

Athletic Handbook

2025-2026



ATHLETICS

Students may have an opportunity to choose from as many as ten major activities. These are football, hockey, golf, basketball, baseball, volleyball, softball, cross-country, swimming, trap, and track. Award letters are presented to students who have participated in a specific number of interscholastic contests or if the coach believes a student has earned an award through conscientious practice and has been a good team member (see addendum for each sport).

The Warrior Way – Seven Grandfather Teachings: All Coaches, players, managers, and team personnel will follow the 7 Grandfather Teachings.

Respect – I will give my teammates, coaching staff, officials, opponents and fans the utmost respect in my speech, actions, and motives, both during and outside competition. As I want to be regarded is how I will regard others. I will honor the policies of ISD690 and the MSHSL/NFHS.

Bravery – I will endeavor to do what is right and true for myself and/or others, even if it means standing alone or beside another who is standing up for what is right and true, both during and outside competition.

Truth – I will speak truth, with dignity and grace, when truth needs to be spoken. I will accept the truth when spoken to me. I will be as true to my academic studies as I am to my practice, conditioning, and support of my team and sport, both during and outside competition.

Honesty – In all aspects of my character, I will conduct myself honestly. In speech, action, purpose and path, both in my academics and my extra-curricular activities

Humility – In all things, I will be first to recognize that I am not successful on my own but will give credit where credit is due: team, family, coaching staff, community.

Wisdom – I will strive to seek wisdom to learn to be the best person that I can be both as a student and as an athlete. And to share that wisdom with those that come behind me.

Passion – I will purpose to seek the good in myself, my team, and my coaching staff. I will work to be the best I can be to achieve my goals and dreams. I will be a person of encouragement and be supportive to the team, coaching staff, and community, both during and outside competition.

ACADEMIC ELIGIBILITY FOR ATHLETICS

The student-athlete comes first! Every other week of the trimester, a report will be generated of all athletes' grades. If a student has an F in any course, the teacher will be given a slip stating the student is not passing. The teacher will have a conversation with the student and the following to be **ELIGIBLE**:

- student is now passing
- student is making adequate progress towards passing

If the student does not get their course grade up, or is not considered as making adequate progress, the student will be considered **INELIGIBLE**.

1st offense-unable to participate in the next scheduled competition
2nd offense-unable to participate in 2 competitions and no travel
3rd offense-Not allowed to practice, travel, or compete until passing.

MSHSL RULES AND REGULATIONS

All Students participating in Minnesota State High School League sports are expected to be aware of MSHSL Rules and Regulations. A Student Eligibility Form will be signed by the student and parent each year of participation at the high school level and will abide by all these rules.

STUDENT ELIGIBILITY AND DISCIPLINE LEADERSHIP

Any student serving as a Leader or Captain of a Warroad High School team will lose his/her Leader or Captain status immediately after the first violation of the school's code for eligibility. For seniors, this will also mean total ineligibility for Captaincy or Leadership roles in all other sports and activities during the remainder of that senior's school year. This loss of status also applies to student Royalty. Students cannot be reinstated as a Leader, Captain, or Royalty. Students, other than seniors, may be eligible to be a Captain, a Leader, or Royalty while a senior, even if there was a single violation in any year prior to their senior year. Any second violation, regardless of when it occurs, makes the individual forever ineligible for any Leadership or Captaincy role for any high school team or activity. This would also apply to student royalty.

SOCIAL/EMOTIONAL ASSISTANCE

Students in need of additional assistance are encouraged to reach out to one of our professionals in our Student Services area.

ATTENDANCE

Parents/Guardians are responsible to monitor their student's attendance and progress via the school website and infinite campus student information system. Students with consistent attendance records are likely to achieve better grades. It is extremely important for all students to be in class each day, and the school highly recommends that medical and dental appointments be scheduled after school hours. Additionally, we as a school recommend that family vacations try to coincide with regularly scheduled holidays, breaks, and in-service days. Parents/guardians who choose to have their son/daughter absent from school for an extended period of time must realize that their child's grades will suffer due to missing class activities that cannot be reproduced; i.e. discussion, labs, cooperative groups. Teachers are encouraged to provide assignments prior to the student's vacation. Students are responsible to work closely with each of their teachers to complete make-up work upon their return to school. **According to Minnesota State Law (MN. Statute 120.10) every child between seven (7) and seventeen (17) years of age shall attend a public or private school for a period of not less than nine months during any school year. Students under the age of 18 will be classified as habitual truants when absent for one or more school periods on seven school days if the student has not lawfully withdrawn from school. When a student has seven (7) unexcused absences across seven (7) days, a truancy petition may be filed with the Roseau County Attorney.**

Students who are 18 years old are not allowed to call themselves in for attendance or early release.

The responsibilities for attendance are shared by students, parents/guardians, and the school.

A. Student Responsibilities:

1. To be in attendance for all assigned classes.
2. To be in class on time, prepared for academic work.
3. To know and follow correct procedures regarding attendance. Students must bring in a note to the office and obtain a make-up slip prior to going to class.
4. To request any missed assignments due to an absence and to complete work as assigned by the teacher.
5. To provide verification for the absence to the principal's office. Absences will become unexcused absences within two (2) school days after the student's return, unless the student presents the principal's office with a valid written excuse from their parent/guardian or their parent/guardian contacts the principal's office in person or by telephone to explain the reason for being absent.

B. Parent/Guardian Responsibilities:

1. To ensure the student attends school and monitor student attendance via the school website/INFINITE CAMPUS.
2. To recognize that any absence, regardless of cause, has a detrimental influence on student achievement.
3. To inform the school in the event of a student absence.
4. To submit a written excuse to the principal's office or to contact the principal's office in person or by telephone to explain the reason for the absence within two (2) school days of the student's return, setting forth the exact reason(s) for the absence. Absences may become unexcused absences if no verification is received within two (2) school days.
5. To work cooperatively with the school and the student to solve any attendance problems that may arise.
6. To contact the principal's office or school nurse if your son or daughter has a long-term or chronic health conditions that may result in frequent absences from school.

UNEXCUSED ABSENCES: Absences, verified by parents and administration that do not meet the requirements of an excused absence, will be classified as a verified unexcused absence. These absences will be treated as unexcused and will be subject to Minnesota Truancy Laws. The student may not be granted full credit for make-up work missed because of the unexcused absence. The following may be considered unexcused:

1. Personal appointments for senior pictures, haircuts, manicures, pedicure, tanning, repairing/purchasing automobiles, signing or purchasing insurance, banking, etc. need to be after school hours. Any note that just has an appointment on it will be considered to be unexcused.
2. Attending a non-school related activity as a spectator.
3. Babysitting

4. Extended lunches
5. Oversleeping and missing school bus
6. Skipping

Sexual/Racial/Religious Harassment/Violence and Hazing

A student shall not engage in sexual, racial, or religious harassment or sexual, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year (See bylaw 209 of the MSHSL Handbook).

Cell Phone Use/Social Media:

Appropriate cell phone/social media use in the following areas:

- All cell phones are off limits in any locker room (MSHSL rule). No pictures taken in the locker room at any time.
- Cell phones: players need to understand that cell phones should be turned off when they enter a locker room.
- Facebook/Twitter/SnapChat/Instagram, etc: Players need to understand when they post anything to these social media outlets, the information is not private. Any words or pictures can be seen or read by anyone. Any posting of team information to other teammates or other people that can cause harm (bullying, sexting, harassing, etc) will not be tolerated and will be held accountable.

FEES AND FORMS

Players are expected to have all their paperwork completed. This would include a physical (every 3 years) if needed, complete registration on Warroad Payments with payment and complete the MSHSL forms online. This needs to be done before the 1st practice or the player will not be allowed to practice.

TRANSPORTATION:

- All student athletes must travel to and from athletic contests. Only upon personal request by the parent/guardian to the coach prior to the start of the day of the event, will this be waived to allow the student athlete to travel with his/her parents/guardians.
- Student athletes that notify the coach will need to fill out a travel waiver either on paper or online and send it to the activities director and coach.
- All school rules apply when traveling on a bus, van or airplane.

LETTERING

- Each sport will provide an addendum for their lettering policy.

SPORTSMANSHIP

- Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities.
- Participation in these programs should promote respect, integrity and sportsmanship. Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior.
- It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone. Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same. There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.
- The use of demeaning language, or hate speech, by students, parents and other fans will not be tolerated.
- Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

STUDENT CONDUCT

Participation in sports is a privilege which is accompanied by responsibility. As a student athlete participating in League sponsored activities, the student will adhere to the following:

- The student will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- The student will be fully responsible for their own actions and consequences.
- The student will respect the rights and property of others.
- The student will respect and obey the rules of Warroad High School and the laws of my community, state, and country.
- The student will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.