

# *2020-2021 Athletics Informational Meeting*



Will Wackman  
Director of Athletics  
and Activities

# SLPHS

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*Spring Lake Park High School*

## Our vision for the future

Spring Lake Park Schools will be a world-class learning community aligned around...

- Fostering personalized experiences so that each student feels valued, inspired, and has a sense of belonging,
- Resulting in college readiness, and the development of academic, life, and career skills so that each student has aspirations for success.



**SPRING LAKE PARK SCHOOLS**



Activities support the academic mission of schools. Participation in high school activities is a valuable part of the overall high school experience.

# *Education Based Athletics*

Athletics - Fine Arts – Academics  
– Activities - Community

Club programs do not offer an inclusive setting where there is a value on the entire student-athlete in all categories.

Educational programs intertwine academics, behavior, attendance, citizenship, team and family.



**SPRING LAKE PARK SCHOOLS** | *High expectations. High achievement for all.*





# Affiliations

*State and Conference*



NORTHWEST SUBURBAN CONFERENCE

## MSHSL Why We Play



**SPRING LAKE PARK SCHOOLS** | *High expectations. High achievement for all. No excuses.*



# ***Byproducts of Co-Curriculars***

*"Activities are not the Icing on the cake, they are part of the cake."- P. Wellstone*

Research shows that students involved in co-curricular activities are more likely to have:

- Higher GPAs
- Higher college admission test scores
- Better attendance
- Lower dropout rates
- Fewer discipline referrals
- Affiliation with peers who are academically focused







**BEST** IS THE  
STANDARD

ON THE FIELD, IN THE CLASSROOM, AND THROUGHOUT THE COMMUNITY



# *Success starts with CHARACTER*



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# ***Student-Athlete Code of Conduct***

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*MSHSL Bylaws outline consequences*

- I will not have a chemical violation (alcohol, tobacco/vape, drug).
- I will not have a behavior violation
- I will not haze, trash, intimidate, sexually harass or bully others.



**SPRING LAKE PARK SCHOOLS**

**YOU'RE  
A  
PANTHER  
24/7/365!**

A faint, stylized image of a panther head in the background, rendered in shades of blue and red, with the word 'PANTHER' written across it in a large, outlined font.





# Social Media

## *Tips and Advice*

### What should you post?

- Post positive messages!  
Say thank you, to your fans, parents and others
- Show support for others
- When you post, you are branding your beliefs
- “If it is not good for the team don’t DO or SAY It!”





# COVID-19 Protocols

- Students and staff need to:
  - self-screen before coming to any programming
  - stay home if you any COVID-19 symptoms
  - report these symptoms to the coach or advisor
- Our district COVID-19 coordinator will consult with Minnesota Department of Health on any/all COVID-19 cases within the district (staff and students).
- We will communicate with any individuals/families who had contact with any positive case as recommended and directed by MDH.




# Registration

Go to  
[www.springlakeparkschools.org/activities-athletics](http://www.springlakeparkschools.org/activities-athletics)

Click on Register button located at the top of the page.

Click on link to Affinity Registration Site to get to this page







## SPRING LAKE PARK SCHOOLS

[Welcome](#) [Catalog](#) [Contact Us](#) [Resources](#)

SmartSchoolK12 Apps



Websites



### Welcome to Spring Lake Park Activities/Athletics Registration

To get started, you'll need to create a parent account, which will be unique to you. Your login and credit card information will be connected to your account, and nobody else will see the information. Click the blue wallet icon above to get started.

Once logged in, click the red soccer ball to access the registration site. Click the "register" link next to your student's name to see a list of items he/she is eligible for. Select the desired item, and follow the steps through the registration and payment process.

We have created a "How To" document that shows you the steps to create a new Parent Account and register for a sport/activity:

[Creating Parent User Account Login and Connecting to Student Accounts](#)

[Registration Instructions](#)



# Physicals

- You must have a physical on file to register.
- Below is the updated guidelines for 2020-2021 from the MSHSL

\*Students must have a record of a physical examination performed by a physician within the previous three years on file with the school prior to the student's participation

\*Any student who had not previously participated and who does not have medical clearance to participate will be required to have a physical and be cleared to participate.

- Please contact Noreen Johnson at [njohns@district16.org](mailto:njohns@district16.org) or 763-600-5149 if you have any questions







## **Athletic Trainer- Twin Cities Orthopedics**

- Sarah Boo – [sboo@district16.org](mailto:sboo@district16.org)
- Trainer is available in the training room from 3:00– 6:00 pm
- Priority given to game day athletes
- Treatments and new injuries
- Athletes must have a note from doctor for return to practice
- Concussion: Athletes must complete the RTP protocol.
- The return to a “game” is based on athletic trainer’s protocol. This can take several days.



## ***SLPHS Coaches***

- They Care
- They are Well-Trained
- They have Difficult Jobs





# ***Protocol for Concerns***

- Please practice the 24 Rule
  - Has your son or daughter talked with the coach about their concern, feelings or issues? Mistakes will happen. Always the first step.
  - Parent and student should make an appointment with the coach.
  - Parent, student and coach can make an appointment with Activities Director.
  - Issues should be resolved timely, don't wait until the end of the season.
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- Playing Time and Team Placement is determined solely by the coach.





## ***Daily Attendance and Transportation***

- Attendance- In order to participate in an athletic practice or contest students must be in school for the entire day. The exceptions to this are: school sponsored field trip, doctor appointment (with a note from medical office), funeral, or administrative approved absence.
- Transportation- It is recommended that all student-athletes use the school provided transportation. Any other form of transportation must be approved by the Activities Department 24 hours in advance.







# ***Residency and Transfer Rules***

- District guidelines for residency or open enrollment must be followed.
- All transfer students must be cleared by MSHSL to be eligible for varsity competition.
- All questions about moving, transferring or residency should be directed to the Activities Department.
- Participation on non-school teams during the high school season is not allowed. Private lessons must be outside the high school practice time(s) and cannot replace a high school practice.





# ***Fan behavior***

*Both Students and Adults*

- Attending our events is a privilege not a right.
- All fans are to be respectful towards players, officials and school staff administering the event.
- Sometimes there is a fine line between perceived school spirit and inappropriate behavior.
- If someone is disrespectful- he/she will be asked to leave.
- If you are removed the consequences are the same as the MSHSL guidelines for athletes and/or coaches that are removed due to inappropriate behavior.



# Schedules- r School

[www.nwsconference.org](http://www.nwsconference.org)

Locate - School Activities Calendars

Select – Spring Lake Park

Bottom Right - “Notify Me” or Get Mobile App



## Spring Lake Park

CALENDAR

ROSTERS

SCORES AND STANDINGS

COACHES

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Today

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August 2020 ▾

Week

Month

Monday, August 24, 2020

TIME	EVENT	DETAILS
8:00am	Tennis: Girls C Tournament	vs. <u>Multiple Schools..</u> @ <u>Elk River High School</u>
8:00am	Tennis: Girls JV Tournament <i>JV Singles</i>	vs. <u>Multiple Schools..</u> @ <u>Champlin Park HS</u> <u>Tennis Courts (1-6) North</u>
8:00am	Tennis: Girls JV Tournament <i>JV Doubles</i>	vs. <u>Multiple Schools..</u> @ <u>Blaine High School</u>

Tuesday, August 25, 2020

Wednesday, August 26, 2020

TIME	EVENT	DET
3:30pm	Tennis: Girls Varsity Match	vs. South Saint Paul @ <u>SSP - Roosevelt Courts</u>

Thursday, August 27, 2020

TIME	EVENT	DETAILS
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COLLAPSE MENU



GO

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AUGUST 2020 ▾

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SU	MO	TU	WE	TH	FR	SA
26	27	28	29	30	31	1
2	3	4	5	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	31	1	2	3	4	5

VIEW SCHEDULES

GET THE MOBILE APP

NOTIFY ME

LOGIN

# Contact Information

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Will Wackman

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763-600-5150

[wwackm@district16.org](mailto:wwackm@district16.org)

Noreen Johnson

Program Assistant

763-600-5149

[njohns@district16.org](mailto:njohns@district16.org)

Spring Lake Park Schools Website:

<https://www.springlakeparkschools.org/activities-athletics>



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# Virtual Winter Sport Team Meetings

links can be found on the team pages of the SLPHS Athletics and Activities website

- Basketball, Boys: October 27- 6:30 PM Stadium Suite
- Basketball, Girls: November 11<sup>th</sup>- 6:30 PM
- Dance Team: October 28<sup>th</sup>- 6:15 PM (Team Members)
- Gymnastics: November 8<sup>th</sup>- 6:30 PM St. Anthony Village HS
- Hockey, Boys: October 11<sup>th</sup> , 6:00 PM Stadium Suite
- Hockey , Girls: October 28<sup>th</sup>- 6:00 PM Centennial HS (WLC Commons)
- Nordic Ski: November 9- 5:30 PM in SLPHS Room B-110 E
- Swim and Dive, Boys: October 27- 6:30 PM Panther Pool Atrium
- Wrestling: November 16- 7:00 PM Irondale HS (All-Purpose Room)