

June 10, 2009

Dear Students and Parents,

The following items are intended to give you additional information regarding participation in District 16 Activities of 2009-2010.

1. All students who participate in activities sponsored by Independent School District 16 shall be required to comply with Minnesota State High School League and District 16 rules and procedures regarding the use of alcohol, tobacco, or controlled substances during the past summer. School District 16 has adopted additional policies designed to further discourage the use of chemicals and provide for more significant equitable punishment of violations. Further information regarding these policies is provided and will require the signatures of both athlete and parent to indicate awareness. *Please read these policies very closely.*
2. In an continued effort to better inform parents, guardians and athletes about the rules and procedures involving District 16 athletics, the activities director will again host three athletic orientation meetings. These meetings will coincide with the approximate start of each sport season. All interested parties are invited to attend. Head coaches will also hold team meetings regarding specific team rules on the same evening. These general orientation meetings will be held in the SLPHS Competition Gym at 6:30 p.m. on Monday, August 3rd, Monday, November 2nd, and Monday March 1st. **In addition, sport registrations will be accepted beginning at 6:00 p.m. in the Athletic Office lobby each of these evenings.**
3. Athletic physical examinations are required for all athletic department activities. Parents and athletes must plan ahead. A current (within the past 3 years) physical examination is required to participate in any athletic activity.
4. Each high school varsity team coach will name a team member to represent that team on the Student Activities Council. This council will meet throughout the year to discuss issues such as sportsmanship, avoidance of chemicals, and other items of interest and/or need.
5. All athletes interested in continuing their athletic careers in college should consult their counselor regarding all NCAA rules relevant to athletic participation. Items such as core classes, GPA's, test scores, etc. are very important. The simple fact that you graduate from high school (even with good grades) may not be enough to ensure college eligibility. Remember to look into this issue early in your high school career.
6. All Independent School District 16 students who earn a varsity letter regardless of grade in school may purchase and wear a letter jacket.

7. The following are the starting dates for the 2009-10 senior high school sports.

<u>Fall</u>		<u>Winter</u>		<u>Spring</u>	
Cross Country	8-17-09	Boys' Basketball	11-23-09	Baseball	3-22-10
Football	8-17-09	Girls' Basketball	11-16-09	Golf	3-15-10
Soccer	8-17-09	Gymnastics	11-16-09	Softball	3-15-10
Girls' Swim/Dive	8-17-09	Boys' Hockey	11-16-09	Boys' Tennis	3-29-10
Girls' Tennis	8-17-09	Girls' Hockey	11-2-09	Track & Field	3-15-10
Volleyball	8-17-09	Nordic Ski	11-9-09	Adapt. Softball	3-8-10
Cheerleading	8-17-09	Boys' Swim/Dive	11-30-09		
Dance Team	8-17-09	Wrestling	11-23-09		
Adapted Soccer	8-31-09	Cheer Team	11-09-09		
		Dance Team	10-19-09		
		Adapted Floor Hockey	11-23-09		

The site and times of the first practices will be available at the activities office. You can obtain a practice schedule from your coach at the registration meeting or at the first practice. The completion of required forms, payment of fees, and a current physical on file is required before a student may try out for any team.

8. The Spring Lake Park High School Athletic Program is based on the ideals of spirited competition, fair play, and good sportsmanship. Athletes who participate in our programs are expected to display positive behavior, good will, and good citizenship both on and off the field. We are proud of the tradition and positive reputation our Panther athletes and teams have established throughout the metropolitan area and around the state.

We feel that nothing is gained by negative fan behavior. Negative remarks directed at participants, other spectators, coaches, and officials only detract from the purpose of competition and create a negative atmosphere for our athletes. Remember that our athletes are students. They're practicing and learning skills, but they are also forming favorable habits and attitudes that will help them the rest of their lives. Please join us as we reinforce the positive, winning traditions of the past and develop a renewed pride in the Panthers of Spring Lake Park.

9. For additional information on athletic activity rules and policies please call the Athletic/Activities office at 763-785-5549 or the Athletic Director at 763-785-5550.