

Welcome



NEW Wildcat Activities Website!

waconiaactivities.org



District 110 Mission/Beliefs

“To provide an opportunity for ALL students to become lifelong participants and positively impact the lives of others.”

- * Emphasis on teaching the fundamentals, teamwork & sportsmanship
- * Value Development of team & program
- * Learn self-discipline, strong work ethic & build self-confidence
- * Creation of lasting, positive experience

Being competitive and winning are important GOALS, but not our PURPOSE.

Waconia Wildcat Activities Department Purpose Statement:

We lead by example to create an environment that is inspirational, healthy and encourages lifelong commitment to core values.



Wildcat Activities & the MSHSL

Member of the Minnesota State High School League (MSHSL) & Region 2AA

MSHSL Belief Statements

- Participation in school activity programs is a **privilege** and not a right
- **Sportsmanship** needs to have a constant presence in all school-based activity
- Ethical behavior, dignity and respect are **non-negotiable**
- **Collaborative relationships** with parents enhance a school's opportunity to positively impact student success
- **Academic** priorities must come before participation in athletic or fine arts activities
- High School activity programs are designed for student participants, and adults must serve in a **supportive** role
- The success of the **team** is more important than individual honors
- **Ethical behavior, fairness & embracing diversity best serve students and school communities.**

www.mshsl.org for Post Season Schedules, Section and State Details & Eligibility Information



Education Based Programming

We are an extension of the school day

- Our coaches are teachers
- We prepare the person not the path
- Our athletes are human beings not human doings
- Mistakes are part of the learning process
- MSHSL & School board policy govern our activities
- We PREPARE, PLAN and PLAY to WIN but...
- We define success of our programs beyond the scoreboard





“WILDCAT WAY”

Foundation for Success - Honor the Game

- Built on Respect for our **R.O.O.T.S.**
Rules, Opponents, Officials, Team and Self
- Built on Pride in our play and in our habits
- Built on Hard Work & Determination
- Built on High Expectations on and off the “field”



“WILDCAT WAY”

**BE IMPECCABLE WITH
YOUR WORD**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

**DON'T TAKE ANYTHING
PERSONALLY**

Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

THE FOUR AGREEMENTS

**DON'T MAKE
ASSUMPTIONS**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

**ALWAYS
DO YOUR BEST**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.

BY DON MIGUEL RUIZ

WED BELLSCHAPPEL



Communication Chain

- Message Delivered vs Message Received
- 24 Hour Rule (Includes sending an email)
- Meeting Procedures:
 - Athlete & Coach
 - Athlete, Parents & Coach
 - Athlete, Parents, Coach & AD
 - Athlete, Parents, Coach, AD & Principal



Tips on being a Good Sports Parent

- Get to know the Coach
- Be Supportive of Coaches
- Teach Respect for Authority
- Let the Coach do the Coaching, but you can do some of the Teaching
- Help your Children learn through failure
- Listen to your Child, but stay Rational
- Be Mindful of your responsibility as a Role Model
- Show Unconditional Love



New in 2022-2023 - 8 Team Conference

Member of the Metro West Conference:



***Benilde-St Margaret's, Bloomington Jefferson,
Chanhassen, Chaska, New Prague, Orono,
St Louis Park & Waconia***

www.metrowestconference.org for schedules,
directions, live streaming & ticket Information



Metrowestconference.org

NOTIFY ME

- Instant email notices on any changes to any activities, and for automatic email reminders before any activity.
- If you click “Notify Me” from the main calendar screen, you can choose which activities you want to receive reminders or change notices on by just checking them off from a list and clicking Continue to move to the next screen.

September 2009

S	M	T	W	T	F	S
30	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

<< Yesterday Tomorrow >>

Comments

- [kaway Country Club](#)
- [kaway Country Club](#)
- [lin High School](#)
- [an @ Milwaukee Lutheran High School](#)
- [an @ Milwaukee Lutheran High School](#)
- [lin High School](#)

View Schedules:

- Baseball Varsity
- Baseball JV
- Baseball Freshman
- Basketball - Boys Varsity
- Basketball - Boys JV
- Basketball - Boys Freshman
- Basketball - Girls Varsity
- Basketball - Girls JV



Be a Good Sport...

Waconia High School supports positive sportsmanship by abiding the MSHSL Code of Conduct.

Acts of misconduct will not be tolerated and may be cause for removal of a spectator without refund of admission.

Show respect for opponents at all times.

Show respect for officials.

Maintain self-control at all times.

Recognize and appreciate good performances from all participants.

Coaches, participants, and parents will be held to a high standard since we all represent Waconia High School and our community.



Show others that we are proud to be a WILDCAT. The Team is counting on YOU!



Eligibility Rules and Policies

Basic Student Eligibility Checklist...

Responsible to read, discuss, and sign

Once eligibility statement is signed all eligibility rules apply:

- **12 months of the year**
- **Whether participating or not**
- **Continuously from the first signing of the statement through the completion of high school eligibility.**



Eligibility Rules and Policies

Academic Progress

- Student-Athlete must have a GPA of at least 1.67 and have passed every class for the current or previous grading period
- Ineligibility penalty is two weeks during the season or starting the first week of the season (Winter & Spring) OR at the start of the Fall season will miss one to two games or two weeks, whichever is greater
- If a student-athlete is not making academic progress at any point during the current trimester, eligibility in terms of participating in games/events may be suspended until appropriate progress is made by the student-athlete
- Student-Athlete remains ineligible until his/her GPA meets the 1.67 requirement and/or is passing ALL classes – **Student-Athlete's responsibility** to get signed off by Teacher & AD
- If at any point, a student-athlete's progress toward timely graduation with his/her most appropriate grade level is not occurring, than the Principal and AD can declare the student ineligible



Eligibility Rules and Policies

Mood-Altering Chemicals:

- Have not and will not use or possess tobacco or alcohol beverages, use, consume have in possession, buy, sell or give away any other controlled substance, including steroids, drug paraphenalia or products containing or used to deliver nicotine, tobacco products and other chemicals.

Racial/religious/sexual harassment/violence and hazing:

- Have not and will not violate racial/religious/sexual harassment/violence and hazing bylaw.

Hazing is defined as committing an act against a student or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.

“I agree to fully cooperate in any investigation honestly and truthfully”



MSHSL & Wildcat Consequences

1st Violation – 14 calendar days or two consecutive contests whichever is greater

2nd Violation – 21 calendar days or 6 consecutive contests whichever is greater

3rd and subsequent Violation – 28 calendar days or 12 consecutive contests whichever is greater

* **Ineligible to be captain**

* In-Season Violation -- No letter, No recognition at season ending banquet (student can attend banquet)

* Year around rule

* Penalties shall be accumulative beginning with and throughout the student's participation in their 7-12 educational years

* Must be at all practices, scrimmages, games, meetings, etc. during period of suspension.

* Must finish the season with the team where suspension was served.

* A student who has been suspended either in school or out of school may NOT participate in practices/contests and /or scheduled activities during the time of suspension.

* Denial Disqualification - **Additional 9 weeks of suspension!**



Eligibility Rules and Policies

Student Code of Responsibilities

Participation in Wildcat Activities is a privilege which is accompanied by responsibility.

“I understand and accept the following responsibilities:”

- A. I will respect the rights and beliefs of others and will treat others with courtesy and consideration
- B. I will be fully responsible for my own actions and the consequences of my actions.
- C. I will respect the rights and property of others.
- D. I will respect and obey the rules of my school and the laws of my community, state and country
- E. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

Social Media... “If you don’t have something nice to say...don’t post it, don’t text it, don’t say it.....”



Eligibility Rules and Policies

- **Sports Physical (3 years) & Annual Health Questionnaire**
- **Both student & parent have reviewed concussion management information contained in eligibility brochure & www.cdc.gov/concussion website.**
- **Transfer Student Eligibility**
- **Attendance:** A student must attend ALL of her/his classes in order to participate in a scheduled contest on the same day or to practice on that day
- **Transportation:** The EXPECTATION is that student-athletes travel with the team to events and should also travel back home with the team. Coaches will communicate early out times as well as departure times for away events (students are school excused for early out times)
- **Reminder:** Athletes may not be coached outside of their season by their coaches (includes volunteer coaches) during the school year. Coaches may coach their athletes during the summer through July 31 (Exception: week of July 4)



Partnership with Twin Cities Orthopedics

WHS Certified Athletic Trainer: Jeff Chrest: jeffchrest@tcomn.com

•After school consultation:

Available to student-athletes everyday **2:30pm – 5:30pm**

•**On-site coverage for varsity home events** (exception: tennis)

•**ImPACT Concussion Testing**

All incoming 8th/ 9th graders in boys & girls lacrosse

Retest of 9th, 10th-12th graders in lacrosse

Retest any lacrosse players that had a concussion last year

All other athletes during Injury Care times after school at no charge.



MSHSL Return to Play

If your son/daughter is seen or treated by a physician for an injury or serious illness (including COVID 19), **they must bring a written note from the physician before they can return to practice or participate in a game.** This is for the students' protection as well as to keep everyone informed as to the student's readiness to return to participation.

Concussions: "Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

When a player shows any symptoms or signs of a concussion, the following should be applied:

- The player should not be allowed to return to play in the current game or practice.
- The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
- The player should be medically evaluated after the injury.
- Return to play must follow a medically supervised stepwise process.



Game Day...

GOFAN.co

Online ticketing process (No cash admissions)

- Single game Tickets: Adults \$8, Students \$6 Prices include online fees
- Annual sports passes: Adults \$80, Students \$60 Prices include online fees
- **WHS 9th-12th grade students** (with student ID) & **Waconia Senior Citizens** attend home games **FREE!**

Game Programs via QR Codes and online at waconiaactivities.org

LiveStreaming Home Varsity Lacrosse, Baseball and possibly Softball



“WILDCAT WAY”

**HUMAN•KIND
BE BOTH**