

Athletics PAC Meeting

Faribault Public Schools



2018-2019



Tonight's Agenda

- Why We Play - Purpose
- Administrative Items
- Activities Office Policies & Procedures



Why We Play

Faribault Public Schools Activities Mission Statement

The purpose of the Faribault Public Schools Activities Department is to maximize the potential of each student & student-athlete through comprehensive, well-rounded programs that teach young men and women to influence others in a positive way, as well as teach the values, skills, and attitude necessary for success in our programs as well as in life.

Faribault Public Schools Activities Vision Statement

To consistently produce elite, championship programs in the state of Minnesota.

To develop high quality, well-educated coaches and advisers.



Why We Play

Faribault Public Schools Activities Core Values

Attitude

Effort



Why We Play

- ❑ Purpose of interscholastic and youth sports is not to prepare for a college scholarship or professional career
- ❑ 78% of youth quit by age 12 because it is not fun anymore
- ❑ 97% of students who play high school sports will no longer play sports when they graduate high school
- ❑ SO WHAT'S THE POINT???
- ❑ The athletic experience provided by interscholastic competition is a lot like life - you just get it faster
 - ❑ Develop moral character
 - ❑ Recognize the humanity of others
 - ❑ Develop lifetime skills - deal with adversity, compete, teamwork, growth mindset
- ❑ Transformational > Transactional



Why We Play

MSHSL.ORG



Administrative Items

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Administrative Items - *High School Administration*

- ★ High School Activities Office
 - Keith Badger, Activities Director
 - Shawn Behrens, Activities Administrative Assistant
 - Activities Office - 507.333.6210
- ★ High School Administrative Team
 - Jamie Bente, Principal
 - Shawn Peck, Assistant Principal
 - Joe Sage, Dean of Students



Administrative Items - *Faribault Booster Club*

- ★ Faribault Booster Club
 - Membership for only \$10
 - Will receive \$1 off admission to Faribault Athletics home events
- ★ Booster Club Goals
 - Enhance the student-athlete experience
 - Increase and promote school spirit
 - Support ALL sport programs
- ★ Memberships for Sale in Lobby





Administrative Items - Admissions

- ★ Athletic Event Admissions - Activity Passes
 - Adult annual pass - \$100
 - Student annual pass - \$50
 - FPS employee spouse - \$65
 - Couples annual pass - \$160
 - Senior (62+) - \$50
- ★ Faribault High School Game Admissions
 - Adults \$7
 - Students \$4
 - Seniors (62+) \$4
- ★ Student-Athlete Passes
 - High School students only
 - Must present activity pass *and* student ID
- ★ FPS Charges Admission for the Entirety of Home Football Games



Administrative Items - *Communication*

- ★ Faribault Activities Website
 - www.faribaultfalcons.com
 - www.big9.org
 - → inside activities → documents & policies → rSchool scheduler user guide
- ★ Twitter
 - @frbo_falcons
 - On the www.faribaultfalcons.com homepage for non-twitter users
- ★ District-Wide Emails
- ★ Remind 101
 - New text message
 - TO: 81010
 - BODY: @faribaul

Policies

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Policies - *Attendance & Transportation*

- ★ Student must be in attendance periods 4-6 to be eligible to practice or compete
- ★ Absent students must have a school approved, excused absence (Dr., Funeral, etc.)
- ★ Attendance reports run each day and sent to coaching staffs

- ★ Students must ride school transportation to and from events
- ★ If emergency, fill out Travel Release Document on website
 - Coaches have copies as well
 - 24-48 hours in advance



Policies - *Academic Eligibility*

- ★ To be eligible, students must pass classes
- ★ Course failures result in credit deficiency and academic probation
- ★ No more than 1 'F' previous semester
- ★ Be within .5 credit of FPS Track for Graduation

Complete Academic Policy

Inside Athletics → Documents & Policies → Activities Academic Eligibility Policy



Policies - *Code of Conduct/Hazing*

- ★ Respect the rights and beliefs of others - Golden Rule
- ★ Responsible for your actions and consequences associated with them
- ★ Respect the property of others
- ★ Follow school rules and the law
- ★ You are an extension of your family, your coach, and school - what type of person are you?

- ★ Hazing
 - Committing an act against a student or coercing a student into committing an act that creates a substantial risk or harm to a person in order for the student to be initiated into or affiliated with an organization
 - Consent to be hazed will not lessen the consequences - zero tolerance

Participation is a privilege, not a right.



Policies - *Chemical Eligibility*

- ★ MSHSL Rules Apply
 - 12 months of the year
 - Whether you're in-season, off-season, or any other season
 - Valid from the first signing of the statement through the athletes' high school eligibility
- ★ Parent AND athletes both sign the eligibility statement. This is your acknowledgement that you have agreed and understand
- ★ Legality and location not relevant - still a violation
- ★ Awards Implications - chemical violations will impact eligibility for end of season, end of year, and conference/state awards



Policies - *Chemical Eligibility*

- ★ Examples of Chemical Violations include (but not limited to):
 - Alcohol
 - Tobacco
 - Drugs
 - E-cigs/Vape
 - Prescription Pill Abuse
- ★ MSHSL/FPS Penalties
 - 1st Offense: 25% of season based on maximum number of contests (min. 14 calendar days)
 - 2nd Offense: 50% of season based on maximum number of contests (min. 21 calendar days)
 - 3rd Offense: Indefinite suspension (1 year min)
- ★ To Complete a Suspension:
 - Start and end the season in good standing
 - Must attend all team functions - practices, games, etc.
 - Only games that are played with count toward penalty
 - Athletes cannot serve penalties while injured



Policies - *Parent/Coach/School*

- ★ Parents/Grandparents have valuable ideas, are in a unique position, and need to be understood when it comes to dealing with their children in any activity.
 - Support your child's efforts towards success
 - Work to promote a positive home environment that is conducive to the development of the whole child
 - Treat coaching staffs and school personnel with courtesy and respect
 - Ensure your child will attend all scheduled practices and events/games
 - Promote and model mature sportsmanlike behavior at all contests



Policies - *Parent/Coach/School*

- ★ Appropriate Concerns to Discuss with Coaches
 - Situations involving your child
 - Ways to help your child succeed
 - Your child's **attitude** and **effort**
 - Concerns about your child's behavior
- ★ Inappropriate Concerns to Discuss with Coaches
 - Playing time of any student-athlete, including your child
 - Team strategy, practice organization, scheme, play calling, etc.
 - Other student-athletes



Policies - *Conflict Resolution*

- ★ Child speak to coach about issue, before you intervene. This will help student-athletes self-advocate and grow into young adults
- ★ Athlete, Head Coach, Parents
- ★ Athlete, Head Coach, Parents, AD
- ★ Athlete, Head Coach, Parents, AD, Principal



Policies - *Social Media*

- ★ Responsible use of social media platform
- ★ It is permanent
- ★ Used as a tool to investigate MSHSL violations
- ★ It is your resume for the future
- ★ FHS handbook for complete policy

Strength & Conditioning

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Strength & Conditioning - *Philosophy*

- ★ Volt Athletics
- ★ Significantly reduce the chance on injury
- ★ Improve athleticism and keep athletes healthy
- ★ Training focused on functional movements
 - Multi-joint, multi-directional, multi-planar, multi-level
 - Sequence that has purpose
- ★ Speed, power, agility, quickness, balance
- ★ Meets the needs of all athletes through a comprehensive, year-round program
- ★ Accommodates the biological and chronological development of students
- ★ Encourages multi-sport participation



Strength & Conditioning - *Athlete Expectations*

- ★ In-Season
 - Participate in strength training session 2 times per week
 - Focus on increasing strength, flexibility and athleticism
- ★ Off-Season
 - Participate in strength training sessions offered after school
 - Combination of strength, conditioning, and performance development
- ★ Summer
 - Participate in Falcon Strength & Conditioning
 - Build strength, speed, power, overall athleticism



Strength & Conditioning - Pros & Cons

★ PROS

- Increase strength, speed, agility, power - become a better athlete
- More desirable team outcomes in-season
- Jump higher, run faster, look better, feel better
- Decreased risk of injury, quicker recovery if injured

★ CONS

- No longer playing in close games (because you're faster, stronger, and more powerful than your opponents)
- Being forced to play the sports you love for 3-4 weeks longer because you're in the playoffs pursuing a State Title...