

2023-24 Eligibility Meeting



FILLMORE CENTRAL SCHOOLS



HOME OF THE FALCONS

GENERAL ELIGIBILITY

•**Bylaw 107.00 Physical Examination**

- 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. It is the recommendation of the League Sports Medical Advisory Committee that the League Sports Qualifying Physical Examination (SQPE) form be used for the physical examination.
- Health questionnaire: Each year a League health questionnaire must be completed by the student parent(s) or guardian(s) and kept on file in the school. The questionnaire could indicate the need for a physical examination prior to the student's participation.
- After major surgery or serious illness or injury, the attending physician must certify in writing the student's readiness to return to competition.
- SQPE Three Year Expiration: A SQPE is valid for three years. If it expires during a season a new exam is required if the student wants to continue participation.
- Not required for participation in Fine Arts programs.

Fillmore Central follows MSHSL Guidelines for Disciplinary Actions

USE OR POSSESSION OF:

- Mood Altering Chemicals
 - Alcohol, Tobacco, Drugs, Marijuana, E cigarettes

Category I Penalties (FB, VB, CROSS COUNTRY, BB, WRESTLING, SB, BASEBALL, GOLF, TRACK, DANCELINE)

1st Violation : 2 Consecutive Interscholastic Events or 2 Weeks

2nd Violation: 6 Consecutive Interscholastic Events or 3 Weeks

3rd Violation: 12 Consecutive Interscholastic Events or 4 weeks

All of above are whichever is LONGER

9 week additional penalty added if offense is denied, student is allowed to participate and then found guilty.

Category II Penalties (Speech, 1 Act, League Sponsored Band/Choir Activities)

1st Violation: 1 Event or 1 Week

2nd Violation: 2 Events or 2 Weeks

3rd Violation: 3 Events or 3 Weeks

All of above are whichever is LONGER

Category III Penalties

(Newspaper, Tapestry, Plays, Student Council, Homecoming Activities, Academic Competitions, Yearbook, Prom, Honor Band/Choir, Concerts, Pep Band, Parades, FFA, SADD, TNT, Trap Shooting)

1st Violation: 2 Weeks

2nd Violation: 6 Weeks

3rd Violation: 12 Weeks

Penalties for violations shall be served in both Category I and Category II Activities. If Student is not involved in either Category I or II – then we move to Category III.

CODE OF CONDUCT

Students of Fillmore Central are expected to act respectful and responsible. Fillmore Central follows the MSHSL bylaws of Racial, Religious, and Sexual Harassment/ Violence and Hazing.

Students found in violation of these policies are subject to the same Category I, II, and III penalties.

ACADEMIC ELIGIBILITY

BYLAW 108.00 SCHOLASTIC ELIGIBILITY

Cross Reference: Bylaw 103 (Credit Requirements)

1. Students must be making satisfactory progress towards the school's requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress.
2. Students in special classes must be making satisfactory progress toward the student's Individual Education Plan (IEP).
3. Exceptions to Scholastic Eligibility:
 - A. If the school principal and personnel from an agency such as a residential treatment center, mental health clinic, county welfare department or family service agency diagnose the psychological needs of a student and jointly determine that effective treatment for the student includes the option of participation in League activities. This determination does not supercede any transfer or good standing eligibility suspensions.
 - B. If a student is transferred from one school to another upon the recommendation of a professional social service agency and is agreed upon by the principals of the schools involved. The League must be informed of this exception in a joint statement signed by the school principal and the director of the agency involved. Such documentation must be sent to the League office 10 days before participation in a League-sponsored activity.

Fillmore Central Policy

Students must be passing in all course work at the end of each quarter. If there is a failing quarter grade, the student will be ineligible from Fillmore Central High School activity events for two weeks. The student may practice but cannot participate in events. The student must be making satisfactory progress in all current classes at the end of designated two-week period to regain eligibility. If not, the student remains ineligible for successive one-week periods until she/he is making satisfactory progress in all classes. The designated time period will begin on the second Monday and end on the third Friday following the end of quarter one, two or three. Students failing any class the fourth quarter will be ineligible for the beginning of the next school year for one-event.

Eligibility is determined based on quarter grade not on course grade.

FC Attendance Policy

In order for a student to be able to participate in an extracurricular contest or program, the student must be in attendance at school all day previous to the activity. Medical appointments and taking drivers examinations will be excused and the student may participate that day. Illness and work are not allowable reasons to be gone from school and still participate in an extracurricular activity. Any other reason should be cleared through the principal. If a student is ill on Friday, they may participate in an event on Saturday, if they are not ill on Saturday.

All students participating in an athletic activity will need to sign the appropriate Minnesota State High School League forms before they will be allowed to practice, participate, or perform.

WHAT DO I NEED TO PARTICIPATE?

EVERY 3 YEARS:

- ▣ Current Physical Examination Form on File with District
- ▣ Reduced Rates in the summer at most area clinics

EVERY YEAR BEFORE PARTICIPATION:

- ▣ Attend Eligibility Meeting
- ▣ Health Questionnaire
- ▣ Eligibility Form
- ▣ Insurance Waiver
- ▣ Fees Paid
- ▣ Free & Reduced Application (optional)

WHERE DO I FIND FORMS?

- ▣ www.fillmorecentral.k12.mn.us
 - Athletics Tab
 - Extra-Curricular Fee & Forms

- ▣ Available in Building Offices

FILLMORE CENTRAL SCHOOL STORE

Allows you to pay with credit card:

ATHLETIC/ACTIVITY FEES-
including Percussion fees, Horn
Rental fees, Clay Target Fee. LUNCH,
COMMUNITY ED., CLASS DUES,
DAYCARE , ETC...

SPORTS FEES = \$0 for 2023-24

IMPORTANT:
Resources
where you
can find
updated
information,
schedules,
changes.

▣ www.fillmorecentral.k12.mn.us

▣ www.mshsl.org

Fillmore Central Page

Chad Eickhoff (507) 951-0804

All training needs/concussion protocol -
MUST COMMUNICATE

▣ www.3riversconference.org

- Sign-up for auto notification of schedule/site/time changes
- ROSTERS
- Results



MINNESOTA STATE HIGH SCHOOL LEAGUE

MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS:

- Respect the American flag and the national anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Handheld signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Signs on sticks, balloons, or any other type of artificial, celebratory items are not permitted.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

THANK YOU for supporting your student athletes and fine arts participants and for providing a positive environment in which educational activities are conducted.

PARTICIPATION IN EXTRA CURRICULAR ACTIVITIES

- 97% of athletes play their final game on our fields and courts
 - 150 athletes 7-12 signed up for fall sports at FC = 4.5 will move on to play after High School
- Our job as coaches, fans and officials to make it a positive experience
- Students athletes, coaches and spectators that do not follow sportsmanship guidelines will be contacted and may be required to follow implemented plan for readmittance to activities.

ANNOUNCEMENTS

Fall Practice Announcements:

- 9-12 Volleyball Practice – Week of August 14th – 7:30 -11:30am. Team and individual pictures will be Thursday, August 10th at 5 pm in Harmony at the HS
- 7/8th grade VB begins on August 14th in Preston from 11:00 am-1:00 pm
- Football Practice Schedules– Website under Athletics/Football tab
- August 11th - 9-12 Issue Equipment after Baseline Testing
 - Baseline Concussion Testing at 7:30 am ALL 7-12 Football Players and anyone that has had a concussion-FC HIGH SCHOOL
- Cross Country – begins August 14th in Lanesboro 7:30-9:00am
 - Bring running watch – cheap \$10 Walmart & water bottle
- Cheerleading - begins Monday, August 14th 6:00-8:00 pm at HS - meet by gazebo
- School Begins September 5th, 2023– Late Bus will run once school begins.*

Announcements Cont.

Families are encouraged to pick up and complete free and reduced lunch applications. Even though the sports fees were eliminated, please complete and return early to ensure uninterrupted benefits.

Sports passes may be purchased from with office (\$30 Student, \$55 Adult, \$140 Family)

Parents and athletes must have all forms turned in to practice and participate. Forms can be scanned and emailed to Brenda Ristau at brenda.ristau@isd2198.k12.mn.us or Chris Mensink at chris.mensink@isd2198.k12.mn.us or turned in to the Elementary office.

BOOSTER CLUB



How do I get involved?

- Go to www.fillmorecentral.k12.mn.us
- Activities-Fillmore Central Booster Club
- Fill out Membership brochure (Rev Trac)
 - Monetary support
 - Volunteer opportunities

Leadership Officers

Chair - Kelsey Woellert

Treasurer - Benj Kiehne

Secretary - Kristina Fishbaugher

Board Members - Bryan Berg, Derek O'Connor, Matt Hellickson, Jen Lindstrom

Memberships due by August 10th, 2023 to be included in Athletic Programs

TO GET CREDIT FOR THIS MEETING CLICK & COMPLETE LINK

https://docs.google.com/forms/d/e/1FAIpQLSdGWEvYlRWftTKpJkJZ_fqCgh6IdVz1uExgHmfbBCEwnTs1TA/viewform?usp=sf_link

QUESTIONS?

CONTACT INFORMATION:

Mr. Chris Mensink

Fillmore Central Athletic/ Activities Director

(507) 765-3809 Ext. 2001(work)

(507) 421-8390 (cell)

chris.mensink@isd2198.k12.mn.us