



Introduction:

The International School of Minnesota seeks to provide a competitive, educational, and fun atmosphere for all student participants. We believe in an intelligent and scientific approach to athletic training and therefore use proven developmental models as a foundation for our programming. We believe that developing a passion for the activity is the first step to success in any field. Passionate children will put forth that extra effort outside of practice and become that special player or participant, while also becoming more likely to stay active into adulthood. We also encourage students to be multi-sport athletes. Studies have shown that well-rounded, multi-sport athletes have the highest potential to achieve the goal of lifelong fitness and enjoyment of physical activity while avoiding some of the pitfalls of overuse, over-training, and burnout.

Policy Highlights:

- Academics take priority over athletics.
- Students may not practice or compete until cleared by the Athletic Director.
- Transportation is provided for High School teams who have competitions on school days. Transportation is not provided during weekends, or for our teams designed for 8th grade and younger.
- A late withdrawal fee of \$75.00 will be applied if a participant is withdrawn after the registration deadline, but before the start of the season. A refund will only be issued in exceptional circumstances after the first practice has taken place.
- In some activities, families may be asked to purchase additional equipment/memberships for their son or daughter. These items are more personal items such as socks, shin pads, mouth guards, etc.
- ISM believes in providing equal opportunities for participation based on gender. A co-ed team will be created and placed in the boys division if there are only enough participants for one team. This policy follows state and federal mandates.

Student Development:

- **Jr Cub / Cub – Grades 1-6**
 - The purpose of our Cub programs is to primarily develop technical skills, and a love for the game. Team tactics in their simplest form will be provided, but personal and team development trumps competition results. Participants who attend practices faithfully will receive approximately equal playing time.
 - Jr Cub is used to describe students in grades 1-3.
 - Depending on team needs, students in grades 6 can play up or down.
- **Middle School – Grades 6-8**
 - The purpose of our Middle School programs is to build on the foundation laid at the Cub level, and to expand in the areas of tactical thinking, and fitness. Students in grades 7 and 8 may be given the opportunity to compete in High School level athletics. Playing time will be distributed to all participants who attend practices faithfully. However, not all players will receive the same amount of time.

- **High School – Grades 9-12**
 - The purpose of our High School program is be a culmination of our program. Although we encourage students to try out for new activities, most participants will have prior experience. Focuses on developing self-motivation, discipline, leadership, fair play, and teamwork is added to technical, tactical, and physical training. Playing time at the High School level is not a guarantee is decided by the coach based on ability, athleticism, attendance, and attitude.
- **Club Activities – Grades 1-12**
 - The purpose of Club activities is to provide less competitive programs which promote fun, and participation. These activities do not compete against outside organizations and are also instructional in nature. Intrasquad competition does occur.

CUB SOCCER (4TH-6TH GRADES)

Start and Approximate End Dates
August 28, 2018 – October 18, 2018

League/Organization
SSYO, ssyomn.com

Practice Schedule
Tuesdays and Thursdays from 3:45-5:00

Competition Schedule
Generally one game per week on Saturday mornings. Reschedules can occur on weekdays.

Additional Equipment/Costs
Participants shall provide their own cleats, NOCSAE approved shin pads, and team socks.



MIDDLE SCHOOL SOCCER (6TH-8TH GRADES)

Start and Approximate End Dates
August 27, 2018 – October 29, 2018

League/Organization
SSYO, ssyomn.com

Practice Schedule
Monday, Wednesday, and Friday from 4:00-5:30PM

Competition Schedule
Generally one or two games per week. Games can occur on weekdays and Saturdays.

Additional Equipment/Costs
Participants shall provide their own cleats, NOCSAE approved shin pads, and team socks.



HIGH SCHOOL SOCCER (7TH-12TH)

Start and Approximate End Dates
August 13, 2018 – October 19, 2018

League/Organization
MSHSL, mshsl.org; TCAC, twincitiesac.org

Practice Schedule
Monday through Friday from 4:30-6:30PM



Competition Schedule

Generally two or three games per week. Games can occur on weekdays and Saturdays.

Additional Equipment/Costs

Participants shall provide their own cleats, NOCSAE approved shin pads, and team socks.

VOLLEYBALL (7TH-12TH)

Volleyball will be administered by Eagle Ridge Academy in 2018. ISM students must organize their own transportation to Eagle Ridge Academy for practice.

Start and Approximate End Dates

August 13, 2018 – October 25, 2018

League/Organization

MSHSL, mshsl.org; TCAC, twincitiesac.org

Practice Schedule

Monday through Friday from 4:30-6:00 at Eagle Ridge Academy

Competition Schedule

Generally one or two games per week. Games can occur on weekdays and Saturdays.



CROSS COUNTRY (7TH-12TH)

ISM and ERA will run independent cross country programs in 2018.

Start and End Dates

August 13, 2018 – October 25, 2018

League/Organization

MSHSL, mshsl.org; TCAC, twincitiesac.org

Practice Schedule

Monday, Wednesday, and Friday from 4:00-5:30

Competition Schedule

The number of meets will be determined by the number of participants.

Additional Equipment/Costs

Running shoes



MULTI-SPORT CLUB (1ST-3RD) – INSTRUCTIONAL ONLY

Start and End Dates

September 4 – October 11

Practice Schedule

Tuesday and Thursday from 3:30-4:30

