
New Prague High School



Trojan Athletics/ Activities

Activities Mission Statement:

"To provide the opportunities and conditions that will encourage and support students in a co-curricular program that serves to enhance the mental, physical, and social development of all participants."

New Prague High School
221 12th St. NE
New Prague, MN 56071
952-758-1200 Office
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Administrators:
Mr. Tom Doig
Principal
Mr. Lonnie Seifert
Assistant Principal
Mr. Brad Skogerboe
Activities Director

School Colors:
Cardinal Red & Black
School Song:
Notre Dame Victory March
School Mascot:
Trojans



The New Prague High School program provides a wide range of co-curricular and extracurricular opportunities, which encourage broad participation for all students. The goals of these programs are to provide meaningful competition, enhance physical and mental well being, and teach positive values.

MSHSL ATHLETIC ACTIVITIES OFFERED AT NEW PRAGUE HIGH SCHOOL:

- FALL:** Cheerleading (boys & girls)
Cross Country (boys & girls)
Football
Soccer (boys and girls)
Swimming/Diving (girls)
Tennis (girls)
Volleyball (girls)
- WINTER:** Basketball (boys & girls)
Cheerleading (boys & girls)
Hockey (boys & girls)
Wrestling
Gymnastics (girls)
Adaptive Floor Hockey (boys & girls)
- SPRING:** Baseball
Golf (boys & girls)
Softball (girls)
Tennis (boys)
Track (boys & girls)
Adaptive Softball (boys & girls)

FINE ARTS ACTIVITIES/CLUBS OFFERED AT NEW PRAGUE HIGH SCHOOL:

- Fall Musical
Spring Play
One Act Play
Speech
National Honor Society
Band (Pep; Jazz; Honor Competition; Marching; Polka)
Choir (Pop; Honor Competition)
Yearbook
German Club
Spanish Club
Youth in Government
FHA/FACS
Art Club
Equestrian Club
Pickle Ball Club
Archery Club
Scholastic Clay Targets Program
Science Fair

FORMS NECESSARY FOR ATHLETIC/ACTIVITY PARTICIPATION

1. A physical form must be on file for all sports and cheerleading participants.
2. The student and parent/guardian must sign the Minnesota State High School League Athletic Eligibility Statement annually. There are separate forms for athletics and fine arts.
3. On the reverse side of #2 above, The Minnesota State High School League Parent's Permit and Health Questionnaire must be signed annually. The signature of the parent or guardian approving participation is required.
4. An Emergency Medical Information form must be completed at the beginning of each sport season. Coaches will keep these forms and use them in case of an emergency. Be sure to include insurance policy and group numbers.
5. A Weight Certification form for those athletes participating in wrestling must be on file in the Activities Office before the first contest.
6. If a student has an injury requiring medical attention, he/she must have a doctor sign a **Participation After Injury** release form before being allowed to participate again.

FEES

The New Prague School District requires that a fee be paid for participation in all MSHSL athletics and activities. A \$165.00 fee is charged for all athletic activities in grades 9-12, including cheerleading. The two exceptions are boys and girls hockey where the fee is \$265.00. Middle School fees are \$90.00 for all athletics and all high school fine arts activities will be charged a \$85.00 fee as well. There is a family cap of \$425.00.

FEE WAIVER

District policy allows activities fees to be waived if a student receives free lunch or reduced lunch, undue hardship or a low family income. You must make the Activities office aware if this pertains to your family. The Activities Director will determine eligibility for a waiver.

PARTICIPATION

1. If a student decides he/she wants to drop a sport/activity and participate in another sport/activity, this can be done. However, both head coaches/advisors must be informed of the situation before this change can take place.
2. Serious consideration will be given if a student wants to switch to another sport/activity due to discipline issues on the other team.
3. In grades K-8, coaches should be more lenient in this matter as youngsters frequently have not made up their mind what they want to participate in. However, even in this situation the two coaches involved should recognize the situation.
 - a. Participation of Junior High School Athletes on High School teams:
Use of seventh and eighth graders on varsity teams should be discouraged whenever possible. This is especially true when there is a good program in that particular sport on the seventh and eighth grade level. However, if a coach on the varsity level feels there is an athlete in the seventh or eighth grade program that could participate on his/her team, each case shall be handled individually.
4. **Participant Selection Process:**
District 721 intends to maintain a no-cutting policy at grades seven, and eight. In grades 9-12, the District will provide a set number of opportunities with a given number of coaches and will not add more teams, or coaches, when student participation is high. In effect, this could likely require coaches to cut hopeful participants from certain programs (volleyball; soccer; basketball (B & G); gymnastics; hockey (B & G); baseball; softball). Squad size is determined

by several factors such as: the number of individuals who are allowed on the tournament team, the amount of time available for practice, limitations based on practice facilities, the size of the coaching staff, and the number of “starters” of a particular sport. There is a maximum number range that must be reached before any cutting is done. After a one-week tryout period, the coaching staff shall determine team membership. Any individual(s) who are not selected for the team will be notified and given rationale (if requested) why they were not selected. Coaches will also inform those athletes of any other options that might exist in their sport outside of the high school setting. Any athlete not selected for a team will have their activity fee refunded. Coaches should not cut participants because of ability when this maximum range is not met.

Maximum Participant Range: (Coach & Activities Director Discretion)

Volleyball:	9 th Grade (9A & 9B)	=	20-24
	B-Squad	=	10-13
	Varsity & JV	=	20-22
Soccer (B & G):	B-Squad	=	22-24
	Varsity & JV	=	38-42
Basketball (B & G):	9 th Grade (9A & 9B)	=	20-24
	B-Squad	=	10-13
	Varsity & JV	=	18-20
Gymnastics:	Varsity & JV	=	18-20
Hockey (B & G):	Varsity & JV	=	35-40
Baseball/Softball:	9 th Grade (9A & 9B)	=	30-32
	B-Squad	=	14-16
	Varsity & JV	=	30-32

The student selection process for each sport, each season, must be clearly communicated to the participants, parents, and Activities Director prior to the selection process.

5. IN GRADES 7, 8, AND 9, COACHES ARE REQUIRED TO PLAY ALL PARTICIPANTS (When there are two teams at that level)

REFUNDS

Refunds will be granted upon request per the following guidelines. A student who quits a sport, for any reason, prior to the first contest or public appearance will receive a full refund. (NOTE: Refunds will not be processed until the student has turned in all equipment that has been issued to him/her.) After the first contest or public appearance, no refunds will be made except in the case of injury, or illness, which prevents continued participation. Refund will be on a prorated basis for the first half of the season. No refund will be given after the first half of the season.

- ◆ one-half refund after the first contest or public appearance through the first one-quarter of the season
- ◆ one-fourth refund through the first half of season (length of season is first practice date through the first scheduled game of post-season competition)

SPORTS PHYSICALS

New Prague High School, as a member of the Minnesota State High School League, requires a student who participates in high school interscholastic athletics and cheerleading activities to complete a physical examination every three years. This physical must be on file in the Activities Office before an athlete will be allowed to begin practice.

ATTENDANCE AND BEHAVIOR STANDARDS

Students involved in all athletic activities are expected to abide by all school attendance and behavior guidelines. Participation in activities is a privilege offered to students in good standing.

1. Students excused due to illness must be in school by the beginning of third period and remain in class for the remainder of the day in order to be eligible to practice or participate in activities that day.
2. If the nurse sends a student home, he/she is **NOT** eligible to participate in athletics/activities that evening.
3. Students with an "excused" absence are allowed to practice, compete, or perform.
4. Students with in-school, or out-of-school suspensions, may **NOT** practice, compete, or perform in activities on days of suspension.
5. Students with an unexcused absence for **ANY** hour of the day may not practice, compete, or perform on that day.
6. Students with detentions may practice, compete, or perform in athletic/activities contests after serving their detention time after school.

If a student should practice, compete, or perform on a day when he/she is ineligible, he/she will be held out of the next equivalent practice, competition, or performance.

CHEMICAL/TOBACCO VIOLATIONS

The Minnesota State High School League guidelines will be adhered to. MSHSL amended its guidelines to include possession of alcohol/tobacco products in addition to consumption/use. The Activities Director shall investigate all allegations and complaints relative to a student's violation of the rules and regulations of the Minnesota State High School League. The Activities Director shall make a thorough inquiry and investigation of all substantial charges received from responsible sources. The Activities Director may also initiate an inquiry on his own when he has reasonable cause to believe that a student has been in violation of MSHSL rules. The Activities Director will make a judgment based on the full investigation. Written notification will be given to the student and parents if a student is determined to be in violation of MSHSL rules. Any investigation conducted will follow due process guidelines as outlined by the Minnesota State High School League.

CHEMICAL/TOBACCO/CONTROLLED SUBSTANCE VIOLATIONS:

The Minnesota State High School League guidelines will be adhered to. MSHSL amended its guidelines to include possession of alcohol/tobacco products in addition to consumption/use. The Activities Director shall investigate all allegations and complaints relative to a student's violation of the rules and regulations of the Minnesota State High School League. The Activities Director shall make a thorough inquiry and investigation of all substantial charges received from responsible sources. The Activities Director may also initiate an inquiry on his own when he has reasonable cause to believe that a student has been in violation of MSHSL rules. The Activities Director will make a judgment based on the full investigation. Written notification will be given to the student and parents/guardians if a student is determined to be in violation of MSHSL rules. Any investigation conducted will follow due process guidelines as outlined by the Minnesota State High School League.

**The Minnesota State High School League Rules regarding Chemical Eligibility states:
During the Calendar year, regardless of the quantity, a student shall not:**

Consume a beverage containing alcohol.

Use tobacco: or,

Use or consume, have in possession, buy, and sell or give away any other controlled substance.

The guidelines in this policy will cover students in activities during participation in Grades 7-12.

This policy will cover Category I Activities as defined by the MSHSL and NPHS.

The time length of penalties for violations shall be as prescribed in MSHSL Bylaw 206.00-206.01.

CATEGORY I POLICY:

Definition – Category I Activities: Those League-sponsored activities in which a member school has a schedule of interscholastic contests, exclusive of League-sponsored tournaments (Athletics, Speech, One-Act Play, & Large Group & Solo/Ensemble Band &Choir).

First Violation:

The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

Second Violation:

The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.

Third Violation:

The student shall lose eligibility for the next twelve consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

***Penalties shall be cumulative beginning with the student's first participation on a junior high team as a seventh grader and continuing throughout their career at New Prague High School. Penalties also follow athletes in the case of a transfer from one school to another.**

CATEGORY II POLICY:

Definition – Category II Activities: Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments (Fall Musical, Spring Play, Band, & Choir).

First Violation:

The student will lose eligibility for the next activity performance.

Second Violation:

The student will lose eligibility for the next two (2) activity performances.

Third Violation:

The student will lose eligibility for the next four (4) activity performances.

***Category II penalties are cumulative as well. If a student is involved in both categories, they are required to serve penalties in each.**

****Students with a chemical violation that have not completed their penalty are ineligible to be royalty candidates for Homecoming or Snowball or participate in other school sponsored activities.**

*****Possession is defined, but not limited to, as actually in the possessor's hand. It also refers to care, custody, dominion, and control of any illegal substance. (i.e. cigarette or chewing tobacco on one's person; alcohol, or controlled substance, in a car, boat, etc. In cases like this, only the driver is subject to penalty if passengers haven't consumed, or used, the substance).**

TRANSPORTATION

All participants attending activities are required to ride to, and from, these events on the transportation provided by the school.

A parent/guardian may transport a son/daughter to, or from, an activity only if a handwritten note has been turned in to the Activities Office on, or before, the day of the event.

Student participants are not allowed to drive, or ride, with other students to, or from, a contest in which the school provides transportation. Failure to abide by this policy will result in suspension from the team.

AWARDS

Each spring, students are selected for several awards. These awards include the outstanding senior male athlete, outstanding senior female student, Sirek-Kriha Memorial Award, the Tina Johnson Memorial Scholarship, the Doug Shonka Memorial award and the Darby Smith Memorial Scholarship.

EQUIPMENT

Use of school equipment is a privilege. All equipment must be returned to the school at the end of a season. Students will not be issued equipment for any other sport, or activity, until they have returned or paid for all equipment from the previous sport/activity. The student will be billed at replacement cost for any lost or non-returned equipment.

UNIFORMS

All athletic teams and cheerleaders representing New Prague High School shall wear uniforms and equipment issued by the school. All such issued equipment and uniforms are the responsibility of the student/athlete. These uniforms are **NOT** to be worn for personal use. They are only to be worn for practices, games, or other specific school activities.

MIDDLE SCHOOL (7TH-8TH) PARTICIPATION WITH HIGH SCHOOL TEAMS/GROUPS

Seventh and eighth grade students who exhibit the physical, psychological, social and emotional readiness to compete on high school level teams may be allowed to do so after following the prescribed procedures.

The head coach will consult with the Activities Director and the Middle School coach (if applicable) to discuss the appropriateness of a move.

The Activities Director, or coach, will notify the Middle School of the request to advance an athlete. Any Middle School student on a high school level team must adhere to the academic and eligibility requirement set forth by New Prague High School and the Minnesota State High School League.

CHEERLEADING

Cheerleaders are expected to be positive representatives of our school, and athletic programs. They are to have a positive influence on both the team, and the fans, at athletic events. Cheerleaders for fall and winter sports shall be selected in the spring prior to each school year.

All cheerleaders are required to ride the team bus both to, and from, all away events (see transportation). Cheerleaders are expected to conduct themselves in an appropriate manner both on the bus and at the site of the game/event. Under **NO** circumstances are cheerleaders to leave the site of the contest. Those who break these rules will be suspended from the squad.

Cheerleaders are not to pay, or raise money, for refreshments for members of the athletic teams. If teams would like the cheerleaders to provide refreshments, they may collect money from the players, or parents of players.

ATHLETIC PASSES

2011-2012 Athletic passes can be purchased in the Activities Office and at games. The cost of the passes are:

\$40	Student Pass
\$60	Adult Pass
\$100	Family Pass

The passes may be used for all “*regular*” season home events with the exception of MSHSL sponsored events/playoffs. Single ticket prices per game are \$4.00 for students and \$6.00 for adults. Senior Citizens will receive free admission to all New Prague High School events (exception: MSHSL sponsored events).

SPORTSMANSHIP EXPECTATIONS

We expect our spectators to:

1. Take part in cheers and applaud good performances.
2. Work cooperatively with contest officials and supervisors in keeping order.
3. Refrain from booing or making negative comments about officials or participants.
4. Show mutual respect for each other, public property, and the safety of everyone involved.
5. Enjoy the competition, and the efforts, of everyone involved in the contest.

PROBLEM/CONFLICT RESOLUTION

As coaches/advisors, we are professionals and are expected to conduct ourselves in a professional manner. We cannot promise that all of your concerns can be resolved to your liking, but we promise that we will listen to your concerns and respond to the best of our ability.

In order for our programs to be successful, we must all work together - parent, coach, and participant. We all want to do what is best for each individual student/athlete whenever possible. As coaches, we care a great deal about your son or daughter and want to contribute to his/her individual development in a positive way.

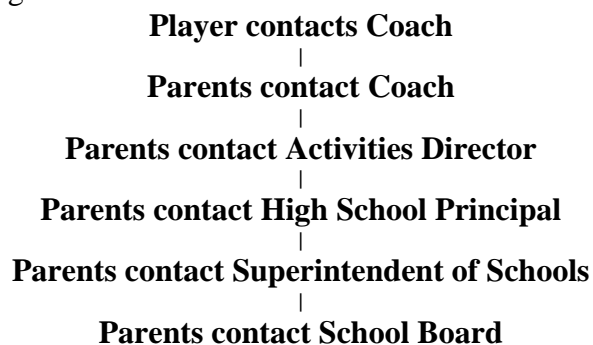
To allow for an appropriate exchange of opinions when the need arises in either athletics or activities, a procedure has been developed to create an open line of communication between the school,

parent/guardian, student and coach. The following procedure will allow for an exchange of opinion in a professional manner.

Most conflicts are better resolved with an appropriate cooling down period. No conflict between a parent, student, official, or coach/advisor should be addressed during or immediately after an event. The event site, practice field, lobby or locker rooms are not appropriate places to handle conflict. If you have a concern, please call or arrange a meeting the following workday after the incident, practice or game. Your meeting needs to be in a non-public setting or via the phone. Many of our coaches teach in the district. All coaches have voice-mail in the building where they teach. Leave a message and the coach will return your call. If you wish, a letter to the coach may be the most appropriate way to initiate a dialogue. If your concern has not been addressed to your satisfaction then refer to the flow chart below.

CHAIN OF COMMAND

Every organization has and needs an orderly process to use when problems/issues arise. The Chain of Command at New Prague High School is:



Parents/athletes are strongly encouraged to follow this chain of command whenever an issue arises concerning a coach. If a concern is not resolved to your satisfaction at one level, you are encouraged to go to the next level in the chain of command. However, all concerns should begin with the coach and then advance up the chain of command.

PARENT RESPONSIBILITIES

Parents are expected to encourage their sons or daughters to perform to the best of their abilities both athletically and academically. They should be a source of support for the athlete and the program in which they are participating.

Parents are role models for athletes and representatives of New Prague High School. As such, they are expected to exemplify good attitudes by treating all players, coaches, fans, officials, and other parents with respect and dignity. Parents must insist that athletes abide by rules established by the coach, the school district and the Minnesota State High School League.

Parents should be positive in support of their own team and recognize the achievements of the opposing team. Vulgar, racial, derogatory or disparaging remarks are never appropriate.

Parents should allow their athletes to enjoy the benefits of competition, remembering that not everyone can be the star, be on the first team, or have equal playing time.

Keep winning and losing in proper perspective. Athletic programs are primarily designed for students to learn and have fun. Athletes who do their best are to be commended even if their best may not be good enough to win.

SENIOR PARENT NIGHT

The last home game of each season will be designated as Senior parent night. Parents and seniors will be recognized before the game.

DIRECTIONS TO SCHOOLS

Maps to Missota Conference schools with the sites for all levels of athletic competition are available online at np.k12.mn.us, www.missotaconference.org, or in the Activities Office.

AWARDS, LETTERING REQUIREMENTS, AND SCHOLARSHIPS

Every head coach/advisor must submit "specific requirements" for lettering in his/her sport/activity. These requirements are kept on file in the Activities Office and are listed below.

For NCAA Eligibility Center information, students should refer to the registration guide and/or see the guidance counselors for further information. There is also a link on the Activities website that can be used as a guide for potential NCAA, NAIA, or Junior College Eligibility.

New Prague High School Lettering Requirements

SPORTS:

FALL:

- BOYS CROSS COUNTRY:**
- 1- Participate fully in all practices and meets, with fewer than two unexcused absences.
 - 2- Follow team rules (train well & be a good teammate).
 - 3- Follow MSHSL rules without any MSHSL violations.
 - 4- Maintain academic eligibility.

- GIRLS CROSS COUNTRY:**
- 1- Have no more than one unexcused absence from practice.
 - 2- Must be a student in good standing regarding MSHSL & New Prague High School rules.
 - 3- Compete to the best of her ability in races.
 - 4- Display an eagerness to learn new things and to be a good teammate to her peers.

- CHEERLEADING:**
- 1- Attend, and actively participate, in 90% of all practices, and events.
 - 2- Follow MSHSL rules without any MSHSL violations.
 - 3- Coaches' discretion.

- FOOTBALL:**
- 1- Any athlete that was a starter for at least ½ of the season.
 - 2- Any athlete who didn't start but made significant contributions to the team during the season.
 - 3- Follow MSHSL rules without any MSHSL violations.
 - 4- Coaches' discretion.

- SOCCER:**
- 1- Senior who has completed 4 years of high school soccer.
 - 2- Any player that is on the post-season roster.
 - 3- Follow MSHSL rules without any MSHSL violations.

4- Coaches' discretion.

SWIMMING/DIVING:

- 1- Swimmers or divers earning 20 individual varsity points for the New Prague H.S. Girls Swimming and Diving Team will earn a letter. The points are scored as the meet is scored. With the exception, if the other team decides to swim an event exhibition (not scored), the score will be determined as if it were a scored event. (Disqualifications do not earn the team points and will not be considered.)
- 2- In addition, all swimmers and divers must be in good standing in the following areas, and coaches discretion may be exercised.
 - a) Academically: Students must be in good standing with the high school and maintain academic eligibility.
 - b) Attendance is mandatory. The team follows the school attendance policy.
Unexcused absences, unexcused late to practice, unexcused leaving early from practice will not be tolerated and will affect a student's ability to letter. (No more than one unexcused participation in a full practice or meet.) Student must complete the season with the team.
 - c) Conduct: A student receiving a "strike" may prohibit a student from lettering. Student must follow MSHSL and NPHS rules without violations.
- 3- Coach's Letter: If a swimmer or diver has been in good standing in the Three areas listed above, and has been on the team for a minimum of 4 years, at the coach's discretion, a coach's Letter may be issued. This letter is reserved for the student that is hardworking, dedicated to the team/ the sport, and has displayed a role model attitude throughout their 4 years or more on the team.

GIRLS TENNIS:

- 1- Must compete in at least 50% of the season's varsity matches.
- 2- Follow MSHSL rules without any MSHSL violations.
- 3- Must complete their senior season and demonstrate good sportsmanship and superior team leadership.
- 4- Coaches' discretion.

VOLLEYBALL:

- 1- Must participate in a minimum of five varsity level matches.
- 2- Follow MSHSL rules without any MSHSL violations.
- 3- Complete the entire varsity season.

WINTER:

ADAPTIVE FLOOR HOCKEY:

- 1- Play in at least 13 periods during the season.
- 2- Must attend 90% of the practices for that season.
- 3- Coaches' discretion.

BOYS' BASKETBALL:

- 1- Senior who has completed 4 years of high school basketball.
- 2- Any player that is on the post-season roster.
- 3- Coaches' discretion.

GIRLS' BASKETBALL:

- 1- Senior who has completed 4 years of high school basketball.
- 2- Any player that is on the post-season roster.
- 3- Coaches' discretion.

- CHEERLEADING:**
- 1- Attend, and actively participate, in 90% of all practices, and events.
 - 2- Follow MSHSL rules without any MSHSL violations.
 - 3- Coaches' discretion.
- GYMNASTICS:**
- 1- Compete in 4 varsity meets during the season.
 - 2- Any gymnast who participates for the team at the section, or state.
 - 3- After 3rd high school season.
 - 4- Coaches' discretion.
- BOYS HOCKEY:**
- 1- Dress, and practice, with the varsity team for more than $\frac{3}{4}$ of the season.
 - 2- Seniors who have participated with varsity during the entire season.
 - 3- A player will be considered if they are on the post-season roster.
 - 4- Follow MSHSL rules without any MSHSL violations.
- GIRLS' HOCKEY:**
- 1- Play in at least as many periods as there are games.
 - 2- Complete the entire season and be on the final section tournament roster.
 - 3- All members of the varsity team if the team qualifies for the state tournament.
 - 4- Coaches' discretion.
- WRESTLING:**
- 1- Wrestled in 10 varsity matches.
 - 2- Any wrestler who participates at the state tournament as an individual, or is part of the tournament roster.
 - 3- Follow MSHSL rules without any MSHSL violations.
- SPRING:**
- ADAPTIVE SOFTBALL:**
- 1- Play in at least 13 periods during the season.
 - 2- Must attend 90% of the practices for that season.
 - 3- Coaches' discretion.
- BASEBALL:**
- 1- Follow the Baseball Program Procedure Guidelines handed out at the pre-season meeting.
 - 2- Participate in a varsity baseball game.
- BOYS' GOLF:**
- 1- Must compete in $\frac{1}{2}$ of varsity matches.
 - 2- Compete on Section team if didn't compete in $\frac{1}{2}$ of varsity matches.
 - 3- After 3rd high school season.
 - 4- Coaches' discretion.
- GIRLS' GOLF:**
- 1- Must compete in $\frac{1}{2}$ of varsity matches.
 - 2- Compete on Section team if didn't compete in $\frac{1}{2}$ of varsity matches.
 - 3- After 3rd high school season.
 - 4- Coaches' discretion.
- SOFTBALL:**
- 1- Follow MSHSL rules without any MSHSL violations.
 - 2- Play in $\frac{1}{2}$ the varsity games (including playoffs).
 - 3- Be on varsity for two years.

- 4- All members of the varsity team if the team qualifies for the state tournament.
- 5- Coaches' discretion.

BOYS TENNIS:

- 1- Must compete in at least 50% of the season's varsity matches.
- 2- Follow MSHSL rules without any MSHSL violations.
- 3- Must complete their senior season and demonstrate good sportsmanship and superior team leadership.
- 4- Coaches' discretion.

TRACK & FIELD:

- 1- Participate fully in all practices and meets, with fewer than two unexcused absences.
- 2- Follow team rules (train well & be a good teammate).
- 3- Follow MSHSL rules without any MSHSL violations.
- 4- Maintain academic eligibility.

FINE ARTS & ACTIVITIES:

ARCHERY:

A high school Archery Club letter is awarded when the student in 8th -12th grade has completed 1 year of VARSITY (High School) Team and have accumulated at least 149 points. The students must also complete Code of Conduct and practice requirements; complete the Service Learning Requirements; Varsity Team Requirements; and/or coaches' discretion during that year. The criteria, and minimum and maximum points, may vary each year depending on the number of practices. The lettering categories include: Attendance/Practice Performance; Target Score Standard; and High School Team.

<u>Category</u>	<u>Criteria and maximum points available per year</u>
Attendance/Sportmanship (80%) Practice Performance	3 points for each archery practice attended.
Target Score Standard (50)	100 points maximum/ 50 points minimum. Athletes top tournament score: they receive 1 point for each point over a score of 200 in competition.
Service Learning	Must volunteer for 4 club-approved events. (summer clinic, state fair, sportmans' club events, birdhouse building, NP tournament, fundraising events, and/or others approved by board, etc).
Varsity Team	Must compete in 3 of 6 Grand Prix, Regionals, &/or State!

BAND:

A high school band letter will be earned when the student earns 400 points using the system below. Points will accumulate from year-to-year.

PRIVATE LESSONS _____ x 15 pts = _____
(10 Points per Lesson)

PEP/MARCHING BAND

Fall/Winter Games _____ x 5 pts = _____

Post Season Pep Band Games _____ x 5 pts = _____

Homecoming _____ x 15 pts = _____

Dozinky Parade _____ x 10 pts = _____

Memorial Day Parade _____ x 10 pts = _____

State Fair Parade _____ x 10 pts = _____

Summer Rehearsals _____ x 25 pts = _____

SOLO/ENSEMBLE

Solo Participation _____ x 50 pts = _____

Ensemble Participation _____ x 35 pts = _____

Superior Rating _____ x 25 pts = _____

Excellent Rating _____ x 15 pts = _____

ONGOING EXTRA CURRICULAR ENSEMBLES

Jazz Ensemble _____ x 75 pts = _____

Polka Band _____ x 50 pts = _____

Woodwind Ensemble _____ x 5 pts = _____

Brass Choir _____ x 5 pts = _____

Percussion Ensemble _____ x 5 pts = _____

*See Mr. Thorstad for Approval and Point Recommendation

SPECIAL MUSIC EVENTS

Honor Band Participant _____ x 20 pts = _____

All-State/Honor Band Audition _____ x 15 pts = _____

All-State Participant _____ x 100 pts = _____

Summer Music Camp _____ x 30 pts = _____

Band Officer _____ x 5 pts = _____

Drum Major _____ x 20 pts = _____

Student Worker _____ x 5 pts = _____

Teacher Assistant _____ x 20 pts = _____

NP Community Band _____ x 20 pts = _____

Church or Outside Ensemble _____ x 5 pts = _____

*See Mr. Thorstad for Approval and Point Recommendation

CHOIR:

A high school choir letter will be earned if the student participates in an extra-curricular event (Solo/Ensemble).

- Superior Rating – Solo/Duet/Small Ensemble = Letter
- Two Excellent Ratings on a Solo/Duet/Small Ensemble=Letter

DRAMA:

- 1- Have no unexcused absences from rehearsals or performances.
- 2- Follow MSHSL rules without any MSHSL violations.
- 3- Fully participate in 3 Drama activities (Musical, One-Act, Spring Play) during high school career.
- 4- Director’s discretion.

EQUESTRIAN CLUB:

- 1- Attendance at club meetings.
- 2- Participate in volunteering opportunities & fundraising options.

- 3- Train with a professional and practice/train at least 150 hours during the season.
- 4- Must compete at an advanced level of competition.

KNOWLEDGE BOWL:

- 1- Earn 1st, 2nd, or 3rd place trophies in at least one invitational meet.
- 2- Qualify for competition at the regional meet.
- 3- Compete in 5 invitational meets.
- 4- Coaches' discretion.

NATIONAL HONOR SOCIETY:

- 1- Abide by all rules in the code of conduct form.
- 2- Complete all 15 group activities.
- 3- Complete all 15 individual hours.
- 4- Complete the leadership activity.

SPEECH:

- 1- 100 Points will need to be earned in order to receive a letter. Points are tallied using the following system:
 - a. Practice (12 or more during season) = 25 Points
 - b. Tournament Participation = 5 Points
 - c. Tournament Performance (Category Awards) = 10 Points
 - d. Missota Performance (Top 6 in Category) = 5 Points
 - e. Service Hours (1 Point per Hour) = 15 Points Max.
 - f. Participation = 10 Points
 - g. Section Finalist = 20 Points
 - h. State Competition = 50 Points
- 2- Competition at State qualifies an individual for a letter automatically.
- 3- Three years of experience in high school speech qualifies for an automatic letter. Students must compete during their senior year for this rule to apply.
- 4- Coaches' discretion.

YOUTH IN GOVERNMENT:

The students need to accumulate 6 points in the following areas:

- 1- Attending the Model Assembly Conference in its entirety
= 2 points/conference.
- 2- Attending the Model United Nations Conference in its entirety
= 2 points/conference.
- 3- Running for an elected position at either conference.
= 4 points.
- 4- Holding an appointed position at either conference
= 2 points/conference.
- 5- Being a representative on the Steering Committee
= 2 points per year involved.

- o NOTE: Not completing the program requirements for the conference (materials due) or being sent home in violation of the code of conduct will result in loss of points for that conference.

FIGURE SKATING CLUB:

Individual: Skater must be in at least 9th grade.

Throughout the season, the skater must complete the following requirements:

1- Testing/Competition

- ✓ Test at an official USFS testing session.

- ✓ Pass at least Pre-preliminary FS or Preliminary MIF
- ✓ Skate individually in a competition

2- Performance

- ✓ Skate a solo or small group routine at a hockey game
- ✓ Skate in an exhibition and ice show
 - Skate at least one solo
 - Skate a solo, duet or small group in the other ice show or exhibition
 - Skate in a large group in the ice show

3- Practice

Skaters must attend practice sessions regularly throughout the entire season:

- ✓ Practice a minimum of 50 hours throughout the New Prague Figure Skating Club Ice Season (September-March).
- ✓ This must be documented and signed by a board member. If a skater is found to be falsifying the practice record, a letter will not be issued.

In order to letter in succeeding years:

- ✓ Skater must fulfill **competition, performance and practice requirements; as well as be working toward your next USFS test level.**
- ✓ A Coaches signature will be required to approve the testing of the USFS test or documenting USFS Test level work.

Senior skaters:

- ✓ If a senior skater has not yet lettered, a letter will be given as long as the skater fulfills the performance and practice requirements

Board Members have sole discretion to letter/not to letter individual skaters based on unforeseen circumstances and the rules set forth in this document.

All skaters attempting to letter must agree to these terms:

- Skaters must be registered members of the USFS and New Prague Area Figure Skating Club.
- Skaters must adhere to all policies outlined by the New Prague Area Figure Skating Club.
- Skaters must follow all rules and regulations set by the Minnesota State High School League.

SCHOLASTIC CLAY TARGETS PROGRAM:

Athletes participating on the NPHS Clay Target Team will earn a New Prague High School letter by satisfying any of the following requirements:

- 1- A season average of 18 or higher (includes all league rounds);
- 2- An average score of 20, or higher, at the State competition;
- 3- Participation on "High Squad" 3 of 4 weeks.

Revised June 2011