

2013-2014



Coaches' Handbook

LINCOLN HIGH SCHOOL ACTIVITIES DEPARTMENT

2900 South Cliff Avenue - Sioux Falls, SD 57105

605-367-7988 - 605-367-8492 fax

jim.dorman@k12.sd.us

Jim Dorman, CAA

Assistant Principal/Activities

Fundamentals of Sportsmanship

Every year the SDHSAA emphasizes the importance of good sportsmanship. The concept of good sportsmanship is not explained to many individuals. The following steps will help athletes, coaches, officials and spectators to understand their responsibilities at an athletic contest.

1. Gain an Understanding and Appreciation for the Rules of the Contest.

The need to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on the officials, coaches, players, or administrative decisions.

2. Exercise Representative Behavior at All Times.

Good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies on everyone behaving in a way that represents a sound value base.

3. Recognize and Appreciate Skilled Performance Regardless of Affiliation.

Applause for an opponent's good performance displays generosity and is courtesy that should be regularly practiced. This not only represents good sportsmanship, but also reflects a true awareness of the game by recognizing and acknowledging quality.

4. Show Respect for the Officials.

The officials of any contest are trained impartial arbitrators who perform to the best of their ability. Mistakes by those involved in the contest are part of the game. We should not rationalize our own poor performance or behavior by blaming the officials.

5. Display Respect for the Opponents at All Times.

Opponents are guests and should be treated cordially and with thoughtfulness.

6. Display Pride in Your Actions at Every Opportunity.

Never allow your ego to interfere with good judgment. Regardless of whether you are a student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

The Keys to SPORTSMANSHIP

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- ✓ Know the rules of the game.
- ✓ Recognize good plays by both teams.
- ✓ Respect your opponent and its spectators.
- ✓ View the game with your HEAD instead of your HEART.
- ✓ Practice the Golden Rule.

2013-2014 Lincoln High School Coaching Staff

Activities Director: Jim Dorman, CAA

Volleyball:

Head Varsity	Lisa Lunning
Assistant Varsity	Sarah Wyffels
Sophomore	Chantel Tengwall
Freshman	April Camarigg
Volunteer	Katie Schlemmer
Volunteer	Jacob Lammers

Cross Country

Head Varsity	Eric Pooley
Assistant Varsity	Jacqui Meadors
Volunteer	Kelly Kougl

Girls Tennis

Head Varsity	Tom Krueger
Assistant Varsity	Emily Johnson

Boys Golf

Head Varsity	Lyle Pearson
Assistant Varsity	Scott Amundson

Wrestling

Head Varsity	Mark Ernster
Assistant Varsity	Mike Long
8th Grade	Daniel Castilleja
7th Grade	
Volunteer	

Boys Tennis

Head Varsity	Tom Krueger
Assistant Varsity	Nate Larson

Girls Golf

Head Varsity	Aaron Beavers
Assistant Varsity	Scott Amundson

Cheer

Head Competitive Coach	Dawn Bonham
Assistant Competitive	Cassie Deffenbaugh
Co-Head Sideline Coach	Katie Pabst
Co-Head Sideline Coach	Kady Hopp

Dance

Head Coach	Katie Pabst
Assistant Coach	Natalie Wait

Athletic Trainer

Head Trainer	Brian Fox, ATC
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Football

Head Varsity	Aaron Beavers
Assistant Varsity	Brian Bechard
Assistant Varsity	Mario Massa
Assistant Varsity	Jae Sim
Assistant Varsity/Soph.	Jim Jarovski
Assistant Varsity/Soph.	Ken Doyle
Head Freshman	Jeff Halseth
Assistant Freshman	Chad Birger
Assistant Freshman	Trey Erickson
Volunteer	Dave Alpers
Volunteer	Robert Kirvin
Volunteer	Rico Hatter
Volunteer	Mike Magnuson

Girls Basketball

Head Varsity	Matt Daly
Assistant Varsity	Scott Amundson
Sophomore	Levi Tvedt
Freshman	Stephanie Roggenbuck
Volunteer	

Boys Basketball

Head Varsity	Jeff Halseth
Assistant Varsity	Scott Embry
Sophomore	Eric Rice
Freshman	Jared Jansen
Volunteer	Andrew Krueger
Volunteer	John Vining

Gymnastics

Head Varsity	Les Frederick
Assistant Varsity	Rebecca Mager

Track & Field

Head Varsity	Jim Jarovski
Assistant Varsity	Scott Embry
Assistant Varsity	Kaaren Huber
Assistant Varsity	Eric Rice
Assistant Varsity	Brian Bechard
Assistant Varsity	Ken Doyle
Assistant Varsity	Eric Pooley
Assistant Varsity	Kaylee Koch
Varsity Volunteer	Dave Alpers
Varsity Volunteer	Mike Magnuson
Varsity Volunteer	Ricco Hatter
Varsity Volunteer	

Softball

Head Varsity
Head Varsity

Trent Dlugosh
Tim Hoover

Bowling

Head Boys
Head Girls

Terry Peters
Pat Staples

Soccer

Head Girls
JV Girls
Head Boys
JV Boys
Volunteer

Steve Burckhalter
Sandy Roberts
Doug Townsend
Gary Townsend

Baseball

Head Varsity
JV
Sophomore/Freshman

Alex Sommers
Jordan Johnson
Darrin Loecker

Debate

Head Coach
Assistant

Ashley Griese
Robert Mikhayelyan

Oral Interp

Head Coach
Assistant
Assistant

Amanda Simon

Band

Dan Carlson
Sam Anderson

Color Guard

Emily Savage
Julie Fettes

Orchestra

Mario Chiarello

Vocal

Linda Conrad
Kathy Ferguson

Newspaper

Katie Kroeze

Yearbook

Julie Fettes
Sarah Winterscheidt

Theater

Lance DeRoos
Amanda Simon

Student Council

Jennifer DuBois

LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2013-14
(jim.dorman@k12.sd.us)

LHS Phone 367-7990

LHS Athletic Phone 367-7988

<u>Activity</u>	<u>Name</u>	<u>Address</u>	<u>City, Zip</u>	<u>Home Phone</u>	<u>Work Phone</u>	<u>Cell Phone</u>	<u>email</u>
Principal	Val Fox	4801 Caraway Circle	Sioux Falls 57108	334-3303	335-9476	351-0964	val.fox@k12.sd.us
Athletic Director	Jim Dorman, CAA	801 W. Eagle Ridge St	Sioux Falls 57108	940-1262	367-7988	270-0101	jim.dorman@k12.sd.us
Assistant Principal	Mike Klinedinst	6411 Quartzite	Sioux Falls 57110	357-8803	367-7990	310-6041	mike.klinedinst@k12.sd.us
Assistant Principal	Don Ryswyk	7609 W. Stanford Dr	Sioux Falls 57106	275-0343	367-7990	940-9858	don.ryswyk@k12.sd.us
Trainer	Brian Fox			376-0212			brian.a.fox@k12.sd.us
<u>Football</u>							
Varsity	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990	351-5307	aaron.beavers@k12.sd.us
	Brian Bechard	1600 S Kingsberry Dr	Sioux Falls 57106	274-3543	367-7990		brian.bechard@k12.sd.us
	Mario Massa	2500 S Valley View Rd	Sioux Falls 57106	988-7398			mjm7496@mac.com
	Jae Sim	1504 E 56th St	Sioux Falls 57103	332-8937		940-2322	coachsim@live.com
Sophomore	Jim Jarovski	308 Seth Cr	Brandon 57005	582-8197	367-7990	940-2835	James.Jarovski@k12.sd.us
	Ken Doyle	2612 Latigo Cir	Sioux Falls 57108	359-8018		359-8018	ken.doyle@k12.sd.us
Freshman	Jeff Halseth	3716 E 49th St	Sioux Falls 57103	371-3357	367-7990	359-8356	jeffrey.halseth@k12.sd.us
	Chad Birger	140 N Poplar Ave	Tea 57064	498-7447	575-2097	498-7447	chad.birger@usiouxfalls.edu
	Trey Erickson	827 S Spring Ave	Sioux Falls 57104	760-3290		760-3290	trey.erickson@k12.sd.us
Volunteer	Dave Alpers	5605 W Darcie St	Sioux Falls 57106	362-4056		929-3861	dalpers@sdhsathletes.com
Volunteer	Robert Kirvin	4404 W Briggs Dr #7	Sioux Falls 57107	595-8500		595-8500	rkatm@hotmail.com
Volunteer	Mike Magnuson	2504 S Dakota Ave #203	Sioux Falls 57105			212-9120	mlmagnuson09@ole.augie.edu
Volunteer	Rico Hatter	3300 W 53rd St #811	Sioux Falls 57106		201-8433	310-780-1996	coachhatter@gmail.com
<u>Volleyball</u>							
Varsity	Lisa Lunning	5700 S Megan Ave	Sioux Falls 57106	507-398-2682		507-398-2682	lisa.lunning@k12.sd.us
JV	Sarah Wyffels	310 West 21st St #5	Sioux Falls 57105	218-340-6672			wyffe004@gmail.com
Sophomore	Chantel Tengwall	7200 W Rosemont Ln	Sioux Falls 57106	261-3068		261-3068	chantel.tengwall@k12.sd.us
Freshman	April Camarigg	3904 S Outfileld Ave	sioux falls 57110	712-261-0384		712-261-0384	aprntea12@gmail.com
Volunteer	Katie Schlemmer					595-4443	kmschlemmer09@ole.augie.edu
Volunteer	Jacob Lammers						
<u>Cross Country</u>							
Varsity	Eric Pooley	1816 S Center Ave	Sioux Falls 57105	360-8252		360-8252	eric.pooley@k12.sd.us
Assistant	Jacqui Meadors	5933 S. Lois Lane	Sioux Falls 57108	321-0107	367-7647	321-0107	jacqueline.meadors@k12.sd.us
Volunteer	Kelly Kougl					307-631-3525	kougel@chrobinson.com
<u>Girls Tennis</u>							
Varsity	Tom Krueger	225 E 28th	Sioux Falls 57105	332-1061	371-4120	595-5142	thomas.krueger@k12.sd.us
Assistant	Emily Johnson	1125 S Ebenezer #229	Sioux Falls 57106	480-2261		480-2261	emily.johnson@k12.sd.us
<u>Boys Golf</u>							
Varsity	Lyle Pearson	6204 S Mustang Cir	Sioux Falls 57108	212-7118	367-7990	212-7118	lyle.pearson@k12.sd.us
Freshman	Scott Amundson	4105 S Arden Ave	Sioux Falls 57103	334-2987	367-4285		scott.amundson@k12.sd.us

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2013-14
(jim.dorman@k12.sd.us)**

LHS Phone 367-7990

LHS Athletic Phone 367-7988

<u>Activity</u>	<u>Name</u>	<u>Address</u>	<u>City, Zip</u>	<u>Home Phone</u>	<u>Work Phone</u>	<u>Cell Phone</u>	<u>email</u>
<u>Competitive Cheer</u>							
Head	Dawn Bonham	3105 S Greenwood Ave	Sioux Falls 57106	280-2250		280-2250	dawn.bonham@k12.sd.us
Assistant	Cassie Deffenbaugh	204 N Crystal Pl	Brandon 57005	280-1596		280-1596	cassie.deffenbaugh@gmail.com
<u>Competitive Dance</u>							
Head	Katie Pabst	2617 S Prairie	Sioux Falls 57105	376-3706		376-3706	katie.pabst@k12.sd.us
Assistant	Natalie Wait	7601 W Snapdragon St #3	Sioux Falls 57106	612-239-0855		612-239-0855	natalie.wait@hotmail.com
<u>Girls Basketball</u>							
Varsity	Matt Daly	4604 West Custer Ln #12	Sioux Falls 57106			507-430-4377	matt.daly@k12.sd.us
JV	Scott Amundson	4105 S Arden Ave	Sioux Falls 57103	334-2987	367-4285		scott.amundson@k12.sd.us
Sophomore	Levi Tvedt	7101 S Morgen Ave	Sioux Falls 57108	881-8512		881-8512	levi.a.tvedt@k12.sd.us
Freshman	Stephanie Roggenbuck	211 N Chris St	Worthing 57077	320-760-5483		320-760-5483	rogg0052@morris.umn.edu
Volunteer							
<u>Boys Basketball</u>							
Varsity	Jeff Halseth	3716 E 49th St	Sioux Falls 57103	371-3357	367-7990	359-8356	jeffrey.halseth@k12.sd.us
JV	Scott Embry	4429 E Steeple Cr	Sioux Falls 57103	333-9723	367-7990	359-4609	scott.embry@k12.sd.us
Sophomore	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		eric.rice@k12.sd.us
Freshman	Jared Jansen	601 E 69th St #113	Sioux Falls 57108	376-3266			jared.jansen@k12.sd.us
Volunteer	Andrew Krueger						andrew.krueger@k12.sd.us
Volunteer	John Vining	1511 S Dakota Ave	Sioux Falls 57105			759-1825	john.vining@coyotes.usd.edu
<u>Wrestling</u>							
Varsity	Mark Ernster	708 N Archer Dr	Sioux Falls 57103	310-9371	367-7990	275-2117	mark.ernster@k12.sd.us
JV	Mike Long	1001 Honeysuckle Drive	Harrisburg 57032	212-3898			michael.long@k12.sd.us
Middle School	Daniel Castilleja	1705 E 24th St	Sioux Falls 57105	759-4008			info@dmcwaterjet.com
Middle School							
Volunteer							
<u>Gymnastics</u>							
Varsity	Les Frederick	5308 W 56th St	Sioux Falls 57106	361-7188		261-6653	l.frederick@siouxfallshousing.org
Assistant	Rebecca Mager	2305 S Phillips Ave	Sioux Falls 57105	521-1619		521-1619	rashields1024@gmail.com
<u>Boys Tennis</u>							
Varsity	Tom Krueger	225 E 28th	Sioux Falls 57105	332-1061	371-4120	595-5142	thomas.krueger@k12.sd.us
Assistant	Nate Larson	2480 W Kenwood Manor #14	Sioux Falls 57104	261-0467		261-0467	hope_ms678@hotmail.com
<u>Girls Golf</u>							
Varsity	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990	351-5307	aaron.beavers@k12.sd.us
Freshman	Scott Amundson	4105 S Arden Ave	Sioux Falls 57103	334-2987	367-4285		scott.amundson@k12.sd.us

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<u>Track & Field</u>							
Varsity	Jim Jarovski	308 Seth Cr	Brandon 57005	582-8167	367-7990	940-2835	james.jarovski@k12.sd.us
Assistants	Scott Embry	4429 E Steeple Cr	Sioux Falls 57103	333-9723	367-7990		scott.embry@k12.sd.us
	Kaaren Huber	3909 S Pillsberry Ave	Sioux Falls 57103	371-4355	367-7990		kaaren.huber@k12.sd.us
	Brian Bechard	1600 S Kingsberry Dr	Sioux Falls 57106	274-3543	367-7990		brian.bechard@k12.sd.us
	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		eric.rice@k12.sd.us
	Eric Pooley	1816 S Center Ave	Sioux Falls 57105	360-8252		360-8252	eric.pooley@k12.sd.us
	Kaylee Koch	3403 W 81st St	Sioux Falls 57108	351-3601		351-3601	kaylee.koch@k12.sd.us
	Ken Doyle	2612 Latigo Cir	Sioux Falls 57108	359-8018		359-8018	ken.doyle@k12.sd.us
Volunteer	Dave Alpers	5605 W Darcie St	Sioux Falls 57106	362-4056		929-3861	dalpers@sdhsathletes.com
Volunteer	Mike Magnuson	2504 S Dakota Ave #203	Sioux Falls 57105			212-9120	mlmagnuson09@ole.augie.edu
Volunteer	Rico Hatter	3300 W 53rd St #811	Sioux Falls 57106		201-8433	310-780-1996	coachhatter@gmail.com
Volunteer							
<u>Girls Soccer</u>							
Varsity	Steve Burckhalter	3801 S West Ave	Sioux Falls 57105	376-0227		376-0227	steveb@dakotaalliancesoccer.com
Assistant	Sandy Roberts			612-816-4557			sandyroberts27@hotmail.com
JV							
<u>Boys Soccer</u>							
Varsity	Doug Townsend	1201 S 2nd Avenue	Sioux Falls 57105	366-0968		366-0968	dugtowntsend@gmail.com
JV	Gary Townsend						
Assistant							
<u>Softball</u>							
Varsity	Trent Dlugosh					521-8362	trent.dlugosh@k12.sd.us
Varsity	Tim Hoover	5109 E 22nd Street	Sioux Falls 57110			366-6370	thoover06@gmail.com
<u>Baseball</u>							
Varsity	Alex Sommers	1704 S Willow Ave	Sioux Falls 57105			254-5435	alsommers@gmail.com
JV	Jordon Johnson						jordon.johnson@k12.sd.us
9th/10th	Darrin Loecker						darrin.loecker@k12.sd.us
<u>Bowling</u>							
Boys	Terry Peters	4325 E 33rd St	Sioux Falls 57103	321-1488		321-1488	tmacpeters@sio.midco.net
Assistant							
Girls	Patrick Staples			941-6560			pstaples@gmail.com

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(jim.dorman@k12.sd.us)**

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<u>Sideline Cheer</u>							
Co-Head	Katie Pabst	2617 S Prairie	Sioux Falls 57105	376-3706		376-3706	katie.pabst@k12.sd.us
Co-Head	Kady Hopp	6501 S Tomar Rd	Sioux Falls 57108	360-1973	367-7990	360-1973	kady.hopp@k12.sd.us
<u>Patriettes</u>							
Head	Katie Pabst	2617 S Prairie	Sioux Falls 57105	376-3706		376-3706	katie.pabst@k12.sd.us
<u>Band</u>							
	Dan Carlson	105 E 38th St	Sioux Falls 57105	413-9443	367-7895	321-5852	daniel.carlson@k12.sd.us
	Sam Anderson		Sioux Falls		367-7895	988-4098	samuel.anderson@k12.sd.us
	Emily Savage	413 Pittsburgh Ave	Harrisburg 57032	359-4540			emily.savage@k12.sd.us
	Julie Fettes	6206 S Avalon Ave #315	Sioux Falls 57108	310-2169		310-2169	julie.fettes@k12.sd.us
<u>Orchestra</u>	Mario Chiarello	116 S Menlo Ave	Sioux Falls 57104	274-8936	367-7896	261-2350	mario.chiarello@k12.sd.us
<u>Vocal</u>							
	Linda Conrad	7115 W 56th St #55	Sioux Falls 57106	361-8876			linda.l.conrad@k12.sd.us
	Kathy Ferguson	6005 S Prairie View Cir	Sioux Falls 57108	334-6565			kathy.ferguson@k12.sd.us
<u>Debate</u>							
Head	Ashley Griese	8100 W Commons #7	Sioux Falls 57106			202-9081	ashley.griese@k12.sd.us
Assistant	Robert Mikhayelyan	4701 E Hagen Cir	Sioux Falls 57110	759-8570		610-8606	robmikh@robmikh.com
<u>Oral Interp</u>							
Head	Amanda Simon	502 Lakota Avenue	Brandon 57005	261-4835			amanda.simon@k12.sd.us
Assistant							
Assistant							
<u>Theater</u>							
	Lance DeRoos	4212 Lisanne	Sioux Falls 57103	371-1752	367-7990	201-8051	lance.deroos@k12.sd.us
	Amanda Simon	502 Lakota Avenue	Brandon 57005	261-4835			amanda.simon@k12.sd.us
<u>Student Council</u>	Jennifer DuBois	116 N Dewberry Avenue	Sioux Falls 57110	367-1074	367-7990		jennifer.dubois@k12.sd.us
<u>Newspaper</u>	Katie Kroeze						katie.kroeze@k12.sd.us
<u>Yearbook</u>							
	Julie Fettes	6206 S Avalon Ave #315	Sioux Falls 57108	310-2169		310-2169	julie.fettes@k12.sd.us
	Sarah Winterscheidt	824 S Summit	Soux Falls 57104	330-4030			sarah.winterscheidt@k12.sd.us

Updated: 07/09/13



South Dakota High School Coaches' Association

MEMBERSHIP FORM

Name: _____

Home Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

School: _____

Email: _____

Check all of the boxes that apply:

<u>Head Coach:</u>	BB <input type="checkbox"/>	CC <input type="checkbox"/>	Cheer <input type="checkbox"/>	Dance <input type="checkbox"/>	FB <input type="checkbox"/>	Gym. <input type="checkbox"/>
	Golf <input type="checkbox"/>	Tennis <input type="checkbox"/>	Soccer <input type="checkbox"/>	T&F <input type="checkbox"/>	VB <input type="checkbox"/>	WR <input type="checkbox"/>
<u>Asst. Coach:</u>	BB <input type="checkbox"/>	CC <input type="checkbox"/>	Cheer <input type="checkbox"/>	Dance <input type="checkbox"/>	FB <input type="checkbox"/>	Gym. <input type="checkbox"/>
	Golf <input type="checkbox"/>	Tennis <input type="checkbox"/>	Soccer <input type="checkbox"/>	T&F <input type="checkbox"/>	VB <input type="checkbox"/>	WR <input type="checkbox"/>

Athletic Director:

**Mail your \$40 membership fee to:
SDHSCA
Jim Dorman, Executive Director
801 W Eagle Ridge St
Sioux Falls, SD 57108**

SOUTH DAKTOA COACHES FOUNDATON

I would like to contribute to the South Dakota Coaches' Foundation

\$10 \$20 Other

PATRIOT ATHLETICS

Agenda Items: Pre-Season Parent/Athlete/Coach Meeting

It is our responsibility to inform parents/guardians about our individual sports programs. We are to present as much information as necessary to those who have a direct concern with what is happening with athletics at Lincoln. It seems reasonable to think that the better a coach communicates with parents the more smoothly the season will go. Parents can be the greatest ambassadors for our school. With this in mind, each head coach is to begin the season with very clear communications to parents/guardians about the procedures, rules, and expectations for athletes.

The following items should be included in your presentation. Additional items that you feel are necessary for your program should also be included. Head coaches should also include, in writing, any special requirements or sport specific rules beyond those listed below. Be sure to give a copy of all written material and correspondence to the athletic director.

- I. Communication expected from coach to parents/guardians and athletes
 1. Your Philosophy (Communicating your philosophy to as many people as you can gives you the most important tool for handling praise and criticism you are going to get).

- II. Communication expected from parents/guardians to coach
 1. Notification of any practice/contest conflicts well in advance.
 2. Specific concerns regarding coach's philosophy.
 3. Decisions and judgments are not personal. They are based solely on what is best for all team members. Coaches are professionals and parents must trust that the goal of success in all matters guides decisions. In general, playing time or other student athletes are not discussable items.
 4. What to do if things do not go the way parents or child wishes.
 5. Discussion with the coach is encouraged.
Examples: Treatment of your son/daughter, mentally or physically.
Ways to help your child improve.
Concerns about your son/daughter's attitude.
Academic and eligibility concerns.

- III. Team information
 1. Locations/times of all practices and contests.
 2. Attendance policy.
 3. Making the team, staying with the team, cut policy.
 4. Playing time and position changes.
 5. Appropriate dress for practice, games home and away.
 6. Lettering requirements.
 7. Lost equipment or uniforms.
 8. Off-season conditioning.

- IV. Academics and Eligibility
 - 1. SDHSAA rules
 - 2. Discipline as directed by School Policy and other team rules that may result in the denial of your son/daughter's participation.

- V. Safety
 - 1. Inform parents and athletes of inherent dangers of catastrophic injuries in your sport.
 - 2. Sioux Valley trainer, Stephanie Libis, will work with Lincoln athletes.
 - 3. Practices are conducted in a safe manner.
 - 4. Insurance coverage is the responsibility of the parent/guardian.

- VI. Travel
 - 1. All travel to and from contests is done on a school-sponsored vehicle. Exceptions to this are to be arranged with the coach in charge.
 - 2. Participants in winter sports must have special gear in their possession to travel.

- VII. Parent/Coach Conference
 - 1. Call coach to set up an appointment
 - 2. If coach cannot be reached, call athletic office and a meeting will be set up for you.
 - 3. Importance of addressing concerns personally and rationally.
 - 4. If necessary, Athletic Director will meet with parent/guardian only after parent/coaches conference.

- VIII. Sportsmanship
 - 1. Promote sportsmanship and character development.
 - 2. Rewarding and disciplining players for sportsmanship and unsportsmanlike conduct.
 - 3. Explain how you will have your entire team practice good character on the athletic field.

Lincoln High School
Fall Sports Parent/Player Meeting
August 6th, 2013
LHS Auditorium - 7:00 pm

Welcome-Jim Dorman, Asst. Principal/Activities

~Mike Meyers, Booster Club

~Red, White & Blue Club

~President's Bowl Ticket Pre-sell, Thursday, August 22, 2013, 4:00 pm

Sports Risk Information-Brian Fox, LHS Athletic Trainer

Athletic Information

Introduction of Head Coaches and Break-Out Sessions:

~ Football - Aaron Beavers - Auditorium

~ Volleyball - Lisa Lunning - Cafeteria

~ Boys Golf - Lyle Pearson - Little Theater

~ Girls Tennis - Tom Krueger - Library

~ Cross Country - Eric Pooley - Chorus Room

~ Cheer - Kady Hopp, Katie Pabst & Dawn Bonham - Upper Gym

~ Dance - Katie Pabst - Old Gym

~ Softball - Trent Dlugosh - A409-A410

~ Boys Soccer - Doug Townsend - A119-A121

~ Girls Soccer - Steve Burckhalter - A122-A123

High School Head Coaches Meetings 2013-14 – IPC

<u>Sport</u>	<u>Date</u>	<u>Time</u>	<u>Room</u>
Fall Sports Night	Tues., Aug. 6	7:00 pm	High Schools
B/G Soccer/ Girls Softball	Fri., Aug. 9	7:00 am	IPC Center Room #3 & 4
F-Ball/V-Ball	Fri., Aug. 9	7:45 am	IPC Center Room #3 & 4
CC/G Tennis Boys Golf	Fri., Aug. 9	8:30 am	IPC Center Room #3 & 4
Cheer/Dance	Fri., Aug 9	9:15 am	IPC Center Room #3 & 4
Trainers/Doctor Jason A/Tryg O	Fri., Aug 9	10:00 am	IPC Center Room #3 & 4
Coaches' Awards Luncheon	Fri., Aug 16	Noon	East Side Pizza Ranch
<hr/>			
Gymnastics	Wed., Oct. 2	4:00 pm	IPC Center Room #3 & 4
Wrestling	Wed., Oct. 2	4:00 pm	IPC Center Room #3 & 4
B/G Swimming	Wed., Oct. 9	7:00 am	IPC Center Room #3 & 4
Bowling	Thurs., Oct. 17	7:00 am	IPC Center Room #3 & 4
G/B Basketball/	Wed., Nov. 13	4:00 pm	IPC Board Room 1 & 2
<hr/>			
B/G Track	Mon., Feb. 10	4:00 pm	IPC Center Room #3 & 4
Baseball	Tues., Feb. 11	7:00 am	IPC Center Room #3 & 4
B Tennis/G Golf	Wed., Feb. 19	4:00 pm	IPC Center Room #3 & 4

MM/lh
7/23/13

Set-up

Center rooms – conference style w/square or rectangle table and chairs for 20
Board rooms – stadium seating with table and chairs facing front for 30

Coach's Checklist

Coach: _____ Year: _____

Beginning of Season:

- _____ Physicals checked
- _____ Medical Consent forms checked
- _____ Scholastic eligibility checked
- _____ Activities violations checked
- _____ Roster turned in to secretary – First Day
- _____ Volunteer Coach Forms turned in
- _____ Lettering Policy turned in

During Season:

- _____ Weekly Schedule
- _____ Out of Class Requests turned in
- _____ Travel/Leave Request form turned in to Mr. Hazlett
- _____ Overnight Travel Itineraries
- _____ Expenses for overnight trips
- _____ Roster changes made
- _____ Activities Violation Notification Form turned in after completion

End of Season:

- _____ Notify office of date, time and site of Awards Program
- _____ Complete Season Record form for all levels
- _____ Complete Athletic Award form for all levels
- _____ List of student awards- (All-State, Most Improved, etc.)
- _____ Assistant Coach Evaluations completed



Sioux Falls School District Year-Round Activity Rules

Summary of District Policy JJAA/JJAA-R

*The complete Policy/Regulation is available at www.sf.k12.sd.us

STUDENT PARTICIPATION IN SCHOOL ACTIVITIES IS A PRIVILEGE - NOT A RIGHT

DEFINITIONS

SCHOOL ACTIVITY – School activities include but are not limited to athletics, band, cheerleading, clubs, dance, debate, drama, drill team, National Honor Society, oral interpretation, orchestra, royalty candidates, student council, vocal, and any other student activities.

SCHOOL ACTIVITY EVENT – A public presentation, performance, competition, or trip associated with participation in a school activity.

SUSPENSION PERIOD – The suspension period for an activity rules violation begins on the date of the next school activity event in which the student is involved. The suspension period for a criminal drug violation is for twelve calendar months from the date of the adjudication, conviction, diversion, or suspended imposition of sentence.

VIOLATION OF DISTRICT STUDENT RULES OF CONDUCT – OFFENSES

Class Four: Violence, fighting, bullying, intimidation/threat to others, theft, physical injury, destruction of property, harassment, hazing, sexual misconduct, engaging in illegal activities

Class Five, Class Six and Tobacco: Tobacco, Secret Societies (gang activity), drugs, alcohol – using, possession, selling, dispensing, or being under the influence of any mood altering chemicals, substances such as steroids, marijuana, inhalants, alcohol, or controlled substances or controlled substances without a valid prescription or other drugs, or possession of drug paraphernalia, possession of drugs or alcohol, suggesting distribution, weapons, bomb threats, fires, endangering the life of others.

FIRST VIOLATION

1. Class Four Offenses Occurring On School Property, In District Vehicles/Buses or At District Events:

Consequence: Suspension from school activity events for 14 consecutive calendar days or two activity events, whichever is greater.

2. Crimes against Persons/Property, and engaging in illegal activities away from District Property/Events other than tobacco and alcohol/drugs

Consequence: Suspension from school activity events for 14 consecutive calendar days or two activity events, whichever is greater.

3. Tobacco/Alcohol/Drugs and all Class Five and Class Six Offenses:

Consequence: Suspension from school activity events for 14 consecutive calendar days or two activity events, whichever is greater. If violation is related to alcohol/drugs, the student must participate in a drug/alcohol evaluation.

SECOND VIOLATION

1. Class Four Offenses Occurring On School Property, In District Vehicles/Buses or At District Events:

Consequence: Suspension from school activity events for 28 consecutive calendar days or four activity events, whichever is greater.

2. Crimes against Persons/Property, and engaging in illegal activities away from District Property/Events other than tobacco and alcohol/drugs

Consequence: Suspension from school activity events for 28 consecutive calendar days or four activity events, whichever is greater. For crime against property in excess of \$100, the student must make full restitution.

3. Tobacco/Alcohol/Drugs and all Class Five and Class Six Offenses:

Consequence: The student may not participate in any school activity events for the remainder of the semester in which the second violation occurs **and** the following semester. If the second violation is for a drug/alcohol violation, the student and at least one parent/guardian must attend every session of the District Drug Prevention Program before participation in any further school activity events.

THIRD & SUBSEQUENT VIOLATIONS

All Class Four, Class Five and Class Six Offenses, Tobacco and Alcohol/Drugs:

Consequence: Suspension from school activity events for 12 calendar months.

RECORD OF VIOLATIONS

Violations accumulate for one year in middle school (grades 6-8). Violations accumulate for four years in high school (grades 9-12). If a middle school student participates in high school activities, violations accumulate starting when the student's participation begins. For example, if an eighth grade student participates in high school activities and has a violation, that violation stays on the student's record for five years.

CLEAN RECORD PROVISION

Students who have one violation and remain violation-free for 12 consecutive months receive a clean record. **This opportunity applies only once during a student's high school career** and does not apply to a suspension for a criminal drug conviction, adjudication, diversion, or suspended imposition of sentence or suspended adjudication of delinquency.

Revised 8/2012

STATE LAW – SDCL 13-32-9

Violation: Drug conviction, adjudication, informal adjustment or court approved diversion program, or suspended imposition of sentence or suspended adjudication of delinquency for possession, use or distribution of controlled drugs or substances or marijuana or for ingesting, inhaling or otherwise taking into the body substances prohibited by law.

First Violation

Consequence

Suspension from participation in any activity sanctioned by the SDHSAA for 12 calendar months from the date of adjudication, conviction, diversion or suspended imposition of sentence..

Alternative

Suspension reduced to 60 school days if student participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program.

Second Violation

Permanent suspension from participation in any activity sanctioned by the SDHSAA.

ACTIVITY VIOLATIONS NOTIFICATION FORM

Date: _____
To: _____
From: _____

_____ has violated the district activity rules.
Suspension will be from _____ as follows:

Violation:

Consequences

First Violation: _____ Period of 14 consecutive calendar days or two activity events, whichever is greater.
Beginning _____ and continuing through _____.

Second Violation (Class 4): _____ Period of 28 consecutive calendar days or four activity events, whichever is greater.
Beginning _____ and continuing through _____.

Second Violation (Class 5&6): _____ Remainder of the semester and the following semester.
Beginning _____ and continuing through _____.

Third/Subsequent Violation: _____ Suspension from school activity events: 12 Calendar months.

State Law: Drug Conviction, Adjudication, Informal Adjustment, Diversion, Suspended Adjudication

First Violation: _____ Suspension from school activity events: 12 calendar months.
Beginning _____ and continuing through _____.

_____ Period of 60 school days upon completion of an intensive prevention or treatment program.
Beginning _____ and continuing through _____.

Second Violation: _____ Permanent suspension in school activity events.

When the student has satisfactorily completed the above suspension, you must **SIGN** this sheet and **RETURN** it to the **Activities Office**. Thank You!

Advisor/Coach

Date

7-8TH GRADE PARTICIPATION IN ATHLETICS AT THE HIGH SCHOOL LEVEL

In the event a Sioux Falls School District SDHSAA sanctioned athletic program exists without opportunity for 7th and 8th grade students to participate in a like program at the middle school level, the 7th and 8th grade students shall have the opportunity to practice with the high school team.

Eighth grade students in such programs as well as eighth grade gymnasts determined to have high ability may compete on high school teams at the discretion of the coach. Eighth graders participate at the Junior Varsity or Varsity level – not 9th (except if there are not enough 9th graders to field a complete squad).



Sioux Falls School District 49-5
PETITION REQUEST FOR 7TH OR 8TH GRADE ATHLETE
TO COMPETE AT HIGH SCHOOL LEVEL

Student Name _____ Date of Request _____

Student's School _____ Name of Sport _____

Parent/Guardian Name _____ Phone Number _____

Parent Address _____ City, State, Zip _____

Grade _____ Date of Birth _____ Height _____ Weight _____

Reason for request to compete at the junior varsity/varsity level: _____

I desire advancement and understand and agree to all expectations.

Student Signature Date _____

I request that the student named herein be permitted to compete at the junior varsity/varsity level in the sport named herein.

Parent/Guardian Signature Date _____

My recommendation regarding the request for the student named herein to compete at the junior varsity/varsity level in the sport named herein is: Approve / Disapprove (attach explanation for disapproval)

Middle School Principal Signature Date _____

My recommendation regarding the request for the student named herein to compete at the junior varsity/varsity level in the sport named herein is: Approve / Disapprove (attach explanation for disapproval)

High School Activities Principal Signature Date _____

The request for the student named herein to participate at the junior varsity/varsity level in the sport named herein is:

Approved _____ Denied _____

Superintendent/Designee Signature Date _____

Travel Guidelines for Coaches

Regular Season Travel to Varsity Contest

- **Football**

- Head Coach, varsity assistants and sophomore coaches travel with team.
- Ninth grade coaches may travel with team provided there are no additional expenses and no class time missed!

- **Boys/Girls Track**

- Head coach and varsity assistants travel with team.
- Number of assistants dismissed and time of dismissal will be a building decision (Principal) on a case-by-case basis.

- **Boys/Girls Basketball**

- Head coach, varsity assistants and sophomore coaches travel with team.
- If ninth grade team is scheduled to play on same date, then ninth grade coach will travel as well. If not, ninth grade coach may travel with team provided there are no additional expenses and no class time missed.

- **Volleyball**

- As most regular season games in volleyball are scheduled V-JV-10-9 on the same night, head coach, varsity assistant, sophomore and ninth grade coach will travel with team.
- Should this not be the case, only coaches involving that particular level will travel. Coaches of the teams not involved may travel with the team, provided there are no additional expenses and no class time missed.

- **Boys/Girls Cross Country, Gymnastics**

- Head coach and varsity assistants travel with team.

- **Wrestling**

- Head coach and varsity assistants travel with team.
- Middle school coaches may travel with team provided there are no additional expenses and no class time missed.

- **Boys/Girls Golf, Tennis**

- Head coach will travel with team.
- Ninth grade coach may travel with team provided there are no additional expenses or class time missed.

- **Competition Cheer, Dance**

- Head coach and varsity assistant travel with team.

State Tournament

When your team qualifies:

- **Football**

- Head coach, varsity assistants and sophomore coaches travel with team.
 - For Football, State Tournament is defined as “Football Finals”, which is presently played on a Saturday.
- Ninth grade coaches may travel with team provided there are no additional expenses and no class time missed.

- **Boys/Girls Track, Cross Country**

- Head coach, varsity assistants will travel with team.

- **Boys/Girls Basketball, Volleyball**

- Head coach, varsity assistant and sophomore coach will travel with team.
- Ninth grade coach will be allowed a sub day (paid by district) for each school day their team competes in tournament.
- Ninth grade coach may travel with team provided there are no additional expenses and no class time missed.

- **Wrestling**

- Head coach and varsity assistants travel with team.
- Middle school coaches (2) will be allowed a sub day (paid by district) for each school day their team competes in tournament.
- Middle school coaches may travel with team provided there are no additional expenses or class time missed.

- **Gymnastics**

- Head coach and varsity assistant travel with team.
- Middle school coaches (2) not allowed sub day or to travel with team as middle school season is held after high school season completed.

- **Boys/Girls Golf, Tennis**

- Head coach travels with team
- Ninth grade coach allowed a sub day (paid by district) for each school day their team competes in tournament.
- Ninth grade coach may travel with team provided there are no additional expenses or class time is missed.

- **Competition Cheer, Dance**

- Head coach, varsity assistant will travel with team.

When your team does not qualify:

- Varsity & junior varsity coaches may attend tournament at school district expense.
 - Gas receipts, one (1) car only per school
 - One (1) motel room per school
 - Meals
 - Tickets
- No expenses or substitutes for any other coaches.

COACHES REQUEST FOR LEAVE

- STEP #1** = Review your schedule and list all dates you will be gone on leave request forms. This should be done before the start of your season.
- STEP #2** = **Utilize S.E.M.S.**, even if you do not need a sub. S.E.M.S is also the way that leave is tracked in the district. It is available online and can be completed at any time before your season begins. You need to use S.E.M.S. any time you are gone for any reason.
- STEP #3** = Get an On-Staff sub if needed. You need to find one on your own and let Bonnie know or ask her to help find someone to cover for you.

LINCOLN HIGH SCHOOL
2900 SOUTH CLIFF
SIOUX FALLS, S.D. 57105

EXPENSE PROCEDURE

1. USE T&A CREDIT CARD FOR LODGING AND TRANSPORTATION.
2. TAX EXEMPT NUMBER IS ON THE CREDIT CARD.
3. BRING RECEIPTS HOME WITH YOU.

PINK SHEET

THIS IS A SUMMARY OF YOUR EXPENSES FOR THE TRIP. PLEASE COMPLETE THIS FORM AND TURN IT IN WITH YOUR RECEIPTS.

MEALS

THE DISTRICT DOES NOT PAY FOR MEALS UNLESS THE STATE REIMBURSES FOR THEM. IF MEALS ARE TO BE PURCHASED THEY WILL BE PURCHASED OUT OF T&A ACCOUNT.

PLEASE TURN THESE TRAVEL FORMS IN TO MR DORMAN IMMEDIATELY FOLLOWING YOUR TRIP.

THANKS!

MEAL ALLOWANCE: _____

BUS DEPARTURE: _____

Motel Room Reservations 2013-14

Need Room Lists for all schools - all trips

07/23/13

School	Team	Event	Location	Date	Motel	Phone#	Contact	Price	# Rooms	Confirmed
LHS	Volleyball	East-West Duals	Rapid City	09/13/13	Days Inn	348-8410		\$70.00	5 doubles	
LHS	Volleyball	Fargo Invite	Fargo, ND	10/11/13	Select Inn			\$70.00	5 doubles	
LHS	Volleyball	State Meet	Mitchell	11/20-13/13				\$80.00	8 doubles	
LHS	Cheer/Dance	State Meet	Rapid City	10/25/13	Days Inn	348-8410		\$70.00	12 doubles	
LHS	Cross Country	Ames Invitational	Ames, IA	09/20/13	LaQuinta Inn	515-221-9200		\$75.00	4 doubles	
LHS	Cross Country	State Meet	Rapid City	10/25/13	Days Inn	348-8410		\$70.00	6 doubles	
LHS	Gymnastics	Aberdeen Invite	Aberdeen	12/13/13	Super 8 East	229-5005		\$80.00	4 doubles	
LHS	Gymnastics	Pierre Invite	Pierre	01/17/14				\$80.00	4 doubles	
LHS	Gymnastics	State Meet	Aberdeen	2/20-21/14	Super 8 East	229-5005		\$80.00	4 doubles	
LHS	Wrestling	RC Invite	Rapid City	12/13/13	Days Inn	348-8410		\$70.00	6 doubles	
LHS	BBB/GBB	East-West Games	Rapid City	02/14/14	Days Inn	348-8410		\$75.00	17 doubles	
LHS	Boy Tennis	State Meet	Rapid City	5/21-23/14	Days Inn	348-8410		\$70.00	3 doubles	
LHS	Girls Golf	State Meet	Pierre	5/18-19/14				\$80.00	3 doubles	

State Meets 2013-14

B Golf	Brandon	Wrestling	Rapid City (state gets)
G Tennis	Sioux Falls	GBB	Brookings (state gets)
Cheer/Dance	Rapid City	BBB	Rapid City (state gets)
B/G Cross Country	Rapid City	G Golf	Pierre
Football	Vermillion (no overnight)	B Tennis	Rapid City
Volleyball	Mitchell	B/G Track	Sioux Falls
Gymnastics	Aberdeen		

LINCOLN HIGH SCHOOL OUT OF CLASS REQUEST

EVENT/ACTIVITY _____ DESTINATION _____

DATE/TIME ACTIVITY BEGINS _____ DATE/TIME ACTIVITY ENDS _____

DATE(S) AND TIME STUDENTS EXCUSED FROM SCHOOL _____

FORM OF TRAVEL _____

IF THE TRIP IS AN OVERNIGHT, WHERE ARE YOU STAYING? _____

ADULTS THAT ARE TRAVELING AS CHAPERONES, COACHES, OR ADVISORS:

ATTACH AN ENTIRE ITINERARY IF THE TRIP IS FOR MULTIPLE DAYS.

***NOTE: All travel is to be reported **AT LEAST THREE DAYS PRIOR TO DATE OF DEPARTURE.** This notification is the responsibility of the sponsor in charge of the event. Turn this form in to **JIM DORMAN** when completed for approval.

STUDENTS TRAVELING ON THIS TRIP ARE (IN ALPHABETICAL ORDER BY GRADE):

ID# (IMPORTANT!)	NAME	GRADE

(IF NECESSARY, USE REVERSE SIDE OR ATTACHED A COMPLETED LIST)

APPROVED BY _____ DATE _____

**LINCOLN HIGH SCHOOL
PERMISSION FORM TO
RIDE WITH PARENTS**

_____ will be riding with me to from
Student name

Event

Place of event

Date of event

My child has received approval from the administration of LHS prior to leaving for the event.

PARENT SIGNATURE/PHONE

ADMINISTRATOR SIGNATURE

Volunteer Coaching Guidelines

1. Must complete “Adult Volunteer Registration Form”.
2. May not be placed in charge of a practice session or competition without a contracted district employee in the activity involved being present.
3. May not be directly responsible for students when traveling with students.
4. May travel with the team/group provided there are not additional expenses and no class time missed.
5. May not transport students unless they have filled out the “Activity Driver Certification Form”.
6. Will adhere to all district employee guidelines and policies.
7. The maximum pay for any volunteer coaching position will be 50% of the lowest paid high school coaching position in that sport.



SIOUX FALLS SCHOOL DISTRICT VOLUNTEER REGISTRATION FORM

This form is completed annually. Please return to school office.

SECTION 1: VOLUNTEER REGISTRATION FORM

This section is for **ALL** volunteers who will be volunteering for the SFSD. If at any time, you will be in the presence of students without a SFSD employee, you are **REQUIRED** to complete the online background check (Section 2).

Name: _____
Last First Middle

Address: _____
Street City State Zip

Phone: _____ E-mail: _____
Day Evening

Employer: _____

Employer Address: _____
Street City State Zip

Emergency Contact Person: _____
Address Phone

Where will you be volunteering? (school location): _____

With whom will you be volunteering? (student name): _____

Please read and initial:

- Volunteer Commitment:** Volunteers add value to our school community by supporting students of all cultures, backgrounds, and abilities. Within the District, respectful and ethical behavior among staff, students and volunteers is expected at all times. In support of this expectation, volunteers must maintain information regarding students, families, and staff as highly confidential. Policy JRA/JRA-R concerns encountered by volunteers are to be reported to the students' teacher or school administrator.
- Volunteers work without pay on a regular or occasional basis at any District site and are subject to District Policy IJOC/IJOC-R.
- Volunteers whose name appears on a Sex Offender Registry will be not allowed to volunteer.
- Volunteer positions/arrangements may be terminated at any time without cause by either the volunteer or the District.
- Volunteers are expected to inform the teacher or the school office if unable to meet specific responsibilities or if unable to be in class when expected.
- Volunteers are required to follow school sign-in procedures for the security of students and staff.
- Volunteers may not use illegal drugs, alcohol, or tobacco-products on school property, including but not limited to work rooms, restrooms, playgrounds, parking lots, and sidewalks surrounding the school. *Policy GBEC/GBEC-R, GBED*
- Volunteers may not engage in unlawful harassment or discrimination based on an individual's race, color, religion, creed, gender (including pregnancy), sexual orientation, national origin or ancestry, disability, age, military/veteran status, genetic information or other basis prohibited by law. Reports of alleged harassment/discrimination shall be made to the building principal, the department director, or the Civil Rights Officer (605-367-5384). The District will investigate all reports of harassment/discrimination and take appropriate action against any student or other school personnel who is found to have violated the harassment policy and regulation. *Policy GBAA/GBAA-R*
- Volunteers may not use corporal punishment (physical force) upon a student for the purpose of punishing/disciplining a student. Physical force may only be used to defend yourself, defend another individual, or to protect property. Any acts of physical force must be immediately reported to the principal. *Policy JKA*
- Volunteers, as users of the District's network, shall not send, access, or retain any abusive, defamatory, obscene, profane, sexually explicit, pornographic, threatening or illegal material. *Policy IJNDC/IJNDC-R*

Volunteers are to use universal precautions, meaning all human blood or potentially infectious materials shall be treated as known to be infectious regardless of the source. Volunteers are to follow work-area restrictions concerning potentially infectious materials. *Policy GBGA/GBGA-R*

Volunteers are provided access to a volunteer staff handbook to further detail the responsibilities and obligations of the position. Volunteers must review this handbook. This handbook is found at www.sf.k12.sd.us/volunteer or is available at the school office for review.

I affirm that I have read, understand, and agree to the above and also affirm that the information I have given is accurate and complete. The information that I have provided may be verified, and I give permission to the Sioux Falls School District to make inquiry of others, including a criminal background check, concerning suitability to act as a school volunteer.

I understand the information that I have provided will be used by school personnel and/or volunteer coordinators (who may not be a District employee) to recruit and assign volunteers.

Signature: _____ Date: _____

SECTION 2: ONLINE BACKGROUND CHECK (Required for Unsupervised Volunteering or Driving Students)

If at any time you will be in the presence of students without the supervision of a SFSD employee, you are REQUIRED to complete the online background check. Individuals must undergo the criminal background check annually.

Go to at www.sf.k12.sd.us/volunteer and select the Disclosure and Release of Information Authorization link.

Date you completed the background check online form: _____

Criminal background check results are reviewed and retained by the Human Resources Department and will not be distributed to any Sioux Falls School District school.

Signature: _____

SECTION 3: ACTIVITY DRIVER CERTIFICATION (Required for Driving Students)

This section is for volunteers who will be driving students for field trips. If you are volunteering to drive, you MUST complete the online background check (Section 2).

We appreciate your willingness to drive students to school activities. It is the policy of the District that adults who transport students must meet the following additional requirements:

- A valid driver's license;
- Proof of insurance - Comprehensive Liability and Property Damage (copy to be on file with school office or program administrator);
- No careless/exhibition driving or driving under the influence violations in the past two years;

I certify that I meet all the foregoing requirements. This is in compliance with Board Policy IJOC/IJOC-R.

Signature: _____ Date: _____

Please print the following information:

Driver's Name: _____ Phone: _____

Address: _____
Street City State Zip

Sioux Falls School District Activity Driver Certification Form

Revised 6-09

We appreciate your willingness to drive students to school activities. It is the policy of the District that adults who transport students must meet the following requirements:

- A valid driver's license;
- Comprehensive liability and property damage insurance; and
- No careless/exhibition driving or driving under the influence violations in the past two years.

I certify that I meet all the foregoing requirements.

(Signature of adult driver)

Please print the following information:

Driver's name: _____

Phone number: _____

Address: _____

Date: _____

This is in compliance with Board policy IJOC-R.

SIOUX FALLS SPORTS CLUB 2013-14 MEETING SCHEDULE

Sept.	3	All football coaches	
	9	WHS football	WHS VB/O'G VB
	16	RHS football	LHS VB/RHS VB
	23	LHS football	
	30	WHS football	
Oct.	7	RHS football	
	14	LHS football	
	21	All volleyball coaches	
	28	All football coaches	
Nov.	4	Playoff teams (football) – all volleyball coaches	
	12	Playoff teams (football/volleyball)	
	18	All City football teams – all football coaches	
	25	All City volleyball teams – all volleyball coaches	
Dec.	2		All GBB coaches
	9	All BBB coaches	
	16	WHS BBB/O'G BBB	WHS GBB/O'G GBB
Jan.	6	RHS BBB/LHS BBB	LHS GBB/RHS GBB
	13	WHS BBB/O'G BBB	WHS GBB/O'G GBB
	20	RHS BBB/LHS BBB	RHS GBB/LHS GBB
	27	WHS BBB/O'G BBB	WHS GBB/O'G GBB
Feb.	3	RHS BBB/LHS BBB	RHS GBB/LHS GBB
	10	WHS BBB/O'G BBB	WHS GBB/O'G GBB
	17	All BBB Coaches	All GBB Coaches
	24	RHS BBB/LHS BBB	RHS GBB/LHS GBB
March	3	All BBB Coaches	All GBB Coaches
	10	Play off teams (BBB)	Play off teams (GBB)
	17	Play off teams (BBB)	All City GBB team
	24	All City BBB team	

July 23, 2013

END OF SEASON REMINDERS

CHECKLIST:

1. Turn in an **ALPHABETICAL** list of your letter winners.
INCLUDE GRADE LEVEL (use separate sheet for each level)
(There is a separate tab for each level on the workbook)
DON'T FORGET YOUR MANAGERS AND STAT PEOPLE

PLEASE GET THIS INFORMATION TO ME AT LEAST A WEEK IN ADVANCE OF YOUR AWARDS BANQUET IF YOU WOULD LIKE MY SECRETARY TO PRINT UP YOUR AWARD CERTIFICATES. WE ALSO NEED TO LOOK UP THEIR GPA FOR THE SCHOLAR ATHLETE AWARD.

2. **Lettering Policy**
Include your lettering policy with your list of award winners.
3. Please make sure all equipment and uniforms are clean and checked in.
Update your inventory.
4. Evaluations. Any of you on the evaluation schedule, please come in immediately following your season to complete this process. We will need to set up a time for a conference summary. Do not forget about your assistant coaches evaluations. They must sign their evaluation. Turn these forms in on the day of your final conference summary.
5. I recommend that you select a date for parent's night and your awards banquet at this time for next year. Get these dates to me and I will place them on the master schedule and calendar.

LINCOLN ATHLETIC AWARDS

SPORT: _____

YEAR: _____

MONOGRAM

<u>SENIORS</u>	<u>JUNIORS</u>	<u>SOPHOMORES</u>	<u>FRESHMEN</u>
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24
25	25	25	25

TRAINERS:

1
2
3

MANAGERS:

1
2
3

COACHES:

1
2
3
4

* denotes Scholar Athletes

BOLD FACE-Gets Monogram. All others get certificates.

Out-of-Season Guidelines Chart

Allowable Activities for Coaches and Athletes Grades 9-12

	August 1	Thursday Week 6	Sport Season Begins	End of Sport Season	Midnight of State Track Meet	Midnight of July 31
	→ 1 →	→ 2 →	→ 3 →	→ 4 →	→ 5 →	
	STUDENTS					
Clinics	yes	yes	yes	yes	yes	yes
Camps	yes	yes	no	yes	yes	yes
Leagues/Games/Tourneys	yes	yes	no	yes	yes	yes
Practice	yes	yes	yes	yes	yes	yes
All-Star Grade 12	no	no	no	yes	yes	yes
All-Star Grade 9-10-11	no	no	no	no	no	yes
Club Team	yes	yes	no	yes	yes	yes
Private Lessons	yes	yes	yes	yes	yes	yes

- Columns 1 and 5 refer to the out-of-season time period during the summer months.
- Columns 2 and 4 refer to the out-of-season time period during the school year.
- Column 3 refers to the in-season time period.

COACHES

Clinics	yes	yes	yes	yes	yes	yes
Camps	no	no	no	no	no	yes*
Leagues/Games/Tourneys	no	no	no	no	no	yes*
Practice	no	no	yes	no	no	no**
All-Star Grade 9-12	no	no	no	no	no	yes
Club Team	no	no	no	yes	yes	yes
Private Lessons	no	no	yes	no	no	yes

*Coaches are restricted to a combined total of no more than four team competitions/outings.

**Exception: Only while attending camps in accordance with the four team competitions/outings limitation rule.

Definitions

- Coach:** Includes any person contracted to coach a sport (K-12) or any volunteer who has been approved to help coach a sport (includes positions filled on an annual basis). The time period encompassing the contracted or approved volunteer coach is 15 months. This includes the three summer months prior to the school year, the nine months of the school year and the three summer months following the school year. (This definition includes athletic directors.)
- Camps:** Planned activities that are of an instructional nature and/or of a competitive nature where actual games are played by camp attendees. All camps must be open to all who voluntarily opt to attend.
1. Individual - Athletes from the same school are not kept together as a team.
 2. Team - Groups of athletes from the same school participate together as a unit.
- Clinic:** All planned activities are of an instructional, observational and/or demonstrational nature related to the teaching of individual skills. There is to be no competition/participation by athletes who are in attendance at the clinic. Clinic attendees are observers only.
- Private Lessons:** Teaching fundamental skills and techniques of a specific sport. Coaches may receive compensation or volunteer their services.
- L/G/T:** Leagues, Games & Tournaments: A competitive type of environment simulating game conditions involving a schedule. This definition includes games and/or tournaments that are sponsored by a non-school entity.
- All-Star:** Members who are chosen by invitation or selected out right by some predetermined process for a single event. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from one school.
- Club Team:** Teams that play a multiple schedule of events (*minimum of 3 events*). Members are chosen by invitation or selected out right by some predetermined process. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from one school.
- Grade:** The grade in school, as referenced in the chart above, reflects the student's grade as of Aug. 1.

2013-2014 SOUTH DAKOTA BOARD ADOPTED SPORTS PROPOSALS

*The items listed in red will be brought before the Board of Directors for a vote at the June Board meeting. Staff felt there needs to be a cut-off date for AA Boys and Girls Basketball, as well as adding a cut-off date for Volleyball.

Note: No change has been made to intent of the seeding formula. Staff is simply providing further clarification.

BASKETBALL

1. **Class A Only:** Adopt a 35 second shot clock for boys' and girls' basketball **beginning 2014-15 school year.**

Note: If a Class B school is playing against a Class A or AA school and there is a shot clock available, the shot clock shall be used. This regulation is specific to varsity contests only. Competing schools may mutually agree to use the shot clock during sub-varsity contests.

2. Utilize the Nebraska Plan for calculating seed points:

Seed points will be awarded based upon opponent's win percentage as shown in the chart below.

*Win percentage = number of varsity wins divided by the number of varsity contests played.

Opponent's Winning Percentage	Points for Win	Points for Loss
.750 and above	50	39
.500 - .749	47	36
.250 - .499	44	33
.249 and below	41	30

- a. No points are deducted for playing teams which are classified below your classification.
Exception: Class AA will deduct 2 points for each contest played against a Class A opponent, and deduct 3 points for each contest played against a Class B opponent.
- b. In competitions against varsity opponents which are one classification higher, 2 bonus points will be awarded.
- c. In competitions against varsity opponents which are two classifications higher, 3 bonus points will be awarded.
- d. No contests against non-varsity opponents will count toward seed points. However, such contests must be counted as one of the twenty (20) maximum allowable contests.
- e. A team's seed point average will be determined by dividing the total number of seed points earned by the total number of contests played against varsity opponents, regardless of the opponent's classification.

3. **Class A and B Girls:** Beginning the 2013-2014 school year, no district basketball games will be played before Monday of week #34.

Class A and B Boys: Beginning the 2013-2014 school year, no district basketball games will be played before Monday of week #35.

***Class AA Girls and AA Boys:** Beginning the 2013-2014 school year, no district basketball games will be played before Friday of week #34.

***Note:** Seed point averages will be calculated to include all regular season contests (both in and out-of-state opponents) in accordance with the timetable listed below:

Class	District/Region seed points calculated through:	State seed points calculated through:
B Girls	Friday, week #33	Friday, week #34
A Girls	Friday, week #33	Friday, week #34
*AA Girls	Tuesday, week #34	Friday, week #34
B Boys	Friday, week #34	Friday, week #34
A Boys	Friday, week #34	Friday, week #34
*AA Boys	Thursday, week #34	Friday, week #34

COMPETITIVE CHEER AND COMPETITIVE DANCE

1. **For Class AA Cheer and Dance Only:** Eliminate small and large squad size and have one division for each category for both AA Cheer. The squad size can range from 6-26.
2. **Class A Cheer and Dance:** If there are only two teams entered in any division, the small and large squads will be combined to compete in one division for that category. Example: one small jazz team and 5 large teams. All six teams would compete in that category together for the medal for that category.

SIDELINE CHEER

1. **For Sideline Cheer only:** Relax the hair rule and follow the NFHS rule which is: Hair must be worn in a manner that is appropriate for the activity. Hair devices and accessories must be secure.

FOOTBALL

1. (Mercy Rule) In addition to the current mercy rule regulations, State Finals contests in classes 11A, 11B and Nine-Man football would adhere to the 35-point running clock rule, as outlined in the SDHSAA Football Handbook. State Finals would not, however, be subject to the 50-point early-termination contest rule.
2. (Playoff Contest Start Times, Measure One) All First- and Second-Round football contests will be played at night and may start as early as 5:30 PM, local time, subject to the approval of both teams.
3. (Playoff Contest Start Times, Measure Two) A recommended start time for all First- and Second-Round playoff games shall be 7:00 PM, local time. Should two schools be unable to reach an agreement on contest time for any of the first three rounds of playoffs, this recommended time will be used.

GOLF

1. (Flying, Class AA State Tournament) CLASS AA Only: With the dissolution of the GDC, the Golf Advisory Committee recommends that beginning with the 2013-14 school year, the Class AA State Golf Meets will be “flighted” for the first day of competition based upon individual participants’ scoring averages in varsity meets throughout the season. These averages must be submitted to the SDHSAA office a minimum of seven days prior to the first day of the state meet.

2. (Coaching, Class AA State Tournament) CLASS AA Only: The Golf Advisory Committee recommends that during competition at the Class AA State Tournament, one designated coach from each school shall be allowed to “coach” competitors from green-to-tee, with coaching being allowed from the time the final ball of the group is holed through the first ball being struck on the next tee box. Each team will be provided with a badge to identify the designated coach. Any attempt by non-designated individuals to coach at any point of the round, or by the designated individual at any point other than “green-to-tee,” may be considered a violation and subject to penalty.
3. (Substitutions, State Tourney) The Golf Advisory Committee recommends a clarification to the policy regarding allowable substitutions within the SDHSAA Golf Handbook. In addition to the rules/guidelines regarding substitution for a member of a team qualifier for the state meet, a second section shall be added to “prohibit schools from making any substitutions, regardless of reason, once the State Tournament has begun.”

GYMNASTICS

1. Class A and AA will use state qualifier/region meet scores to qualify the top 9 teams in each class for the state meet. The top two teams from each state qualifying/region meet to advance to the state meet, with next five highest scores from the state qualifier/region meet advancing to state as wildcards.
2. **Beginning the 2014-15 school year**, the State Gymnastics Meet will move to week #32 of the season (February 13-14, 2015 in Watertown). This would mean that all state qualifying/region meets will need to be completed no later than Saturday of week #31.
3. Class AA will lower the in-season qualifying standard from 9.0 to 8.8 in bars and beam.
4. Class A will lower the in-season qualifying standard from 8.5 to 8.3 in bars and beam.

SOCCER

1. (Power Point System): With soccer being a one-class sport at current, the Soccer Advisory Committee recommends changing the power point system to more accurately reflect a one-class system, regardless of non-league contests. This proposal would scrap the differentiation of additional points awarded for playing against an “upper class” opponent and simply reward seed points as follows: 40 for a win, 30 for a tie, 20 for a loss. Bonus points based on opponent’s records would continue to be awarded.

TENNIS

1. Experimental: On court coaching will be allowed during the team and individual competition during the 90 second change over set break or split, except following the first game of each set. In a situation where the tournament manager determines that the coaching is not in the best interests of the participants, the tournament manager may disallow it.

TRACK AND FIELD

No recommendations

VOLLEYBALL

1. Utilize the Nebraska Plan for calculating seed points:

Seed points will be awarded based upon opponent's win percentage as shown in the chart below.

*Win percentage = number of varsity wins divided by the number of varsity contests played.

Opponent's Winning Percentage	Points for Win	Points for Loss
.750 and above	50	39
.500 - .749	47	36
.250 - .499	44	33
.249 and below	41	30

- a. No points are deducted for playing teams which are classified below your classification.
Exception: Class AA will deduct 2 points for each contest played against a Class A opponent, and deduct 3 points for each contest played against a Class B opponent.
 - b. In competitions against varsity opponents which are one classification higher, 2 bonus points will be awarded.
 - c. In competitions against varsity opponents which are two classifications higher, 3 bonus points will be awarded.
 - d. No contests against non-varsity opponents will count toward seed points.
 - e. A team's seed point average will be determined by dividing the total number of seed points earned by the total number of contests played against varsity opponents, regardless of the opponent's classification.
2. ***Beginning the 2013-2014 school year, no district volleyball matches will be played before Monday of week #18 in order to include regular season matches played through Thursday of week #17 for seed points.**

WRESTLING

1. (Region Seeding Meeting - Places) CLASS B ONLY: The Wrestling Advisory Committee unanimously recommends changing the seeding meeting process to allow for coaches to seed up to a maximum of six wrestlers in a weight class.
2. (Region Seed Meeting; Specify Time) CLASS B ONLY: The Wrestling Advisory Committee unanimously recommends changing the timeline for official entries and seeding meetings to be uniform across the state. The recommendation is to specify that All Region Seeding Meetings must take place at 7 PM CT on the Friday prior to Region Wrestling competition. Official entries will be due at that time.

CONCUSSION FACT SHEET FOR ATHLETES

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games in any sport or recreational activity
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged" or "had your bell rung"

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

It's better to miss one game than the whole season.

Student's Signature: _____

Date: _____

Parent's/Guardians Signature: _____

Date: _____

THIS FORM MUST BE SIGNED ANNUALLY AND MUST BE AVAILABLE FOR INSPECTION AT THE SCHOOL

CONCUSSION FACT SHEET FOR PARENTS

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can't see a concussion, Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports, one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed By Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes • Can't recall events prior to hit or fall • Can't recall events after hit or fall 	<ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light or noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not "feeling right" or is "feeling down"

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

1. **Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
3. **Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's "just fine".
4. **Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

Parent's/Guardian's Signature _____ Date _____

THIS FORM MUST BE SIGNED ANNUALLY AND MUST BE AVAILABLE FOR INSPECTION AT THE SCHOOL

PARENT/ATHLETE CONSENT FOR CONTINUED PARTICIPATION

I hereby knowingly and voluntarily allow _____ to participate in
Name of Athlete

_____ understanding the possibilities of further injury including:
Sport

brain damage, paraplegia, quadriplegia, loss of limb or body part and permanent damage to a body part. I will not hold the school district, its employees, or its contractors (including athletic administrator, trainer and coaches) accountable for any further injury that may occur.

The undersigned Parents certify to the District that they have consulted with a health professional or professionals of their choice concerning the Athlete's injury, and are not relying upon the School District or its employees in making the determination that the Athlete may return to participation in sports.

I have read the above statement and understand it in its entirety.

Parent/Guardian

Trainer

Parent/Guardian

Coach

HS Asst Principal-Activities/MS Athletic Coordinator

I have read and understand the above statement and willfully
will participate in _____

Athlete

Date

**AN AUTHORIZATION FROM THE STUDENT'S TREATING
PHYSICIAN PERMITTING THE STUDENT'S RETURN TO
ATHLETIC PARTICIPATION MUST ACCOMPANY THIS FORM.**

Revised 8/2/10

Preseason Heat-Acclimatization Guidelines for Secondary School Athletics

Douglas J. Casa, PhD, ATC, FNATA, FACSM*; David Csillan, MS, LAT, ATC*

*Inter-Association Task Force for Preseason Secondary School Athletics Participants: Lawrence E. Armstrong, PhD, FACSM†; Lindsay B. Baker, PhD‡; Michael F. Bergeron, PhD, FACSM§; Virginia M. Buchanan, JD†; Michael J. Carroll, MEd, LAT, ATC||; Michelle A. Cleary, PhD, LAT, ATC||; Edward R. Eichner, MD, FACSM†; Michael S. Ferrara, PhD, ATC, FNATA||; Tony D. Fitzpatrick, MA, LAT, ATC||; Jay R. Hoffman, PhD, FACSM, FNCSA¶; Robert W. Kenefick, PhD, FACSM#; David A. Klossner, PhD, ATC||; J. Chad Knight, MSHA, MESS, ATC, OTC||; Stephanie A. Lennon, MS, NBCT, LAT, ATC||; Rebecca M. Lopez, MS, ATC||; Matthew J. Matava, MD**; Francis G. O'Connor, MD, FACSM††; Bart C. Peterson, MSS, ATC||; Stephen G. Rice, MD, PhD, FACSM, FAAP‡‡; Brian K. Robinson, MS, LAT, ATC||; Robert J. Shriner, MS, LAT, ATC||; Michael S. West, MS, ATC||; Susan W. Yeargin, PhD, ATC||*

*Co-Chairs; †Individual Representatives; ‡Gatorade Sports Science Institute; §American College of Sports Medicine; ||National Athletic Trainers' Association; ¶National Strength and Conditioning Association; #United States Army Research Institute of Environmental Medicine; **American Orthopaedic Society for Sports Medicine; ††American Medical Society for Sports Medicine; ‡‡American Academy of Pediatrics

A proper heat-acclimatization plan in secondary school athletic programs is essential to minimize the risk of exertional heat illness during the preseason practice period. Gradually increasing athletes' exposure to the duration and intensity of physical activity and to the environment minimizes exertional heat-illness risk while improving athletic performance. Progressive acclimatization is especially important during the initial 3 to 5 days of summer practices. When an athlete undergoes a proper heat-acclimatization program, physiologic function, exercise heat tolerance, and exercise performance are all enhanced.¹⁻⁶ In contrast, athletes who are not exposed to a proper heat-acclimatization program face measurable increased risks for exertional heat illness.

For these reasons, the Inter-Association Task Force for Preseason Secondary School Athletics, in conjunction with the National Athletic Trainers' Association's Secondary School Athletic Trainers' Committee, recommends that these "Preseason Heat-Acclimatization Guidelines for Secondary School Athletics" be implemented by all secondary school athletic programs. These guidelines should be used for all preseason conditioning, training, and practice activities in a warm or hot environment, whether these activities are conducted indoors or outdoors. When athletic programs implement these guidelines, the health and safety of the athletes are primary. However, the recommendations outlined here are only minimum standards, based on the best heat-acclimatization evidence available. Following these guidelines provides all secondary school athletes an opportunity to train safely and effectively during the preseason practice period.

DEFINITIONS

Before participating in the preseason practice period, all student-athletes should undergo a preparticipation medical

examination administered by a physician (MD or DO) or as required/approved by state law. The examination can identify predisposing factors related to a number of safety concerns, including the identification of youths at particular risk for exertional heat illness.

The *heat-acclimatization period* is defined as the initial 14 consecutive days of preseason practice for all student-athletes. The goal of the acclimatization period is to enhance exercise heat tolerance and the ability to exercise safely and effectively in warm to hot conditions. This period should begin on the first day of practice or conditioning before the regular season. Any practices or conditioning conducted before this time should not be considered a part of the heat-acclimatization period. Regardless of the conditioning program and conditioning status leading up to the first formal practice, all student-athletes (including those who arrive at preseason practice after the first day of practice) should follow the 14-day heat-acclimatization plan. During the preseason heat-acclimatization period, if practice occurs on 6 consecutive days, student-athletes should have 1 day of complete rest (no conditioning, walk-throughs, practices, etc).

Days on which athletes do not practice due to a scheduled rest day, injury, or illness do not count toward the heat-acclimatization period. For example, an athlete who sits out the third and fourth days of practice during this time (eg, Wednesday and Thursday) will resume practice as if on day 3 of the heat-acclimatization period when returning to play on Friday.

A *practice* is defined as the period of time a participant engages in a coach-supervised, school-approved, sport- or conditioning-related physical activity. Each individual practice should last no more than 3 hours. Warm-up, stretching, and cool-down activities are included as part of the 3-hour practice time. Regardless of ambient tempera-

ture conditions, all conditioning and weight-room activities should be considered part of practice.

A *walk-through* is defined as a teaching opportunity with the athletes not wearing protective equipment (eg, helmets, shoulder pads, catcher's gear, shin guards) or using other sport-related equipment (eg, footballs, lacrosse sticks, blocking sleds, pitching machines, soccer balls, marker cones). The walk-through is not part of the 3-hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight-room activities.

A *recovery period* is defined as the time between the end of 1 practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment, with no sport- or conditioning-related activity permitted (eg, speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permissible.

RECOMMENDATIONS FOR THE 14-DAY HEAT-ACCLIMATIZATION PERIOD

1. Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. A 1-hour maximum walk-through is permitted during days 1–5 of the heat-acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).
4. During days 1–2 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet should be the only protective equipment permitted (goalies, as in the case of field hockey and related sports, should *not* wear full protective gear or perform activities that would require protective equipment). During days 3–5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.
 - A. Football only: On days 3–5, contact with blocking sleds and tackling dummies may be initiated.
 - B. Full-contact sports: 100% live contact drills should begin no earlier than day 6.
5. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
6. On a double-practice day, neither practice should exceed 3 hours in duration, and student-athletes should not participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
7. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.

REFERENCES

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3. Binkley HM, Beckett J, Casa DJ, Kleiner DM, Plummer PE. National Athletic Trainers' Association position statement: exertional heat illnesses. *J Athl Train.* 2002;37(3):329–343.
4. Casa DJ, Almquist J, Anderson S, et al. Inter-Association Task Force on Exertional Heat Illness consensus statement. *NATA News.* June 2003:24–29.
5. Department of the Army and Air Force. *Heat Stress Control and Casualty Management.* Washington, DC: Dept of the Army and Air Force; 2003. Technical bulletin MED 507/AFPAM 48-152 (I).
6. Wallace RF. *Risk Factors and Mortality in Relation to Heat Illness Severity.* Natick, MA: United States Army Research Institute Environmental Medicine; 2003. Technical report T-03/14.

DISCLAIMER

The National Athletic Trainers' Association (NATA) and the Inter-Association Task Force for Preseason Secondary School Athletics advise individuals, schools, athletic training facilities, and institutions to carefully and independently consider each of the recommendations. The information contained in the statement is neither exhaustive nor exclusive to all circumstances or individuals. Variables such as institutional human resource guidelines, state or federal statutes, rules, or regulations, as well as regional environmental conditions, may impact the relevance and implementation of these recommendations. The NATA and the Inter-Association Task Force advise their members and others to carefully and independently consider each of the recommendations (including the applicability of same to any particular circumstance or individual). The foregoing statement should not be relied upon as an independent basis for care but rather as a resource available to NATA members or others. Moreover, no opinion is expressed herein regarding the quality of care that adheres to or differs from any of NATA's other statements. The NATA and the Inter-Association Task Force reserve the right to rescind or modify their statements at any time.

HEAT INDEX TABLE

This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress (illness). Individual reactions to the heat will vary. **Heat illness can occur at lower temperatures than those indicated on the “Heat Index & Possible Risk” section of this poster.**



How to use the Heat Index Chart:

1. Across the top of the chart the air temperature is listed.
2. Down the left side of the chart, the relative humidity is listed.

TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN, IF PRACTICE WILL TAKE PLACE IN THE SUN.

3. Where the temperature and humidity meet on the chart is the Heat Index.
The Heat Index is the body’s sensation of heat, or “What the temperature and humidity feel like to the body.”

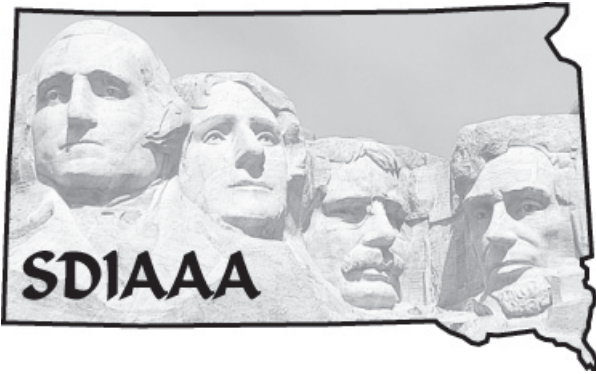
RELATIVE HUMIDITY	AIR TEMPERATURE (In degrees Fahrenheit)											HEAT INDEX & POSSIBLE RISK
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°	
0%	64	69	73	78	83	87	<u>91</u>	<u>95</u>	<u>99</u>	103	107	90-104 degrees: Heat exhaustion, heat cramps & sunstroke possible with prolonged exposure and/or physical activity. Provide unlimited fluids and monitor athletes for signs & symptoms of heat illness. 105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Provide unlimited fluids & take more breaks, consider altering practice so it is less strenuous (for football, consider practicing without pads), practicing when the index is lower or cancelling practice.
10%	65	70	75	80	85	<u>90</u>	<u>95</u>	<u>100</u>	105	111	116	
20%	66	72	77	82	87	<u>93</u>	<u>99</u>	105	112	120	130	
30%	67	73	78	84	90	<u>96</u>	<u>104</u>	113	123	135	148	
40%	68	74	79	86	93	<u>101</u>	110	123	137	151		
50%	69	75	81	88	<u>96</u>	107	120	135	150			
60%	70	76	82	<u>90</u>	<u>100</u>	114	132	149				
70%	70	77	85	<u>93</u>	106	124	144					
80%	71	78	86	<u>97</u>	113	136						
90%	71	79	88	<u>102</u>	122							
100%	72	80	<u>91</u>	108								

Source: National Oceanic & Atmospheric Administration

130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

DIRECTIONS FOR USING THE MANNIX THERMO-HYGROMETER

- 1) Turn the unit on and hold it by its body. DO NOT HOLD IT BY THE SENSOR!
- 2) Take the temperature & humidity readings in the same location and conditions as practice or competition will take place.
- 3) Allow 1 to 1-1/2 minutes for the unit to adjust to the current temperature and humidity. TEMPERATURE AND HUMIDITY MAY STILL FLUCTUATE BY SEVERAL TENTHS OF A DEGREE OR PERCENT.
- 4) Round the temperature and humidity to the nearest number provided on the Heat Index Table.



Free NCAA/NAIA/JUCO Eligibility and Recruiting Webinar

www.sdiaaa.k12.sd.us

The South Dakota Interscholastic Athletic Administrators Association (SDIAAA) is proud to provide a new nonprofit service designed to assist families in being properly educated about the athletic collegiate recruiting process. The Recruiting Education Foundation Inc., a 501(c)(3) nonprofit venture, is providing the SDIAAA with free recruiting webinars for South Dakota high school athletes and their families.

What Topics are Covered?

The one hour webinar empowers South Dakota parents and high school student-athletes to take control of the recruiting process by addressing the most common recruiting issues and questions.

Topics include:

- **Scholarships, do they differ?**
- **Scholarship myths and facts**
- **NCAA core course requirements**
- **NCAA & NAIA Eligibility Centers**
- **Three rules of being a parent**
- **National Letter of Intent**
- **Where are the scholarships?**
- **Cooperative Education**
- **Recruiting Services**
- **The Name Game**
- **Dangers of Social Networking**
- **NAIA and JUCO options**
- **and more...**

Where do I view the Webinar?

The webinar is recorded and may be viewed 24/7/365 on the SDIAAA website:

www.sdiaaa.k12.sd.us

“All too often our families are being tempted to spend money in order to have their child recruited. The SDIAAA feels families should listen to our recruiting webinar prior to allocating any sum of money into recruiting. The SDIAAA feels this service will go a long way in properly educating families about the recruiting process and assist them in making proper recruiting decisions.”

***Jim Dorman,
SDIAAA Executive Director***



LINCOLN HIGH SCHOOL

~Home of the Patriots~

www.sf.k12.sd.us

**ACTIVITIES
DEPARTMENT**
2900 South Cliff Avenue
Sioux Falls, SD 57105
605-367-7988
605-367-8492 fax
jim.dorman@k12.sd.us

Jim Dorman, CAA
Assistant Principal/Activities

Dear Parent/Guardian,

We are pleased to inform you that Lincoln High School is making CoreCourseGPA.com, a web-based software program, available to all Lincoln High School student-athletes and their parents/guardians **free of charge**.

If your child has aspirations of competing athletically as a freshman at an NCAA Division I or Division II school, they must meet NCAA Initial-Eligibility minimum standards, including minimum core course GPA and SAT/ACT test score requirements. CoreCourseGPA.com is an innovative tool that allows you to easily track your son or daughter's progress towards meeting these requirements, beginning as soon as the first semester of their freshman year.

To **activate your child's CoreCourseGPA.com membership**, follow these simple steps:

1. Go to **www.CoreCourseGPA.com**
2. Enter School ID and School Code in the **New Member Account Creation** box:

Students/Parents:

School ID: 421178

School Code: 729287773

3. Click "**Continue**."
4. **Fill in the appropriate fields** in the **Create New Student Account** form.
Remember to write down the new Member Name and Password you have created
5. Click "**Submit**."
Congratulations! You have successfully created your CoreCourseGPA.com member account.

To **login to your member account** and begin using the CoreCourseGPA.com software, follow these simple steps:

1. Go to **www.CoreCourseGPA.com**
2. Enter your **Member Name** and **Password** in the **Existing Member Login** box.
Use the Member Name and Password you created during the account activation process
3. Click "**Login**."
Begin using your CoreCourseGPA.com account!

CoreCourseGPA.com incorporates the NCAA recognized core courses for Lincoln High School into the online course entry forms, calculates BOTH Division I and Division II core course GPA, automatically factors weighted grades into calculations and tracks course requirements for BOTH Division I and Division II. Your son or daughter's core course information is saved for the duration of their high school career.

Lincoln High School is proud to make this innovative software available to you free of charge. We believe CoreCourseGPA.com will be a very useful academic tool for you and your student-athlete.

Sincerely,

Jim Dorman, Athletic Director

IT IS IMPORTANT TO NOTE THAT YOUR USE OF CORECOURSEGPA.COM IS NOT A SUBSTITUTE FOR REGISTERING WITH THE NCAA ELIGIBILITY CENTER AFTER THE COMPLETION OF SIX HIGH SCHOOL SEMESTERS.

COACHES EDUCATION PROGRAM

Why Coaches Education?

Interscholastic athletic programs in South Dakota are an extension of the classroom. Athletics have been valued in our society for teaching traditional American values such as competition (achievement, motivation), sportsmanship (ethical behavior), leadership and building character. Competition is highly valued because through competitive experiences in sports, young people can develop ethical behavior. They can learn a basic code of sportsmanship that transfers to a moral code for living. In competitive sports, where winning is a valued prize, opportunities for making moral decisions reflecting fairness, integrity and sense of ethics often occur.

The development of young people with quality leadership skills has always been an important goal of sports. Young people must understand that every member, regardless of skill or talent, has a role to play in a successful team effort. No one wins or loses alone. It takes skilled coaches to counteract a message popularized by the media that it is the “star” that makes a team successful.

At the heart of the high school sports experience is the quality of coaching provided to student athletes. A key element of having high quality coaching is ensuring that coaches have proper and ongoing training.

Young people will experience the positive outcomes of athletic participation only if they have a qualified coach. A well-qualified coach knows how to plan dynamic practice sessions, teaches sound fundamentals with good learning progressions and plans training programs appropriate for the sport. Successful coaches communicate with their athletes effectively and understand the kind of positive motivational approaches that result in achievement. Athletes who receive good coaching will also be injured less frequently. As a consequence, they will have more opportunities to experience the excitement and receive the positive values of athletic competition, while performing at their best possible level.

SDHSAA Coaches Education Program

Beginning with the 2014-15 School Year, the following courses shall be required for completion by all coaches, paid or volunteer, for athletic activities grades nine through twelve with no credit given for ‘equivalencies’ or ‘substitute’ course completion:

1. NFHS Fundamentals of Coaching
2. NFHS First Aid, Health and Safety for Coaches
3. NFHS Concussion in Sports – What You Need to Know

Each course will also have a definite renewal period, per SDHSAA Board of Directors action:

NFHS Fundamentals of Coaching – No Renewal required after completion

NFHS First Aid, Health and Safety for Coaches – Must be retaken every two years

NFHS Concussion in Sports – What You Need to Know – Must be retaken annually, per SDCL

For the 2013-14 School Year, the following regulations still apply:

All coaches, grades 9-12, shall successfully complete the following:

1. Fundamentals of Coaching or equivalent (must complete once)
2. Sports First Aid or Prevention and Care of Athletic Injuries or equivalent (must renew once every two (2) years)
3. Concussion in Sports – What You Need To Know (must be retaken annually, per SDCL)

Theory courses are no longer considered an equivalent to the fundamentals course. The fundamentals course must be a general coaching fundamentals course or coaching philosophy course. NOTE: coaches currently employed (prior to 2012-13) are considered “grandfathered in”, as coaching theory courses will continue to apply to meet this requirement for coaching assignments held prior to 2012-13 only. Example #1: a coach currently on staff for football, basketball, and track has theory courses in each sport. This coach does not need to take any additional fundamentals courses. Example #2: a football coach currently on staff who has taken a football theory course would meet the requirement for football only. If he/she were to be given any additional coaching assignments, he/she would need to complete the Fundamentals of Coaching course if another sport coaching duty was assigned wherein the coach has not previously taken a coaching theory course. Example #3: a coach at ‘School A’ changes jobs and is now employed for the same sport at ‘School B’. That coach must take the Fundamentals of Coaching course to meet

the requirement, regardless of previous coaching duty, as they are no longer covered by the “grandfather” exception. Coaches may take individual sport theory courses to further their professional development, but they do not meet the Fundamentals of Coaching requirement.

The first aid course must be renewed once every two (2) years. The first aid course that coaches currently have (prior to 2012-13) will meet this requirement for the next two years (2012-13 & 2013-14). All coaches, grades 9-12, will have to renew their first aid requirement prior to the start of the 2014-15 school year.

The Concussion course is required to be completed every year per SDCL 13-36-9. There is currently no equivalent to this course. In order to receive credit for the current school year, the course must be completed after July 1st each year.

To register for the online courses, go to the SDHSAA website (www.sdhsaa.com) and click on Athletics, then Coaches Education. On the Coaches Education page, you find links that will take you directly to the NFHSLearn website (www.nfhslearn.com). Course registration and payment of fees will be completed online and made payable to the NFHS. Course materials will be received from the National Federation. Cost of NFHS online courses: Fundamentals of Coaching = \$40.00, Sports First Aid = \$40.00, Concussion in Sports - What You Need to Know = FREE.

Required course work must be completed prior to the individual beginning their coaching responsibilities.

NFHS COURSE DETAILS

Course Title	Fundamentals of Coaching	First Aid, Health and Safety for Coaches	Concussion in Sports –What you Need to Know
Course Description	<p>This NFHS Fundamentals of Coaching Course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools. Please check with your state association to see if this course complies with your state requirements. Coaches can start and complete a course immediately after a course purchase is approved, and will have up to one year after purchase to review and access all printable resources.</p>	<p>The National Federation of State High School Associations and the American Red Cross are proud to bring you First Aid, Health and Safety for Coaches. This course has been designed to give you an overview of first aid, as well as the best practices for many first aid situations that you may face as a coach. It's important to note that the skills taught in this course do not replace professional medical help, but does offer guidelines and techniques for temporary assistance until more advanced medical help arrives. You will have one year from the date of purchase to review course content.</p>	<p>Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly. National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon takes you through this course. In this course you will understand the impact sports-related concussions can have on your players, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion.</p>
Units Covered	<p>Educational Athletes and the Role of Teacher/Coach, The Teacher/Coach as Manager, The Teacher/Coach and Interpersonal Skills, The Teacher/Coach and Physical Conditioning, The Coach as a Teacher</p>	<p>Before Giving Care, Breathing Emergencies, Sudden Illness, Environmental Emergencies, Soft Tissue Injuries, Injuries to Muscles, Bones & Joints, Health & Safety In Sports</p>	<p>Concussion Overview, The Problem, Your Responsibility & Review</p>
NFHS/DOE “Clock Hours”	12	6	1

Competitive Cheer and Competitive Dance - Coaching Education Requirements

Same Coaches Education requirements for Cheer and Dance with the addition of AACCA safety if a stunting squad.

Competitive Cheer

Head Coach Requirements

All coaches must have completed for the Coaches Education Program.

- Fundamentals of Coaching (www.nfhslearn.com)
- First Aid for Coaches or its equivalent (www.nfhslearn.com)
- Concussion in Sports-What You Need to Know (www.nfhslearn.com)
- AACCA safety certification (www.nfhslearn.com)

Assistant coaches are encouraged to complete the online rules meeting and online open-book test, but it is not mandated.

Competitive Dance

Head Coach Requirements

All coaches must have completed for the Coaches Education Program.

- Fundamentals of Coaching (www.nfhslearn.com)
- First Aid for Coaches or its equivalent (www.nfhslearn.com)
- Concussion in Sports- What You Need to Know (www.nfhslearn.com)
- AACCA safety certification (www.nfhslearn.com)

Assistant coaches are encouraged to complete the online rules meeting and online open-book test, but it is not mandated.

Sideline Cheer - Coaching Education Requirements

Stunting

All coaches must have completed parts of the NFHS Spirit Coaches Education Program.

- Fundamentals of Coaching (www.nfhslearn.com)
- First Aid for Coaches or its equivalent (www.nfhslearn.com)
- Concussion in Sports- What You Need to Know (www.nfhslearn.com)
- AACCA safety certification (www.nfhslearn.com)

If a qualified cheer coach and/or school-approved supervisor is not in attendance at an activity, cheer teams **WILL NOT** be allowed to perform stunts.

Assistant coaches are encouraged to complete the online rules meeting and online open-book test, but it is not mandated.

Non-Stunting

All coaches must have completed Coaches Education Program.

- Fundamentals of Coaching (www.nfhslearn.com)
- First Aid for Coaches or its equivalent (www.nfhslearn.com)
- Concussion in Sports- What You Need to Know (www.nfhslearn.com)

Assistant coaches are encouraged to complete the online rules meeting and online open-book test, but it is not mandated.



Coach Education Program

Core Courses - Provide coaches with content from all eight domains contained in the National Standards for Sport Coaches (NASPE 2006). These two courses form the foundation from which all elective courses and sport-specific courses are developed. Core courses should be completed first to give the coach a better understanding of elective and sport-specific courses.

Fundamentals of Coaching	<i>Varies by State</i>
First Aid for Coaches	<i>Varies by State</i>

Sport-Specific Courses - Provide coaches with content on the skills and tactics of their sport. Sport-specific courses will be developed in all sports in which the NFHS writes rules as well as golf and tennis.

Fundamentals of Coaching:

Basketball	\$50
Football	\$50
Soccer	\$50
Softball	\$50
Cheer and Dance	\$50
Wrestling	\$50
Volleyball	\$50
AACCA Spirit Safety Certification	\$75
Track and Field	\$75

Elective Courses - Provides coaches with content that expands on the topics introduced in Fundamentals of Coaching. Courses will be developed to train coaches to minimize risk and improve coaching effectiveness.

Hydration, Nutrition and Supplements	\$20
Engaging Effectively with Parents	\$20
Teaching and Modeling Behavior	\$20
Teaching Sports Skills	\$50
NCAA Eligibility Center	\$20
Coaching Sports in Middle School	\$20

National Coach Certification Program

A coach must complete the following courses to apply for Certification:

Fundamentals of Coaching
First Aid for Coaches OR its Equivalent
Sport-Specific Course OR its Equivalent

Why Get Certified?

Designed to deliver the highest-quality professional development online at an affordable cost. This certification will:

- Help coaches minimize the inherent risks faced by participating students
- Help coaches to develop a sense of personal and professional accomplishment
- Recognize coaches nationally
- Improve the sport experience and performance of participating students
- Enable coaches to increase liability insurance coverage through the NFHS Coaches Association.

FREE Courses

Concussion in Sports—What You need to Know
The Role of the Parent in Sports

FREE Resources in the Locker Room

Articles, documents, helpful links, videos, course flyers, Parent Tool Kit and other promotional materials are all available at no cost in the Locker Room!

Visit www.nfhslearn.com to learn more!



Individual Online Purchase at www.NFHSLearn.com

Step 1: Go to www.nfhslearn.com.

Step 2: Register on the site by clicking "**Register**" in the upper right-hand corner and provide the requested information.

OR

IF you have already registered, "**Sign in**" using your e-mail address and password.

Step 3: Click on "**Courses**" in the red banner at the top of the page.

Step 4: Select the courses you want to purchase.

Step 5: Click "**Purchase.**"

Step 6: Select "**I am purchasing a course for myself**" and click "**Continue.**" Choose your state and click "**Save.**"

****NOTE:**

*If you are purchasing a course for another person, select "**I am purchasing one or more courses that I intend to distribute to other people**" and refer to the instructions for bulk online purchases.*

Step 7: Follow the on-screen prompts to complete purchase.





Personal Professional Development Plan

2012-2013

(Building Continuing Education Contact Hours Log Sheet)

Professional development is improving the art and craft of teaching.

Employee Name: _____
 Employee Address: _____
 Social Security Number: _____
 School: _____

Date of Activity	Length of Activity .50 = 1/2 hour 1.0 = 1 hour	Title/Topic/Location (These items must be pre-approved by an administrator) Important: <i>Please do not list any Red Apple courses or planning meetings. This is only for professional development activities.</i>	Name of Instructor or Facilitator (Please Print)	Instructor or Facilitator's Signature
Total Contact Hours	0.00	<i>For every 15 contact hours, participants will receive 1 Department of Education renewal credit hour.</i>		
÷ 15		<i>You must submit this form along with your application for certificate renewal to the Department of Education. Any forms that do not include the completed application will be voided by the Department of Education.</i>		
= Renewal Credit Hour(s)	0.00			

Please make additional copies of this form as necessary.

Employee's Signature: _____

Date: _____

Principal's Signature: _____

Date: _____