

# HILL-MURRAY ATHLETICS

2019-20





# HILL-MURRAY ATHLETICS



## MISSION

Hill-Murray provides extracurricular educational opportunities for students through interscholastic athletic, techsports and fine arts programs, while preparing them to be ethical servant leaders for our world.



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## VALUES

Love of Activity

Development of the Whole Person

Inclusivity

Service

Community



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## Student Expectations

1. Treat all teammates, coaches, officials, and opponents with dignity and respect
2. Team-first, committed participants - WE over ME
3. Represent Hill-Murray school and community





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## Coach Expectations

1. Treat all students, officials, and opponents with dignity and respect
2. Keep students' academic, social, and spiritual life in balance
3. Model behaviors that promote and develop ethical servant leaders
4. Represent Hill-Murray school and community



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## Parent Expectations

1. Support ALL students and their program
2. Respect all coaches and their role
3. Respect all officials and their role
4. Represent Hill-Murray school and community



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## BUS POLICY



Students are required to ride the bus to away contests. Students are allowed to go home with their parents if the coach allows, and IF THEY HAVE FILLED OUT THE TRANSPORTATION FORM



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## REGISTRATION



# Hill-Murray School

The Catholic Benedictine Prep School, Grades 6-12

Welcome

Catalog

Contact Us

Resources

SmartSchoolK12 Apps



Websites



Welcome to Hill-Murray Athletics Registration!





# HILL-MURRAY ATHLETICS



## REGISTRATION

[www.hillmurrayathletics.com](http://www.hillmurrayathletics.com)

<https://hillmurray.cf.affinitysolutions.com/>

Needs to be completed by **AUGUST 9th** at midnight

MSHSL Physical needs to be handed in to Athletic Office

Everything else is done online



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**Marissa Preston**

@mpreston\_\_



When I was interviewing for my first job out of college, my boss didn't ask me how many offers I had coming out of high school or how many awards I won throughout college, but he asked me, "what would your teammates and coaches say about you?"

THAT is what really matters !!!

1:51 PM · 7/18/19 · [Twitter for iPhone](#)

**611** Retweets **3,717** Likes



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Friendships born on the field of athletic strife  
are the real gold of competition. Awards  
become corroded, friends gather no dust.

Jesse Owens



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## ACADEMIC ELIGIBILITY

- Quarter 1 = passing all classes
- Semester 1 = passing all classes, and 2.0 GPA for term
- Quarter 3 = passing all classes
- Semester 2 = passing all classes, and 2.0 GPA for term

Students must be registered for six classes

Appeals process for ineligibility is on page 11 of Student Handbook



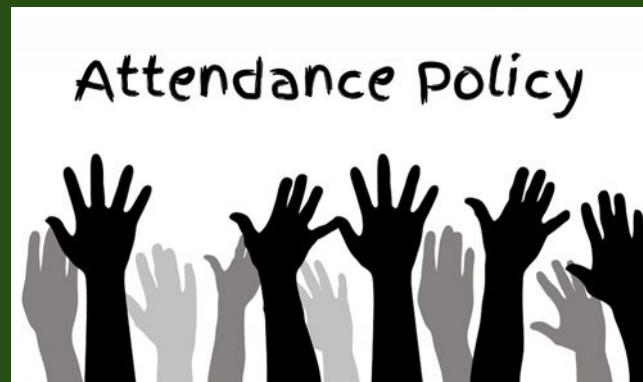
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## Attendance Policy

Students must be in school the entire day to participate in athletics that day unless they have a note and a preplanned appointment.

Example = doctor, funeral, family,





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## Cell Phone Policy

Cell phone use, particularly picture or video taking is not allowed in any locker room



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## Unwelcome Behavior

All student athletes will participate in training on how to recognize and report unwelcome behavior. The training will take place once per season on every Hill-Murray athletic team.

If you see or experience unsafe or unwelcome behavior...



# Hill-Murray Sports Medicine Team

- **Laura Henn, ATC, PTA** Institute for Athletic Medicine; a service of Fairview and North Memorial
- **Athletic Training room 3 days per week 2:30-5 M, W, Th and home game coverage**
- **651-247-7840**      **lhenn1@fairview.org**
  
- **Matt Hofkens, DO** TRIA Woodbury  
Primary care sports medicine and concussion specialty
- **Athletic Training room Wednesday and home Football games**
- **920-205-8019**      **matthew.hofkens@tria.com**



# Games covered

- Home and away Varsity Football
- Home games

Lower level Football

JV, Varsity Volleyball

Varsity B,G Soccer

JV, Varsity B,G Hockey

JV, Varsity B,G Basketball

Dance Team

Varsity B,G Lacrosse

Varsity Track

Varsity Baseball and Softball

# Injuries and return to play

- Injury evaluation provided at school, parents contacted when necessary
- If an athlete sees a physician in clinic for further care, the athlete must bring a signed note back to athletic office or ATC regarding activity status; MSHSL rule
- If not seen in clinic, Hill-Murray sports medicine team can manage the injury and return to play parameters

# ImPACT testing

- ImPACT baseline concussion testing will again be available to teams.
- Offered through FSOC Fairview Sports and Orthopedic Care for \$5.00 per test.
- Each baseline test is good for 2 years
- Post injury testing series \$20.00 if needed

# Emergency Care

- **Be sure that athlete makes their coach aware of any special needs written on the pre participation physical**
- **Allergies requiring Epi pen, cardiac conditions, diabetes or anything that may require special medical attention so we are prepared to keep each athlete safe.**
- **Acclimate to hot weather now! Spend time performing outdoor physical activity. Drink plenty of water before, during and after exercise and get plenty of sleep.**



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## TEAM MEETINGS

BOYS SOCCER - Auditorium

GIRLS SOCCER - Staff Lounge East

VOLLEYBALL - Chapel

CROSS-COUNTRY - 048 (Mr. Ryan)

FOOTBALL - Cafeteria

GIRLS TENNIS - Staff Lounge West

GIRLS SWIM AND DIVE - Classroom 211 (Mrs. Lewis)