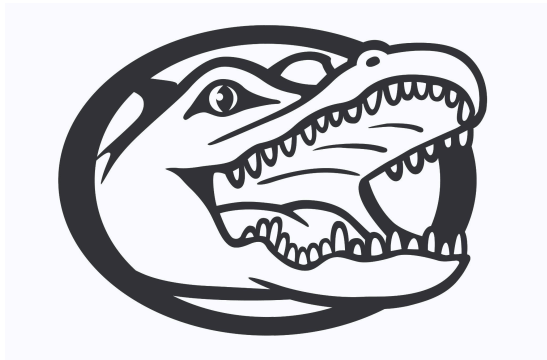


Gator Extracurricular Handbook



Gator Fight Song

*Gator team, we stand together; we're a shining star.
We're ever faithful to our schools, united, proud of what we are.
And we will pull together to win the game.
Gator triumphs will be our aim.
Hail, hail, our Gator team will go on to a victory!*



The Gator Way

1. Be committed to your academics. Be on time for class. Take good notes. Do extra work, if possible. Talk to your teacher and coach if you are having a problem and get extra help if you can.
2. Be committed to having “class.” Treat teachers, classmates, support staff, teammates, officials and coaches with respect. Treat other people the way you want to be treated. Don’t be rude. Remember to say please, thank you, yes sir, and yes ma’am.
3. Be committed to doing the right thing. We have plenty of school and team rules: Know them. Do the right thing even when no one is looking.
4. Be committed to the program. As a Gator, you live in a fish bowl. Every word and action will be watched. Being a part of Gator Activities brings many responsibilities. Social media is not the correct platform for expressing disagreements with coaches, teammates, opponents or officials.
5. Be committed to hard work. Gator coaches and advisors believe that hard work pays off. If you work harder than your opponent does, then you deserve to win.
6. Be committed to becoming a smart player. Participants need to understand the game and be ready to learn. Players need to play with poise. Participants need to be prepared mentally for practice and games.
7. Be committed to the team. Participants need to believe in the team concept. Gator programs are built on the concept that the team is bigger than one player. We need unselfish players. What is best for the team will always take priority over any individual.
8. Be committed to a winning attitude. Participants must be committed to winning, but still understand that we don’t measure success by winning alone. Gators never quit. Participants and coaches always need to look for a way to succeed.
9. Believe in yourself. Players need to play with confidence, and to think positively. Don’t get down when you play poorly. Just work that much harder. Be a leader. Lead by a good example
10. Believe in your teammates. Encourage each other and support each other. Be a friend and understand that we are all different. Therefore, be tolerant of teammates and others. The team or organization will only be successful if more experienced participants help others learn.
11. Believe in your coaches. Understand that your coaches are trying to make you better people and players. Don’t whine and complain. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team. Learn your role and do the best you can.



Gator Extracurricular Handbook

Introduction: BGMR is a member of the Minnesota State High School League (MSHSL). This organization supports the premise that it is a privilege for a student to participate in interscholastic activities.

Since participation in interscholastic activities is voluntary and participants represent the school, high standards must be maintained. Participants are responsible for knowing and following the rules and regulations contained in the student handbooks. Participants have a responsibility to themselves, fellow students and the community to exemplify principles of responsible citizenship.

1. Code of Conduct: A code of conduct for an athlete is important to develop good sportsmanship, respect for rules and authority, team discipline and to eliminate disruptive influences. Failure to comply with the code of conduct will affect the student's continued participation in the athletic program.

Profanity is never allowed.

Participants are responsible to know the rules of their activities and to conduct themselves accordingly. Winning and losing is part of the game and participants should be modest in victory and gracious in defeat.

It is the duty of the officials to apply rules equally so that a sense of fairness is maintained. Decisions of the officials are not to be questioned. However, the team captain may respectfully speak to the official for the purpose of clarifying a rule.

Extra-curricular participants are expected to exert their best effort in the classroom and must meet the attendance requirements established for the school. Students must be in school in order to participate in practice or events. This requirement will be waived for students who have received a prearranged excused absence approval from the principal's office.

Since extra-curricular participants represent the school, they should dress in an appropriate manner when traveling to or participating in an interscholastic event.

2. Eligibility Rules: BGMR is a member of the MSHSL, which establishes rules and standards for all member school districts. The MSHSL Eligibility Brochure, published annually by MSHSL, lists important rules that should be understood by parents and guardians prior to a student participating in an interscholastic contest. The student and parent or guardian must sign the appropriate portion of the bulletin and return it to the principal's office before the student can participate. The parent or guardian's signature acknowledges receipt of the Eligibility Brochure.

While academic studies must be the student's first concern, co-curricular activities are a very essential ingredient for a well-balanced personality.

Students who earn an "F" at mid-quarter or end-of-quarter are ineligible for two weeks or two events, whichever is longer. They will be allowed to attend practice, but not participate in events. Spring grades count for fall eligibility.

Students who earn an "I" at mid-quarter or end-of-quarter are ineligible until their missing work is completed and graded. They will be allowed to attend practice, but not participate in events. Spring grades count for fall eligibility.


3. Physical Examination: The rules pertaining to physical examinations for participation in interscholastic athletics and cheerleading are as follows:

- A. Each participant must have on file in the school a record of a physical examination within the last three years.
- B. The parent or guardian is responsible for providing for the cost of the physical examination.
- C. A MSHSL parents' permit and health questionnaire must be signed and on file with the athletic director each year before a student is permitted to practice.

4. Group Health Insurance: The Badger or GMR School does not provide health insurance coverage for medical expenses incurred by a student sustaining injury while participating in the interscholastic program. A medical benefit plan is available for students interested in purchasing this coverage. Information regarding this insurance is available from the Activities Director.

5. School Equipment: Participants are responsible for all school equipment that is provided for their use. Participants losing or destroying equipment will be held financially responsible.

DID YOU KNOW!
Students who participate in athletic and fine arts activities tend to have . . .
• **Higher grade-point averages**
• **Better attendance records**
• **Lower drop-out rates**
• **Fewer discipline problems**
. . . than non-participating students.



6. Locker Room Conduct: Athletes are to conduct themselves in a well-behaved manner in the locker room, showing proper respect to fellow students and adults. Tidy up after practice, at home and away.

7. Absence from Practice: Athletes who must be absent from a practice session should inform the coach in advance. Excessive absences could result in an athlete not being allowed to play in a game. Acceptable reasons for missing practice include illness, death in the family or emergency. Coaches will clarify each team's attendance rules.

8. Protective Mouthpieces: The use of protective mouthpieces is required for all football players during practice and games. The school will provide the first mouthpiece. However, any replacements due to loss of the mouthpiece will be at the athlete's expense.

9. Sports Fees: A fee of \$75 per activity will be charged to all athletes in grades 7-12. The Cheer Team fee is \$40, and the family limit is \$300 per year.


10. Admission Fees: Single admission to school events is \$4 for students and \$6 for adults. Season passes to all regular season athletic events will be offered at the following rates: Student Pass, \$25; Single Adult Pass, \$40; Family Pass, \$90. Passes may be purchased at the Badger or GMR school offices. Passes must be shown for each admission, and local passes are not honored by the MSHSL for post-season tournaments.

11. Guidelines for Awarding a Letter: The purpose of a letter award is to recognize a participant for superior performance which was achieved through effort and sacrifice. A participant earning a varsity letter for the first time will receive a chenille letter and activity pin. All subsequent awards will be in the form of a bar pin for each year of participation. Letter awards will be presented at the end-of-season Awards Ceremony.

12. Student Transportation: Students must use district-provided transportation to and from student activities, games and events unless signed out by a parent or legal guardian with the correct transportation waiver procedure.

13. Extracurricular Attendance Policy: Students absent from school for any part of the day will not be permitted to participate in extracurricular events or practice that day. There are exceptions for certain pre-approved absence such as an orthodontic appointment (with documentation) or family funeral, for example.

14. Weather Cancellation: When school is canceled or dismissed early due to weather, practices and events are canceled or postponed.



15. School Function Absences: Students are responsible for securing their assignments and completing all missed work within two days. Students who participate in extracurricular activities will be allowed a maximum of 6 early-out's for each activity provided they are making satisfactory academic progress, which is determined by the principal.

16. Alcohol, Tobacco, Other Drugs: Violations of alcohol, tobacco or drug rules by any student will be recorded. If such a student later joins an activity of the MSHSL, the violations will be considered as previous violations. These rules are in force all year, including summer months. Violations include: consumption, purchasing, possession and association. "Association" is defined as willfully attending a party where alcohol or drugs are provided, riding in a vehicle which is found to have alcohol or drugs, attendance at any party or wedding where alcohol is served without parental supervision. Social media photos received which are signed by an adult will be investigated and acted upon accordingly. Additional photos of the same individual will be addressed with a single event suspension.

17. Chemical Eligibility: Category I activities include all extracurricular activities.

1. First Violation Penalty: After a violation has been determined, the student shall lose eligibility for the next three consecutive interscholastic contests or three weeks of a season in which the student is a participant, whichever is greater.
2. Second Violation Penalty: After a violation has been determined, the student shall lose eligibility for the next six consecutive interscholastic contests in which the student is a participant. No exception is permitted for a student who becomes a participant in a treatment program. (See Bylaw 304 – Ineligible Student.) Recommendations: (A) It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has sought or has received counseling from a community agency or professional individual such as a school counselor, drug counselor, medical doctor, psychiatrist, or psychologist. (B) It is recommended that, when appropriate, the school refers a student to a community agency or a professional individual outside the school for assessment of potential chemical abuse or misuse.
3. Third Violation Penalty: (A) After determination of the third or subsequent violations, the student shall lose eligibility for the next twelve consecutive interscholastic contests in which the student is a participant. (B) If after the third or subsequent violations, the student on their own volition becomes a participant in a chemical dependency program or treatment program and is assessed as chemically dependent and completes treatment, the student may be certified for reinstatement in MSHSL activities after a minimum period of six weeks after entering program. The director of a chemical dependency treatment center must issue such certification. Recommendation: It is recommended that the

student be referred for assessment of potential chemical abuse, misuse, or dependency by a community agency or a professional individual outside the school.

4. Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation on a high school team or activity – 9th grade, "B" squad, Junior Varsity or Varsity – and continuing throughout the student's high school career. This accumulative rule is for both Category I and II activities.

Category II Activities include all co-curricular activities such as music, speech, drama, Knowledge Bowl, FCCLA, Math League, Homecoming, Snow Fest

1. First Violation: A student will lose eligibility for the next two consecutive scheduled events or contests. Violations will result in loss of privileges for Homecoming and Snow Fest royalty for one year.
2. Second Violation: A student will lose eligibility for the next four consecutive scheduled events or contests.
3. Third Violation: A student will lose eligibility for the next eight consecutive scheduled events or contests.

A pep band performance is not considered a scheduled event, but instead is required as part of band class.

BGMR Sportsmanship and Spectator Expectations

The following applies to spectators present at events as well as the use of social media:

DO NOT:

1. Ridicule or berate players, coaches, officials or other spectators.
2. Engage in any kind of unsportsmanlike conduct with any official, coach, player or spectator such as booing, taunting, using profane language or gestures.
3. Encourage nor condone any behavior or practice which would endanger the health or well-being of any participant.
4. Boo, taunt or in any way try to humiliate any participant or attendee.
5. Ridicule any participant for making a mistake.
6. Coach from the sidelines or grandstand.
7. Confront coaches in an inappropriate/antagonistic manner before, during or after games/practices. Instead, make arrangements to speak with coaches at an appropriate time and place. The use of impersonal, electronic, anonymous means of expressing concerns is not an acceptable substitute for effective, cooperative, face-to-face communications.



DO:

1. Understand that your attendance provides you with the opportunity and privilege to observe an athletic event, not to berate players, coaches or officials.
2. Remember that interscholastic athletics is a part of the education process. It is for the students, not adults.
3. Cheer for your team.
4. Be a positive role model and encourage sportsmanship by giving support to and showing respect for all players, coaches, officials and spectators.
5. Demand that others treat players, coaches, officials and spectators with respect regardless of race, religion, color, gender, sexual orientation or ability.
6. Support the decisions of coaches and officials.
7. Teach our youth that doing their best is of the utmost importance.
8. Emphasize that a healthy work ethic, a high level of effort and cooperation with coaches are imperative for doing one's best.
9. Learn and understand the rules and strategy of the game.
10. Appreciate the efforts of players, coaches and officials.
11. Be generous when you win and gracious when you lose.

Parent and Family Expectations

1. Be a "team" fan, not a "my child" fan.
2. Encourage your child to discuss any problems directly with the coach while emphasizing how to improve their status on the team.
3. Encourage the attainment of team goals rather than individual goals.
4. Understand that criticism and disrespect not only undermine the purpose of interscholastic sports but the very behavior you're trying to teach your child.


ACCEPTABLE BEHAVIOR:

- Accept all decisions of contest officials.
- Applaud during both teams' player introductions.
- Shake hands with opponents who foul out of the game.
- Join Cheer Team's positive cheers.
- Offer sincere handshakes to participants, coaches and officials at the end of the contest, regardless of outcome.
- Treat competition as a game, not a war.
- Applaud at the end of an event for all participants.
- Show concern for an injured player regardless of team.

UNACCEPTABLE BEHAVIOR

- Yelling or waving arms during opponent's free throw attempt.
- Disrespectful or derogatory yells, chants, songs or gestures; yells that antagonize opponents.
- Booing or heckling an official's decision; criticizing officials in any way.
- Refusing to shake hands or give recognition for good performances.
- Blaming the loss of a game on an official, coach or participant.
- Laughing or name-calling to distract an opponent.
- Use of profanity.
- Making up negative cheers instead of following along with Cheer Team.



BGMR Disciplinary Procedures for Spectators

Behavior that degrades a player, coach, official, school personnel or another spectator is subject to disciplinary action by school personnel. Anyone who engages in misconduct as described above, or one who is removed from an interscholastic contest at the request of a game official or school administrator, or one who is reported by the administration from another school while at an event will be subject to the following:

1st Offense: Offender will receive a verbal reprimand from the Activities Director and may be prohibited from attending the team's next home contest.

2nd Offense: Offender will be prohibited from attending ANY home school district athletic events for the remainder of the season in question (fall, winter, spring) or for a period of 3 months commencing from the date of the second offense, whichever is longer.

3rd Offense: Offender will be prohibited from attending ANY home school district athletic events for one full calendar year, commencing from the date of the third offense.

Remember, we are all on the same team. We all represent our community, school and families.

MSHSL Statement of Philosophy – Coaches


The Minnesota State High School League has established policies and standards which will cultivate the ideals of good sportsmanship. It shall be the responsibility of each member school to ensure that all individuals employed or directly associated with the interscholastic program conduct themselves in a sportsmanlike manner.

The coach is an official representative of the school at interscholastic athletic activities. It is the responsibility of the head and assistant coaches to serve as role models for students and the public.

Code of Ethics:

A coach will be in violation of the MSHSL's standards for good sportsmanship by:

A) making degrading/critical remarks about officials during or after a contest either on the field of play, from the bench or through any public news media;

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- B) arguing with officials or going through motions indicating dislike/disdain for a decision;
- C) detaining the officials following the contest to request a ruling or explanation of actions taken by the official; or being ejected from any contest.

Actions and Response:

Unsportsmanlike actions by a coach shall be reported to the League by the school and by the head contest official. The school shall document the results of their investigation and actions taken, where necessary and appropriate.

Penalties for violation of these standards may include, but are not limited to, reprimand, censure, fines, or other actions as deemed appropriate by the Board of Directors.

Commentary:

It is within each individual's ability to treat others with dignity and respect. The League and its member schools expect each individual to assume the responsibility for their actions.

MSHSL Founding Purposes

The Minnesota State High School League is organized for the following educational purposes:

- To provide, promote, manage and administer a program of activities for students of the member schools on subsection, section and state levels in athletics and fine arts.
- To establish uniform and equitable rules for students in extracurricular activities.
- To elevate standards of sportsmanship and to encourage the growth of responsible citizenship among students, member schools and their communities.
- To protect students, member schools and their communities from exploitation by special interest groups.
- To provide mutual benefit and relief plans for the assistance of students injured in extra-curricular activities in meeting medical and hospital expenses incurred by reason of such injuries.



MSHSL Beliefs

We believe that:

- Participation in school activity programs is a privilege and not a right.
- Sportsmanship needs to have a constant presence in all school-based activity programs.
- Students should have an equal opportunity to participate in all activities offered by their school.
- Ethical behavior, dignity and respect are non-negotiable.
- Student participants who choose to be chemically free must be supported.
- Collaborative relationships with parents enhance a school's opportunity to positively impact student success.
- Academic priorities must come before participation in athletic or fine arts activities.
- Positive role models and an active involvement in a student's life by parents and others are critical to student success.
- High school activity programs are designed for student participants, and adults must serve in a supportive role.
- The success of the team is more important than individual honors.
- Compliance with school, community and League rules is essential for all activity participants.
- Participation in school-sponsored activities must be inclusive, not exclusive.
- Ethical behavior, fairness, and embracing diversity best serve students and school communities.

Concussion Return-to-Play

According to MSHSL rules, if a coach or official observes signs or symptoms of a potential concussion, the athlete must be removed from play. "When in doubt, sit them out."

The athlete must be cleared through five stages of gradual exertion, observed by a qualified health care provider with at least 24 hours free of symptoms between each stage.

Athletes will establish their non-injured baseline through Impact testing. A post-injury Impact comparison supports safe return-to-play.