



The International School
of Minnesota

Member of the SABIS® School Network

The International School of Minnesota

Athletic Handbook





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Welcome to the Husky family of athletics! We are proud to provide our students with many opportunities to expand their lifelong learning beyond the classroom through athletics. It is our sincere hope that each student will develop the skills necessary to become a successful, ethical, moral and holistically healthy adult.

Statistical studies clearly show that students who are involved in activities are more successful in school than those who are not. These studies have been tracked by the Minnesota State High School League (MSHSL) for many years and the trends have not changed.

The purpose of the ISM Athletic Handbook is to help you navigate and answer potential questions that may arise around the activity you have decided to participate in. Additionally, you will find much information about the many opportunities in our co-curricular programs.

Best of luck with your season and make it one to remember and one our school can be proud of!

GO HUSKIES!!!

Ms. Christi Seiple-Cole
Director

Mr. Turner Neal
Athletic Director

Mission Statement

The mission of The International School of Minnesota athletics is to provide a top quality athletic experience to our diverse student body. Our program will prepare students for lifelong success by building the skills necessary for an ethical, moral and healthy character.

Beliefs

We believe that...

- Participation in school athletic programs is a privilege and not a right.
- Sportsmanship needs to have a constant presence in all school-based athletic programs.
- Ethical behavior, dignity and respect are expected and non-negotiable.
- Collaborative relationships with parents enhance The School's opportunity to positively impact student success.
- Academic priorities must come before participation in athletic activities.
- Positive role models and an active involvement in a student's life by parents and others are critical to student success.
- High school athletic programs are designed for student participants, and adults must serve in a supportive role.
- The success of the team is more important than individual honors.
- Compliance with school, community and Minnesota State High School League (MSHSL) rules is essential for all activity participants.
- Participation in school-sponsored athletics must be inclusive, not exclusive.
- Ethical behavior, fairness, and embracing diversity best serve students and school communities.

Introduction to the Program

The International School of Minnesota (ISM) provides extracurricular athletic opportunities for its students. Athletics for students in grades 7-12 follow the guidelines set forth by the Minnesota State High School League (MSHSL). Through our cooperative agreement with Eagle Ridge Academy (ERA), ISM is able to offer various athletic teams at various levels of competition. The program is supported by the administration of ISM and its success is ensured by the cooperation and dedication of students, coaches, and parents from both ERA and ISM.

Statement of Beliefs on Multiple Activity Participants

Participation in multiple extra-curricular activities can contribute to a more complete and well-rounded education of the whole student. Students who choose to participate in multiple activities should expect to make some additional sacrifices that students in only one activity may not have to make. Students should not use participation in one activity as an excuse to perform inadequately in another activity.

Coaches, directors, and advisors should avoid penalizing students who participate conscientiously in multiple activities. Coaches, directors, advisors, and parents should help students make responsible time management and planning decisions, especially with regard to curricular work. From the onset, a student should inform the applicable coaches, directors, advisors of the student's participation in multiple activities and any known or potential conflicts or issues which may arise by virtue of participating in the multiple activities. Coaches, directors, and advisors should communicate with each other and agree upon a plan proactively to reduce the conflicts, issues and inevitable stress and strain, both physically and otherwise, on students who choose to participate in multiple activities. One of the coaches, directors, or advisors should inform the student of the agreed upon plan to reduce the conflicts, issues, stress and strain from participating in the multiple activities.

Students should advise their parents about the agreed upon plan to manage the multiple activities and continue to inform their parents of any conflicts or issues which may arise in the implementation of the plan.

As a general rule, contests and performances should take priority over practices and rehearsals. Reasonable exceptions may be made through communication between coaches, directors and advisors, depending on a student's role and importance to other students involved in an activity.

1) Participation in Athletics---Sportsmanship

- a) The International School of Minnesota has established a comprehensive program of student athletic activities. Student participation in a variety of activities should be encouraged. Each participant on an athletic team must accept the responsibility of representing The International School of Minnesota in the best possible way personally, academically, and in a good sportsmanlike manner. Each student is given an opportunity, if eligible, to participate on any team or squad. Continued participation depends upon academic success and the coach's or advisor's perception of the individual's cooperative attitude toward the rules and regulations governing participation. Frequent displays of an uncooperative attitude, including unexcused absences from classes, practices, meets and contests, or displays of unsportsmanlike conduct may result in removal from the team. All rules and regulations of the Minnesota State High School League concerning academic eligibility, prohibitive use of drugs and tobacco are followed and enforced.

2) Guidelines for Sportsmanship

a) Coaches

- i) Follow the rules of the sport during the progress of the contest.
- ii) Accept the decisions of contest officials.
- iii) Avoid offensive gestures or language.
- iv) Display modesty in victory and graciousness in defeat.
- v) Teach sportsmanship and reward/acknowledge players that display good sportsmanship.
- vi) Provide instruction, training and motivation without putdowns and/or the use of abusive language.
- vii) Educate and sensitize themselves to cultural differences, gender equity and disability issues.

b) Student Athletes

- i) Show respect at all times for coaches, opponents and game officials.
- ii) Accept the decisions of contest officials.
- iii) Avoid offensive gestures or language.
- iv) Display modesty in victory and graciousness in defeat.
- v) Follow the rules of the game.
- vi) Show respect for property and equipment.

c) Spectators

- i) Avoid criticism of game officials and sideline coaching which may sidetrack the athletes from their performance.
- ii) Stay off the playing area.
- iii) Show respect for property and equipment.

3) Guidelines for Student Athletics

- a) We encourage our parents, participants and advisors/coaches to recognize that student activities require a spirit of cooperation and mutual understanding as well as an appreciation for the experience offered. For these programs the following guidelines have been developed:

4) Guidelines for Students

- a) Be aware of the time demands and commitments of the activity and accept the responsibility for being prompt and in regular attendance at practices and games.
- b) Academics and family take priority over athletics.
- c) Demonstrate a sincere interest and consistent effort to improve skills commensurate with ability.
- d) Demonstrate an attitude of cooperation and concern for the total group or team.
- e) Take proper care of and have respect for equipment used in the activity.
- f) Become familiar with MSHSL and The International School of Minnesota school rules and regulations governing behavior of athletes and be willing to support and obey such rules, including total abstinence from the use of illegal substances.
- g) Be aware that absence from practices or games, whether school is in session or not, may result in less playing time.
- h) Be aware that playing time is a reward. Coaches strive for maximum participation. Solely the coach determines playing time. Many factors are used to determine playing time, e.g., hard work, dedication, talent, opponents' strengths, teamwork, and sportsmanship. The Athletic Director may regulate squad size. It is important to recognize one's ability and work to improve.

5) Guidelines for Parents

- a) Support your student as a member of a team.
- b) Model positive behavior that you would like your student to exhibit.
- c) Sportsmanship is contagious, so model it.
- d) Address athletes, coaches, administrators, officials and other fans appropriately.
- e) Playing time is a reward based on a number of factors. Playing time is not guaranteed.

6) Guidelines for Coaches

- a) Understand that success is not measured in wins or losses, rather by the growth of life skills in the student.
- b) Academics and family take priority over athletics.
- c) Model positive behavior that you would like your athletes to exhibit.
- d) Utilize constructive criticism; always give an attainable, tangible outcome to a desired behavior.

7) Student Participation and Eligibility Requirements

- a) In order to participate in athletic activities the student must:
 - i) Have on file in the health office a physical examination form signed by a physician within the last three years. Additionally, students and parents must fill out the yearly update and have it on file in the health office.
 - ii) Yearly read and sign the MSHSL Athletic Eligibility Brochure. The signature page is kept on file in the Athletic Director's Office.
 - iii) STUDENTS MAY NOT PRACTICE OR PLAY UNLESS THESE TWO ITEMS ARE TURNED IN!!!**
 - iv) Transfer students and international students should meet with the Athletic Director to determine eligibility status.

8) Student Attendance Policies

- a) In order to participate in athletic practice or contest during a school day or during the evening of the school day, the student must be in attendance half of the school day. Exceptions to this policy will be:
 - i) Previous school permission to miss school through an administratively approved absence.
 - ii) Other exceptions to this policy shall be considered only upon the advice and consent of the Director, SMC, and Athletic Director.
 - iii) NOTE: For full or half-day truancy or chronic lateness, there will be no participation in the next contest.

9) Athletic Attendance Policy

- a) The International School of Minnesota and its employees will not be responsible for any student not attending athletic practice at the appropriate time and place.
- b) Practices start promptly at a time determined by the coach. All players are expected to be at practice and ready to go.
- c) Attendance at practice and games is mandatory. All players who commit to a team are expected to be at practice daily.
 - i) In order to be excused from a practice or a game, it must be a legitimate absence, e.g., academic obligation, illness from school, family obligation, doctor's appointment made before the season began.
 - ii) Whenever possible it is the responsibility of the student to contact the coach if he/she will miss any part of practice before the absence.

10) Use of Equipment

- a) All uniforms, equipment, and supplies are the property of The International School of Minnesota and are to be checked out and in with the coach according to a schedule established by the coaching staff.
- b) All uniforms/equipment are to be returned to The International School of Minnesota at the completion of the season. Uniforms or equipment not turned in within 10 days of the completion of a season or 5 days upon withdrawal or dismissal from a team will be billed to the student account.
- c) Game and practice uniforms are to be worn for those purposes only and should not be worn for physical education uniform or for casual.
- d) No one will be allowed to commence practice in a sport until he/she is cleared by the coach of his/her previous sport.

11) Athletic Participation Fee Information

- a) There will be fees for all athletic participation. Fees may change from year to year and will be announced at the beginning of the school year.
- b) Student accounts will be billed after the second week of practice. The fee is **not** given to a coach, Athletic Director or other school personnel.
- c) For athletic activities with cooperative agreements, ISM will invoice the cooperating school on a per participant basis. It is the cooperating school's responsibility to then collect the fees from their students.
- d) Refund Policies:
 - i) A charge of \$75.00 will be billed to the student's account if the student opts to withdraw from an activity before the first practice, but after the registration deadline. The remaining amount of the registration fee will be credited back to the account.
 - ii) No refund will be given to students who quit the team after the official start of the season.
 - iii) A refund may be given to those students who terminate participation in an activity due to injury, or illness. Please contact the Athletic Director for more information regarding these circumstances.
 - iv) A full refund will be given to those students who do not make a team due to a tryout process, or due to a full roster.
 - v) No refunds will be given without verification in writing by the Athletic Director.
 - vi) Any refunds of participation fees must be requested through the Athletic Director by the participant within 2 weeks of the student's last practice or contest.
 - vii) Students that are dismissed from participation due to disciplinary issues will not receive refunds.

12) Athletic Scholastic Eligibility Requirements

- a) Article I, Section 10, of the Minnesota State High School League bylaws states that in order to maintain scholastic eligibility a student is to be making satisfactory progress as defined by The International School of Minnesota administration and staff. In activities with cooperative agreements, the scholastics eligibility is defined by the student's home school.
- b) Eligible Status (page 76 of the ISM Student Handbook) Students must be making satisfactory progress towards meeting the school's requirements for graduation.
 - i) All students participating in Minnesota State High School League (MSHSL) activities are governed by MSHSL rules and regulations.
 - ii) Students who receive a failing grade at any point must write and follow an academic plan set in conjunction with the Student Management Coordinator (SMC), the US Academic Quality Controller (AQC), and parents, to include tutor sessions, which will allow them to spend the proper amount of time studying to ensure academic success.
 - iii) As long as sufficient effort and progress, as determined by The School, is being realized, the student may participate in extracurricular athletics.
 - iv) If a student should fail a course in two consecutive terms, the student will not be allowed to participate in extracurricular athletics. The SMC and the AQC

will work with the student and family to determine an appropriate course of action.

- v) By definition extracurricular athletics includes all school sponsored events and athletics, fee based or otherwise.

13) Additionally, weekly status reports will be given to the Athletic Director by the SMC and AQC. Those students in poor academic standing or with excessive behavioral issues will be held out of practice and competition the following week. There is no appeal.

14) Special Education Students

- a) For special education students the Individualized Education Plan (IEP) will determine eligibility of the student.

15) Transfer Students

- a) Prior to participation a transcript and transfer eligibility form must be on file in the Athletic Office. It is the student athlete's responsibility to complete and turn in the forms. Please see the Athletic Director if you are a transfer student.

16) International Students

- a) Prior to participation a transcript and transfer eligibility form must be on file in the Athletic Office. It is the student athlete's responsibility to complete and turn in the forms. Please see the Athletic Director if you are an international student.

17) Monitoring Process

- a) The SMC and AQC will be jointly responsible to monitor student eligibility. Upon determination of scholastic ineligibility a notification letter will be sent to the parents/guardians of the student and a plan for reinstatement of eligibility provided.

18) Participation Eligibility Requirements

- a) The International School of Minnesota will follow all MSHSL bylaws in regard to athletic eligibility. Student eligibility is defined in the MSHSL handbook in bylaws 100.00 and 200.00. These policies include, but are not limited to age, attendance, credit requirements, enrollment, grade level eligibility, graduates, physical examinations, scholastic eligibility, seasons of participation, semesters enrolled, transfer and residence, amateur status, assault, camps and clinics, awards, chemical eligibility, good standing,
- b) National/Olympic programs, non-school competition and training, and harassment/violence/hazing. Athletes and parents should pay particular attention to the following policies:
- c) Student athletes who violate school policy or otherwise engage in conduct detrimental to the team, school, or community shall be disciplined in an appropriate manner including possible suspension from the team.
- d) Student athletes who violate the MSHSL and/or The International School of Minnesota guidelines regarding any bylaws or policies and penalties shall be disciplined in accordance with those guidelines regarding loss of participation.
- e) The International School of Minnesota follows the guidelines set by the Minnesota State High School League as stated in the information bulletin under "Mood Altering Chemicals," Section 20. The International School of Minnesota reserves the right to enforce stiffer penalties than the MSHSL. The student athlete will meet with the Athletic Director, SMC and the Director before continued participation is allowed.

- f) Contact the Athletic Director if you have any questions regarding eligibility requirements.

19) Chemical Violations and Penalties

- a) The International School of Minnesota will follow all MSHSL bylaws in regard to chemical violations and penalties. These policies are defined in the MSHSL handbook in bylaw 200.00 and also section 20 of the Athletic Eligibility Brochure. The International School of Minnesota may enforce stiffer penalties than those listed below. Athletes and parents should be particularly aware of the following minimum violation penalty guidelines:

20) Mood Altering Chemicals

- a) Bylaw
 - i) 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.
 - ii) The bylaw applies continuously from the first signing of the Student Eligibility Brochure.
 - iii) 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 his/her doctor.
- b) Penalty:
 - i) First Violation: After confirmation of the first violation, the 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. No exception is permitted for a student who becomes a participant in a treatment program.
 - ii) Second Violation: 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. No exception is permitted for a student who becomes a participant in a treatment program.
 - iii) Third and Subsequent Violations: After confirmation 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. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on his/her 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.
 - iv) Consecutive Penalties: Penalties shall be consecutive beginning with the student's first participation in a League activity and continuing through the student's high school career.
 - v) Denial Disqualification: A student shall be disqualified from all interscholastic athletics 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.

- (a) Contact the Athletic Director if you have any questions regarding chemical violations and penalties.

21) Captains

- a) Any harassment, *hazing, (as defined in the General Rules of the MSHSL) or chemical violation (as adopted by The International School of Minnesota) after a student is named captain of a team or named to a position of official leadership within an extra-curricular activity, will result in the loss of leadership position for the season, or for the first season for which the student has been selected as a leader. A student with two violations will not be eligible for any extra-curricular leadership position for the duration of the high school career. An athlete shall be suspended from a position of official leadership upon confirmation that he/she has been formally charged with a criminal offense. Criminal offense includes misdemeanor and felony offenses as defined under Minnesota State Law. The suspension shall be in effect until there is confirmation of the resolution of the charge against the captain.
- b) *Hazing activities of any type are prohibited at all times. This policy applies to behavior that occurs on or off school property, during or after regular school hours, and applies to the weekends and during the summer months. Hazing, by its very nature, often occurs off school grounds, after school hours, on non-school days, and during summer months. Students are advised that hazing is prohibited whenever and wherever it occurs.

22) Athletic Offerings

The following Athletic programs are generally offered on a seasonal basis. Fees apply to each activity. Not all athletics are sponsored by the MSHSL. Students are encouraged to participate in more than one activity per year. However, students may not participate in more than four athletic teams in one school year.

23) Fall

- a) Boys Soccer
- b) Girls Soccer
- c) Volleyball
- d) Running Club

24) Winter

- a) Boys Basketball
- b) Girls Basketball
- c) Nordic Ski Club

25) Spring

- a) Boys Track and Field
- b) Girls Track and Field
- c) Sailing
- d) Rowing
- e) Tennis

- f) Golf
- g) Badminton

26) Guidelines for Athletics by Grade Level

- a) Lower School – Grades 2-5
 - i) The goal of Lower School athletics is to provide participation opportunity for all students.
 - ii) Coaches will ensure that all participants are afforded playing time, but not necessarily equal time, provided that the student has been a faithful participant in practice.

- b) Middle School – Grades 6-8
 - i) The goal of Middle School athletics is to provide participation opportunities for all students.
 - ii) Coaches will ensure that all participants are afforded playing time, but not necessarily equal time, provided that the student has been a faithful participant in practice.
 - iii) Middle School athletes may participate on varsity teams.
 - iv) Middle School athletes may be dismissed for early contests on a limited basis.

- c) High School – Grades 9-12
 - i) All students will be afforded the opportunity to participate in interscholastic athletics.
 - ii) Playing time is a reward. The coach determines playing time in interscholastic contests. Coaches consider many factors, e.g., hard work, dedication, talent, opponents' strengths, teamwork and spirit, and sportsmanship.
 - iii) Athletes may be excused from class for conference, section, and state championship events.
 - iv) All interscholastic athletics will be conducted in accordance with MSHSL rules and regulations. A copy of the rules and regulations is on file in the athletic office. The International School of Minnesota requires additional rules and regulations related to school behavior, academic performance and chemical/alcohol use.
 - v) When squads return late during the week, the student is expected in school the next morning for first period class.
 - vi) When a team participates in MSHSL championship play, all members of the team will be excused from school.