

ACGC JR/SR HIGH SCHOOL
ATHLETE ~ FINE ARTS ~ 2022/23 PARENT
/ STUDENT HANDBOOK



MSHSL forms need to be returned to participate in sports & school activities:

- **Participant – MSHSL Eligibility Form** (*signatures needed on both sides*) **Must** be turned in **before** the first practice
- **Physical** – good for 3 years (typically 7th & 10th grade) Must be turned in **before** the first practice
- **Fees** – *Senior high (9-12) activity fee is \$100 per activity. Junior high (7 and 8) activity fee is \$60 per activity. Family Cap of \$300.00*
Students must pay their activity fee **by the first week of practice.**
No fees will be refunded after the 1st game.
One-time per year Fine Arts fee covers: Musical, Speech, One Act Play

Contents

Topic	Section
ACGC Activities Information	
Philosophy / Sportsmanship Program	1
Participant Responsibilities	2
Parental Responsibilities	3
Directors/Coaches Responsibilities	4
Attendance Policy	5
Lettering Policy	6
MSHSL Rules and Regulations	7
Punishment for Infractions	8
Academic Eligibility	9
Transportation To and From an Away Game	10
Activities Participation Prerequisite Information	12
MSHSL Athletic/Fine Arts Eligibility Information & Statement	
MSHSL Sports Qualifying Physical Examination	

ACGC Activities Information

ACGC Jr/Sr High School
27250 MN State Hwy 4
Grove City, MN 56243

Superintendent: Mr. John Regan
5-12 Principal: Ms. Robin Wall
Athletic Director: Mrs. Marj Maurer
Phone: (320) 244-4730
Fax: (320) 857-2937
Website: www.acgcfalcons.org

The fastest way to find out about schedule changes and cancellations is to check the ACGC website.

ISD #: 2396

Conference: Central MN Conference
Nickname: Falcons
School colors: Black/Silver/Teal

Section – 1 Activity Program Philosophy

It is the philosophy of ACGC School District #2396 those activities are considered an integral part of a program of education providing experiences that will help students grow physically, mentally, emotionally, and socially.

The belief that a student's educational experiences should include participation in activities, both as a participant and as a student spectator, is an integral part of the philosophy of the activities program. These experiences should contribute to the student's knowledge, skill, emotional and social growth, thereby making the student a better person and citizen. Participation in the Activities Department is a privilege that carries with it responsibilities to the school, team, cast, student body, community, and the students. In their participation and in their conduct, students represent all these groups.

Sportsmanship Program

Good sportsmanship is an important part of the success we strive for at ACGC in the stands and on the playing field. Good sportsmanship is the responsibility of the players, coaches, staff, cheerleaders, students, spectators, officials, and the media.

The following rules will be adhered to during events hosted (this list is not intended to be all inclusive).

1. No throwing of objects onto the playing surface.
2. No profane or abusive cheers, gestures, spitting, or chanting by individuals or groups.
3. Fighting of any kind on contest premises is prohibited.
4. Use of drugs or alcohol is prohibited.

ACGC provides the following for coaches, spectators, and players.

1. Code of Conduct for coaches – MSHSL site, coaches' clipboard, CER.
2. Participants are educated on the expectations of their coaches and the role they play in being a good sport.

The effectiveness of the sportsmanship program is measured through the school Administration's observations and from the coaches. We also encourage spectators to report both positive and negative situations to the events supervisor.

Section – 2 Student-Athlete/Participant Responsibilities

It is a privilege to participate in extra-curricular activities, therefore, all students attending ACGC Schools must do the following in-order to be eligible to compete in extra-curricular activities.

1. Read and sign the MSHSL Athletic Eligibility Statement.
2. Pay activity fees.
3. Maintain academic eligibility.
4. Maintain a positive attendance record in all classes.
5. Refrain from negative comments or gestures towards officials, coaches, fans, or opposing teams.

6. Present a positive image of yourself, your team, your school, and your community always.
7. Refrain from using alcohol or tobacco products and all other illegal substances.
8. Attend all mandatory meetings, practices, and functions as prescribed by your coaches/directors.

Equipment

The exact uniform and equipment issued to a participant at the beginning of a season must be returned to the coaching staff at the end of the season. Items that are not returned within **one week** of the end of the season or the date that a participant drops or quits, whichever is earlier will be charged to the participant. **No student may compete in the following season unless previous obligations have been satisfied.**

Uniform/equipment policy

All athletes have to turn in all equipment and uniforms no later than one week after the last event. The athletes are responsible for the care of all equipment and uniforms. An invoice will be sent to parents if any of the items are returned late or damaged.

Section –3 Parental Responsibilities

For your child to participate in extra-curricular activities at ACGC, you, the parent/guardian, must read and sign the attached MSHSL Eligibility Statement. It must be filed yearly, with the Activities Director.

1. Assure that your student maintains his/her eligibility.
2. Assure that your student attends school on a regular basis.
3. Assure that your student refrains from using illegal substances, as prescribed by law.
4. Refrain from any negative comments or gestures towards officials, coaches, fans, or opposing teams.
5. Grievances that may arise should follow the chain of order: Athlete to coach, parent to coach, parent to Athletic Director.
6. Respect all decisions of the staff, coaches, and officials.
7. Refrain from talking to the coaching staff about issues before, during, or right after the event.

Section – 4 Directors/Coaches Responsibilities

The greatest responsibility is to keep the student's mental, emotional, and physical welfare as his/her top priority. The coach also has the following responsibilities.

1. Monitoring academic and eligibility status.
2. Motivating the student through positive constructive comments and actions.
3. Keep lines of communication open with participants and parents.
4. Enforce all team, school, and MSHSL rules.
5. Uphold professional responsibilities.
6. Promote their teams through local and state news media.

Section – 5 Attendance Policy

1. A student must be in attendance for at least ½ of the day in-order to participate in a practice, performance, or game. This means periods 1-4, periods 4-7 or periods 2-5. The student must have a legitimate excuse. Exceptions to this policy for students with disabilities will be determined by 504, Special Education teams or Administration.
2. Due to an emergency at home, medical, or school activity, a student may be allowed to participate in a practice or contest upon approval from administration.
3. For the detailed attendance policy refer to the Student Handbook.

Section – 6 Lettering Procedures

Band

- One superior rating at MSHSL Solo/Small Ensemble Contest performing a solo on primary instrument **AND** One Superior rating at MSHSL Solo/Small Ensemble Contest performing a solo or in a small ensemble. **OR** Awarded **Best in Site** at MSHSL Solo/Small Ensemble Contest. Each subsequent Superior rating at MSHSL Solo/Small Ensemble Contest will be given a pin.

Baseball/Softball

- Must participate in one-fourth of the total innings in a season or appear in at least one-half of the games.

Basketball

- Must participate in one-fourth of total quarters played or appear in at least one-half of the games.

Choir

- Lettering in choir for students in grades 9-12 will be determined by participation in Solo/Ensemble contest or other singing performances. To earn a letter in choir, you must earn a total of five performance points. (See below for point values.) Although only students in grades 10-12 will be eligible for lettering, 9th graders participating in Solo/Ensemble contest with Excellent or Superior rating will have those performances count towards their total. Public performances outside of class will also be considered, such as: Participation in community or church choir, festival choir experiences, solos in musicals, anthem at sporting events, etc. Performers must furnish a recording for final approval from Ms. Hanson. Each point beyond 5 will be awarded with a bar, with no more than 3 bars awarded total.
3 points = Superior Rating at Solo/Ensemble Contest
2 points = Excellent Rating at Solo/Ensemble Contest
1 point = Solo or small group performance outside of class (With approval from Ms. Hanson)

Football

- Must participate in at least one-fourth of all varsity quarters played during the season.

Golf

- Must participate in at least four varsity meets during the season, or participate in either the conference, sectional or state meets.

One Act

- Participants will need to attend all practices and performances, with only one unexcused absence from practices. They also must meet all ACGC and MSHSL requirements for eligibility.

Speech

- Participants will need to compete in at least three years of invitationals and sub-sections **OR** place in four invitational meets **OR** place at sub-sections, sections, or state. They also must meet all ACGC and MSHSL requirements for eligibility.

.

Track and Field

- Must compete in a minimum of 6 varsity meets during the season or compete in the conference and section meets. Volleyball –
- Must participate in at least one-half of all matches played during the season.

Wrestling

- Must wrestle in at least six varsity matches or be a wrestling member of the sectional tournament team.

You must complete the entire season of the activity to be eligible for a letter.

(In case of injury claims, the participant's letter eligibility will be reviewed.)

Coaches/directors and the Athletic Director determine all other participant letters.

Section – 7 MSHSL Rules and Regulations

To participate in extra-curricular activities at ACGC all student-participants and parents/guardians must sign the attached MSHSL Athletic Eligibility Statement. A valid physical examination must also be on file with the Athletic Director.

Section – 8 Punishment for Infractions

All MSHSL rules and punishments will be enforced.

Section – 9 Academic Eligibility

See Student Handbook

Section – 10 Transportation To and From an Away Game

Students are NOT allowed to drive themselves to any school sponsored activity on which they are participating. It is the philosophy of the ACGC Activities Department that all student athletes should ride home from the games with the team. Many times, the bus ride home is where dedicated team building relationships start to

form. We understand there might be times when riding home with a parent is a necessity. Due to liability concerns, no one other than your child can ride with you unless prior written notice has been given to the Activities Director for approval. Also, under no circumstances can a student ride home from any away event with another student.

Section – 11 Activities Participation Prerequisite Information

ACGC School District has a long tradition of successful activities programs. We are proud to offer a variety of activities through our activities programs. These activities help provide opportunities for our students to learn important life skills, including teamwork, discipline, dedication, and time management. Participation in extracurricular activities carries added expectations and responsibilities. Each activity has a basic set of prerequisite skills. Students are free to pursue participation in any of our extracurricular activities if they meet the basic eligibility requirements and possess the skills needed for a safe and successful experience. In the pages that follow, the individual coaches/directors have indicated their thoughts on the social, physical, and cognitive skills that students must possess for a successful experience.

Overall Requirements:

In addition to the prerequisite skills identified below for each individual activity, all students participating in extracurricular activities must abide by the following requirements.

1. Participants in team sports and activities governed by Minnesota High School League are required to meet the prerequisite and conduct standards established by the League and set forth in the Minnesota State High School League Rules.
2. To participate in any extracurricular activity established by the School District, a student must possess the ability to follow the rules established by the coach, the team, the game, and the supervisor for that game/activity.
3. Moreover, while accommodations for disabled students will be made, when appropriate, to enable disabled students to participate in extracurricular activities, however, the provisions of such accommodations are limited by the rules and regulations of the Minnesota High School League; and cannot change the basic nature of the activity.
4. To participate in the district's extracurricular activities, all students must possess an understanding of what behaviors are acceptable and unacceptable in the individual activity or team sport and be able to conduct themselves in a manner which ensures a spirit of good sportsmanship and the safety of the participants and spectators.
5. Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, always, adhere to the School District's Code of Student Conduct and the rules of the Minnesota High School League.

Individual Requirements for each Activity/Program:

Softball

1. Participants in this activity must attend the first two weeks of practice at which they demonstrate the skills or capacity to develop the physical ability and eye hand coordination to run, catch, hit, and throw a softball in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the sport of softball, including an understanding of the rules, how to apply them, and how each position is played. In addition, participants must be able to have physical contact with other students.
3. Participants must be able to and agree to follow the instructions of coaches, team captains, and umpires.
4. Participants in this activity must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to learn, memorize, and perform assigned maneuvers.

Golf

1. Participants in this activity must attend the first two weeks of practice at which they demonstrate that they either possess or have the capacity to develop the physical ability and eye hand coordination necessary to swing a golf club, hit a golf ball, hold a golf ball, and golf clubs in a manner satisfactory to coaching staff.
2. Participants must be able to demonstrate: an understanding of the rules of golf; the ability to comply with the etiquette requirements of the game; the ability to maintain the speed of play and interact cooperatively within a foursome of golfers from his/her own school and/or from other schools.
3. Participants must be able to follow the directions of coaching staff and team captains.
4. Participants must be able to attend all mandatory practices and tournaments.
5. Participants must be able to play and walk an 18-hole golf round while carrying golf clubs.

Wrestling

1. Participants in this activity must have a basic understanding of how to wrestle, including an understanding of the rules governing the sport of wrestling and how to apply them.
2. Participants must have the ability to learn, memorize, and perform assigned maneuvers.

3. Participants in this activity must attend the first two weeks of practice at which they demonstrate that they either possess or have the capacity to develop the physical ability to:
 - a. Demonstrate a full range of motion in all joints.
 - b. Engage in and subjected to close physical contact with another student, specifically including physical holds.
 - c. Be pinned, tackled, or pushed to the ground.
 - d. Be exposed to another's bodily fluids
 - e. Maintain balance, endurance, and mental focus in a manner satisfactory to coaching staff.
4. Participants must be able to follow the directions of coaching staff, referees, and team captains.
5. Participants must attend all mandatory practices and engage in physical training in preparation for scheduled scrimmages and matches.

Track and Field

1. Participants in this activity must attend the first two weeks of practice at which they demonstrate that they either possess or have the capacity to develop the physical ability and skills to run, jump, throw, and/or perform other track and field activities in which they wish to participate in a manner deemed satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the event in which he/she wishes to participate, including an understanding of the rules of the sport and how to apply them.
3. Participants must demonstrate the ability to function independently, move, and handle sporting equipment in a manner consistent with the requirements of the event in which they wish to participate.
4. Participants must be able to follow the directions of coaching staff and team captains.
5. Participants must be able to attend all mandatory practices and scheduled scrimmages or meets to prepare for scrimmages and meets.

Basketball

1. Participants in this activity must attend the first two weeks of practice at which they demonstrate the physical strength, ability and/or skills or the capacity to develop the strength, physical ability, and skills to run quickly while holding or dribbling a ball, jump; aim, handle a basketball; and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of basketball and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.

4. Participants must be able and willing to attend practices and engage in physical training to prepare for games.
5. Participants must attend all mandatory practices, scrimmages, and scheduled games.
6. Participants must be able to work cooperatively with their teammates, learn, memorize, and perform assigned maneuvers.

Volleyball

1. Participants must attend the first two weeks of practice to demonstrate the physical strength, skills and ability or the capacity to develop the strength, physical ability, and skills to move quickly while holding a volleyball, serve, swing, jump; aim, hit and/or serve a volleyball and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules and strategies of the game of volleyball and possess the ability to apply those rules to the game.
3. Participants must understand the importance of communication on the court.
4. Participants must be able to follow the directions of coaching staff, referees, and team captains.
5. Participants must be able and willing to attend practices and engage in physical training to prepare for games.
6. Participants must attend all mandatory practices, scrimmages, and scheduled games.
7. Participants must be able to work cooperatively with their teammates, learn, memorize, and perform team strategies, like rotations during a game.

Football

1. Participants in this activity must attend the first two weeks of practice at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability and skills necessary to play the game of football. This includes, but is not limited to, the ability to run for long distances while carrying a football and wearing safety equipment; the ability to block other players and withstand blocks from other players; the ability and skills necessary to protect himself and his teammates; and the ability to maintain focus in stressful situations in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the game of football, an understanding of the rules applicable to the game and the ability to apply those rules during a game. In addition, the athlete must understand the concepts of the game, from offense to defense to special teams.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains and to accept constructive criticism.

4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to work cooperatively with their teammates; follow strategies and learn, memorize, and perform assigned maneuvers.

Speech

1. Participants must be able to communicate orally, either in spoken work or through artificial mechanisms.
2. Participants must be able to write, read, and comprehend information to which they are expected to respond in practices and competitions.
3. Participants must be able to respond to oral and written information received in a strategic and analytical way.
4. Participants must be able to memorize and recite assigned materials and to select criteria to perform based on their understanding of performance expectations in each category.
5. Participants must be able to communicate with coaches, teammates, judges, adversaries, and teammates. They must be able to receive and apply constructive criticism to their performance.
6. Participants must be able to attend all mandatory practices and scheduled events.

Baseball

1. Participants in this activity must attend the first two weeks of practice at which they demonstrate the skills or capacity to develop the physical ability and eye hand coordination to run, catch, hit, move, and handle and throw a baseball in a manner deemed satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the sport of baseball, including an understanding of the rules, how to apply them, and how each position is played. In addition, participants must be able to have physical contact with other students.
3. Participants must be able to and agree to follow the instructions of coaches, team captains, and umpires.
4. Participants in this activity must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.

6. Participants must be able to learn, memorize, and perform assigned maneuvers.
7. Participants must understand and practice good sportsmanship and respect their opponents and the game.

Theatre (Musical/One Act)

1. Participants in this activity must attend an audition where they demonstrate their abilities and skills or their capacity to develop the abilities and skills to follow directions, memorize and recite assigned lines, act, and interact appropriately with their coaches and/or supervisory staff.
2. Participants must be willing and able to follow direction from the coach/director, choreographer, and/or other supervisors.
3. Participants must be able to attend all mandatory practices and scheduled performances.

Music

1. Participants must attend an audition at which they demonstrate an ability or capacity to develop the ability to read music, play an instrument of choice or vocalize music of choice in a manner deemed satisfactory to the director. In addition, participants must demonstrate an ability to play/perform additional music selected by the director.
2. Participants must be able to play or sing appropriately and at the right time with others playing or singing in the group. They must be able to memorize and play assigned music.
3. Participants must be willing and able to follow direction from the director.
4. Participants must be able to attend all mandatory practices and scheduled performances.



2022-2023

MSHSL Eligibility Brochure are found on the school
website: www.acgcfalcons.org