Red Lake County Central High School



2025-26 Activities Handbook

Consider the electronic receipt of the RLCC HS Activities Handbook as you and your student's understanding and agreement to the policies held within this document.

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GO MUSTANGS! GO REBELS!

RED LAKE COUNTY CENTRAL SCHOOL SONG:

"RLCC HATS OFF TO THEE,
TO OUR COLORS, TRUE WE SHALL EVER BE
FIRM AND STRONG UNITED ARE WE,
RAH -RAH -RAH –RAH!
RAH -RAH -RAH –RAH!
RAH FOR THE MUSTANG TEAM!"

The Red Lake County Central High School community strives to create a positive environment in which all students are challenged and inspired to achieve their potential. Academics and student activities are the backbone of RLCC High School. Activities can benefit students only if they participate in them fully. Through participation in the activities programs offered, a student will become a part of the growing tradition of our school system. Research has shown that participation in extracurricular activities is a better predictor for success in adult life than college entrance examinations or grade point averages. Positive participation in activities also shows students' level of commitment to and involvement in their school. RLCC athletic and extra-curricular activity programs are designed for students to develop skills through participation, training, and dedication. Students should be stimulated and encouraged to participate, and provisions will be made to develop a strong foundation in fundamentals.

Strong athletic and extracurricular activities have the potential to shape personal attitudes and values as well as support other aspects of the total school program. The purpose of this handbook is to communicate to both participants and their parents the guidelines for participation in Red Lake County Central athletics and extra-curricular activities.

A. EXTRA-CURRICULAR ACTIVITIES

RLCC is a member of the Minnesota State High School League which governs interscholastic contests in athletics, music, debate, dramatics and declamation. All players/contestants of RLCC High School are subject to the rules, regulations and consequences adopted by the Minnesota State High School League.

The most important of these regulations are those governing the eligibility of participants in interscholastic competition. Interested persons should consult with coaching or administrative staff for interpretation of these regulations. RLCC High School enters into interscholastic competition in art, speech, one-act play, band, choir, knowledge bowl, boys' and, girls' basketball, cross country, wrestling, football, volleyball, boys' & girls' hockey, track/field, softball, baseball, and golf.

The athletic teams are under the direction of the coaches. Team members are to observe the training and practice rules imposed by the coaching staff. To compete, each participant must meet the requirements and regulations set down by the MSHSL and the RLCC school districts. All 7-12 extracurricular programs are subject to the same rules and consequences as those outlined in the MSHSL handbook.

Activities Sponsored by MHSL and RLCC: Football, Basketball, One Act Play, Three Act Play, Volleyball, Wrestling, Choir, Knowledge Bowl, Trap Team, Baseball, Track/Field, Speech, Student Senate, Softball, Golf, Cross Country, Hockey

Programs that are in a MSHSL Cooperative Pairing agreement are: Football, Boys and Girls Cross Country, Boys Basketball, Baseball, Speech, Boys & Girls Golf, Boys & Girls Track, Boys Hockey are all with Red Lake Falls. Wrestling and Girls Hockey are with Thief River Falls.

B. RLCC PHILOSOPHY OF ATHLETICS

Playing time is not a right but a privilege that is earned through sportsmanship, team play, mental discipline, hard work, talent, skills and ability and it is determined by the coach.

Varsity Sports Philosophy: RLCC has chosen to compete at the inter-scholastic level rather than at the intramural level. With this in mind, winning is an important part of our program. We feel we can best challenge our athletes to develop their abilities through this type of program. By no means is it a win at all cost philosophy, but rather a strong effort to win the contest will be made by the players and coaches.

Junior High Sports Philosophy: At this level of competition, the emphasis is put on participation both during contests and during practices. Each participant will be given the opportunity to develop his/her skills. Contests will be scheduled to develop the student's abilities as well as to prepare them for competitive situations. A goal is set to win the contest, but more importantly, it is to allow all members of the team the opportunity to participate.

Communication with Coaches: At times, there may be a need for a parent to communicate with a coach regarding their son or daughter. Questions might range from philosophical or could even be about playing time. ***See Addendum A titled "RLCC Parent Code of Conduct"***

Responsibility of Student-Athletes

- Make satisfactory progress toward graduation.
- Do passing work in all subjects
- Abide by the rules set forth by the MSHSL and the RLCC Schools, and coaches
- Complete and turn in ALL eligibility forms before the season begins
- A current Physical (every three years)
- All MSHSL forms
- Participation fee

Responsibility to yourself: The most important responsibility is to broaden yourself and develop strength of character and self-discipline. You owe it to yourself to get the greatest possible benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities, as well as in sports, help to prepare you for your life as an adult.

Responsibility to your school: Another responsibility you assume as a team member is to your school. You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on yourself. The student body, our communities and other communities judge our school by the conduct and attitudes of our

teams and athletes on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride.

Responsibility to others: As a team member you bear a responsibility to your family and the communities of the RLCC school district. When you know that you have lived up to all of your commitments, that you have practiced with great enthusiasm and a strong work ethic, and that you have played the game to the best of your ability, win or lose, you will maintain your self-respect and your family and friends will be proud of you.

Responsibility as a team member: To attend all practices, events, games and if not possible to notify your coach/advisor before the absence. To be in school for the whole day on the day of an event/game and the day following an event/game. To represent your team as a first-class group, everywhere and always.

Responsibility of Parents

- Good discipline originates in the home because the parent is the first teacher. It is a parent's obligation, by teaching and example, to develop in the pupil good habits of behavior as well as proper attitudes toward the school. To help your student's progress in school, a parent should:
- Recognize that the teacher/coach takes the place of the parent while the student is in school.
- Teach and require of your student respect for law, for authority, for the rights of others, and for private and public property.
- Share and encourage with your student an interest in school activities and in their general progress.
- Arrange for prompt and regular school attendance and comply with attendance rules and procedures.
- Arrange for a time and place for homework and see that your student makes productive use of their time.
- Encourage and guide wholesome friendships, interests and activities.
- Understand and comply with the rules of the school concerning pupil conduct and cooperate with the school in carrying out disciplinary action taken by the school.
- Instill in your student that academics are the prime concern of the school.
- Be aware of the eligibility/participation rules of the Minnesota State High School League, RLCC Schools, and those of the coach of your daughter's/son's activity.

Responsibility of Coaches

Coaching involves providing a stimulating and effective program of instruction, establishing and maintaining an atmosphere conducive to learning, the development of sound social attitudes and behaviors, and to instill a "will to win" experience. This is a cooperative effort in which the coach, with the assistance and support of the school, parents and communities should:

- Approach his/her assignment with enthusiasm and regard each student as a worthy individual.
- Plan and conduct a program of instruction, which will make each student eager to learn, and
- enable each student to achieve his/her full potential.
- Teach the student what is expected of him/her in terms of conduct in and about the school.
- Enforce the rules of the school and enforce such rules courteously, consistently, and justly.

- Distinguish between pupil misconduct, which should be handled by the coach and situations that requires the assistance of the administration.
- To make the participants in the activity and their parents aware of the eligibility/participation rules of the Minnesota State High School League, the RLCC Schools, and any rules pertaining to the activity.
- The coach will establish, and make known to their team, their team rules and expectations, including lettering criteria, dress codes, absences and sportsmanship.

C. EMPLOYEE-STUDENT RELATIONSHIPS

Purpose

The school district is committed to an educational environment in which all students are treated with respect and dignity. Every school district employee is to provide students with appropriate guidance, understanding, and direction while maintaining a standard of professionalism and acting within accepted standards of conduct.

General Statement of Philosophy

This policy applies to all school district employees at all times, on and off duty, on or off of school district locations, in person, or through technology; computers, smartphones and social media.
At all times, students will be treated by teachers and other school district employees with respect, courtesy, and consideration and in a professional manner. Each school district employee is expected to exercise good judgment and professionalism in all interpersonal relationships with students. Such relationships must be , and remain, on a teacher-student basis or an employee-student basis.

Teachers must be mindful of their inherent positions of authority and influence over students. Similarly, other school district employees also may hold positions of authority over students of the school district and must be mindful of their authority and influence over students.

Sexual relationships between school district employees and students, without regard to the age of the student, are strictly forbidden and may subject the employee to criminal liability.

Other actions that violate this policy include, but are not limited to, the following:

Dating students.
Having any interaction/activity of a sexual nature with a student.
Committing or attempting to induce students or others to commit an illegal act or act of immoral conduct which may be harmful to others or bring discredit to the school district.
Supplying alcohol or any illegal substance to a student, allowing a student access to such substances, or failing to take reasonable steps to prevent such access from occurring.

School district employees shall, whenever possible, employ safeguards against improper relationships with students and/or claims of such improper relationships.

Excessive informal and social involvement with individual students is unprofessional, is not compatible with employee-student relationships, and is inappropriate.
School district employees will adhere to applicable standards of ethics and professional conduct in Minnesota law.

Reporting and Investigation

Complaints and/or concerns regarding alleged violations of this policy shall be handled in accordance with district policy.

All employees shall cooperate with any investigation of alleged acts, conduct, or communications in violation of this policy.

School District Action

Upon receipt of a report, the school district will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination, or discharge. It also may include reporting to appropriate state or federal authorities, including the Board of Teaching or the appropriate licensing authority and appropriate agencies responsible for investigating reports of maltreatment of minors and/or vulnerable adults. School district action taken for violation of this policy will be consistent with requirements of applicable collective bargaining agreements, Minnesota and federal law, and school district policies.

Scope of Liability

Employees are placed on notice that if an employee acts outside the performance of the duties of the position for which the employee is employed or is guilty of malfeasance, willful neglect of duty, or bad faith, the school district is not required to defend and indemnify the employee for damages in school-related litigation.

D. MINNESOTA STATE HIGH SCHOOL LEAGUE (MSHSL) ELIGIBILITY

Each student & their parent(s)/guardian must complete, sign and have on record at the school district office:

MSHSL 2025-26 Eligibility Statement
MSHSL Annual Sports Health questionnaire
MSHSL Sports Qualifying Physical Examination Clearance Form. (every three years)

The MSHSL Eligibility Brochure is handed out by coaches and can also be picked up at the School Office and it is also available on the School websites and the MSHSL website; www.mshsl.org

Students: Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of Minnesota State High School League rules which govern your participation. Complete regulations are found in the MSHSL Official Handbook which is available at each member high school and which is also posted on the MSHSL Web site: www.mshsl.org.

Please keep this brochure for reference, and if there is a question about any rule interpretation, **CONTACT YOUR SCHOOL PRINCIPAL OR ATHLETIC/ACTIVITIES DIRECTOR.**

I understand that once I sign the eligibility statement all eligibility rules apply:
Twelve (12) months of the year;
Whether I am currently participating or not;
Continuously from the first signing of the statement.

Parents/Guardians: REVIEW the following rules with your son or daughter. Your role in stressing the value of following these rules cannot be overstated.

General Student Eligibility Checklist (must be completed by all students) (*If you cannot check all 7 items, see your athletic/activities director or principal)*

- Making academic progress toward graduation.
- Will not have turned 21 before the start of the season in which I participate.
- Have not dropped out of school or repeated a grade while in high school.
- Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids, or drug paraphernalia.
- Have not and will not violate the racial/religious/sexual harassment/violence/and hazing bylaws of the MSHSL.
- I agree to fully cooperate in any investigation honestly and truthfully.

Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.

Both the student and parent have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website: www.cdc.gov/concussion

Athletic Eligibility Checklist (must be completed by all athletes) (*If you cannot check all 5 items, see your athletic/activities director or principal)*

- Physical exam within the last three (3) years on file with the school.
- Have not transferred schools.
- Will not participate in more than six (6) seasons in any sport in grades 7-12.
- Have not accepted cash in any amount or merchandise valued at more than $100 for participating in a sport.
- Have not and will not compete in non-school events in my sport after reporting for the school team.

E. MSHSL BYLAW 206.00 GOOD STANDING AND GENERAL ELIGIBILITY REQUIREMENTS

Good Standing

In order to be eligible for regular season and League tournament competition a student must be in good standing.

Definition: The term "Good Standing" shall mean that the student is eligible under of all the conditions and eligibility requirements of that school as well as the eligibility requirements of the Minnesota State High School League.

Student Code of Responsibilities

Participation and attendance in/at activities organized by Red Lake County Central High School is a privilege which carries responsibilities. As a student of Red Lake County Central High School, I understand and accept the following 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 rights and 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 who violates the Student Code of Responsibilities is not in good standing and will be ineligible to participate in the next major school sponsored activity, whether or not the violation takes place on or off campus or at another school. **The major school sponsored activities are Homecoming, Prom and a Student Senate sponsored winter dance, usually Snowfest or Spring Fling.** If a student is determined to *not* be in good standing prior to either of these events, they will not be eligible to participate in them. ***Not participating in Homecoming is defined as not being eligible to be involved as a Homecoming Court member for Coronation and not being eligible in attending the Homecoming Dance. Not participating in Snowfest is not being eligible for any winter court (royalty) and not participating in the dance. Not participating in Prom is considered not being eligible to participate in the Grand March, Banquet, or Dance.*** If a student is determined to *not* be in good standing, for example, after the Prom dance, they will be ineligible for the Homecoming Dance next fall, meaning that there is carry over from school year to school year. Students remain ineligible until they return to the status of a "student in good standing", as determined by the principal. ***The penalties described above are in addition to any Minnesota State High School League penalties.*** If a student and/or parent wishes to appeal, they first would make an appearance and file an appeal before the Building Principal. A decision on the appeal would be made within 48 hours. The 2nd level and 3rd level in the appeal process would be the Superintendent, then the Board of Education.

F. MSHSL PHYSICAL EXAMINATION AND PARENT PERMISSION

Any student who intends to participate in high school interscholastic athletic activities must have (on file at the school) a record of a physical examination performed by a qualified medical provider within the previous three years. Parents are responsible for the cost of the physical examination. An annual health questionnaire provided by the MSHSL shall be completed, signed and returned prior to participation.

The signature of the parent or guardian approving participation is also required. These forms must be received by the activities director's office before participation or practice may begin.

G. ATHLETIC INJURY

Students that are injured in an athletic event or practice and require doctor care must provide their coach with a signed statement by the doctor granting permission to resume practice or participation in the event. This should be done on the standard MSHSL form. RLCC High School does contract with Sanford Health from Thief River Falls who provides 1 day a week service by a certified athletic trainer. Your son or daughter has access to this service by notifying the office.

H. INSURANCE or WAIVER FORMS

No insurance coverage is provided by the School Districts that would cover students for medical, dental or disability expenses. The MSHSL provides catastrophic insurance for all student athletes, cheerleaders and fine arts participants in grades 7-12 during the time they practice for and compete in League-sponsored activities at the Varsity, Junior Varsity, B-squad and Sophomore level. The catastrophic injury policy provides for secondary coverage, and the plan will pay benefits in excess of other insurance, after the $50,000 deductible is met. This plan is intended to cover medical expenses not paid by parent's insurance.

I. RULES FOR PARTICIPATION AFTER MSHSL VIOLATION

All students are encouraged to participate in MSHSL activities. Students will be prohibited from going out for an activity after the first competition to avoid MSHSL penalties in their preferred, upcoming activity. The student must complete the entire season of the activity in which they are competing in order for the violation to be served. If a student is cut from the team or quits, the consequences remain until the next season of participation.

J. ACADEMIC ELIGIBILITY FOR PARTICIPATION IN AN RLCC EXTRACURRICULAR ACTIVITY

Student's eligibility status for extracurricular participation will be determined through academic requirements in addition to conduct violation rules outlined in the MSHSL handbook. The rules for academic eligibility at RLCC HS as determined by the school board are as follows:

- If a student has one "F" at the end of the grading period, that student will become ineligible for one week or one game, whichever is greater.
  **Each additional F beyond one F carries one more week and 1 more game whichever is greater re: 2 F's = 2 weeks and 2 games. 3 F's = 3 weeks and 3 games

- In the event that no games or contests are scheduled during the period of academic ineligibility, that student will become ineligible for the next scheduled game(s) or contest(s).

- The ineligibility penalty for Fine Arts students is 1 MSHSL sponsored contest and/or performance for each "F" accumulated during a grading period.

    - Due to registration deadlines for MSHSL sponsored Fine Arts events the Principal will use discretion as to when the Fine Arts ineligibility check dates will need to be altered in comparison to the regular scheduled 8 dates.

- Eligibility for 3-Act play or other stand-alone events are at the Principal and the coach or advisor's discretion.

- Students with one or more "Incompletes" at the end of the grading period will become ineligible once the final grade has been posted. (New language – some students receive an "I" due to illness or personal reasons)

- At the end of the penalty period, the student must be passing all courses in order to participate in games or contests. If the student continues to be failing in one or more of their classes, they will remain ineligible until they reach passing status.

- Students who become academically ineligible will be expected to practice with the team throughout that period of ineligibility, but are not allowed to be in their uniform for games. (added language for clarification)

Procedure for becoming eligible again during the school year: If ineligible, once the student has a passing grade, the student must come to the office to get the RLCC Eligibility document. This document needs to be signed by the teacher of record and by the high school principal. The principal at that point will determine eligibility and contact the A.D. and the Head Coach.

- All students who have a failing grade at the end of the 4th quarter ***and they are not in a sport,*** they may become eligible for a fall sport, starting with the first day of practice, using 1 week or 1 game whichever is greater. This equates to students missing the first game since school is not in session.
- If a student has a failing grade at the end of the 4th quarter ***and they are involved in a spring sport, they finish the current season through tournament play.*** Their ineligibility would begin at the beginning of the next school year, starting with the first day of practice, using 1 week or 1 game whichever is greater. This equates to students missing the first game since school in not in session.
- If a Senior has a failing grade at the end of the 4th quarter and they are involved in a spring sport, they are allowed to finish the season without penalty.

Academic eligibility is determined at eight (8) times during the school year, at mid-term and at the end of the quarter. Teacher MUST have grades to the office before they leave on Wednesday (mid-term) and Friday (end-of-quarter). Athletes/Parent/Coaches will be informed of ineligibility in the morning on Fridays (mid-term) and Tuesdays (end-of-quarter). Students and parents will be notified if there is an eligibility problem.

Grading Period	Date of Report	Ineligibility Begins
1st Quarter Midterm	Wednesday, October 1	Friday, October 3
1st Quarter Ends	Friday, October 31	Tuesday, November 4
2nd Quarter Midterm	Wednesday, December 3	Friday, December 5
2nd Quarter Ends	Friday, January 16	Tuesday, January 20
3rd Quarter Midterm	Wednesday, February 18	Friday, February 20
3rd Quarter Ends	Friday, March 20	Tuesday, March 24
4th Quarter Midterm	Wednesday, April 22	Friday, April 24
4th Quarter Ends	Thursday, May 21	Monday, August 10, 2026
OCHS Students		
Semester 1	Friday, December 19	Monday, December 22
Semester 2	Friday, May 15	Monday, August 10, 2026

Academic Eligibility for OCHS Students in an Extra-Curricular Activity: Because OCHS student's classes end at semester time in December and in May, there is no time to get a grade to passing. If an OCHS student has a failing grade at semester, the student is ineligible for 1 week or 1 game whichever is greater.

K. ATTENDANCE REQUIREMENTS FOR ELIGIBILITY TO PRACTICE OR PARTICIPATE

Any player or participant reporting to the office after the school day begins, with an **excused** absence determined by the principal/activities director, will be allowed to practice or participate in a contest or game. If a student is ill for the whole day, they may not participate or practice that day. A player or participant who is ill must be in school at least 3 of the 7 periods of the school day to participate or practice that day.

L. PARTICIPATION FEES

There are a number of extracurricular and curricular activities which require fees in order to participate. They would include:

- $60.00 activity fee for grades 7-8 per season.
- $80.00 activity fee for students in grades 9-12 per season.
- $50.00 activity fee for knowledge bowl, speech, one-act and three-act plays fees.
- **50% reduction of above fees if the family qualifies for free and reduced lunches.**
- **$200.00 family maximum activity fee per season.**

If a student quits or becomes ineligible, activity fees will not be reimbursed. Students do have a grace period of the first week of practice. After the first week of practice, fees will not be reimbursed.
If there is a financial hardship related to paying the fees, please fill-out the waiver form at the end of this handbook and return it to the high school office.

Students will be given Three (3) business days to pay all fees associated with athletics, fine arts or academic teams, and fundraisers from the first day of participation/practice. Failure to pay within the three-day deadline will result in suspension from participation or practice until that fee has been paid to the school. Students having paid in full for their financial obligations to the school will be immediately reinstated into that activity or sport in which payment of the fee was required.

M. RLCC SPORTSMANSHIP

Courtesy, fairness and respect characterize sportsmanship. It is interpreted by the conduct of the participants, coaches, cheerleaders, school administrators and spectators. The RLCC Schools are continually striving to maintain and improve these qualities.

RLCC ISD #2906 adopted the following Sportsmanship Code:

We will be courteous in speech and action at all times.
We will respect our opponent at all times.
We will be loyal to our own team but also applaud the abilities of players on all teams.
We will obey instructions given by schools and those in charge.
We will play according to the rules of each game.
We will respect the decisions of game officials.

We believe that in order to have a successful team we must have a will to win, but we will enjoy each game; win or lose…together as a team.

N. TRANSPORTATION

When riding to and from extracurricular events the same rules apply as in daily bus riding. Any student who rides the bus out must also ride it back again unless the parent requests, in writing, the student ride home with their parents or a party as designated by the parent(s).

O. AREA CONFERENCES AND RLCC OPPONENTS

Football/Valley Plains West: Ada-Borup West, Crookston, Mahnomen-Waubun, Polk County West, Red Lake, Red Lake County

Volleyball/Polar: RLCC, Red Lake Falls, Crookston, Warren Alvarado-Oslo, Sacred Heart, EGF, TRF

Girls' Basketball/Northern Galaxy: BGMR, RLCC, Red Lake Falls, Warren-Alvarado-Oslo, Sacred Heart, Goodridge-Grygla, Northern Freeze, Stephen Arygle Central, Kittson County Central

Boys' Basketball/North Star Conference: RLC, Sacred Heart, Clearbrook/Gonvick, Goodridge-Grygla, Warren Alvarado-Oslo

Track/Field/Pine to Prairie: RLC, Bagley/Fosston, Fertile-Beltrami, WEM, Norman County, Mahnomen/Waubun, Ada-Borup West, Fisher-Climax

Girls' Softball/Pine to Prairie: Fertile-Beltrami, Fosston, Bagley, NCE, NCW, Mahnomen/Waubun, Win-E-Mac, Lake Park-Audubon

P v. From the MSHSL

Some Interesting Facts

Student athletes and fine arts participants learn about ethics, fair play, sacrifice, how to deal with success and failure, and they have a sense of belonging in a stable environment.

- Students involved in high school-based activities are up to 25 times less likely to drop out than the general student body.
- Students who participate in activity programs tend to earn higher grades in high school than the general student population.
- Activity participants go on to achieve higher grades in college than those who did not participate.
- Those who participate in activity programs are half as likely to have discipline referrals than the
- general student population.
- Students involved in activities average three fewer absences per year than the general student population.
- Surveys of Minnesota students continually show that the primary reason for participation in athletic and fine arts activities is for FUN.
- School activities provide a proving ground for life skills and self-worth.

- School sports and fine arts activities provide a valuable connection between students and adults and their school community.
- Athletic and fine arts participants learn time management skills more effectively than their peers who choose not to become involved in educational athletic and fine arts programs.

Moreover, the life skills learned in sports, theatre, vocal, band, orchestra, speech and a myriad of other opportunities that encompass the world of high school activities continue to have a positive lifelong impact on students well after they've graduated from high school. These "life lessons" include cooperation, teamwork, citizenship, self-motivation and self-esteem. These "lessons" are part of the overall learning experience gained through participation in activity programs, and they enhance the students' education and better prepare them for the challenges of life.

Support School Activities

The member schools of the MSHSL are committed to the values that are such an integral part of interscholastic participation.

Because we truly believe that activities are educational experiences that make young people better individuals, then we must be prepared to defend that belief with more than just opinion. We must be prepared to fund that belief.

Students need the support of Minnesota communities. They need the benefits high school activities provide through character building concepts, the opportunities to develop life-long skills, the ability to practice the concepts they've been taught in the classroom, and the chance to develop the interpersonal and physical skills that foster success in later life.

Schools need this involvement by students and parents to be successful, and high school activity programs are the glue that helps hold communities together. They should be embraced in times of budget difficulties and not set adrift to fend for themselves.

The fully educated student has participated in both academic and non-academic activities, both athletic and non-athletic; has been a star in one activity and a substitute in another; has been on the stage in one activity and back stage in another; has participated in solo and ensemble, and has experienced winning and losing. If we truly support our all-inclusive educational philosophy, schools in the future should have fully funded activity programs with everyone required to take something. Why? Because it works. It works on a higher level of success than anything else. And it works for all levels of ability.

RLCC Parent Code of Conduct **Addendum A**

Red Lake County Central Schools (RLCC) recognizes the importance of a strong extra-curricular activity program. RLCC is responsible for the best possible experience for students involved in these programs by fostering a safe and respectful environment that is led by a licensed coach or the most qualified adult available.

RLCC wants the parents of students involved in these programs to enjoy the participation of their son or daughter. Parents also take an active role in fostering a safe and respectful environment, and with that comes responsibility. Here are the expectations that RLCC has for parents of students in activities.

a. Parents are to be a good example for students by using appropriate language and behavior when on campus and at student activities whether at home or on the road.
b. Parents are to treat coaches, officials, and school staff in a respectful and cordial manner.
c. Parents should never approach coaches, officials, and/or school staff with their concerns during or immediately following the activity.
d. Parents should never approach coaches, officials, and/or school staff in public during non-school hours about their concerns.
e. Parents should avoid being critical of the officials. Officials will make mistakes and may even show bias, but berating, screaming, or using personal attacks is never appropriate.
f. Parents should not use social media to fuel discontent or criticism of school staff, coaches. officials or any RLCC students that are involved in extra-curricular activities.
    i. Violations of any of the above can be reported to school administration by school staff, coaches, officials, or anyone observing a violation first hand.
g. **If parents are unable to follow the above expectations the school will take the following action, following a baseball/softball example of "3 strikes and you're out".**
    i. Contact the parent to discuss the situation and to issue a warning
    ii. Contact the parent to discuss the situation and to render a suspension from the parent attending the next game or activity at home or on the road.
    iii. Contact the parent to discuss the situation and to render a suspension from the parent attending any games or activities for the remainder of the season.
h. *RLCC Schools recognize that there may be situations where a conflict may arise. The manner or methodology in which to resolve a conflict is found on the next page.*

2. Parent information to know prior to entering Conflict Resolution

There are times when it is appropriate for a parent to communicate with a coach. The 24-hour rule no longer exists. The philosophy of "Sleep on It" will be used. This means that there will be no communication to school until the next school day.

Appropriate reasons for a parent to communicate with a coach:

a. Concerns regarding the athlete's behavior
b. Academic performance or school attendance
c. Social issues which may be affecting performance
d. Injury treatment or medical conditions
e. Issues related to missing practice or events
f. Ways to help the athlete improve
g. Disciplinary issues or actions
h. Post-high school plans

Inappropriate reasons for a parent to communicate with coaches:

a. Playing time
b. Position or role on the team
c. Strategy or play calling
d. Other student athletes

3. RLCC High School steps for Conflict Resolution

If there is a need to communicate to a coach, the following steps are to be utilized.

STEP 1: Athlete has a private conversation with Coach. If the conflict is not resolved, continue to the next step. If Step 1 does not take place, Step 2 does not happen.

****JH PLAYERS ONLY**: Parents may attend a meeting with the coach to help facilitate the conversation, but emphasis is for the athlete to advocate for themselves.

STEP 2: If the question or conflict was not resolved in Step 1, a parent may contact the Coach at the school phone or via the school email to schedule a meeting.

STEP 3: Parent and athlete will attend the scheduled meeting. The athlete must attend. Have a conversation and agree on a resolution. Conversation is limited to your student-athlete. If the conversation strays the Coach may end the meeting. Refer to the list above for reasons to speak to a coach before the meeting takes place.

STEP 4: If a resolution does not occur as a result of Step 3, contact the Activities Director to schedule a meeting. The athlete, parent, Coach and A.D. will attend this meeting.

STEP 5: If a resolution does not occur as a result of Step 4, contact the High School Principal to schedule a meeting. The athlete's attendance is not required. The parent, Coach, A.D. and Principal will attend this meeting.

STEP 6: If a resolution does not occur as a result of the Step 5, contact the Superintendent to schedule a meeting. The athlete's attendance is not required. The parent, coach, A.D., Principal and Superintendent will attend this meeting.

"The Role of Parents in Athletics"

developed by Bruce Brown

1. **Before the Game**
    a. Have a conversation with your athlete and have your athlete explain their role on the team.
        i. Then accept their definition of their role.
    b. Release your children to the game: Success is theirs, failure is theirs.
        i. How to know you have not 'released' your children to the game.
            1. You mentally or verbally take credit for their success.
            2. You try to solve all of their problems.
            3. You continue to try to coach them during and after the game.
            4. You "over-celebrate" wins and "over-suffer" losses
    c. If your athlete looks over at you while playing the game you maybe have not released them to the game.

2. **During the Game**
    a. Learn how to watch the game. Sometimes you need to move yourself away from the action. Create some distance.
        i. The #1 thing your child needs at the game is for you to model poise and confidence.
        ii. Utilize positive ways to vent your emotional energy – encourage your athlete and their teammates.
        iii. Mentally focus on the team's goals and performance, not just your own child.
        iv. Allow only "one instructional voice", the coaches.

3. **After the Game**
    a. You are the parent, you know your athlete well, but consider giving them some time and space -- recovery time. The more competitive the child and the more competitive the game, the more recovery time they will need.
    b. Many athletes who played the game don't enjoy replaying it right after the game.
    c. Follow the time and space rule and let them lead when and what they want to talk about regarding the game.

4. **Over the Course of the Season**
    a. Insist and hold your athlete accountable in doing their very best academically. Winners give consistent effort in all areas, starting first with the classroom.
    b. Insist that your athlete respects team rules, school rules, game officials and that they display positive sportsmanship. Your expectations should be clear and consistent. Avoid accepting excuses.

c. Insist upon yourself that you do not allow your envy or jealously poison your athlete's attitude. Envy and jealousy can poison a team. Encourage your athlete to work harder and to do their best and then help them to understand that is what their coach wants them to do.
d. Insist upon yourself that you always speak well of your athlete's teammates and coaches. If you have nothing good to say, say nothing. Criticizing your athlete's teammates or coaches cannot and will not improve your athlete's attitude or performance.
e. Insist upon yourself that you will be positive with your athlete. Being part of a team, sweating, sacrificing and committing to common team goals are certainly things to be proud of, so let your athlete know you are proud of them and their efforts. Recognize the many ways of contributing beyond starting and being a star.
f. Insist that your athlete eats healthy food and gets plenty of rest. Having healthy eating habits is a life-long lesson. Remind them often that their avoidance of soda and energy drinks and processed convenience store food with high sugar and fat contents, and, getting a good night's rest is crucial to superb academic and athletic performance. Share life examples of you and your work in relation to this topic.

RLCC Waiver Request-Athletic/Activity Fee (Addendum B)

Parent or Guardian:

To apply for waiver of the athletic fee, please complete and return to the office of the Athletic Director.

Student Name_____ Grade_____

Sport/Activity in which student would like to participate_____

State hardship case causing request for waiver:

_____

_____

_____

_____

_____ _____

Signature of Parent/Guardian Date

The information you give on the application is confidential and will be used only for the purpose of determining eligibility for having the athletic fee waived.

(for school use only)

Action:

_____approved _____denied for the following reason:

_____

_____

_____ _____

Signature of Activities Director Date

Parent was notified on _____ by a response letter_____ or phone call_____.

RED LAKE COUNTY CENTRAL SCHOOLS
ISD #2906
RLCC High School Oklee 218-796-5136
RLCC Elementary Plummer 218-465-4222

Andrew Fougner	**Andrew Fougner**	**Randall Pederson**
Superintendent	**Elementary Principal**	**H.S. Principal**

2025-26 ATHLETIC PRACTICE TRANSPORTATION PARENT PERMISSION SLIP **Addendum C**

With students driving back and forth to schools and practices we want to make sure that parents are aware of how students are getting from one building/community to another.

Areas of Concern are:

Students that drive to school, then drive after school to Plummer or Red Lake Falls for practice, end up taking passengers that have not been authorized.

Students that are supposed to ride the practice bus to Plummer or Red Lake Falls for practices, end up riding with a teammate or friend without prior authorization.

Students that ride practice bus to ~~Plummer or~~ Red Lake Falls, end up riding home with a teammate or friend without prior authorization.

Parents, please sign below that you are giving permission for your child in regards to athletic transportation for the 2025-26 school year. Students, if you are a driver, this is a serious commitment and your parent's signature absolves the District of any legal responsibility if there were to be an accident.

This document covers any and all activities for the year. Until this permission slip is returned back to the office, it will be understood your child will only be riding on the practice bus to and from every day.

Parents, please check none, one or both of the statements below, indicating your approval.

____I allow my student-athlete to drive to and from practices and games in Plummer or Red Lake Falls. I also allow my student athlete to give rides to teammates that have proper authorization to do the same.

____I allow my student-athlete to ride to and from practices and games in Plummer or Red Lake Falls with a teammate that has prior authorization to provide such transportation.

Parent Signature_____ _____(date)

Student Signature_____ _____(date)