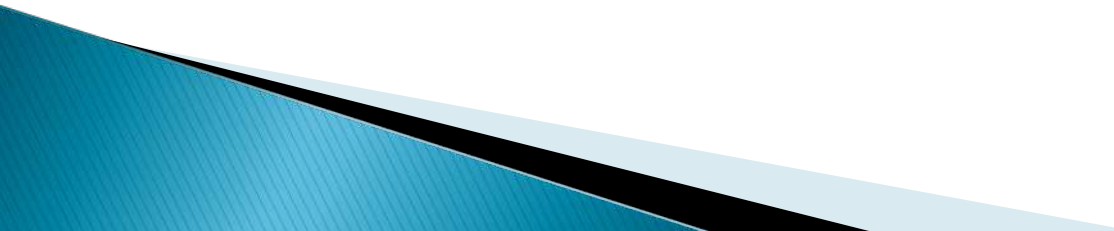


# Esko Athletics

Parent Information for Athletic Participation



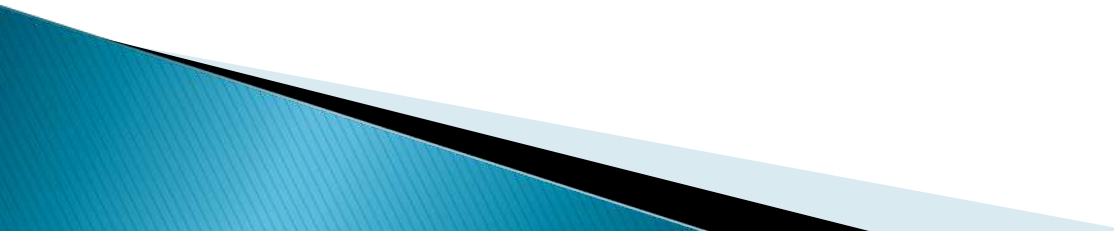
# Principal Greg Hexum

- ▶ Esko High School student athletes are busy people. Their academics must come first. Our school data indicates that Esko student-athletes, on average, have better state test scores than other members of the student body. We encourage participation in school activities!
- 

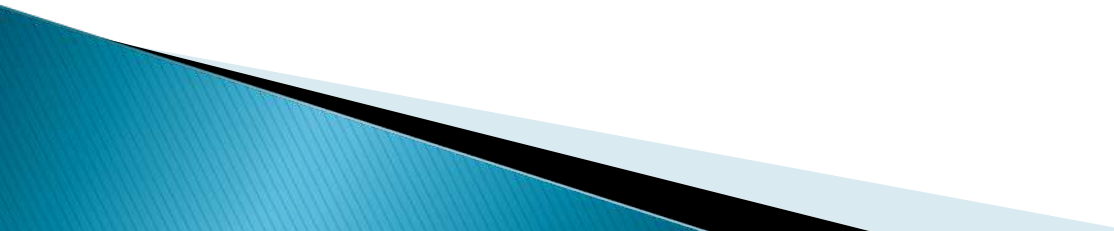
# Academic Eligibility

- ▶ Students must be making satisfactory progress toward graduation to be eligible to participate in athletics.

# The Value of Participation

- ▶ Decades of research prove that students who participate in high school activities tend to have:
    - ▶ higher grade–point averages
    - ▶ better attendance records
    - ▶ lower dropout rates
    - ▶ fewer discipline problems than non–participating students.
- 

# National studies repeatedly report that high school activities:

- ▶ build character
  - ▶ increase self-confidence
  - ▶ relieve tension
  - ▶ support classroom learning by generating school pride, a sense of community, and by nurturing a feeling of belonging that makes students want to achieve.
- 

These studies also show that students who participate in athletic and fine arts programs are more likely to:

- ▶ graduate from high school
- ▶ stay off drugs
- ▶ attend college
- ▶ avoid unwanted pregnancies.
- ▶ Still, more statistics reveal that participation in activities encourages the aspirations of youth and provides young people with countless opportunities to develop leadership skills.
  - Thank you and have a great year!

# Essentia Health Sports Medicine & Athletic Trainer Tom Nooyen

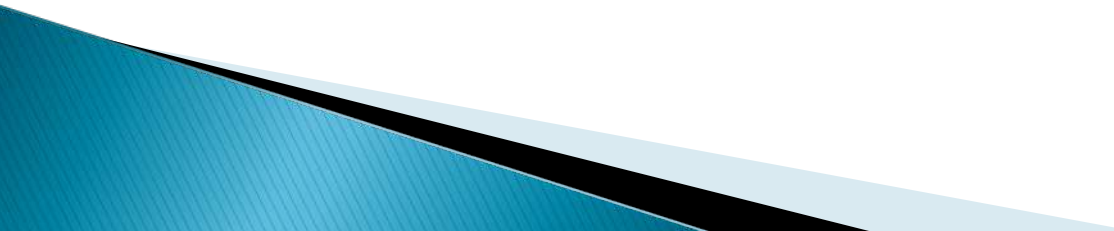
- ▶ 25 year co-operative relationship
  - My Schedule?
- ▶ My role as the Athletic Trainer
  - 1. Evaluation of Athletic injuries
  - 2. Rehabilitation of Athletic injuries
  - 3. Prevention of Athletic injuries

# Essentia Health Sports Medicine

- ▶ Essentia Health History Form
  - 1. Online – Part of Sport Registration



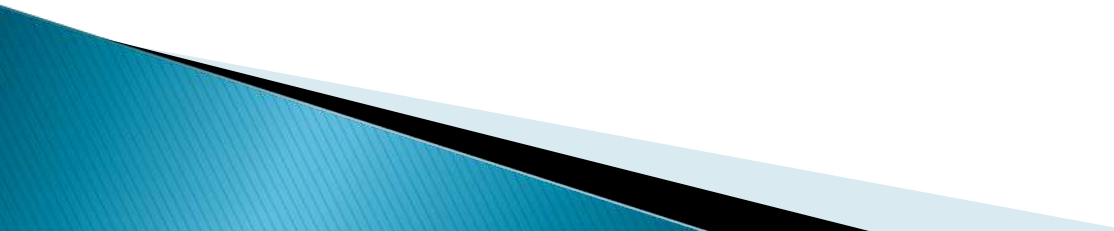
# Essentia Health Sports Medicine

- ▶ No fees generated here at school
  - ▶ If you go to a physician bring back a written note from the physician, with diagnosis and treatment permission.
  - ▶ Essentia Health does have the final decision when it comes to a diagnosis regarding your child.
  - ▶ Sexual harassment concerns I take very seriously.
- 

# Essentia Health Sports Medicine

- ▶ Because Esko and Essentia have this relationship does not mean you have to have medical care at Essentia, you go where insurance takes you.
- ▶ Benefits to Essentia
  - 1. orthopedic evaluation same/next day
  - 2. easy communication between you, myself, physician and your child

# Essentia Health Sports Medicine

- ▶ ImPact Neuro-cognitive testing
  - ▶ Who will be baseline tested
  - ▶ How often do we baseline test
  - ▶ How do we use ImPact to help with concussion management
  - ▶ Essentia Health's sports medicine physicians / athletic trainers role for helping your child with concussion management
- 

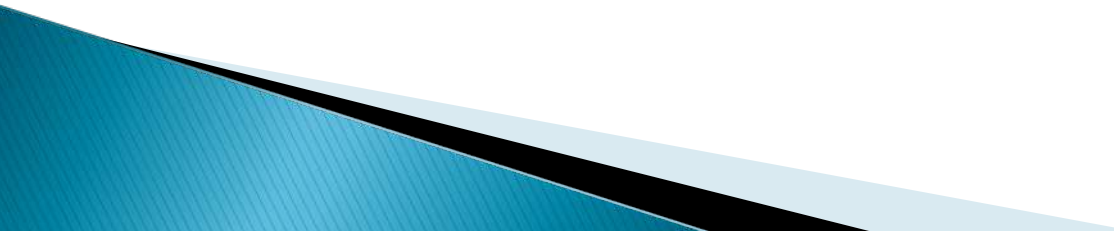
# Tom's contact information

- ▶ Cell = 218.590.1056
- ▶ Clinic = 786.3520
- ▶ Fitness Center = 879.7223

Thank You!



# Athletics – What were about?

- ▶ Education Based Athletics – Connecting each student to the school/community and giving each child an opportunity to develop.
  - ▶ Students Participate, Adults Support
- 

# How to find us...

[www.esko.k12.mn.us](http://www.esko.k12.mn.us) (Athletics)

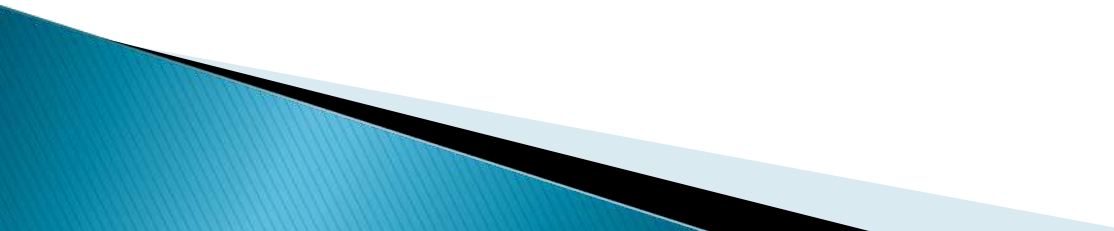
- ▶ Sport Registration – deadline Sunday
    - Other Forms, schedules, links, etc..
  - ▶ Sport Schedules – [www.polarleague.org](http://www.polarleague.org) (Esko High School)
  - ▶ “Notify Me” – all parents can create an account
- 218-879-1909 (Athletic Office)  
218-879-6248 (FAX)

# To Do List!

## ▶ Sport Registration Requirements:

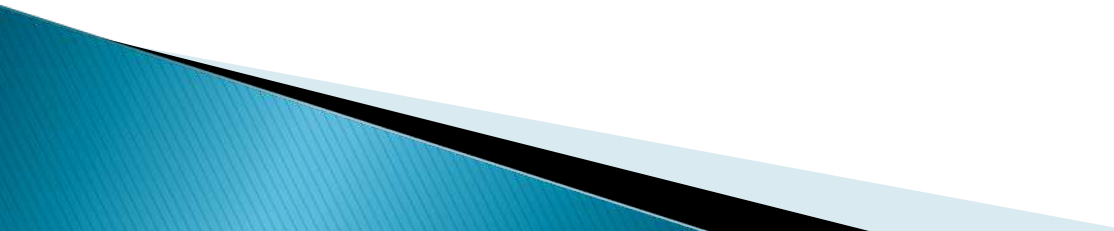
- Register on the school website under athletics and athletic team (sports) registration
  - MSHSL Brochure & Health Questionnaire – online component
  - MSHSL Physical (Email [tpagelkopf@esko.k12.mn.us](mailto:tpagelkopf@esko.k12.mn.us))
  - Essentia Health History – online component
- Fees can be paid with a credit card at the time of registration or by check in the HS school office at a later date.

# Athletic Eligibility

1. Physical exam – last 3 years
  2. Have not transferred... if so complete the “student transfer form” found under step 1 in the “athletic registration”.
  3. Six seasons, grades 7–12
  4. \$100 max cash or merchandise
  5. Non–school competition in the same sport
- 



# General Student Eligibility

1. Making academic progress
  2. Will not have turned age 20
  3. Have not dropped out or repeated..
  4. Have not/will not use, consume, possess, tobacco, alcohol or other controlled substances...
  5. Harassment... Religious, Hazing, Sexual, or Racial “I agree to fully cooperate in any investigation honestly and truthfully.”
  6. I agree to follow all MSHSL rules regardless of my age.
  7. Both the student and parent have reviewed the concussion management information
- 

# Student Code of Responsibility

## Student Athlete Code of Conduct

▶ Discipline issues at school or in the community **WILL** impact playing time and could eventually lead to removal from the team.

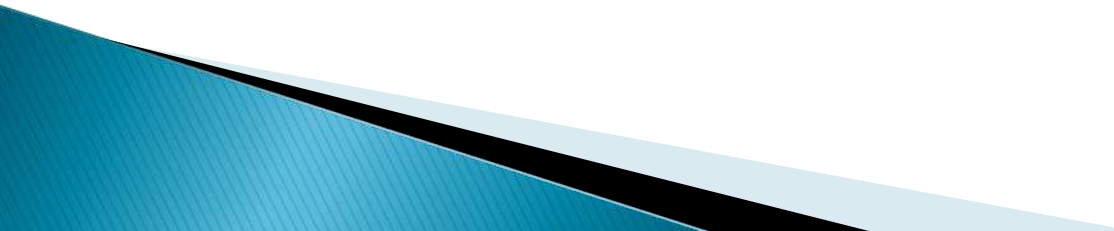
# Suspension Responsibilities

- Suspensions (Chemical, Harassment...)
  - 1st – 2 weeks/2 contests
  - 2nd – 3 weeks/6 contests
  - 3rd – 4 weeks/12 contests
- ***Denial Disqualification - Additional 9 weeks of suspension!***
  1. Must be at all practices, meetings, scrimmages & games.
  2. Must finish the season with the team where suspension was served.
  3. Not eligible to earn varsity letter or be named captain during season of suspension.
  4. Any violation will cause you to be no longer eligible for any post season honor or award for one calendar year.

# COVID MITIGATION STRATEGIES

- ▶ Layered prevention strategies is highly recommended by the CDC and MN Dept. of Health:
  - Vaccines
  - Masks
  - Physical Distancing
  - Pods
  - General Hygiene Practices
    - Stay home when sick or getting tested

# MSHSL BYLAW 111

- ▶ The MSHSL has approved a temporary pandemic provision which grants eligibility to students who transferred during 2020–2021 at the school of their original enrollment.
  - ▶ If you have questions feel free to contact the athletic office.
- 

# Communication

## Step 1:

- Player to coach – have your child TALK to them
  - ▶ In the majority of cases your child knows their role on the team.
  - ▶ If they don't then the coach will tell them exactly where they are and why.

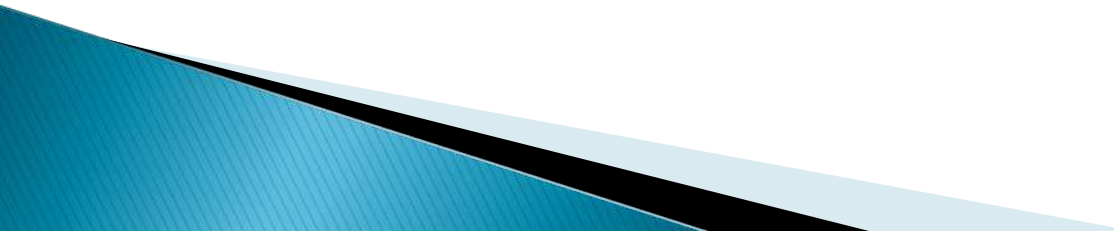
## Step 2:

- Player & parent & coach
  - ▶ They like kids, they want all kids to have a positive experience.
  - ▶ They are not perfect but they try to be. Transformation vs. Transactional

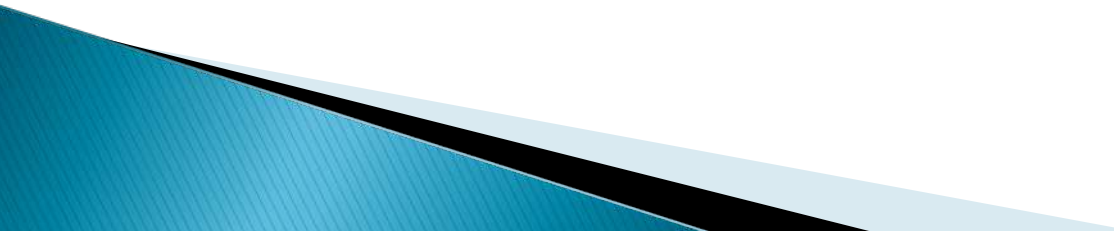
## Step 3:

- Player & parent & coach & AD
  - ▶ Call me, we can discuss if a meeting is necessary. The only exception would be to report abuse, MSHSL violation, or mistreatment.

# Chain of Command

- ▶ Concerns need to be addressed through the coach then me.
  - ▶ Do not approach School Board, Superintendent, or Principal.
  - ▶ Concerns will be heard after a 24 hour reflection (cooling) period.
  - ▶ Concerns regarding playing time or player comparisons will not be heard.
  - ▶ You are entitled to your opinion but we ask that you don't share it in the bleachers, at events, at Booster meetings, and most of all...in front of your child!
- 

# Awareness Items:

- ▶ Sportsmanship – treat opposing players, fans, and officials with respect.
    - Thank a Referee
  - ▶ Energy Drinks – not good!
  - ▶ Cell Phones / Facebook / Social Media – be smart!
  - ▶ Get to Sleep! Sleep study – 8 or less hours have a 70% higher probability of injury than those with 9.5 or more hours..
- 



# Tips for Parents

- ▶ SUPPORT YOUR CHILD – thru the ups and downs
- ▶ BE POSITIVE – don't let playing time dictate happiness
- ▶ SUPPORT THE COACHING STAFF IN FRONT OF YOUR CHILD – **this is critical**
- ▶ BE PART OF THE PARENT NETWORK – get to know
- ▶ WINNING AND LOOSING – winning is the goal but there will be times when things do not go well, this is when parents need to be most supportive.
  - *These years will go by quickly. Do everything you can to make them an enjoyable experience!!*

# Reminders

- ▶ Current Physical – please turn in page 1.
  - What do I do if I have a physical appointment later this week? Email a copy to [tpagelkopf@esko.k12.mn.us](mailto:tpagelkopf@esko.k12.mn.us)
- ▶ Fees must be paid online or in the High School office **by the second Monday of the season.**
  - 150 for participation in a C, JV, or Varsity team. \$300 max
  - 85 for 7<sup>th</sup> and 8<sup>th</sup> grade teams. \$190 max
  - Ask about free and reduced lunch and payment plans.
  - CC payments will incur a 3% user fee.

# For your information

- Bob Thompson Memorial – September 11<sup>th</sup> at the Cloquet Country Club.
  - PLEASE support this fundraiser, profits fund \$5,000 worth of ESA scholarships annually.
- Polar League Hall of Fame Nomination – Forms on website
- 10 Game Punch Cards are on sale in the athletic office, call Tanya Pagelkopf at 879-4673 ext. 629 to arrange a purchase.
  - Adult punch cards are \$50 and Student punch cards are \$25.
- If you have any questions of me please call 879-1909.

# Informational Links and Contact Information for Fall Sports

- ▶ Volleyball – Pete Stasiuk – 218-260-5282 – [pstasiuk@msn.com](mailto:pstasiuk@msn.com)
- ▶ Football – Scott Arntson – 218-310-5164 – [sarntson@esko.k12.mn.us](mailto:sarntson@esko.k12.mn.us)
- ▶ Cross Country – Jerimy Hallsten – 218-393-1651 – [eskocrosscountry@esko.k12.mn.us](mailto:eskocrosscountry@esko.k12.mn.us)
  - Link to CC information – [http://www.esko.k12.mn.us/2020-2021\\_sports\\_qualifying\\_physical\\_form/esko\\_sports\\_pages/cross\\_country/2021\\_forms\\_and\\_letters\\_for\\_athletes\\_parents](http://www.esko.k12.mn.us/2020-2021_sports_qualifying_physical_form/esko_sports_pages/cross_country/2021_forms_and_letters_for_athletes_parents)
- ▶ Soccer – Caitlin Lilly – 218-428-0506 – [ctlnlilly13@gmail.com](mailto:ctlnlilly13@gmail.com)
  - Thank you!