



Winter Sports Night Waconia High School

WACONIA HIGH SCHOOL

Introductions of Activities Staff

Bucky Mieras – 952-442-0665

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Murph Schwirtz – 952-442-0683

lschwirtz@isd110.org

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WINTER SPORTS HEAD COACHES

- ▶ Dance Team – Amy Segner
- ▶ Wrestling – Nick Hackman
- ▶ Girls Hockey – Kim Abrahams
- ▶ Boys Hockey – Anthony Reynolds
- ▶ Gymnastics – Kendra Johnson
- ▶ Boys Swim and Dive – Jeff Hackler
- ▶ Girls Basketball – Dusty Neibauer
- ▶ Boys Basketball – Dan Rubischko

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TCO Services

Athletic Trainer – Jeff Chrest --- JeffChrest@tcomn.com

Strength Coach - Josh Anderson. --- JoshAnderson@traininghaus.com



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Neubauer Chiropractic Health Center

Dr. Matt Neubauer

Please grab flyer when leaving

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Sport Registration Requirements

All paperwork must be in to practice and attend practice

Physicals are most important, must have completed and on file to attend tryouts

Steps to Register:

1. Go to <https://1913a.cf.wordwareinc.com/>
2. Once familiar, click the “soccer ball” icon at the top of the page
3. Registration **must be complete** before your student will be eligible to participate.
4. You will be asked for doctor, dentist, and insurance information as part of the registration process - you may want to have the information with you when registering

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New Students, Home School Students, & Exchange Students

- ▶ Please see/contact Mr. Mieras immediately on Tuesday
- ▶ If coming into 9th grade no paperwork with MSHSL – if later, will need to get paperwork completed for MSHSL

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Conference-Section Information

- ▶ Metro West Conference - stay tuned for future

www.metrowestconference.org

- ▶ Some Waconia teams have changed sections and classes.

www.mshsl.org

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Sports Pass Prices

- ▶ Adults \$80 Students \$55 (Elementary / Middle School)
- ▶ Only good at Waconia regular season events
- ▶ Purchase at GoFan.

<https://gofan.co/app/school/MN19678>

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Websites for Information

Waconia High School Website

- ▶ <https://isd110.org/>
 - ▶ Departments
 - ▶ Activities

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Websites for Information

Rschool – Metro West Conference

- ▶ <http://www.metrowestconference.org/>
 - ▶ All schedules – Waconia and all conference teams
 - ▶ Notify Me!
 - ▶ Subscribe

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MSHSL Policies

- ▶ Bylaw 205 Use and possession of illegal chemicals
- ▶ Bylaw 206/209 Code of Conduct
- ▶ Bylaw 207/208 Non-School Competition
- ▶ Policy infractions may lead to denial of captaincy or award nominations

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Waconia Policies

- ▶ Attendance Get to school! Must be in school to participate
- ▶ Transportation School transportation or Parent Transportation
- ▶ Academics 1.67, F Grades, and Probation – 2 weeks
- ▶ Weather Support of the MSHSL
- ▶ School Cancellation, Delay, or Early Out

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Sportsmanship

- ▶ Hold yourself and others accountable
- ▶ Be a difference maker
- ▶ Not fair to students and programs
- ▶ Treat others the way you want to be treated!

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Communication You Should Expect From Your Child's Coach

1. The philosophy of the coach
2. MSHSL rules and eligibility
3. Team determination procedures
4. Locations and times of all practices, contests and team functions
5. Team requirements, such as fees, special equipment, off-season conditioning, and team rules/procedures
6. Procedures to be followed should your child be injured
7. Discipline procedures that may result in period of ineligibility
8. Sportsmanship expectations

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Chain of Communication

- ▶ We encourage the students to directly communicate problems/concerns with coaches.
- ▶ If a problem still exists, the student and parent should address the problem/concern with the coaches.
- ▶ If the problem/concern still exists, the student and parent should address the situation with the activities director.
- ▶ If the problem/concern still exists, the student and parent should address the situation with the principal.

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Communication Coaches Should Expect from Parents

1. Specific program concerns should be expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific medical conditions that could adversely impact your child's performance and/or safety
4. Ways to help student-athlete improve
5. Academic support systems
6. College opportunities

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Appropriate Concerns to Discuss with Coaches

1. The treatment of your child mentally and/or physically
2. Ways to help your child improve
3. Concerns about the behavior of your child
4. Family concerns that may have an impact on your child and subsequent athletic participation
5. Role on the team

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Unacceptable Contact with Your Child's Coach

1. Prior to and during team practice
2. Prior to and during any contest
3. Immediately following any contest or practice
4. Late night emails, texts, and phone calls

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Issues Not Appropriate to Discuss With Coaches From Parents

1. Playing time
2. Team strategy
3. Play calling
4. Lineups
5. Substitutions
6. Other members of the team

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Have a great winter season!