

2011-2012



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

Coaching Abilities and Attitudes

By Michael O'Day, CMAA

What makes a good coach? What are the qualities and characteristics that athletic administrators want in each coach? And, does the athletic administrator model these qualities and characteristics?

Coaching at the interscholastic level is a tremendous challenge. Coaches need technical knowledge of their sport and perhaps more than ever, they need to possess the human qualities necessary to work with youth.

Ideally, the high school coach has a solid background in physical education, anatomy, physiology, psychology, sports medicine, etc. Also, it is very beneficial to have various sport experiences either as a player, youth/sub-varsity coach or as an official. Athletic administrators need to seek individuals who possess certain abilities, even though their backgrounds may not be in physical education or the sciences. However, more critical than this type of experience for coaches, will be their "Abilities and Attitudes."

Scholastic coaches must have the following abilities:

1) ABILITY TO TEACH:

- a. Break down skills into parts – teach sequentially
- b. Teach by progression – simple skills to complex skills
- c. Work well with student-athletes – patience
- d. Display positive human relation skills



2) ABILITY TO COMMUNICATE:

- a. Talk with and relate to athletes
- b. Deal with parental concerns
- c. Handle and resolve conflicts
- d. Work well with other coaches
- e. Accept constructive criticism from superiors

3) ABILITY TO ORGANIZE:

- a. Plan daily practice plans
- b. Plan seasonal goals and objectives for the program
- c. Direct the program to achieve goals and objectives
- d. Perform administrative tasks
- e. Pay attention to details

4) ABILITY TO PROMOTE SPORT

- a. Be enthusiastic about sport in general
- b. Promote (or at least accept) multi-sport participation
- c. Make sport fun
- d. Promote and model good sportsmanship

William James said, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

Interscholastic coaches not only need to possess the abilities listed above, but they need to foster and model the following ATTITUDES:

1) BE GOAL ORIENTED:

- a. Teach the importance of setting attainable goals
- b. Demonstrate a work ethic in coaching/teaching their sport
- c. Set long range goals for their program

2) BE RESPONSIBLE AND ACCOUNTABLE:

- a. Teach values and morality
- b. Be a role model
- c. Take responsibility for their actions
- d. Teach youth to be responsible for their actions

3) HAVE PERSPECTIVE AND BALANCE IN LIFE:

- a. Use common sense
- b. Keep athletics in its proper perspective
- c. Work with athletes to be multi-dimensional people
- d. See problems/issues from all viewpoints
- e. Ensure their coaching philosophy meshes with the school's

4) BE FLEXIBLE AND ADAPTABLE:

- a. Be able to accept and adjust to sudden obstacles
- b. Be able to accept change in a positive manner
- c. Be able to handle crisis situations in a calm manner

5) BE LOYAL:

- a. Be loyal and dependable to the schools' mission
- b. Have no ulterior motives

6) BE COMMITTED:

- a. Dedication of purpose
- b. Time and effort consistent with expectations
- c. Build their program
- d. Wholesome work ethic **IAA**

About the Author: Michael O'Day, CMAA, is the director of student activities of South Burlington (Vermont) High School. He can be reached at moday@sbschools.net.



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**NCAA
Credit
Recovery
Problems?**

2011-2012 Lincoln High School Coaching Staff

Activities Director: Jim Dorman, CAA

Volleyball:

| | |
|-------------------|------------------------|
| Head Varsity | Erika Paladino-Hazlett |
| Assistant Varsity | Nikki Nyhaug |
| Sophomore | Will Zobel |
| Freshman | Tina Sayasavanh |
| Volunteer | Jean Pearson |

Cross Country

| | |
|-------------------|----------------|
| Head Varsity | Eric Pooley |
| Assistant Varsity | Jacqui Meadors |

Girls Tennis

| | |
|--------------|-------------|
| Head Varsity | Tom Krueger |
| Freshman | |

Boys Golf

| | |
|--------------|--------------|
| Head Varsity | Lyle Pearson |
| Freshman | Duane Fiala |

Wrestling

| | |
|-------------------|-------------------|
| Head Varsity | Mark Ernster |
| Assistant Varsity | Tom Nesseth |
| 8th Grade | Daniel Castilleja |
| 7th Grade | James Boehmer |
| Volunteer | Nathan Bertsch |
| Volunteer | |

Boys Tennis

| | |
|-------------------|-------------|
| Head Varsity | Tom Krueger |
| Assistant Varsity | |

Girls Golf

| | |
|--------------|---------------|
| Head Varsity | Aaron Beavers |
| Freshman | Mike Moller |

Cheer

| | |
|------------------------|---------------|
| Head Competitive Coach | Dawn Bonham |
| Head Sideline Coach | Katie Pabst |
| Assistant Coach | Megan Boschee |

Dance

| | |
|-----------------|---------------|
| Head Coach | Jenna Simpson |
| Assistant Coach | Amanda Simon |

Athletic Trainer

| | |
|--------------|-------------------|
| Head Trainer | Shanna Kindt, ATC |
|--------------|-------------------|

Football

| | |
|-------------------------|-----------------|
| Head Varsity | Aaron Beavers |
| Assistant Varsity | Eric Foss |
| Assistant Varsity | Brian Bechard |
| Assistant Varsity | Jae Sim |
| Assistant Varsity/Soph. | Jim Jarovski |
| Assistant Varsity/Soph. | Jeff Fitzgerald |
| Head Freshman | Jeff Halseth |
| Assistant Freshman | Chad Birger |
| Assistant Freshman | Shwan Flanagan |
| Varsity Volunteer | Dave Alpers |
| Varsity Volunteer | |

Girls Basketball

| | |
|-------------------|----------------|
| Head Varsity | Lyle Pearson |
| Assistant Varsity | Andy Romero |
| Sophomore | Heather Conrad |
| Freshman | Scott Amundson |
| Volunteer | |

Boys Basketball

| | |
|-------------------|-------------------|
| Head Varsity | Jeff Halseth |
| Assistant Varsity | Scott Embry |
| Sophomore | Eric Rice |
| Freshman | Paul McVey |
| Volunteer | Ryan Rothenberger |
| Volunteer | Jared Jansen |

Gymnastics

| | |
|-------------------|------------------|
| Head Varsity | Les Frederick |
| Assistant Varsity | Jill Kleinsasser |

Track & Field

| | |
|-------------------|-----------------|
| Head Varsity | Jim Jarovski |
| Assistant Varsity | Scott Embry |
| Assistant Varsity | Kaaren Huber |
| Assistant Varsity | Eric Rice |
| Assistant Varsity | Brian Bechard |
| Assistant Varsity | |
| Assistant Varsity | Eric Pooley |
| Assistant Varsity | Kaylee Keating |
| Varsity Volunteer | Dave Alpers |
| Varsity Volunteer | Kalisha Wachira |
| Varsity Volunteer | Shawn Flanagan |

Softball

Head Varsity
Head Varsity

Charnelle Wooledge
Trent Dlugosh

Bowling

Head Boys
Head Girls

Terry Peters
Loren Foss

Soccer

Head Girls
JV Girls
Head Boys
JV Boys
Volunteer

Steve Burckhalter
Sandy Roberts
Russ Townsend
Doug Townsend
Paul McVey

Baseball

Head Varsity
Assistant Varsity
Freshman

Alex Sommers
Matt Meyers
Pat Bumann

Debate

Head Coach
Assistant

Tony Martinet

Oral Interp

Head Coach
Assistant
Assistant

Bryan Hagg

Band

Bob Carlson
Dan Carlson

Color Guard

Julie Fettes

Orchestra

Mario Chiarello

Vocal

Linda Conrad
Kathy Ferguson

Newspaper

Karen Walker

Yearbook

Mary Tranberg
Sarah Winterscheidt

Theater

Lance DeRoos
Bryan Hagg
Stephanie Arbogast

Student Council

Jennifer DuBois

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2011-12
(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 | Shanna Kindt | 1007 Hemlock Cir | Harrisburg 57032 | 254-6085 | 367-7990 | 254-6085 | shanna.kindt@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 |
| | Eric Foss | 1708 Dawley Court | Brandon 57005 | 582-2623 | 367-7990 | 940-3740 | Eric.Foss@k12.sd.us |
| | Brian Bechard | 1600 S Kingsberry Dr | Sioux Falls | 274-3543 | 367-7990 | | Brian.Bechard@k12.sd.us |
| | Jae Sim | 1504 E 56th St | Sioux Falls | 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 |
| | Jeff Fitzgerald | 4201 S. Mesquite Ave | Sioux Falls 57110 | 376-1885 | | 376-1885 | jeffrey.fitzgerald@k12.sd.us |
| Freshman | Jeff Halseth | 3716 E 49th St | Sioux Falls 57103 | 371-3357 | 367-7639 | 359-8356 | jeffrey.halseth@k12.sd.us |
| | Chad Birger | 140 N Poplar Ave | Tea 57064 | 498-7447 | 575-2097 | 498-7447 | chad.birger@usioxfalls.edu |
| | Shawn Flanagan | 906 N Western Ave #103 | Hartford, SD 57033 | 541-520-7850 | | | shawn.flanagan@hotmail.com |
| Volunteer | Dave Alpers | 5605 W Darcie St | Sioux Falls 57106 | 362-4056 | | 929-3861 | dalpers@athletesphotography.com |
| <u>Volleyball</u> | | | | | | | |
| Varsity | Erika Paladino-Hazlett | 6909 Heatherridge Rd | Sioux Falls 57108 | 271-4855 | 367-4377 | 321-4835 | Erika.Paladino-Hazlett@k12.sd.us |
| JV | Nikki Nyhaug | 812 Wheatland | Sioux Falls 57106 | 361-7546 | | 351-9271 | Nikki.Nyhaug@k12.sd.us |
| Sophomore | Will Zobel | 4517 S Plains Dr | Sioux Falls 57106 | 800-621-8070 ext 5117 | | | wilzobel@sio.midco.net |
| Freshman | Tina Sayasavanh | 2216 S. Hofstad Ave | Sioux Falls 57106 | 480-4701 | | 480-4701 | tina.sayasavanh@k12.sd.us |
| Volunteer | Jean Pearson | 6204 S Mustang Cir | Sioux Falls 57108 | 338-1020 | | | jean.pearson@k12.sd.us |
| <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, SD 57108 | 321-0107 | 367-7647 | 321-0107 | jacqueline.scoular@k12.sd.us |
| Volunteer | | | | | | | |
| <u>Girls Tennis</u> | | | | | | | |
| Varsity | Tom Krueger | 225 E 28th | Sioux Falls 57105 | 332-1061 | 371-4120 | 595-5142 | thomas.krueger@k12.sd.us |
| Freshman | | | | | | | |
| <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 | Duane Fiala | 2812 Orchard Cr | Sioux Falls 57103 | 332-5653 | 339-4592 | | Duane.Fiala@k12.sd.us |

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2011-12
(jim.dorman@k12.sd.us)**

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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 | 6101 W Oscar Howe Cir | Sioux Falls 57106 | 280-2250 | | 280-2250 | dawn.stluka@k12.sd.us |
| Assistant | Megan Boschee | 3108 N 7th Ave | Sioux Falls 57104 | 520-1323 | | 520-1323 | megan.boschee@k12.sd.us |
| <u>Competitive Dance</u> | | | | | | | |
| Head | Jenna Simpson | 6501 W Bonnie Ct | Sioux Falls 57106 | 402-316-8078 | 371-4170 | 402-316-8078 | jenna.simpson@k12.sd.us |
| Assistant | Amanda Simon | 502 Lakota Ave | Brandon 57005 | 261-4835 | 261-4835 | 261-4835 | amanda@skyforceonline.com |
| <u>Girls Basketball</u> | | | | | | | |
| Varsity | Lyle Pearson | 6204 S Mustang Cir | Sioux Falls 57108 | 212-7118 | 367-7990 | 212-7118 | Lyle.Pearson@k12.sd.us |
| JV | Andy Romero | 217 W Luverne St | | 915-525-3754 | 367-7990 | 915-525-3754 | andy.romero@k12.sd.us |
| Sophomore | Heather Conrad | 6208 Medina Cir | Sioux Falls 57108 | 361-4971 | 367-7639 | | Heather.Conrad@k12.sd.us |
| Freshman | Scott Amundson | 4105 S Arden Ave | Sioux Falls 57103 | 334-2987 | 367-4285 | | Scott.Amundson@k12.sd.us |
| Volunteer | | | | | | | |
| <u>Boys Basketball</u> | | | | | | | |
| Varsity | Jeff Halseth | 3716 E 49th St | Sioux Falls 57103 | | 367-7639 | | 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 | Paul McVey | 46666 277th St | Lennox 57039 | 399-9795 | 367-7990 | | paul.mcvey@k12.sd.us |
| Volunteer | Ryan Rothenberger | 4719 E 22nd St | Sioux Falls 57110 | 321-8304 | | | ryan.rothenberger@furnitureoutletsusa.com |
| Volunteer | Jared Jansen | 601 E 69th St #113 | Sioux Falls 57108 | 376-3266 | | | jared.jansen@k12.sd.us |
| <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 | Tom Nesselth | 1912 S 6th Ave | Sioux Falls 57105 | 507-840-1384 | 507-840-1384 | 507-840-1384 | tom.nesselth@usiouxfalls.edu |
| Middle School | Daniel Castilleja | 1705 E 24th St | Sioux Falls 57105 | 759-4008 | | | info@dmcwaterjet.com |
| Middle School | James Boehmer | 1127 S Prairie Ave | Sioux Falls 57105 | 770-4911 | | 770-4911 | james.boehmer@usiouxfalls.edu |
| Volunteer | Nathan Bertsch | 2717 S Prairie Ave | Sioux Falls 57105 | 320-267-3499 | | | nathan.bertsch@usiouxfalls.edu |
| <u>Gymnastics</u> | | | | | | | |
| Varsity | Les Frederick | 5308 W 56th St | Sioux Falls 57106 | 361-7188 | | 261-6653 | l_frederick@siouxfallshousing.org |
| Assistant | Jill Kleinsasser | 909 W Golden Eagle | Sioux Falls 57108 | 413-9228 | | 413-9228 | jillianbarnes@yahoo.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 |
| Freshman | | | | | | | |
| <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 | Mike Moller | 4305 Hickory Hill Rd | Sioux Falls 57103 | 331-5073 | 367-7639 | 940-8483 | robert.moller@k12.sd.us |
| Volunteer | Scott Amundson | 4105 S Arden Ave | Sioux Falls 57103 | | | | 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 | 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 Keating | 3403 W 81st St | Sioux Falls 57108 | 351-3601 | | 351-3601 | kaylee.keating@k12.sd.us |
| Volunteer | Dave Alpers | 5605 W Darcie St | Sioux Falls 57106 | 362-4056 | | 929-3861 | dalpers@athletesphotography.com |
| Volunteer | Shawn Flanagan | 906 N Western Ave #103 | Hartford, SD 57033 | 541-520-7850 | | | shawn.flanagan@hotmail.com |
| Volunteer | Kalisha Wachira | 1010 E Sunrise Pl | Sioux Falls 57108 | 803-464-4100 | | | kalishangela@live.com |
| <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 | Russ Townsend | 1625 S Riverdale Road | Sioux Falls 57105 | 254-5273 | | 254-5273 | russell.townsend@k12.sd.us |
| JV | Doug Townsend | 1201 S 2nd Avenue | Sioux Falls 57105 | 366-0968 | | | townsend@sio.midco.net |
| Assistant | Paul McVey | 46666 277th St | Lennox 57039 | 399-9795 | 367-7990 | | paul.mcvey@k12.sd.us |
| <u>Softball</u> | | | | | | | |
| Varsity | Trent Dlugosh | | | | | | trent.dlugosh@k12.sd.us |
| JV | Charnelle Woledge | 7520 W President Street | Sioux Falls 57106 | 323-0151 | 367-7990 | 360-6671 | charnelle.woledge@k12.sd.us |
| <u>Baseball</u> | | | | | | | |
| Varsity | Alex Sommers | 1704 S Willow Ave | Sioux Falls 57105 | | | 254-5435 | alex.sommers@hotmail.com |
| Assistant | Matt Meyers | 2604 W. Wood Dr | Sioux Falls 57105 | | | 271-3701 | matt.meyers@k12.sd.us |
| Freshman | Pat Bumann | 6012 Tecumseh Court | Sioux Falls 57106 | | | 929-6014 | bumann90@hotmail.com |
| <u>Bowling</u> | | | | | | | |
| Boys | Terry Peters | 4325 E 33rd St | Sioux Falls 57103 | 321-1488 | | 321-1488 | tmacpeters@sio.midco.net |
| Girls | Loren Foss | 1601 E 26th St | Sioux Falls 57105 | 929-0006 | | 929-0006 | redfoss@yahoo.com |
| Assistant | Michelle Peters | 4325 E 33rd St | Sioux Falls 57103 | 359-7344 | | 359-7344 | tmacpeters@sio.midco.net |
| Assistant | Bob Elrod | 2912 S Poplar Dr | Sioux Falls 57105 | 261-3345 | 336-3800 | 261-3345 | suburban.lanes@yahoo.com |

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LHS Athletic Phone 367-7988

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|-------------------------------|---------------------|-------------------------|-------------------|-------------------|-------------------|-------------------|--|
| <u>Sideline Cheer</u> | | | | | | | |
| Head | Katie Pabst | 2617 S Prairie | Sioux Falls 57105 | 376-3706 | | | klpabst06@ole.augie.edu |
| Assistant | Megan Boschee | 3108 N 7th Ave | Sioux Falls 57104 | 520-1323 | | 520-1323 | megan.boschee@k12.sd.us |
| <u>Patriettes</u> | | | | | | | |
| Head | Jenna Simpson | 6501 W Bonnie Ct | Sioux Falls 57106 | 402-316-8078 | 371-4170 | 402-316-8078 | jenna.simpson@k12.sd.us |
| Assistant | Amanda Simon | 502 Lakota Ave | Brandon 57005 | 261-4835 | 261-4835 | 261-4835 | amanda@skyforceonline.com |
| <u>Band</u> | | | | | | | |
| | Bob Carlson | 4701 Fernwood Dr | Sioux Falls 57110 | 321-5852 | 367-7895 | 413-9443 | Robert.Carlson@k12.sd.us |
| | Dan Carlson | 105 E 38th St | Sioux Falls 57105 | 413-9443 | 367-7895 | 321-5852 | Daniel.Carlson@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 | Tony Martinet | 5117 S Baneberry Ave. | Sioux Falls 57106 | 254-7097 | | 254-7097 | tony.martinet@k12.sd.us |
| Assistant | | | | | | | |
| <u>Oral Interp</u> | | | | | | | |
| Head | Bryan Hagg | 4708 S Yellowstone Ln | Sioux Falls 57105 | 366-8988 | 367-7990 | | Bryan.Hagg@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 |
| | Bryan Hagg | 4708 S Yellowstone Ln | Sioux Falls 57105 | 366-8988 | 367-7990 | | Bryan.Hagg@k12.sd.us |
| | Stephanie Arbogast | 3201 S Westbrooke Ln # | Sioux Falls 57106 | 361-3749 | | | stephanie.arbogast@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> | Karen Walker | | | | 367-7990 | | karen.walker@k12.sd.us |
| <u>Yearbook</u> | | | | | | | |
| | Mary Tranberg | 101 E 27th St | Sioux Falls 57105 | 605-331-5300 | 367-7990 | 321-5744 | Mary.Tranberg@k12.sd.us |
| | Sarah Winterscheidt | 824 S Summit | Soux Falls 57104 | 330-4030 | | | sarah.winterscheidt@k12.sd.us |

Updated: 07/19/11



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:

Head Coach: BB ☐ CC ☐ Cheer ☐ Dance ☐ FB ☐ Gym. ☐

Golf ☐ Tennis ☐ T&F ☐ VB ☐ WR ☐

Asst. Coach: BB ☐ CC ☐ Cheer ☐ Dance ☐ FB ☐ Gym. ☐

Golf ☐ Tennis ☐ T&F ☐ VB ☐ WR ☐

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 9th, 2011
LHS Auditorium - 7:00 pm

Welcome-Jim Dorman, Asst. Principal/Activities

~Julie Gednalske, Booster Club

~Red, White & Blue Club

~President's Bowl Ticket Pre-sell, Thursday, August 25, 2011, 6:00 pm

Sports Risk Information-Shanna Kindt, LHS Athletic Trainer

Athletic Information

~Power Point

Introduction of Head Coaches and Break-Out Sessions:

~ Football - Aaron Beavers - Auditorium

~ Volleyball - Erika Paladino-Hazlett - Cafeteria

~ Boys Golf - Lyle Pearson - Little Theater

~ Girls Tennis - Tom Krueger - Library

~ Cross Country - Eric Pooley - Chorus Room

~ Cheer - Katie Pabst & Dawn Bonham - Upper Gym

~ Dance - Jenna Simpson - Old Gym

~ Softball - Charnelle Wooledge & Trent Dlugosh - A409-A410

~ Boys Soccer - Russ Townsend - A119-A121

~ Girls Soccer - Steve Burckhalter - A122-A123

Handouts

~ Have coaches hand out parent communication brochures & other handouts

~ Physical and eligibility reports

~ Have packets available ~ Insurance

~ Web site schedule instructions

~ Picture forms

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

Athletic Student Information

Sport: _____

Head Coach: _____

Assistant Coach(es): _____

[illegible]



Sioux Falls School District Year-Round Activity Rules

Summary of District Policy JJAA/JJAA-R*

School activity participants are expected to demonstrate behavior that reflects positively on the individual, school, and community. The rules governing participation in school activity events are in force year-round. The chart below summarizes district policy* and state law regarding school activities. The consequences listed below are minimum only.* If you have questions regarding the policy, contact your school principal.

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 drug violation is for twelve calendar months from the date of the adjudication, conviction, diversion, or suspended imposition of sentence.

| DISTRICT POLICY | | |
|---|---|---|
| Violation: Possession, sale, use, or distribution of tobacco, or a controlled or mood-altering substance. Crime against person or property. | | |
| FIRST VIOLATION | SECOND VIOLATION | THIRD VIOLATION |
| Consequence Suspension from school activity events: 14 consecutive calendar days or two activity events, whichever is greater. Alternative Alcohol/drug violation Suspension reduced to 7 calendar days or one activity event, whichever is greater, if the student and at least one parent participate in a drug/alcohol evaluation and attend every session of the Sioux Falls School District Drug Prevention Program. Tobacco violation Suspension reduced to 7 calendar days or one activity event, whichever is greater, if the student participates in every session of a District-approved tobacco education class. | Consequence Suspension from school activity events: 42 consecutive calendar days or six activity events, whichever is greater. Alternative Alcohol/drug violation Suspension reduced to 21 calendar days or three activity events, whichever is greater, if the student and at least one parent participate in a drug/alcohol evaluation and attend every session of the Sioux Falls School District Drug Prevention Program. Tobacco violation Suspension reduced to 21 calendar days or three activity events, whichever is greater, if the student participates in every session of a District-approved tobacco education class. | Consequence Suspension from school activity events: 12 calendar months. Alternative Alcohol/drug violation Suspension reduced to 60 calendar days if the student completes a chemical dependency treatment program. Tobacco violation Suspension reduced to 60 calendar days if the student completes an intensive tobacco use cessation program. |

RECORD OF VIOLATIONS

Violations accumulate for one year in middle school (grades 6-8). After 12 calendar months, a middle school student starts over with a clean record. Violations accumulate for four years in high school (grades 9-12). For example, if a student has a violation as a ninth grader, the violation is on record for four years. 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 record for five years.

CLEAN RECORD PROVISION

Students who have one violation then remain violation-free for 12 consecutive months start over with a clean record. This opportunity applies only once during a student's high school career. (Provision does not apply to suspension for a drug conviction, adjudication, diversion, or suspended imposition of sentence.)

NO PENALTY PROVISION

Students are encouraged to seek help for chemical dependency problems. Students with no identified violations will not be penalized if they voluntarily enter a treatment program and abstain. (If, while in the program, students violate the rules, they will be penalized the same as other students.)

PROCESS

- 1) The principal must inform the student of the rule, regulation, or policy that has allegedly been violated.
- 2) The student will be given an opportunity to answer the charges and present evidence on his or her behalf.
- 3) The principal shall render a decision as soon as possible after reviewing the case.

Upon suspending a student, if possible, the principal shall provide oral notice of the suspension to the student's parents or guardian. The principal shall also provide written notice to the parents or guardian. The principal's decision may be appealed to the Superintendent within 5 school days of notification of suspension. Ineligibility remains during the appeal process.

| State Law | |
|---|--|
| Violation: Drug conviction, adjudication, informal adjustment or court-ordered diversion program, or suspended imposition of sentence. | |
| First Violation | Consequence Suspension from participation in any activity sanctioned by the SDHSAA for 12 calendar months. 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 _____.

_____ Period of 7 consecutive calendar days or one activity events, whichever is greater.
Beginning _____ and continuing through _____.

Second Violation:

_____ Period of 42 consecutive calendar days or six activity events, whichever is greater.
Beginning _____ and continuing through _____.

_____ Period of 21 consecutive calendar days or three activity events, whichever is greater.
Beginning _____ and continuing through _____.

Third/Subsequent Violation:

_____ Suspension from school activity events: 12 Calendar months.

_____ Period of 60 calendar days (minimum) upon completion of a chemical dependency treatment program.
Beginning _____ and continuing through _____.

State Law: Drug Conviction

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



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 _____

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 2011-12

****Need Room Lists for all schools - all trips****

| School | Team | Event | Location | Date | Motel | Phone# | # Rooms |
|--------|------------|-------------------|--------------|---------------|-----------------|----------------|--------------|
| LHS | G Tennis | GDC Tennis | Rapid City | 9-18 & 19 | Days Inn | 348-8410 | 3 doubles |
| LHS | B Golf | GDC B Golf | Sturgis | 09/18/11 | Holiday Inn Exp | 347-4140 | 3 doubles |
| LHS | B Golf | State B Golf | Spearfish | 10-2 & 3 | Super 8 | 642-4721 | 3 doubles |
| LHS | Volleyball | Apple Valley, MN | Apple Valley | 10/07/11 | Hampton Inn | 952-435-6366 | 5 doubles |
| | | | | | Burnsville, MN | 952-435-5588-f | 1 driver |
| LHS | Volleyball | GDC | Rapid City | 10/21/11 | Days Inn | 348-8410 | 5 doubles |
| LHS | Gymnastics | Aberdeen | Aberdeen | 12/09/11 | Super 8 East | 229-5005 | 3 doubles |
| LHS | Wrestling | Rapid City Invite | Rapid City | 12/09/11 | Days Inn | 348-8410 | 5 doubles |
| LHS | Gymnastics | RC Invite | Rapid City | 01/20/12 | Days Inn | 348-8410 | 3 doubles |
| LHS | Gymnastics | GDC | Rapid City | 02/03/12 | Days Inn | 348-8410 | 3 doubles |
| LHS | Wrestling | GDC | Rapid City | 02/03/12 | Days Inn | 348-8410 | 6 doubles |
| LHS | GBB/BBB | GDC B-Ball | Rapid City | 2-9 & 10-12 | Days Inn | 348-8410 | 9 dbls girls |
| | | (3 games) | | | | | 8 dbl boys |
| LHS | Gymnastics | State | Brookings | 2-16 & 17-12 | Fairfield Inn | 692-3500 | 3 doubles |
| LHS | B Tennis | State | Rapid City | 5-16/17/18-12 | Days Inn | 348-8410 | 3 doubles |
| LHS | B/G Track | State | Rapid City | 5-24/25-12 | Days Inn | 348-8410 | 21 doubles |

State Meets 2011-12

B Golf Spearfish
G Tennis Sioux Falls
B/G Cross Country Sioux Falls
Football Vermillion (no overnight)
Volleyball Sioux Falls
Cheer/Dance Brandon Valley
Gymnastics Brookings
Wrestling Aberdeen (state gets)

GBB Brookings (state gets)
BBB Rapid City (state gets)
G Golf Sioux Falls
B Tennis Rapid City
B/G Track Sturgis/Rapid City

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 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 School District



Adult Volunteer Registration Form

"To educate and prepare each student to succeed in a changing world."

This registration form is to be completed annually by all school volunteers

Name _____
Last First M.I.

Address _____
Number Street Apt.

City State Zip

Phone _____ **Email** _____
Day Evening

Employer _____

Employer Address _____
Number Street Ste

City State Zip

Emergency Contact Person _____
Name Relationship

Address Phone

Do you use illegal drugs? YES NO (circle one)

Where or with whom will you be volunteering (School location & staff member's name):

PLEASE READ & INITIAL:

☐ **Volunteer Commitment:** Volunteers add value to our school community by supporting students of all cultures, backgrounds, and abilities. Within the Sioux Falls School 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. Furthermore, concerns encountered by volunteers are to be reported to the teacher or school administrator.

☐ Adult volunteers who transport students must have:

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

☐ Volunteers work without pay on a regular or occasional basis at any District site and are subject to the District's school volunteer policy. *Policy IJOC*

- ☐ Volunteers whose name appears on the Sex Offender Registry will be not allowed to volunteer in the District.
- ☐ 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 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, GBED*
- ☐ Volunteers may not engage in unlawful harassment or discrimination based an individual's race, color, religion, creed, ancestry, national origin, gender, sexual orientation, 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, department director, or 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. *Policy GBAA*
- ☐ Volunteers may not use corporal punishment (physical force) upon a student for the purpose of punishing/disciplining a student. Physical force may 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/Reg. 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*
- ☐ 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*
- ☐ 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/volunteers 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 coordinator (who may not be a District employee) to recruit and assign volunteers.

Signed _____ Date _____

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.

SEASON RECORD

2008-2009

SCHOOL: Lincoln High School

Team: **LEVEL**

SPORT: _____

COACH: _____ Record Won: _____ Lost: _____ Tied: _____

SCORES OF MEETS OR CONTESTS: (BE SURE TO INCLUDE ALL TOURNAMENTS)

[illegible]

Approximate number of players: Beginning of Season: _____ End of Season: _____
Total: _____ Total: _____

Make a separate sheet for each squad.

Forward one copy to Coordinator of Athletics the week after the season is completed.

Attach a typed alphabetical list of award winners, including managers.

DISTRIBUTION

Coordinator of Athletics
Principal's Office
Coach
Athletic Coordinator

DEPARTMENT OF ATHLETICS

Sioux Falls Public School
Sioux Falls, South Dakota

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 | |
| Camps | yes | yes | no | yes | yes | |
| Leagues/Games/Tourneys | yes | yes | no | yes | yes | |
| Practice | yes | yes | yes | yes | yes | |
| All-Star Grade 12 | no | no | no | yes | yes | |
| All-Star Grade 9-10-11 | no | no | no | no | yes | |
| Club Team | yes | yes | no | yes | yes | |
| Private Lessons | 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 |
| Camps | no | no | no | no | yes* |
| Leagues/Games/Tourneys | no | no | no | no | yes* |
| Practice | no | no | yes | no | no** |
| All-Star Grade 9-12 | no | no | no | no | yes |
| Club Team | no | no | no | yes | yes |
| Private Lessons | no | no | yes | 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.

The following sports proposals were approved by the SDHSAA Board of Directors during the April 19, 2011 Board Meeting.

Basketball

- Eliminate the restriction on visible manufacturer's logo/trade names on the undergarment. On visible **undergarments**, the manufacturer's logos/trade names may not exceed 2¼ square inches, with no dimensions more than 2¼" being permitted on each item of apparel. The restriction of a visible logo/trade name has been deleted. Multiple logos/trade names are permitted, however none of the visible logos/trade names may exceed 2¼". All other undergarment rules remain the same.
- Seeding Formula for Class "AA" only: add letter g. to current seed formula which would state: g. Must have a minimum of 6 "AA" opponents, or schedule everyone in your District at least once, in order to be considered for seed placement. Teams failing to do so will be seeded last in the District.
- In Class "A" Girls' and Boys' Basketball, a team playing a class "AA" size school would receive 50 points for a win and 0 points for a loss just like they would for playing a Class "A" or Class "B" school. Effective date: 2011-2012 school year.
(Amended during June 7-8, 2011 Board of Directors Meeting: Games played against Class "AA", "A", "B" JV opponents are non-point producing games and are not counted in the total game divider.)

Competitive Cheer

- State Cheer and Dance competition will be held Friday and Saturday of Week 16 effective 2012-13. Class "A" and Class "B" competition will begin Friday evening, with Class "AA" competition on Saturday.
- Eliminate the Non-Stunting category in Cheer.
- Safety checks will be done 30 minutes prior to the start of competition. All participants need to be "performance ready." If a team/team member enters the performing surface with jewelry after the safety check has been performed, that team will be disqualified from competition.
- Effective 2012-1, move the first allowable contest from Week 9 to Week 8..

Competitive Dance

- State Cheer and Dance competition will be held on Friday and Saturday of Week 16 effective 2012-2013. Class "A" competition will begin Friday evening, with Class "AA" competition on Saturday.
- Safety checks will be done 30 minutes prior to the start of competition. All participants need to be "performance ready." If a team/team member enters the performing surface with jewelry after the safety check has been performed, that team will be disqualified from competition.
- Teams may compete in three of the four categories during state competition. For the purpose of determining a state champion in each class, the three category scores will be averaged. The teams with the highest average scores will be placed accordingly. A school must compete in three categories to be eligible for placement.
- Effective 2012-13, move the first allowable contest from Week 9 to Week 8..

Football

- In Class 11-AA Football the top 12 teams based on power points will qualify for the playoffs. Teams will be seeded 1-12 with the top four schools receiving first round byes.

Golf

- No proposals adopted.

Gymnastics

- To be scored and considered as a team for any competition, a team must have 4 participants competing in the meet.
- Eliminate the coaches' necessity to designate at least one all-around athlete.
- Class AA only: Realign regions in gymnastics to match the ESD and GDC conference affiliation.
Region 1: Aberdeen Central/Roncalli, Brookings, Huron, Mitchell, Pierre, Watertown, Yankton/Bon Homme
Region 2: RC Central, RC Stevens, Sioux Falls Lincoln, Sioux Falls O'Gorman, Sioux Falls Roosevelt, Sioux Falls Washington
- Class AA only: Eliminate the region meet and use the Conference Meet as the state qualifying meet for representation at the State Meet. The meet will be known as Conference Meet/State Qualifier Meet. Qualifying standards for team competition: Top twelve team scores advance to the state meet. Seven gymnasts may be entered per event at the conference/state qualifier meet. During actual competition the coach may compete any six of the seven gymnasts per event.

Tennis

- Change indoor match format to:
Championship matches 2 out of 3 with match tie break in lieu of the deciding set
Consolation bracket rounds 8 game pro sets
Semi Final matches 2 out of 3 sets with match tie break in lieu of the deciding set
Finals matches 2 out of 3 sets with match tie break in lieu of the deciding set

Track and Field & Cross Country

- During the region and state track & field meets the medley relay will be run with a 3 curve stagger.
- During the region and state track & field meets, during prelims of the shot put and discus, competitors with the best performance will be last in each flight.
- During the region and state track & field meets, during the prelims of the long jump and triple jump, competitors with the best performance will be last in each flight.
- During region track & field meets, opening heights in the high jump and pole vault will be determined by region committees.

Volleyball

- Tie breaking procedure for all teams in Class AA, A and B:
 1. Head to head competition will be used to break the tie. (Do not round, division should go to three places.)
 - a) Win/Loss percentage.
 - b) Set Win Percentage = number of sets won divided by the number of sets played during the regular season.
 - c) Average point differential = point differential divided by number of matches played.
 2. Post season win/loss record.
 3. Victories against common opponents will be used to break the tie.
 4. Best overall regular season win/loss record based on percentage.
 5. Coin toss.

Wrestling

- In Class B Wrestling, eliminate district tournaments and hold region tournaments effective the 2012-13 season.

South Dakota Codified Law 13-36-9

SDCL 13-36-9 requires all coaches to be educated concerning the Signs, Symptoms and Behaviors of a possible concussion. They must also receive information regarding the short term and long term effects of a concussion. Therefore beginning with the 2011-12 school year all coaches will be required to complete the online NFHS Course “Concussion in Sports – What You Need To Know”. The course is free and takes about 20 minutes to complete. It may be accessed through the SDHSAA coaches’ education website. This will be an annual requirement as per state law. No equivalent courses will be accepted. Once the course has been completed, print the certificate of completion and provide it to you school administration for documentation purposes.

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**



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.



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
First Aid for Coaches

Varies by State

Varies by State

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.

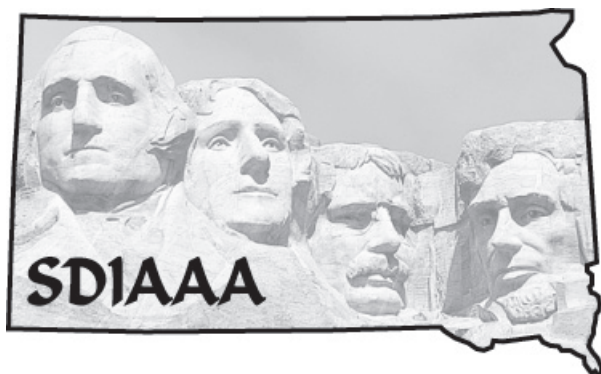
FREE Courses

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!



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***