



2022-23

DRHS Activities Handbook

Required for participation

Every year—Category I

1. Turn in pages 18-26
2. Pay activity fee
Junior High \$60
Senior High \$100
(Family maximum \$375)

Every year—Category II (Fine Arts)

1. Turn in pages 18-26

Every 3 years

1. Turn in Sports Physical page 27

Pages 28-29 must be filled out by your physician and put on file at the clinic.

A Online rules presentation can be found on the ISD 317 website.

Deer River "Warriors" Activity Handbook 2022-23

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FORMS: (The following three forms must be completed by student and parent and returned to the high school office, with activity fee, <u>BEFORE</u> participating in an activity.)		
1.	MSHSL Eligibility Statement	23
2.	MSHSL Annual Sports Health Questionnaire Form	24
3.	Insurance and Injury Warning Form/ Extra-Curricular Handbook Verification and Acceptance Form	25 25



The following form is to be completed by the student, parent/guardian, and physician. Complete physical examinations are required every three years.

4. Sports Physical/Clearance Form

26-28

Deer River Extra-Curricular Philosophy

Extra-Curricular Philosophy of Deer River High School

The Grades 6/7/8 and C-squad Philosophy is to allow students to participate in as many activities as possible. No cuts are made at these levels. Coaches are expected to play all student athletes a balanced amount of time. We would hope that students who participate in our extra-curricular programs enjoy their experience regardless of their skill level. At these levels participation is our main objective, not winning or losing. We would hope that the student athlete learns social and athletic skills through the winning and losing process. Grades 6/7/8 and C-squad levels will strive for balanced playing time except for those who violate team rules.

The Varsity and JV Philosophy is to participate at a higher level that therefore requires a greater amount of dedication on the part of the students. At this level, it may be necessary to cut some students because of MSHSL restrictions put on official tournament squad sizes. Participating in extra-curricular activities is a privilege not a right. Although we believe that all students should have an opportunity to participate at the varsity level, winning will not be sacrificed so that everyone has a chance to play.

Building Blocks of the Deer River Philosophy

Participation - To promote activities at all levels and encourage students to participate in multiple activities.

Fundamentals - To develop the skills and habits needed to have successful programs and individual experiences.

Health & Safety - To maintain healthy and safe student athletes by developing year round life-long habits in the areas of nutrition, conditioning, and weight training.

Youth Programs - To work in partnership with community and league programs to develop student athletes K-12.

Communication - To maintain positive lines of communication between coaches, athletes, parents, and the community to build strong and successful programs.

Sportsmanship - The Deer River coaches, students, and fans will exhibit pride and respect towards opponents, officials, coaches, teammates, and facilities at all times.



I. DEER RIVER EXTRA-CURRICULAR PROGRAMS

The rules and regulations contained within this handbook apply to all students in Grades 6, 7, 8, 9, 10, 11, and 12 participating in school-sponsored activities:

A. CATEGORY I--Minnesota State High School League Activities:

1. Football
2. Volleyball
3. Cross Country Running * ^
4. Boys' Basketball
5. Girls' Basketball
6. Wrestling
7. Boys' Golf ^
8. Girls' Golf ^
9. Boys' Track* ^
10. Girls' Track* ^
11. Baseball
12. Cheerleading
13. Nordic Ski ^
14. Fastpitch Softball

* These activities are shared cooperatively with Northland-Remer.

^ These activities are available to 6th grade participation.

B. CATEGORY II-- Minnesota State High School League Fine Arts and Academic Activities:

1. Drama -- One-Act Play
2. Speech
3. Visual Arts **
4. Vocal Music **
5. Instrumental Music**
6. Robotics

C. Other School Sponsored Activities

1. School Play
2. FFA**
3. National Honor Society**
4. Student Council**
5. Academics**
6. Anishinaabe Drum Group**
7. Clay Trap Shooting

****Not assessed activity fee**

II. MINNESOTA STATE HIGH SCHOOL LEAGUE

- A. No student will be permitted to participate in activities (practice or event) sanctioned by the Minnesota State High School League before returning the following forms to the Deer River High School Athletic Director.
1. Completed and approved physical form (**pages 23-24**)
 - a. Physical examination
 1. Complete physical every 3 years
 - b. Does not apply to fine arts and academic competition.



OTHER FORMS NEED FOR PARTICIPATION

1. Completed MSHSL Annual Health Questionnaire form (**page 21**)
 - a. Must be completed by parent yearly
 - b. Does not apply to fine arts and academic competition.
2. Completed MSHSL Eligibility Statement (**page 20**)
 - a. Required yearly
 - b. Does not apply to fine arts and academic competition.
3. Insurance and Injury Warning form (**page 22**)
 - a. Required yearly
4. Completed Deer River Extra-Curricular Handbook Verification and Acceptance Form (**page 22**)
 - a. Required yearly
5. Weight limit slip completed by a physician
 - a. Required yearly for wrestlers only
6. Complete Concussions Management Form (**page 23**)

The Activities Director shall submit to each coach a list of those students who have completed the necessary forms and met requirements to begin participation. Coaches are not to permit any student to participate who has not been authorized to do so by the Activities Director. **There are to be no exceptions.**

III. DEER RIVER HIGH SCHOOL EXTRA-CURRICULAR RULES AND POLICIES.

All MSHSL Rules and policies apply to grades 6-12 at DRHS.

- A. Review of Extra-Curricular Rules
Each coach/advisor shall review the Minnesota State High School League rules and regulations that directly affect a student's participation and eligibility. The coach/advisor shall also review the Deer River High School Extra-Curricular Rules and Policies Handbook with all participants no later than the first day of practice or participation.
- B. Deer River High School Extra-Curricular Rules and Policies Verification and Acceptance Form
The Verification and Acceptance Form from page 22 of this handbook, when returned and signed by both the participant and parent, indicates that the rules and policies contained within are understood and that the participant and parent agree to abide by the rules and to accept the declared penalties as stated.
- C. School Attendance
All students must be in school by the beginning of second hour in order to be eligible to participate in any school activity (event or practice) scheduled on the day of the absence. The only exception is for medical appointments during the school day or funerals.
Deviation from this rule will be cleared through the Principal or A.D. office in emergency cases.
- D. Field Trip/Sports Early Out Eligibility Policy for Grades 6-12:

There is two times throughout the quarter that students' grades will be checked. These two monitoring periods are at mid-quarter and end of the quarter. Each grade check has its own eligibility consequence.

1. If a student earns one or more failing grades at the mid-quarter grade check, the student will be ineligible to participate in a field trips/sports early out, as soon as the student and teacher/coach are notified. To become eligible for the field trip/sports early out, the student



must present the principal/AD with a teacher signed grade report proving they are currently passing all of their classes three (3) days prior to the event. Only the Principal or his/her designee may deem a student eligible to attend.

2. If a student earns one or more failing grades (F) at the end of a quarter 1, 2, 3 or at midterm 4th quarter grading periods, the student will be ineligible to attend field trips/sports early out. To become eligible for the field trips/sports early out, the student must present the principal/AD with a teacher signed grade report proving they are currently passing all of their classes three (3) days prior to the event. Only the Principal or his/her designee may deem a student eligible to attend.
3. Other items to be considered by the Principal for eligibility:
 1. Attendance Record
 2. Discipline Record

Any students who participates and is in violation of the above will receive.

Penalty:

1st Offense: Suspension from next scheduled event or performance.

2nd Offense: Suspension from next three scheduled events or performances.

3rd Offense: Removal from activity for remainder of year or season.

E. School Suspensions

Students will not be permitted to participate in any practice, event, or performance during the time they are suspended from attending school due to a rule violation according to the Deer River Student Handbook.

1. Out-of-School Suspension

- a. Student is not eligible to participate in practice or events during time period of suspension.

2. In-School Suspension

- a. Full Day: Student is not eligible to participate in practice or events for that day.
- b. Partial Day--First Offense: Student is eligible to participate in practice and events for that day.
- c. Partial Day--Second Offense (or more): Student eligibility will be determined after a conference with Principal, Activities Director, parent, and student.

F. Bus Conduct

Students being transported to and from events, practices, or performances are required to adhere to all district bus rules and regulations.

Penalty:

1st Offense: Forfeit of transportation for two (2) days.

2nd Offense: Forfeit of transportation for five (5) days.

3rd Offense: Forfeit of transportation for the remainder of the year.

G. Transportation to Away Events

All students who participate in a Deer River High School extra-curricular activity shall be transported to and from the event site on district transportation.

The following exemptions may apply:

- 1) Students may ride home with parents provided parent gives responsible coach a signature or note.
- 2) Students may ride home with another parent or guardian after the event if cleared in advance with the Activities Director or Principal's office.



- 3) Students may ride to the extra-curricular event with parent if cleared in advance with the Activities Director or Principal's office when circumstances do not allow the student to ride district transportation.
- 4) Any deviation from this policy will need to be cleared by the Activities Director or the Principal's office.

Penalty:

- 1st Offense: Discretion of the coach/advisor of the activity.
2nd Offense: Suspension from next scheduled event or performance.
3rd Offense: Removal from activity for remainder of year or season.

H. Assigned Equipment

Each participant shall be responsible for all district owned equipment issued to the participant. The equipment will be numbered to identify who was issued each article. The coach, advisor, or supervisor will determine the replacement cost for equipment lost or damaged through abuse. Students are not permitted to wear school owned equipment or supplies during physical education classes.

I. MSHSL and Academic Eligibility

MSHSL CATEGORIES I & II VIOLATIONS FOR TOBACCO, ALCOHOL, DRUGS, VAPE, HARASSMENT AND/OR HAZING, POSSESSION (These standards are for all students grades 6-12 in Activities)

Refer to page 18 for a copy of MSHSL form that was signed

MSHSL CATEGORIES I & II PENALTIES

Refer to page 18 for a copy of MSHSL form that was signed

1. 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.
2. 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.
3. All students who receive a violation will need to complete an E-Check-Up-To-Go Evaluation through the ISD Counseling Dept. prior to returning to competition.

VAPE Clarification

Vaping and the possession of any apparatus used for vaping is a violation of MSHSL bylaw 205. This includes use by adults at school events

BYLAW 205.00 CHEMICAL ELIGIBILITY Cross Reference: Bylaw 304.2 ("Denial Penalty") 1. At any time during the calendar year, a student shall not, regardless of the quantity:

- A. use or consume, have in possession a beverage containing alcohol;
- B. use or consume, have in possession tobacco; or,
- C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.**
- D. use or consume, have in possession, buy, sell or give away products containing or products **used to deliver** nicotine, tobacco products and other chemicals. "Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed,



smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product.

CATEGORY II (Fine Arts and Academic Activities also FFA, Fine Arts , and Robotics) Non-Scheduled Activities

Penalties:

1. First violation: 10 hours of community service prior approval by Principal
 2. Second violation: 20 hours community service prior approval by Principal
 3. Third violation: Meeting scheduled with school administration
- A. Academic Eligibility -- Grades 6-12
To remain academically eligible students' shall:
- i. maintain passing mid-term and quarter (grades 6-12)

Academic Eligibility Policy for Grades 6-12:

There are two times throughout the quarter that students' grades will be checked. These two monitoring periods are at mid-quarter and end of the quarter. Each grade check has its own eligibility consequence.

A. If a student earns one or more failing grades at the mid-quarter grade check, the student will be ineligible for competition as soon as the student and coach are notified. To become eligible for competition again, the student must present the activities director or principal with a teacher signed grade report proving they are currently passing all of their classes. The student will still be required to go to practice during their ineligibility. Only the Activities Director or Principal may deem a student eligible to compete, not a

B. If a student earns one or more failing grades (F) at the end of a quarter 1, 2, 3,4 grading periods, the student will be ineligible for competition starting with the date of the first contest. The ineligibility period will be for two weeks or two contests whichever is longer. Only the Activities Director or Principal may deem a student eligible to compete, not a coach.

Deviation from this rule will be cleared through the Principal or A.D. office in emergency cases.

- * Once declared ineligible, students will be allowed to practice.
- * When a student with disabilities becomes ineligible, the Case Manager will call a staffing to determine if the identified disability affects grades and the student's eligibility. The IEP Team will set criteria to allow the student to be successful, improve grades, and return back to participation status.
- * Incompletes will be reviewed on a per case basis to determine the details of the incomplete. A decision will then be made by the teacher and Activities Director to determine whether the student is passing or not passing the course. Participants (whether with or without incomplete grades) shall maintain passing grades to participate.
- * Students who attend a summer school program and receive credit for prior failed course work can regain their eligibility. This is for CRDEIT RECOVERY only, not for changing an F QTR. Grade. Proof of attendance and credit received must be approved by the principal or activity office.

Deviation from this rule will be cleared through the principal or activity office.

Credit Deficient Students:

Students who become 2 or more credits deficient in their Required Core Classes



(Math, Science, English, Social, and Computer Apps) after their sophomore year become ineligible to participate until all credits are made up.

Deviation from this rule can be cleared through the principal or activity office.

After School Credit Recovery: Grades 7-12

Certified teachers within the disciplines of math, science, social and language arts will staff ASCR. ASCR will be offered two nights per week, Tuesdays and Thursdays from 3:15PM to 5:30PM. Students will meet in the Media Center at 3:15 and be escorted to classrooms by an ASCR teacher(s).

Purpose: After School Credit Recovery is designed to help students who have lost credit due to attendance issues, or failed a quarter or semester of one or more classes. Students will be assigned to attend ASCR by the Principal or his/her designee. In addition, students may be assigned to attend ASCR to complete course work or complete test/quizzes prior to excused absences. For example, students attending a field trip, family vacation or sports event may use the ASCR time to complete assignments or test/quizzes that will be assigned during their absence. Each student's course work will be provided to the ASCR teacher by the student's classroom teacher not later than 3:30PM the day prior to each ASCR session.

ASCR teachers will be provided student rosters weekly by the ASCR coordinator. ASCR teachers will take attendance each session and submit attendance to the ASCR coordinator the following day.

Note: All Deer River students seeking academic support are welcome to attend ASCR. Non-assigned students are not required to attend for the full two hours and may be released at the ASCR teacher's discretion.

Student Code of Conduct MSHSL Bylaw 206

A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the administration. While a student is not in good standing, a student may not serve any penalty for MSHSL by-law violations.

J. Social Media

As a student at Deer River High School, you are expected to follow student handbook guidelines, even though an event may happen off school property or after school hours.

Social network sites, other digital platforms (including cell phones) and distribution mechanisms that facilitate student communicating with other students are considered "Social Networking" platforms. Participation in such networks has both positive appeal and potentially negative consequences. It is important the Deer River students be aware of these consequences and exercise appropriate caution if they choose to participate.

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

Guidelines for Students:

These guidelines are intended to provide a framework for students to conduct themselves safely and responsibly in an on-line environment. As a student at Deer River you should:



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

Things students should avoid:

1. Derogatory language or remarks about our students, teammates, school personnel, and our community at-large: as well as, teachers, or coaches; student-athletes, administrators or representatives of other schools.
 2. Demeaning statements about or threats to any third party- (Including support of demeaning statements and threats.) Don't respond to these.
 3. Distribution and possession of unauthorized videos and photos or statements depicting violence; hazing; sexual harassment and content; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 4. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 5. Indicating knowledge of any unreported felonies, crimes, thefts or damage to property or unethical behavior.
 6. Indicating knowledge of an unreported school or team violation-regardless if the violation was unintentional or intentional.
- One of the biggest lessons social network users can learn is that anything you post online enters the



public record. You never know who may be looking and when. Students, Parents, and Guardians, let it be known that any students in violation of said conduct is subject to consequences to be determined by the Administration.

The Minnesota State High School League Student Code of Responsibilities, Bylaw 206.00, is applicable and relevant in all student related issues and concerns in such matters.

K. Emergency Procedures

At away events or sites the coach, advisor, or supervisor shall have the authority to establish emergency temporary rules for the well being of the individuals and the school. These emergency procedures are to be adhered to immediately by all participants. Failure to comply will constitute insubordination, and the violator shall be removed from the activity for the balance of the year.

L. School Discipline Policies

All established discipline policies and procedures will be applicable to extra-curricular activities before, during, or after practice, games, or events whenever necessary.

Hazing: Any act, on or off school property, against a student or coercing a student into committing an act in order for the student to be initiated into or affiliated with a student/school organization is strictly forbidden.

Penalty:

1st Offense: 5 day school suspension and parent conference plus MSHSL Penalty.

2nd Offense: Expulsion from school, according to the Fair Pupil Dismissal Act plus MSHSL Penalty.

M. Use of Facilities

The coach, advisor, or supervisor shall be present whenever and wherever practices are scheduled. When transportation to a practice site is required, a coach will accompany the participants on the bus. No participants are to remain in the building following practices or events or when practice is not scheduled or an event cancelled. The coach, advisor or supervisor shall remain in the building until the last participant has departed for home.

N. Locker Room Supervision

Coaches will be responsible for supervision of locker rooms while students are using them. Coaches will inspect all locker rooms at away events and will involve an employee of the host school if the locker room does not appear to be clean and in good repair. Participants are **required** to provide a padlock on their locker to further secure personal and school equipment and clothing from theft.

O. Tournament Travel

Team members not participating in tournaments may travel with the team under the following conditions:

1. It is agreeable with the coach.
2. Adequate adult supervision is available.
3. Adequate space is available.
4. No additional costs are incurred by the district.
5. Cell phones are not allowed in locker rooms at MSHSL play-off events.

P. Assaults and/or Threats toward Staff, Coaches, Volunteers

Students who threaten or assault a staff member are subject to expulsion, according to the Fair Dismissal Act of 1974, as revised in 2001.

Q. School Closings:

When inclement weather, road conditions, or emergencies arise, school closing announcements will be made over radio stations and tv stations and on the school web site (www.isd317.org). When school is cancelled because of these conditions, cancellation of games and practices will be determined by the school administration.



R. Deer River Squad Promotion Policy

The following policy is for the promotion of a grade 7/8 student to a higher level of competition such as Varsity, JV, or C-Squad.

A junior high student-athlete may compete for a high school level team (Varsity, JV, C-squad) if the sport is not offered in season at the junior high school level. In those sports where the middle school provides a team, the student-athlete will participate at his/her respective level. Some exceptional student-athletes can be promoted to participate at the senior high level.

These individuals must clearly demonstrate:

- a. Athletic ability above and beyond their class (Varsity, JV, C-squad potential)
- b. Satisfactory academic achievement
- c. Satisfactory behavior
- d. The physical and emotional maturity to accept this additional responsibility.

This criteria must be agreed upon by each of the following:

- 1) the 7/8 teaching team,
- 2) the parent or guardian,
- 3) the Activity Director, and
- 4) the senior high coach.

Junior high school athletes participating on high school teams must complete all high school athletic registration requirements and are subject to all high school and Minnesota State High School League activity rules.

A promotion form to participate at the high school level is available in the Activities Director's office and should be initiated by the coach. When all of the above listed have communicated on this potential promotion and all have signed the form verifying the required criteria, it should be forwarded to the Athletic Director for filing. Junior high school athletes should not be allowed to practice or compete in any contest until the petition process is completed.

A. C-squad or B-squad student-athlete promotion to a higher level may occur when there has been open communication between the head coach and the parent about the following areas:

1. Playing time philosophy and players role at the higher level
2. Continued playing time availability on the current level
3. Any changes to player expectations or time factor
4. Social issues

When a decision has been reached and approved by the parent, the Activities Director also is to be notified of the decision.

S. Individual Awards

Any student athlete that commits a MSHSL violation will not be eligible for state, conference, or local awards or all-star teams during the season the penalty is served.

T. Team Captains/Officers/Exec. Committee members

Students who have received any type of Drug, Alcohol, Tobacco, Harassment, or Code of Conduct violation will not be eligible to serve in a leadership role in any Deer River High School activity for one year from the infraction date.

Team Captains/Officers/Exec. Committee members will be required to attend a leadership training event sponsored by the school.



U. Students with a MSHSL Violation or have served an Out of School Suspension are not eligible to participate in Homecoming or Sno-Ball as candidate/class representative for one calendar year.

Athletic Lettering requirements

Baseball: Complete the season and shall participate in 28 or more innings of Varsity competition with the exception of pitchers, catchers and seniors which is up to the coach's discretion.

Bowling: Participate in 70% of the meets.

Boys' Basketball: Member of the varsity for the majority of the season. Mandatory scheduled practices, scrimmages, meetings, and games will account for the total percentage of the season. If a player have 3 or more unexcused absences, they will not be eligible to letter. Successfully start and finish the season.

Cheerleading: Must start and finish the season on the Varsity and be in good standing the entire season.

Cross Country: To letter, you must earn different levels of points for the participants grade.

*15 points – Grade 7-9

*18 points – Grade 10

*21 points – Grade 11

*24 points – Grade 12

- 5 points for winning a race
- 7 points for being the 1st runner of your team to finish
- 6 points for being the 2nd runner
- 5 points for being the 3rd runner
- 4 points for being the 4th runner
- 3 points for being the 5th runner
- 2 points for being the 6th runner
- 1 point for being the 7th runner

Football: Participate in eight quarters and successfully complete the season.

Girls' Basketball: Member of the varsity for the majority of the season.

Golf: Play in one-half of all meets or qualify for and participate in the second round of the Sectional Tournament

Managers: Students will be allowed to letter as a manager in a sport after 2 years as a manager. They may letter every year if they are required to be all practices and games and approved by head coach.

Nordic Ski: In order to earn a varsity letter, either of the following three must be attained:

1. A skier must ski three varsity meets and compete at Sections. Participation in varsity and section meets will be based upon attendance at practice, meets, attitude, effort, proficiency in classic and skate, and race performance throughout the season. The skier will also display a positive attitude, set a good example in effort and sportsmanship as well as show leadership qualities.

2. A points system will be used as well.

To letter, you must earn different levels of points for the grade that you are in.

15 points – Grade 7-9

18 points – Grade 10

21 points – Grade 11

24 points – Grade 12



- ⊙ 5 points for winning a race
- ⊙ 7 points for being the 1st skier of your team to finish
- ⊙ 6 points for being the 2nd skier
- ⊙ 5 points for being the 3rd skier
- ⊙ 4 points for being the 4th skier
- ⊙ 3 points for being the 5th skier
- ⊙ 2 points for being the 6th skier
- ⊙ 1 point for being the 7th skier

3. A skier may be awarded a varsity letter if they meet ALL of the following requirements:

- A. The skier must be a senior.
- B. The skier must have been a member of the ski team for two consecutive seasons.
- C. The skier must show proficiency at both classic and skate techniques. They must demonstrate an increased knowledge and appreciation for ski technique and waxing.
- D. The skier must demonstrate great attitude, attendance, sportsmanship, commitment to training, and mental toughness while on the team.

All skiers must have strong sportsmanship, commitment to training, and mental toughness while on the team in order to be considered for a letter.

Rodeo: Compete in a minimum of 50% of the events.

Compete in at least one state event.

Complete fundraiser expectations at the regular level.

OR

Place 10th or higher in any rodeo event.

Softball: To letter in softball you need to finish the season in good standing with the team, have played in 10 innings in the season if a full schedule is played. If less games are played divide games played by 2 and you would have to have played in that many innings.

Track: Be on the Varsity Roster, Participate in 5 Varsity Meets, Attend practice daily (No unexcused absences), Successful completion of the season, Coaches discretion may warrant a letter

- Trap:**
1. Average score of 20-25 during competition weeks
 2. Team place within trophy recognition at any tournament
 3. Win a Conference award at end of the season
 4. Qualify for the MSHSL Championships as a team member or individual
 5. High Average for Trap for the DRHS Trap Shooters
 6. Shoot on the Team for 3 years

Volleyball: Be on the varsity roster the majority of the year and participate in at least 7 matches and successfully complete the season.

Wrestling: Wrestler must start and finish the season and compete in at least seven varsity matches

Minnesota Honor Society:

*Community Service: 20-24 hours (6pts), 25-30 hours (7pts), 30+ hours (8pts)

A minimum of 20 hours is required.

*Meetings: Attend 80% or more of all meetings (1pt)



Help plan or lead at least one activity (2 pts)
 Be elected as an officer (2 pts)
 Maintain the academic requirement of membership
 10 points must be earned in order to letter (*= must meet requirement)

One Act Play: Students must attend all performances and all rehearsals unless previously excused by the director. Students must have a good attitude and show dedication and commitment to their role.

Drama Fall Play: Student wishing to letter must participate in 7 of 11 areas listed
 Building Props, Constructing Set, Cast as an actor on stage, attend practices,
 Running Sound For shows, Running Lighting for shows, Usher,
 Aid in advertising, Ticket sales, Stage Hand, Must follow all MSHSL and DRHS rules

Band: *Band Lettering Criteria and Points*

1st Year in High School Band 1
 2nd Year in High School Band 2
 3rd Year in High School Band 3
 4th Year in High School Band 4
 Attend all Pep Bands 5
 Participate in a concert 1
 Contest Participant – Solo/Small Ensemble 5
 Student Leadership 2
 Points Needed to Letter: 10

Choir: Choir lettering Criteria and Points needed 11.

1st year choir 1 pt Section Leader 1 pt Spring Recital 1 pt
 2nd year choir 2 pt Choir board member 1 pt Contest Large Group 1 pt
 3rd year choir 3 pt Holiday Concert participant 1 pt Contest Small Group/solo
 4th year choir 4 pt Winter Concert Participant 1 pt (3pt superior, 2pt excellent, 1pt good)
 Member Band, Jazz Band 1pt. Robe Manager 1 pt Participant fundraising 1 pt Librarian 1 pt
 Equip. Mgr. 1 pt Lesson 1 pt Star Spangled Banner 1pt Singing outside of school 1 pt
 Attending Honor Choir 1 pt Member 127 1 pt Directors Discretion 1 pt

Anishinaabe Drum Group

1. Students must attend all of the practices and meets they are able to attend at the discretion of the coach.
2. The student will have been selected to compete in a minimum of three of the school scheduled powwows and drum competitions.

Student Council: 3 years of continuous Service on Student Council

Attend 80% mtgs
 Participate in Meetings
 Participate in planning, implementation and running student council activities
 Assume Leadership roles within St. Council
 Approval of lettering by Exec Committee and Advisor
 No violations or OS

Coach's/Advisor's Discretion: Varsity letters can be awarded at the discretion of the coach due to circumstances.



IV. INDIVIDUAL ACTIVITY RULES AND REGULATIONS

Each activity coach, advisor, or supervisor will prepare, distribute and explain a handbook with the individual policies for their activity. Each specific activity handbook will list and describe specific rules, regulations, penalties and practices that apply to that activity. The specific activity handbook will be approved by the Athletic Director and Principal, and a copy will be maintained in each respective office and provided to school board members.

A. Suggested items in Activity Handbook

1. Lettering criteria
2. Team selection criteria
3. Selection of captain/captains procedures requirements
4. Dress and appearance codes
5. Excused/unexcused absences from practice, events, performances, and appropriate penalties/restriction
6. Attitude
7. Use of profanity
8. Locker room rules
9. Practice requirements

V. VERIFICATION AND ACCEPTANCE

Participation in extra-curricular activities is not required of any student who attends Deer River High School. The school strongly supports and encourages individuals to participate in the programs for personal growth and development. Because participation is considered a privilege, the expectation of the students is higher than those in the normal school program, and these penalties would be more severe.

Both parents and participants are required to sign the attached forms and return them to the Activities Director's office prior to participating. Signing the form constitutes acceptance by the parent and student of the rules, regulations, and penalties.

VI. OPEN GYM AND CAPTAINS' PRACTICE

Open Gym is scheduled periodically to provide recreational opportunities for all interested students. When Open Gym is scheduled, an announcement is made to inform all students, a staff member is present to provide adequate supervision, and all usual and customary school rules and regulations will apply. Open Gym participation is not mandatory for extra-curricular participants and individual/team coaching is not conducted.

Captains' Practices are not organized or sanctioned by the Deer River School District. As the school does not recognize Captains' Practices, the school does not provide any supervision of the event or require potential extra-curricular participants to participate.

VII. POTENTIAL OF PERMANENT INJURY OR TRANSMISSION OF INFECTIOUS DISEASES

Warning: Participation in extra-curricular activities may result in the participant being injured and the result of the injury, regardless of adequate supervision, training, equipment, and facilities, may be permanent and disabling.

Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as Hepatitis B and HIV. 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.

VIII. SENIOR ATHLETIC AWARD

1. Twelve or more varsity letters during grades 9-12.
2. Continued Minnesota State High School League eligibility.
3. A 2.0 academic grade point average.

IX. ACTIVITY FEES

1. Students in grades 7-8 are required to pay \$60.00 for each activity.
2. Students in grades 9-12 are required to pay \$100.00 for each activity.
3. Fine Arts Activity Fees are \$40.00 for each activity (grades 7-12).
4. Maximum charge to any one family is \$375.00 per school year.

A. Fee Refund Policy

If a student should decide in the **first two weeks** of the season that he/she would like to discontinue participation in that activity, and he/she leaves the team in **good standing** as verified by the head coach, then he/she would receive a full refund. If a student is cut from a team due to large numbers as verified by the head coach, then the student would receive a full refund. If a student discontinues participation after two weeks or is removed from the team at anytime during the season, then there is no refund.

X. ACTIVITY PAPERWORK TO BE COMPLETED

PARENTS & STUDENTS NOTE: Following you will find the 2020-21 Fine Arts and MSHSL Athletic Eligibility Information sheets (pages 18-22). **These are for your information only.**

THE FOLLOWING MUST BE TURNED IN TO THE HIGH SCHOOL OFFICE BEFORE PARTICIPATION IN AN ACTIVITY.

PAGES 20-22 OF THIS HANDBOOK MUST BE RETURNED (SIGNED AND DATED), ALONG WITH THE ACTIVITY FEE, TO THE HIGH SCHOOL OFFICE PRIOR TO BEGINNING OF A FINE ARTS OR EXTRA-CURRICULAR ACTIVITY.

EVERY THREE (3) YEARS, THE LAST FORM (PHYSICAL EXAMINATION/SPORTS CLEARANCE FORM—PAGES 23-25) IS TO BE COMPLETED BY THE PARENT/GUARDIAN, STUDENT, AND PHYSICIAN. ONLY PAGE 23 OF THE PHYSICAL FORM MUST BE TURNED IN TO THE HIGH SCHOOL OFFICE BEFORE A STUDENT CAN PARTICIPATE.

You do not need to fill out this paperwork for each separate activity during a school year. Once papers are completed and turned in to the High School Office, you are done with paperwork for the year. Only the fee is needed for each activity, until the family maximum is met



MSHSL ELIGIBILITY BROCHURE 2 OF 5



MSHSL ELIGIBILITY BROCHURE 3 OF 5



MSHSL ELIGIBILITY BROCHURE 4 OF 5



MSHSL ELIGIBILITY BROCHURE 5 OF 5



CONCUSSION MANAGEMENT RECOMMENDATIONS 1 OF 1



MSHSL ELIGIBILITY STATEMENT 1 OF 1



MSHSL ANNUAL SPORTS HEALTH QUESTIONNAIRE STATEMENT 1 OF 1



INSURANCE AND INJURY WARNING

Dear Parent:

Independent School District #317 does not carry accident insurance that would cover injuries sustained by your child while participating in the Deer River High School athletic program.



The district would like you to sign the following statement that indicates that you have been informed of this fact. The school district recommends that you provide accident insurance coverage for your child.

* * * * *

"I am aware that Independent School District #317 does not carry accident insurance that will cover injuries sustained by my child while participating in the Deer River High School athletic program. I am aware also that my child may purchase accident insurance through the school that will cover injuries incurred by the student while engaged in athletics."

* * * * *

WARNING - Participation in extra-curricular activities may result in the participant being injured or infected with infectious diseases and the result, regardless of adequate supervision, training, equipment, and facilities, may be permanent and disabling.

Student Signature _____

Parent Signature _____

Date _____

**DEER RIVER HIGH SCHOOL
EXTRA-CURRICULAR HANDBOOK
VERIFICATION AND ACCEPTANCE FORM**

"I have read the Deer River Warrior Activity Handbook 2022-23. I understand and accept the conditions to participate."

Student Signature _____

Parent Signature _____

Date _____

SPORTS PHYSICAL PAGE 1 OF 3



SPORTS PHYSICAL PAGE 2 OF 3



SPORTS PHYSICAL PAGE 3 OF 3



