

# Welcome to Winter Sports Information Night 20-21

Our Goal is to develop Character,  
Leadership, Dedication, Perseverance,  
Discipline, and Hard Work for students to  
become part of something greater than  
themselves.

[The Key to Victory](#)

Derek Jeter

# Philosophy

The Extra-Curricular and Athletic Program at St. Francis is intended to provide an opportunity for students to expand their overall educational experience. The merits of participating as an individual or in an activity, the physical development, athletic and/or leadership skills attained, along with the increased maturity of working with and for others, are very possible goals within the reach of every student. One of the many factors needed to provide such an atmosphere is the following Extra-Curricular Conduct Code, whose conditions are intended to aid our students in bettering themselves, to develop a sense of responsibility and to attain a sense of pride in a job well done. Thus, students must understand that, in general, participation in extra-curricular activities is not a right, but instead a privilege not to be abused.

# Academic Eligibility

## Academic eligibility:

- Winter= Students must have no more than 1 F from the previous academic quarter (1<sup>st</sup> quarter grades from 2019-20 school year). Due to the length of the Winter Season, student-athletes will also have an eligibility period at the end of the 2<sup>nd</sup> quarter.
- If a student-athlete is ineligible, he/she must sit out 15 school days or 1/3<sup>rd</sup> of the scheduled contests. Tournaments count as ONE contest. Coaches retain the right to have MORE STRINGENT standards than the minimum contests missed by St. Francis High School.
- A student may regain eligibility when he/she is again doing passing work in the required number of classes. It is the coach's decision if a student will practice during the ineligible period. Signed notification from ALL teachers and a parent/guardian will be required before being reinstated.
- As an educational institute we expect student-athletes make academics their number one priority. All freshmen student-athletes are REQUIRED to attend the after school study hall. Student-athletes that have a D or F will be assigned mandatory after school study hall. The study hall will run from 3:00-3:30 in the library and will be staffed by a SFHS staff member. Student-Athletes are required to attend for 30 minutes everyday. Any required student-athlete that skips a study session will not be allowed to practice or play that day.

# Absences/Attendance

For a student to participate in a practice, contest, or other extra-curricular activity, he/she must not be absent from any classes the day of the practice, contest, or activity. This includes first period. Only pre-arranged, excused absences or other mitigating circumstances as determined by the Activities Director, Principal or other designated school official will be permitted. Problems with buses will not cause a student to lose participation. If an event is on a non-school day, the student must be in attendance the entire previously scheduled school day.

# Misc. Rules

- Students cannot compete in both a non-school sponsored sport and a school sponsored sport of the same type during the same season.
- Students must be an amateur in all recognized sports of the WIAA in order to compete in any sport.
- An athlete may not quit one sport and participate in another sport during the same season without the approval of the coaches involved. If a student quits a sport or activity without discussion with, and approval of, the involved coach/advisor, the student will not be allowed to participate in the first contest or event for which he/she is eligible in the next season or activity in which the student participates.

# Paperwork

- A student may not participate in interschool athletics or activities until the school has completed evidence on file in the Athletic Department Office, in the frequency required by W.I.A.A. rules, attesting to:
  1. A physical form signed by a Doctor of Medicine or an Alternate Year form (athletes only).
  2. A health form including parent's permission.
  3. Student and parent signatures acknowledging acceptance of the Extra-Curricular Conduct Code Policy.
  4. Participation fee paid in full or payment arrangements made.
  5. Concussion form.These forms are online except for the physical form

# Payment/Forms

- It is required for you to turn in all forms prior to the first day of practice.
- It is required you have made all payments, or worked out a payment plan, prior to the first day of practice. Fees for the 2020-21 Winter Season are \$60 per sport and \$35 for a transportation fee for a total of \$95. If your child played in a Fall Sport, they are only required to submit payment of \$60.
- If you are missing any of the required materials you will not be allowed to practice until everything is completed. This is NON-NEGOTIABLE!

# Hazing

- (1) In this section "forced activity" means any activity which is a condition of **initiation** or admission into or affiliation with an organization, regardless of a **student's** willingness to participate in the activity.  
(2) No person may intentionally or recklessly engage in acts which endanger the physical health or safety of a **student** for the purpose of **initiation** or admission into or affiliation with any organization operating in connection with a school, college or university. Under those circumstances, prohibited acts may include any brutality of a physical nature, such as whipping, beating, branding, forced consumption of any food, liquor, drug or other substance, forced confinement or any other forced activity which endangers the physical health or safety of the **student**.



# Hazing

- Any hazing must be reported to your head coach and SFHS administration immediately.
- SFHS has a zero tolerance policy for hazing and will result in the immediate removal of the student-athlete from his/her team.
- Have a conversation with your child about any hazing that might be happening. If you have any questions or concerns please contact me immediately.

# Concussions: What must be done

- The law requires all youth athletic organizations to educate coaches, athletes and parents on the risks of concussions and head injuries and prohibits participation in a youth activity until the athlete and parent or guardian has returned a signed agreement sheet indicating they have reviewed the concussion and head injury informational materials. The law requires immediate removal of an individual from a youth athletic activity if symptoms indicate a possible concussion has been sustained. A person who has been removed from a youth athletic activity because of a determined or suspected concussion or head injury, may not participate again until he or she is evaluated by a health care provider and receives written clearance from the health care provider to return to the activity.

# Concussion information

- If you have any questions regarding concussions or the new laws regarding them please see:

<http://www.wiaawi.org/Health/Concussions.aspx>

- SF Athletic Trainer – Niki Hoppe
- [nhoppe@sfsd.k12.wi.us](mailto:nhoppe@sfsd.k12.wi.us)

# Code Violations

- A student will be suspended from interschool competition for the following Code violations (these violations are cumulative through a student's career at St. Francis High School):
  1. For the use or possession of alcohol or tobacco products, vapor products, or the use, possession, buying or selling of a controlled substance.
  2. For attending and/or remaining at any function where alcohol is illegally served to minors, the student is expected to leave immediately upon recognition of the presence of alcohol or controlled substances.
  3. For any other immoral or unacceptable conduct contrary to the ideals, principles, and standards of the St. Francis School District and/or the W.I.A.A.

# Code Violation Consequences

- For the First Offense: The suspension will be for 25% of the activity or sport season (rounded up if fraction) in which the student would be otherwise eligible. The student must continue to participate in all scheduled practices and meetings pertaining to his/her activity. For the
- Second Offense: The suspension will be for 50% of the activity or sport season (rounded up if fraction) for which the student would otherwise be eligible. The student must continue to participate in all scheduled practices and meetings pertaining to his/her activity. NOTE: If either of the above suspensions are not able to be completed in the given season, the suspension will carry over to the next season in which the student participates and successfully completes.

# Code Violation Consequences

- For the Third Offense: The suspension will be for one calendar year from the date of the third offense. The student will not be permitted to participate in any scheduled practices or meetings.
- For the Fourth Offense: The suspension will be for the remainder of the student's career at St. Francis High School. The student will not be permitted to participate in any scheduled practices or meetings.

# Dispute Resolution

**A student experiencing any problem concerning the interpretation of these rules or other individual problems must use the following steps:**

- 1) Discussion involving student, parents and coach/advisor.
- 2) Conference among student, parents, coach/advisor, Activities Director and Principal.
- 3) Appeal: Any student may appeal a ruling of the Activities Director, coach/advisor and Principal to the Activities Council. This Council shall consist of a District Administrator (other than the Principal), and a minimum of two (2) head coaches/advisors whose activities are not in a season and a maximum of four (4), so that the total Council membership is odd. The decision of this Council shall be final in matters pertaining to these rules. A written appeal must be submitted to the Principal and Activities Director within two weeks of notification of suspension or other ruling.

# Parent/Spectator Behavior

- It is the expectation of the administration of SFHS that all of our parents and spectators abide by good sportsmanship standards.
- Do not confront officials before, during, or after games. Yes, officials will make bad calls. Yes, officials are not perfect. They understand that. We understand that. Please remember that! Refusal to follow this expectation can get you ejected from a game and possibly banned from future events.
- Keep cheers positive: for both your child and the other team.
- Remember: We are setting the example for our students.



# Playing Time and Participation

- High School athletics are different from Recreation or Middle School teams.
- Student-athletes are not guaranteed a spot on any team. If numbers are large, coaches will make cuts based on a set standard.
- Playing time is not guaranteed for any athlete participating in SFHS athletics. Coaches will make a determination which players will allow for the most competitive team possible.
- The best way to discuss playing time with coaches is to ask how your son/daughter can improve his/her skill level.
- The “24 hour rule”.

# Parent Issues/Concerns with Coaching

- The proper protocol for addressing concerns with in-game issues are as such:
  1. Speak to your student-athlete.
  2. Have your student-athlete speak with their coach.
  3. Do not speak to the coach directly after the contest.
  4. Most coaches will have a policy for parent/meetings.

# PEDs

- The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs which highlight prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.
- **DISCOURAGED**--The WIAA identifies 'Restricted' substances. These restricted substances can be legally purchased, but are prohibited in connection with school programs. They include: Creatine, Caffeine-enhanced products, Energy drinks (e.g., Red Bull, Amp, Monster), Herbal Caffeine, No Doz, Protein Powders and other substances as identified in the materials.
- <http://www.wiaawi.org/Portals/0/PDF/performanceenhancers.pdf>

# CONDITIONING

- St. Francis High School employs a conditioning coach throughout the year. There are NO EXCUSES to not get better. Coach Sumlin is available five days a week after school.
- Off-season and in-season conditioning in high school is expected for athletes.
- Weight lifting, cardio-vascular, and stretching are essential to elevating not only the individual athlete's performance but also the team's performance.

# St. Francis High School Booster Club

- It is an expectation for each sport and club to have parents volunteer to be members of the SFHS Booster Club. If you are interested in being the representative of your child's team, please contact either the head coach or Becky Varley 414-460-3224.
- Meetings for the SFHS Booster Club are held once a month and generally last one hour.
- The SFHS Booster Club works with all of our clubs and sports and is a vital part of financing many areas of our school.

# First Day of Practice

- Hockey November 16<sup>th</sup>
- Girls Basketball November 16<sup>th</sup>
- Boys Basketball November 23<sup>rd</sup>
- Boys Swimming November 23<sup>rd</sup>
- Wrestling November 23<sup>rd</sup>

# Questions?

- If you have any questions or concerns, please contact Mr. Sarver, Mr. Martin or Ms. Baldwin.
- Staff will be set up in the hallway immediately following this meeting to take payment and forms for your season.

**GO MARINERS!**