students grades 1-6 are not eligible for participation in any MSHSL sponsored activities; b-squad, junior varsity or varsity.

Seasons of Participation (Bylaw 109.00)

No student may participate in more than 6 seasons in any sport while enrolled in grades 7-12, semesters 1-12 inclusive.

Enrollment and Required Subject Load (Bylaw 104.00)

Students must be officially enrolled in (as defined by the Minnesota Department of Education) and attending the school before they are eligible to represent that school in MSHSL sponsored activities. Students must be properly

registered, attending school and classes regularly, and enrolled in the required number of credits.

To be eligible for section and state competition, a student must be a member of the school's team no later than the fourth Monday after the official start of the sport season. When a sport season begins on a Monday, that day shall be counted as the first Monday.

Age (Bylaw 101.00)

A student who turns 20 years of age during the 11th or 12th semester since first entering 7th grade, shall be allowed to participate through the completion of the 12th semester. Adapted athletes are eligible to participate until their 22nd birthday or until they have completed 12 semesters in grades 7-12 inclusive and they meet all other eligibility requirements.

Amateur (Bylaw 201.00)

A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose their amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport.

Graduate (Bylaw 106.00)

A student shall not be a graduate of a four-year high school or any secondary school.

Transfer Rule (Bylaw 111.00)

A student in a 7-12 grade level who disenrolls from one high school and enrolls in another high school is a transfer student and subject to the MSHSL transfer rule. A student who transfers under an exception to attendance or guardianship change, shall be ineligible to compete at all levels (9-12) for a period of one calendar year from the date of transfer. Contact your Athletic Office for specific information regarding these situations.

Foreign Exchange Students (Bylaw 111.00)

Foreign exchange students are limited to one calendar year of high school eligibility beginning with their 1st date of enrollment and attendance. Regardless of the country, a student who has graduated is not eligible to participate in MSHSL sponsored athletic or fine arts programs.

International Students (Bylaw 111.00)

Students not participating in a CSIET approved foreign exchange program are eligible only at the B-squad or JV level.

College and University

Teams (Bylaw 208.00)

Individuals who have participated or scrimmaged with a college or university team are ineligible for participation in any activity of the MSHSL.

Awards (Bylaw 204.00)

Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for participation in any activity of the MSHSL.

Athletic Camps and Clinics (Bylaw 203.00)

A. During the School Year

Students may attend athletic camps and clinics which have been approved by their high school Principal or Activities Director.

B. Summer Vacation Period

Non-school specialized athletic camps and clinics do not require approval.

1. The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the MSHSL Board of Directors.
2. A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-Squad, junior varsity or varsity) in that sport owns, administers, directs, organizes, or serves as an instructor or is a staff member during the student's attendance.

C. Penalty

Penalties for athletic camp and clinic violations are the same as those for non-school competition and training.

(Contact your high school Athletic Director for specific guidelines regarding athletic camps, clinics and information on penalties.)

Non-School Competition and Training for Team and Individual Sports

(Bylaws 207.00, 208.00)

A. During the High School Season

During the high school season, athletes will be able to compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition. Season defined: The high school season shall run from the first day of practice until the team is eliminated in MSHSL tournament competition. Baseball, Softball and Skiing are exceptions to this rule. Exception: Summer vacation Period-Students may participate on a non-school team in the same sport as they currently play at the high school level during the summer vacation period. Summer coaching waiver: If a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless an extension to the summer waiver is granted by the school's Athletic Director. Students may take private lessons during the MSHSL season.

B. During the School Year, Prior To and Following the High School Sport Season

A student may participate in contests, meets or

tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff.

1. A student may not use any type of high school uniform or equipment.
2. A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating and indoor soccer are included in this limitation.
3. A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
4. A student's fee for non-school coaching or training must be paid by the student or the student's parent or guardian unless approved by the MSHSL Board of Directors.

C. Summer Vacation Period

1. Summer vacation defined: Summer vacation shall start on June 1 and end on July 31. A student may compete as an individual or as a member of a non-school team even though competing on a high school team in the same sport. There is no contact with a coach from July 1 to July 7.

D. Penalty

1. First Violation: After confirmation of the first violation, student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.
2. Second Violation: After confirmation of the second violation, student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.
3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.
4. Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.

E. Special Considerations

1. National Teams and Olympic Development Programs-The MSHSL may permit participation by high school students on bona fide national teams or in Olympic

development programs if:

- The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.
- Directly funded by a national governing body on a national level.
- Authorized by a national governing body for athletes having potential for future national team participation.

Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school Activities Director to obtain an application form. This must be completed at least thirty (30) days prior to participation.

2. During the school year, students who participate for their school in a sport may participate through training, try-out or competition on a National Team or in a United States Olympic Development Program provided the student receives an individual invitation from the United States Olympic Committee or the United States National Governing Body on the national level for that sport.
3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport. All-Star rules shall apply.

Mood-Altering Chemicals (Bylaw 205.00)

A. Philosophy and Purpose

The Minnesota State High School League recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affects extracurricular participation and development of related skills. Others are affected by the misuse and abuse of family, team members or other significant persons in their lives.

B. Rule

During the calendar year, regardless of the quantity, a student shall not: (1) use or have in possession a beverage containing alcohol; (2) use or have in possession tobacco or electronic cigarette; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance, other intoxicating substances, look alike substances or drug paraphernalia.

The rule applies during the entire year including the summer months. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her or his doctor.

C. Penalties for Activities

1. First Violation

Penalty: After confirmation, the student shall lose eligibility for 50% of the regular scheduled consecutive season events of the activity season in which the student is a participant. Any percent of an unfulfilled suspension will be applied in the next season the student participates in. The first possession violation will result in a suspension of 2 weeks or 2 events, whichever is greater.

2. Second Violation

Penalty: After confirmation, the student shall lose eligibility for one calendar year. The student may choose an alternative penalty as follows:

-The student shall lose eligibility for 50%, or no less than MSHSL's minimum of 6, of the regular scheduled consecutive season events of the activity season in which the student is a participant.

-The student shall arrange and verify completion of 20 hours of community service.

-The student shall complete a chemical education project assigned by the administration.

-This alternative agreement must be signed by the student, parent/guardian and administration within 10 days of the violation report. A second possession violation will result in a suspension of 6 consecutive events or 3 weeks, whichever is greater.

3. Third and Subsequent Violations

Penalty: After confirmation of the third and subsequent violations, the student shall lose eligibility for further participation. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her or his own volition becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in MSHSL activities after a minimum period of one calendar year. Such certification must be issued by the Director or a Counselor of a chemical dependency treatment center. A third possession violation will result in a suspension of 12 consecutive events or 4 weeks, whichever is greater.

4. Penalties shall be accumulative beginning with and throughout the student's participation on high school sponsored teams.

5. A student shall be disqualified for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

6. A student serving a penalty for a rules violation in a sport will be required to pre-register, report to the first day of practice, participate during the entire season, meet all the requirements and expectations of the coach, and finish the season in good standing in order to fulfill the penalty.

7. Students having a chemical suspension will not be eligible to letter or earn All Conference honors during the season(s) in which the penalty is served. Students having a chemical violation cannot serve as a captain for one calendar year from the date of the violation.

D. Procedure

Before any suspension under these rules, the student shall be advised by the Coach, Assistant Principal, Principal, or Athletic Director of the alleged violation and the student will have an opportunity to explain her or his involvement in the situation. If, after such conference the administration believes a suspension is justified, the student and the parent(s) or guardian(s) will be notified. Suspension will begin with the time at which the administration was first notified of the incident. Ineligible students may be allowed to practice, at the coach's discretion, if they will be returning to the team when the period of suspension has been served.

Racial, Religious, Sexual Harassment/Violence and Hazing

(Bylaw 209.00)

A. Definitions

1. Racial Harassment consists of physical or verbal conduct relating to an individual's race when the conduct:
 - a. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment; or
 - b. has the purpose or effect of substantially or unreasonably interfere with an individual's work or academic performance; or
 - c. otherwise adversely affects an individual's employment or academic opportunities.
2. Racial Violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, race.
3. Religious Harassment consists of physical or verbal conduct relating to an individual's religion when the conduct:
 - a. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment; or
 - b. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
 - c. otherwise adversely affects an individual's employment or academic opportunities.
4. Religious Violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, religion.
5. Assault is:
 - a. an act done with intent to cause fear in another of immediate bodily harm or death;
 - b. the intentional infliction of or attempt to inflict bodily harm upon another; or
 - c. the threat to do bodily harm to another with present ability to carry out the threat.
6. Sexual Harassment is a form of sex discrimination that violates Section 703 of Title VII of the Civil Rights Act of 1964, as amended, 42 USC 2000e, et. seq., and Minnesota Statutes Sections 363.01-.14, the Minnesota Human Rights Act.
 - a. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or

other verbal or physical conduct or communication of a sexual nature.

b. Sexual harassment may include but is not limited to:

1. verbal, written/graphic harassment or abuse;
2. subtle pressure for sexual activity;
3. inappropriate patting or pinching;
4. intentional brushing against the individual's body;
5. demanding sexual favors accompanied by implied or overt threats concerning an individual's employment or educational status;
6. demanding sexual favors accompanied by implied or overt promises of preferential treatment with regard to an individual's employment or educational status;
7. any unwelcome touching of a sexual nature.

7. Sexual Violence is a physical act of aggression that involves the touching of another's intimate parts, either above or underneath the other person's clothes, or forcing another to touch one's intimate parts, either above or beneath one's clothes. Intimate parts, as defined in Minnesota Statutes 1990, Section 609.341, include the primary genital area, groin, inner thigh, buttocks, or breast of a human being. Sexual violence is a criminal activity.

a. Sexual violence may include, but is not limited to:

1. touching, patting, grabbing, or pinching another person's intimate parts, either same sex or opposite sex.
2. coercing or forcing sexual touching on another;
3. coercing or forcing sexual intercourse on another;
4. threatening to force sexual touching or intercourse on another.

8. Hazing

a. 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 student organization, or for any other purpose. The term hazing includes, but is not limited to:

1. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
2. Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental health or safety of the student.

3. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to unreasonable risk of harm or that adversely affects the mental or physical health of the student.
 4. Any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, embarrassment, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
 5. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.
- b. "Student organization" means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.
- c. Reporting Procedures
1. Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy.
 2. The building Principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to a school district Human Rights Officer or to the Superintendent.
 3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building Principal immediately.
 4. Submission of a good faith complaint or report of hazing will not affect the complainant to reporter's future employment, grades or work assignments.
- d. Reprisal
The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates

against any person who makes a good faith report of alleged hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

B. Bylaw

During the school year, a student shall not violate the racial/religious/sexual harassment and racial/religious/sexual violence bylaws of the Minnesota State High School League.

Interpretation: The bylaw applies to the entire school year and any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

C. Penalties

1. Racial/Religious/Sexual Harassment and Hazing Violations:
 - a. First Violation: After determination, a student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. Recommendations: 1) It is recommended that the student obtain information about racial/religious/sexual harassment and racial/religious sexual violence. 2) It is recommended that the student be referred to a community agency or a professional individual outside the school for counseling.
 - b. Second Violation: After determination, 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. Before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.
 - c. Third Violation: After determination of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater.
 - d. Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation in a MSHSL activity and continuing through the student's high school career.
2. Racial/Religious/Sexual Violence Violations: After determination, the student shall lose eligibility for the next year, i.e., twelve (12) calendar months.

D. Procedure

Before any suspension under these rules, the student shall be advised by the Coach, Assistant Principal, Principal or Athletic Director of the alleged violation and the student will have an opportunity to explain her or his involvement in the situations. If, after such conference the administration believes a suspension is justified, the student and the parent(s) or guardian(s) will be notified. Suspension will begin with the time at which the administration was first notified of the incident. Ineligible students may be allowed to practice, at the Coach's discretion, if they will be returning to the team when the period of suspension has been served.

Activities Fee Schedule & Registration

Activity fees of \$55, \$110, \$130, \$155, \$180, \$190, \$220 or \$300 per athlete are charged for each sport an athlete participates in each year depending on the length of the season.

These fees are to be received by the Athletic Office prior to the first practice in each sport season. Special payment schedules may be arranged in the Athletic Office to avoid excluding any participants.

Athletes must register on time (physical, fee, brochure) in order to be eligible for the first day of practice/tryouts. **Students who do not register on time will miss the first day of practice/tryouts.**

Refunds of activity fees will be made on a pro-rata basis if the athlete is unable to continue the activity because of illness, injury or transfer, during the first half of the season only.

Physical Examination and Parents Permit

(Bylaw 107.00)

Any student who intends to participate in high school interscholastic athletics and cheerleading activities must have on file in the school, a record of a physical examination performed within the previous three (3) years. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required.

Activity Categories (Bylaw 205.00)

The MSHSL has defined Category I and Category II activities. Rochester Public School District #535 has determined that the penalty for rules violations will be the same for both categories.

Fair Hearing Procedure

The MSHSL Constitution and Rochester Public School District #535 provide a Fair Hearing Procedure for the student or parent(s) or guardian(s) contesting a school's failure to certify the eligibility of a student. **The student has ten (10) calendar days in which to appeal the school's decision.** This process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the MSHSL Board of Directors or the School Board. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the Athletic Director or high school Principal.

Warning

Athletes and parents should be advised that by its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV and Hepatitis B. 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 the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

Complete this form only one time each school year

This form must be completed, appropriately signed, and returned to the Athletic Office before the student will be permitted to practice or play. An activity fee is also required for each sport prior to the first practice in that sport season.

Date _____

Name _____ Last _____ First _____ Middle _____ Male _____ Female _____
(Circle one)

Birthdate _____ Age _____ Grade _____ School attending in 2011-12 _____

Names of Parents/Guardians _____ and _____

Parent/Guardian Address _____

Father/Guardian Address (if different than above) _____ Home Phone _____
Work Phone _____

Mother/Guardian Address (if different than above) _____ Home Phone _____
Work Phone _____

Email Address to receive Athletic Dept. information _____

With whom does the student reside? _____

Rochester Public School attended last year _____

Has the student repeated a grade level in grades 7 - 11? _____ Yes (if yes, what grade _____) _____ No

Did you transfer from a private school or another city or state? (If YES, name the school) _____ Yes _____ No

School Name _____ Phone _____ Fax _____

School Address _____ City _____ State _____

Previous School's Activities/Athletic Director: Name _____ Email _____

Please circle the sports you plan to participate in this year.

PHYSICAL DATE _____

FALL	WINTER	SPRING
Football - \$190	Boys Basketball - \$180	Baseball - \$155
Boys Soccer - \$130	Boys Hockey - \$220	Boys Track - \$155
Boys Cross-Country - \$130	*Wrestling - \$155	Boys Tennis - \$130
Volleyball - \$130	*Boys Swim/Dive - \$155	Boys Golf - \$155
Girls Soccer - \$130	Girls Basketball - \$180	Softball - \$155
Girls Cross-Country - \$130	Gymnastics - \$155	Girls Track - \$155
*Girls Swim/Dive - \$155	*Girls Hockey - \$220	Girls Golf - \$155
Girls Tennis - \$130	Co-Ed Adapted Floor Hockey - \$110	*Girls Lacrosse - \$300
	Competitive Dance - \$155	*Boys Lacrosse - \$300
	*Alpine Ski - \$300	FINE ARTS _____ - \$55
*Coop fees for Lourdes Students	*Coop fees for Lourdes Students	*Coop fees for Loudes Students

FOR OFFICE USE ONLY

Red Card Date _____

Payment _____

Credits Earned _____

FOR OFFICE USE ONLY

Red Card Date _____

Payment _____

Credits Earned _____

FOR OFFICE USE ONLY

Red Card Date _____

Payment _____

Credits Earned _____

See back of this page for more forms.

Minnesota State High School League Parent/Guardian Permit and Health Questionnaire

Minnesota State High School League regulations provide that any student who intends to participate in high school interscholastic athletics and cheerleading activities must have on file in this school a record of a satisfactory physical examination performed by a physician within the previous three years. More frequent examinations may be required.

The following questions must be answered by the parent or guardian:

- | | Please circle | |
|---|----------------------|----|
| 1. Does the student named on this form have a current physical record on file in the school? | Yes | No |
| 2. Has the student been hospitalized or had surgery since the above physical examination? | Yes | No |
| 3. Has the student had a major injury since the above physical examination? | Yes | No |
| 4. Has the student been found to have only one organ of usually paired organs?
(example: only one kidney, or one good eye) | Yes | No |
| 5. Has the student required medication on a daily or episodic routine?
(example: insulin daily or asthma medication with an attack) | Yes | No |
| 6. Has the student been knocked unconscious, had a concussion or head injury at any time within the past 12 months? | Yes | No |
| 7. Has the student fainted, blacked out, experienced dizziness or chest pain while exercising in the past year? | Yes | No |
| 8. Are there any weight loss or nutritional issues to consider, including self-induced vomiting, over-exercising, laxative use, or diuretic use to control weight? | Yes | No |
| 9. Do you know of or believe there is any health reason why this student should not participate in interscholastic athletics or cheerleading activities?
If so, why? _____ | Yes | No |
| 10. Do you currently have medical insurance? | Yes | No |

The undersigned, herewith,

- A. Grants the above named student permission to participate in all League activities.
- B. Grants permission to take the student on supervised trips connected with League activities.
- C. Understands that the student must refrain from practice or play during medical treatment until he or she is given a written permit by the attending physician to resume participation.
- D. Certifies that the answers to the questions above are correct and true.
- E. Certifies that the above named student is physically fit to participate in all high school interscholastic activities.

Rules Acknowledgement—Medical Attention Permission—Insurance Verification

I have read, understand and acknowledge receiving the 2011-12 Athletic Eligibility Information which contains a summary of the rules of the Minnesota State High School League and John Marshall High School. I understand that a copy of the official Handbook of the MSHSL is on file in the high school Athletic Office for my review, in its entirety, if I so choose. The official handbook and MSHSL bylaws are also posted on the MSHSL web site: www.mshsl.org.

I understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletic activities and that local rules are more stringent than MSHSL rules in some cases. As an athlete, parent/guardian, I agree to adhere to these rules. As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities.

STUDENTS - Please read and place your initials next to each item:

- _____ The season runs from the first day of practice through the last game of the state tournament. If a student has a chemical violation, prior to the notification and selection process for school lettering, Big 9 All Conference and/or Scholar Athlete, the student will be removed from consideration for any of the end of season honors.
- _____ Have and will not compete in non-school events in my sport after reporting for the high school team.
- _____ Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
- _____ Have not and will not violate the racial/religious/sexual harassment/violence/and hazing bylaws of the MSHSL.
- _____ I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- _____ I will be fully responsible for my actions and the consequences of my actions.
- _____ I will respect the property of others.
- _____ I will be responsible for all equipment issued to me and will return it at the conclusion of the season.
- _____ I will respect and obey the rules of my school and the laws of my community, state and country.
- _____ I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

(A student whose character or conduct violates the Student Code of Responsibility is not in good standing and is ineligible for a period of time determined by the administration.)

I have read the warning and understand the risks of participation in high school athletic programs. I give my permission for my son/daughter to be sent to our family doctor, or another doctor of his/her choice, for an examination or treatment deemed necessary by a coach and/or athletic trainer, resulting from his/her activities in high school athletics.

The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility and promote the programs with media and internet.

I have my own insurance and/or will be responsible for all services rendered by a doctor or hospital.

Parents or students who may not wish to accept the risk or commitment described in this brochure should not sign this form. Students may not participate in a MSHSL-sponsored activities without the student's and parent/guardian's signature.

Date _____ Signed _____
(month, day, year) (signature of student)

Date _____ Signed _____
(month, day, year) (signature of parent or guardian)

ROCHESTER PUBLIC SCHOOLS
Athletic Department
PARTICIPATION EXPECTATIONS

Dear Parent/Guardian and Student-Athlete:

Over the past few years it has come to our attention that some parents and students have some misconceptions about the high school competitive athletic program. Please take a few moments to read this information. Hopefully, this will help you understand how a competitive high school athletic program is conducted and what the expectations and philosophy are.

In each program, a coach and/or coaches are hired by the school district to be responsible for that sport. Team selection, practices, style of play, game strategy, playing time and decisions regarding game situations are the responsibility of the coaching staff. The head coach establishes the criteria for these decisions with input from the coaching staff. This may be a highly subjective process. If you have questions regarding the process, feel free to address these questions directly to the head coach. Please call the coach to make an appointment outside of school, practice or game time. If you have questions the coach has not been able to answer, please contact the Athletic Office.

The Rochester Public Schools athletic program is highly competitive. Due to large schools and limited opportunities, we are not able to place every student on a team who wishes to participate. While this is not our desire, it is a reality. The hardest thing our coaches have to do is tell young people they have not made a team.

Please be sure that when your child tries out for a team, both you and they understand the possibility that they may not be selected. If selected, both you and your child should be prepared to accept placement at any team level, i.e. 9th Grade/C-Team, B-Squad, Junior Varsity or Varsity. Students who try out for a team and then quit because they are not placed where they think they should be, unfortunately take away someone else's opportunity to be on the team.

At times, coaches have a very short amount of time to make team selections. They try to do the best they can in selecting the most talented and coachable athletes, filling needed positions and appropriately placing them on the team. We believe it is the coaches' responsibility and right to select the team with whom they will work for the entire season.

Our recent experience reveals that there are many "non-school teams" sponsored by a variety of organizations. Each coach looks for certain qualities in his or her players. Participation on a "non-school team" does not guarantee any player a spot on a high school team or playing time. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to "guarantee" a spot on a high school team.

Years ago our district, like most districts throughout the state and nation, instituted a usage fee for extra-curricular activities. All athletes pay this fee regardless of their role on the team. This fee does not guarantee playing time but rather the opportunity to learn from a team experience.

In order to make a varsity team, a player must be capable and play a position the team needs. Underclass student-athletes possessing these qualities have the same opportunity to make a team that upperclassman do. Our team structure (9th grade/C-Team, B-Squad, Junior Varsity, and Varsity), dictates that there will be more underclass players than upper class in the total program. Team selection will be the coaches' decision.

A common goal of a competitive athletic program is to put the most talented and coachable members of the team in competition in an attempt to win a contest. Starting positions and playing time are not guaranteed to anyone. Each member of a team is valuable to the team's overall progress and success. Some members may play extensively in a contest while others may not see "significant" playing time and make their contribution in another way. Each student should have personal improvement and team success as two of his or her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable life lessons. Among them are: citizenship, sportsmanship, respect for opponents and others, teamwork, responsibility, commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, winning and losing with humility and dignity, self-control and being responsible for one's actions.

Parents, spectators and athletes must be responsible for their actions at a competitive contest. If a parent, spectator or athlete is ejected or asked to leave a contest, the person will miss one more additional event.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program in the Rochester Public Schools. Please contact us if you have any questions regarding any aspect of the athletic program.

I acknowledge that I have read and understand the above information:

Parent/Guardian Signature

Student/Athlete Signature

Date

SIGN AND RETURN TO THE ATHLETIC OFFICE

ROCHESTER JOHN MARSHALL HIGH SCHOOL
HIPAA RELEASE FORM
(Please read before signing)

Due to compliance with PUBLIC LAW 104-191 HIPAA (Health Insurance Portability And ACCOUNTABILITY ACT of 1996), the Rochester High School's Athletic Departments are requesting that each athlete sign this form. By doing so, you allow the Rochester John Marshall High School Certified Athletic Trainer (employed by Mayo Clinic) to discuss any injuries that you may incur while participating in athletics, with a physician, coaches, and other pertinent medical personnel. Such information may include: the nature of the injury, plan for treatment, expected recovery time, and expected time for return to play.

In the case that other medical personnel contact us, requesting your medical records, you will be asked to sign another form allowing us to release that information, if you so desire.

NO MEDICAL INFORMATION WILL BE RELEASED WITHOUT YOUR PRIOR AUTHORIZATION IN WRITING!

I, _____ (print name) do hereby allow the release of medical information to the Rochester John Marshall High School's Certified Athletic Trainer, my coach, and other pertinent medical personnel associated with my direct medical care.

_____ (Athlete Signature) _____ (Date)

_____ (Parent's signature, if athlete is under 18 years old) **Please circle**

- | | | |
|---|-----|----|
| 1. Has a doctor restricted your participation in sports for any reason without clearing you to return to sports? | Yes | No |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU | | |
| 2. Have you passed out or nearly passed out during or after exercise? | Yes | No |
| 3. Have you had discomfort, pain, tightness, or pressure in your chest during exercise? | Yes | No |
| 4. Does your heart race or skip beats (irregular beats) during exercise? | Yes | No |
| 5. Do you get light-headed or feel more short of breath than expected during exercise? | Yes | No |
| 6. Have you had an unexplained seizure? | Yes | No |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY | | |
| 7. Has anyone in your immediate family died suddenly and unexpectedly for no apparent reason? | Yes | No |
| 8. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, car accident, or Sudden Infant Death Syndrome)? | Yes | No |
| 9. Has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning? | Yes | No |
| 10. Has anyone in your immediate family developed hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT Syndrome, short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia? | Yes | No |
| 11. Has anyone in your immediate family been diagnosed with Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT Syndrome, short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular-tachycardia? | Yes | No |
| 12. Does anyone in your immediate family under age 50 have a heart problem, pacemaker, or implanted defibrillator? | Yes | No |
| MEDICAL RISK QUESTIONS | | |
| 13. Have you had infectious mononucleosis (mono) within the last month? | Yes | No |
| 14. Have you had a head injury or concussion that still has symptoms like continuing headaches? | Yes | No |
| 15. Have you had numbness, tingling, weakness in, or inability to move your arms or legs after being hit or falling? | Yes | No |

Parents or Legal Guardians—please note:

- A "YES" answer to any of the above questions will require a clearance note from a physician prior to participation.
- Please list below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

Parent or Legal Guardian Signature

Athlete Signature

Date

Athletic/Activity Director Notes: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)

CONCUSSION

FACT SHEET FOR PARENTS AND STUDENT ATHLETES

IF YOU THINK YOU HAVE A CONCUSSION: DON'T HIDE IT. REPORT IT. TAKE TIME TO RECOVER.
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Facts:

- Type of Traumatic Brain Injury, (TBI)
- All concussions are serious
- Most concussions occur without loss of consciousness
- Can range from mild to severe
- Presents itself differently for each athlete
- Symptoms can present 0-72 hours after injury
- When in doubt, sit them out

Signs and Symptoms:

- Headache or "pressure"
- Dizziness
- Memory loss of events prior or following injury
- Ringing in ears
- Blurred or double-vision
- Sleepiness
- Balance problems
- Mood or personality changes
- Nausea
- Confusion
- Don't "feel right"
- Difficulty with concentration
- Sensitivity to light or noise
- Loses Consciousness
- Appears dazed or stunned
- Unsure of game, score, opponent or sports plays

Prevention:

- Do **NOT** initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head.
- Practice good sportsmanship
- Practice and perfect the skills of the sport

Rest, Recover:

- During the recovery process, athletes must maintain cognitive and physical rest.
- A repeat concussion that occurs prior to the brain recovering first can slow recovery or increase the chances for long term problems such as brain swelling, permanent damage, and rarely **DEATH**

Danger signs:

If one or more of these symptoms occur dial **9-1-1** or go immediately to the Emergency Room

- One pupil larger than the other
- Cannot be awakened
- Worsening headache
- Vomiting
- Slurred speech
- Convulsions or seizures
- Increased confusion
- Restlessness or agitation
- Loses consciousness

Action Plan:

- Immediately remove athlete from play
- Athlete/parent/guardian should self-report signs and symptoms to athletic trainer or coach.
- Ensure athlete is evaluated by an appropriate health care professional.
- Inform parent or guardian
- Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating and managing concussions has given **written** consent that the athlete may resume participation.
- Athlete must then undergo a graded return to play protocol prior to participating in games.

Return to Play:

- Light Aerobic activity-walking/stationary bike
 - No resistance training
- Sport Specific Training
 - No resistance training
- **NO** contact practice
 - resistance training ok
- Full contact practice
- Unrestricted return to competition

You must complete each stage symptom free before advancing.

For more information and safety resources, visit:
www.cdc.gov/concussion

The student and parent/guardian has read and understands the above information.

Parent/Guardian Signature

Date

Student Athlete

Date