

2019
Lacrosse Eligibility
Information





2019 Season

Game/Practice Schedules

WILL BE Online:

www.wccconference.org –or–

www.nphsathletics.sportngin.com



Inaugural Season Reminders:

#1 Be Flexible!!!!!!!!!!!!!! It's a PROCESS!!!!!!!!!!!!!!

- Game & Practice schedules.
- Coaches.
- Players.
- Facilities.
- Me.

#2 Student-Athletes - ALWAYS put forth your maximum effort & show good sportsmanship!

#3 Parents - ALWAYS be supportive of your son(s)/daughter(s) & show good sportsmanship!

#4 Remember that we are trying to create a positive experience for your son(s)/daughter(s) and we ALL need to work together to make this happen.

#5 Work hard and have fun!

Mr. Skogerboe's Purpose Statement

I am an Activities Director to help coaches teach the importance of work ethic, mental toughness, respect for others, and humility. I firmly believe these core values will make our young people successful in life.

HEAD COACH PURPOSE STATEMENTS

Coach Bowers:

I coach to help young athletes reach their greatest potential not only as athletes but as great humans. By creating an atmosphere of respect, compassion and commitment I believe everyone will work harder and recognize the purpose of working hard. It's not the number of wins, but the number of positive experiences and growth that takes place.

Coach Dickey:

My purpose in coaching is to positively impact our youth, by presenting them with opportunities to learn valuable life-long lessons and skills, and enjoy sharing the game of lacrosse in doing so.

Purpose



**We Prepare, Plan & Play to 'win'
But the 'win' is not our PURPOSE**

Education is our PURPOSE





2019 Season:



- **Lacrosse Fee: \$180 (Gr. 9-12) or \$100 (Gr. 7-8);**
- **\$475 Family Cap** Refunds (due to injury, etc.) are prorated.
- **Registration System: TIES FeePay**
 - <https://npaschools.feepay.com/>
- **Post-Season Student-Athlete On-Line Evaluations**



All Athletes Need the Following:

1. **Physical – every 3 years. A hard copy must be on file in the Activities Office!**
2. **Everything else is embedded in the online registration process on our Activities website:
<https://npaschools.feepay.com/>**
3. **Fees Paid.**

PLEASE TAKE CARE OF PRIOR TO APRIL 1st!

CALL (952) 758-1226 WITH QUESTIONS!



KIM PENKERT, ATC

- **Services contracted through Mayo Clinic Health System**
 - **Office Hours: 2:30 pm – 5:30 pm**
- **Appropriate Health Care Professional (AHCP)**
 - **i.e. she determines return to play!**

Concussion Management

NPHS STEPS

- **ImPACT Testing – YEAR #8**
 - Thanks to Mayo Clinic Health System – New Prague
 - All 9-12 grade “contact” sport athletes must take the baseline test (free of charge).
 - Football; Gymnastics; Wrestling; Cheerleading; Soccer; Basketball; Swimming/Diving; & Hockey.
- **ALL Coaches (paid or volunteer) must complete concussion management program.**
- **Return to Play Protocol**
 - *“WHEN IN DOUBT, SIT THEM OUT!”*

Trojan Communications...

School Website:



<http://nphsathletics.sportngin.com/>



Trojan Communications... **(Cont.)**



Parent Notification E-mails!

- Instructions on the “Schedules” tab on the Activities website.



IMPORTANT POINTS:



- #1 Student-Athletes are students first! Grades will be checked at Mid-term & End of Semester.
- #2 TRANSFERS – please talk to me after the meeting.
- #3 **Student Code of Responsibilities:**
 - I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
 - I will be fully responsible for my own actions and the consequences of my actions.
 - I will respect the property of others.
 - I will respect and obey the rules of my school and the laws of my community, state, and country.
 - I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.
 - **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 principal. While a student is not in good standing, a student may not serve any penalty for MSHSL Bylaw violations.**

Remaining 2018-2019 Academic Checks

Mid-Semester #2 March 14, 2019

End of Semester #2 May 30, 2019

ALL Athletes MUST be passing “all” courses on these dates to maintain their academic eligibility!

CHEMICAL VIOLATIONS:

CHEMICAL/TOBACCO/CONTROLLED SUBSTANCE VIOLATIONS: (D & E were new language in 2014)

- 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; or,
- E. use or consume, have in possession, buy, sell, or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.



CHEMICAL PENALTIES:



- **1st Violation: 2 Weeks or 14 calendar days (whichever is greater)**
- **2nd Violation: 3 Weeks or 21 calendar days (whichever is greater)**
- **3rd Violation: 4 Weeks or 28 calendar days (whichever is greater)**
- **Couple of Points:**
 - #1 Penalties are cumulative (starting with 7th Grade year).**
 - #2 Student-athletes must be in “good standing” in order to serve/complete their penalty.**

(i.e. Can't serve their Chemical Violation until they are “academically” eligible!)
 - #3 Denial Disqualification – additional 9 weeks.**



Attendance/Behavior Standards

- Students excused due to illness must be in school by the beginning of fourth period (**10:30 am**) and remain in class for the remainder of the day in order to be eligible to practice or participate in activities that day.
- If the nurse sends a student home, he/she is **NOT** eligible to participate in athletics/activities that evening.
- Students with an "excused" absence are allowed to practice, compete, or perform.
- Students with in-school, or out-of-school suspensions, may **NOT** practice, compete, or perform in activities on days of suspension.
- Students with an unexcused absence for **ANY** hour of the day may not practice, compete, or perform on that day.
- Students with detentions may practice, compete, or perform in athletic/activities contests after serving their detention time after school.

If a student should practice, compete, or perform on a day when he/she is ineligible, he/she will be held out of the next equivalent practice, competition, or performance.



New Prague Activities Chain of Command:



Player contacts Coach



Parents contact Coach



Parents contact Activities Director



Parents contact High School Principal



Parents contact Superintendent of Schools



Parents contact School Board



Mr. Skogerboe's Core Values



- I will treat “all” programs and “all” students fairly!
 - I will be visible!
 - I will listen!
 - I will respect “all” people I deal with!
- I will communicate with all parties in a respectful/timely manner!



Questions:



New Prague Activities Office

(952) 758-1226

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