







2024-25 Sibley East Coaches Handbook





All Sibley East coaches are expected to follow stated guidelines through reading and analysis of this handbook. The material presented here is to help you fulfill your coaching assignment in a professional manner.

The guidelines and expectations stated provide the necessary information to function efficiently as a Sibley East coach. It is expected each coach will follow these guidelines as policy wherever applicable.

Thank you for your efforts in providing Sibley East student athletes with a quality program. Without coaches who extend conscientious efforts to communicate and follow a basic system we would not have a sound program. It is hope that this handbook will help provide consistent and orderly direction for both veteran and new coaches alike.

All Sibley East coaches should become familiar with this handbook. All items that pertain to the athlete should be reviewed and discussed with the athlete at the beginning of each sports season.

This handbook pertains to Category I activities which include Athletics and Speech. Category II activities that include FFA, Plays or Musicals, Knowledge Bowl, Music, DECA, Visual Arts and all Sibley East sponsored club activities.

STATEMENT OF PHILOSOPHY

Sibley East Athletics/Activities believe that extracurricular activities are an integral part of a well rounded system of public education. At all levels of extracurricular activity goals shall include the development of the child's self-worth and self-esteem, teamwork, and a desire to excel. However, the development of the child's self-worth and self-esteem shall always be the primary consideration.

It is the philosophy of Sibley East Athletics that through the eighth grade level, participation by all athletes shall be the primary goal and consideration. At the ninth grade level, competition and winning may take on a level of greater importance with participation continuing to be the primary goal. At the "B" team or junior varsity level, competition and winning may become the primary goal, but never to the exclusion of overall participation throughout the season. At the varsity level, there is an understanding of the need and value of promoting competition and a desire to win. This must be consistent with the primary goal of fostering self-worth and self-esteem and mental and physical well being.

Issues come up from time to time in athletics and activities. These issues should be addressed in a timely manner by all parties. Concerns should first be discussed directly with the coach or advisor. If there are still concerns after that meeting, the athletic director or principal should be contacted to set up a meeting with administration. After meeting with the activities director and principal, there can be a request to meet with the superintendent. There is a form included in this handbook, available at the high school office, and on the Sibley East website under the Activities and the Athletics tabs to file an official complaint about the actions of a coach or advisor. It is the hope of the Sibley East Schools that student activities will be a positive experience.

COACHING EXPECTAIONS

1. Rapport

A coach must be able to develop a good rapport with any number of individuals and groups. These may include team personal, the student body, the professional staff, the community, spectators, officials, fellow coaches, media, and the parents of his/her players. Good rapport and an image of competency are invaluable for the coach.

2. Cooperation

It is expected that there will be give and take between all individuals associated with the athletic program. Coaches must work hand in hand with the Athletic Director, Principal, custodians, bus personal, and other members of their staff.

3. Leadership

Diligence, enthusiasm, honesty, and a love for the game are all part of a professional pride that should be exhibited by any coach. Dressing appropriately for practice and events, following practice schedules, and building positive attitudes are very important.

4. Discipline

It is the responsibility of the coach to inform his/her team of their discipline policy. This policy should be in writing and given to each athlete prior to the team's first practice. Sportsmanship should be a top priority.

5. Improvement

A coach must constantly take advantage of opportunities presented for self improvement. Head coaches attendance at SCCC and section meetings, rules clinics and coaches meetings are a must. Membership in professional organizations, coaches associations, and similar groups is encouraged.

6. Practice, Games, Meetings

Coaches are expected to be at all practices, games, and meetings unless they have contacted the athletic director about missing. Coaches shall not cancel practice until they have discussed it with the athletic director. All possible practice spaces will be used before practices are canceled.

7. All coaches must complete their MSHSL continuing education requirements on their MSHSL dashboard prior to the first practice.

Coaches Duties and Responsibilities

Head Coach

- 1. Has thorough knowledge of all the athletic policies of Sibley East Schools.
- 2. Have knowledge of the MSHSL rules and the policies of the South Central Conference and Sibley East Schools.
- 3. Understands the proper administrative chain of command and refers all requests or grievances through the proper channels.
- 4. Establishes the fundamental philosophy, skills and techniques to be taught by the entire staff. Has a staff meeting to insure awareness of the overall program.
- 5. Maintains discipline and works to increase moral and cooperation throughout the program.
- 6. Performs other duties that may be assigned by the Athletic Director.
- 7. Assists in the necessary preparation to hold scheduled sport events or practices and adheres to scheduled facility times.
- 8. Has a written practice plan for each practice.
- 9. Completes MSHSL requirements on their MSHSL dashboard prior to the first practice.
- 10. Fills in all necessary information on the MSHSL web site.
- 11. Advises the Athletic Director and recommends policy, method, or procedural changes.
- 12. Provides training rules and regulations in writing to each athlete in their sport.
- 13. Determines discipline, explains procedures concerning due process when the enforcement of discipline is necessary. Is in contact with parents when dealing with a severe discipline issue.
- 14. Completes and hands in all paperwork and forms in a timely manor.
- 15. Checks off perm cards of each athlete in the school office.
- 16. Encourages all athletes to participate in sports in other seasons.
- 17. Provides the Athletic Director with a typed team roster as soon as uniforms have been issued.

- 18. Assists athletes in their college or advanced educational selection.
- 19. Participates in the budgeting function with the Athletic Director. Recommends equipment to be purchased within the budget.
- 20. Is accountable for all equipment and collects the cost of any equipment lost or not returned. Arranges for issuing, storing, and reconditioning of equipment.
- 21. Properly marks and identifies all equipment before issuing or storing.
- 22. Instills in each player a respect for equipment and school property.
- 23. Examines locker rooms before and after practice and games, checking on general cleanliness of the facility.
- 24. Secures all doors, lights, and locks before leaving the building.
- 25. Responsible for providing the media with information and stats prior to and during the season.
- 26. Call in results to media as soon as possible after the completion of a home event.

Assistant/Junior High Coach

- 1. Has thorough knowledge of all the athletic policies of Sibley East Schools.
- 2. Have knowledge of the MSHSL rules and the policies of the South Central Conference and Sibley East Schools.
- 3. Understands the proper administrative chain of command and refers all requests or grievances through the proper channels.
- 4. Maintains discipline and works to increase moral and cooperation throughout the program.
- 5. Performs other duties that may be assigned by the Athletic Director.
- 6. Assists in the necessary preparation to hold scheduled sport events or practices and adheres to scheduled facility times.
- 7. Has a written practice plan for each practice.
- 8. Assists the head coach when needed.
- 9. Attends varsity practices and games when possible to better understand the focus and style of the program.
- 10. Completes MSHSL requirements on their MSHSL dashboard prior to the first practice.
- 11. Advises the Athletic Director and recommends policy, method, or procedural changes.
- 12. Provides training rules and regulations in writing to each athlete in their sport.
- 13. Determines discipline, explains procedures concerning due process when the enforcement of discipline is necessary. Is in contact with parents when dealing with a severe discipline issue.
- 14. Completes and hands in all paperwork and forms in a timely manor.
- 15. Checks off perm cards of each athlete in the school office.
- 16. Encourages all athletes to participate in sports in other seasons.
- 17. Provides the Athletic Director with a typed team roster as soon as uniforms have been issued. (Not necessary for junior high coaches)

- 18. Participates in the budgeting function with the Athletic Director. Recommends equipment to be purchased within the budget.
- 19. Is accountable for all equipment and collects the cost of any equipment lost or not returned. Arranges for issuing, storing, and reconditioning of equipment.
- 20. Properly marks and identifies all equipment before issuing or storing.
- 21. Instills in each player a respect for equipment and school property.
- 22. Examines locker rooms before and after practice and games, checking on general cleanliness of the facility.
- 23. Secures all doors, lights, and locks before leaving the building.
- 24. Responsible for providing the media with information and stats prior to and during the season if requested.
- 25. Responsible for supervising students after practice until the late bus has arrived.

TEAM PARTICIPATION CONDITIONS

7th and 8th Grade Athletics: The primary focus of this program is to allow each student athlete optimal participation regardless of his/her skill level. The following guidelines will apply to help assure that the program is for the benefit of the student athletes: (There is no guarantee that playing time will be equal.)

- All student athletes who meet the attendance and academic standard will be given practice time and game time.
- No team shall cut any student athlete desiring to participate (unless the student participant does not meet attendance and conduct requirements).
- · All team participants will have a uniform or will be dressed alike for competition.

Each middle school coach shall adhere to the guideline of assuring participation in both practice and competition. This is not always easy for coaches. The desire to win will not come before the requirement to include every student athlete in the practice/competition. Certain games or meet alternatives may be needed and may be implemented by the coaches to assure optimal participation.

Each coach must plan and organize his/her practices to make sure that all students will participate. Practices must be planned and organized to accommodate a wide spectrum of skill levels.

9th Grade Teams: 9th grade teams are considered teams in transition. Participation in practice and in competition will continue to be a strong emphasis and no squad members will be cut on the basis of ability. Coaches will make every effort to give significant playing time to all players throughout the overall season. Teams, however, will strive to be competitive.

"B" or Junior Varsity Teams: Competition and winning may be the primary goal but never to overall participation in practice and games throughout the season. Coaches will provide quality practice time for all athletes. Coaches will make every effort to give some playing time to all players throughout the overall season.

<u>Varsity Teams:</u> Competition and winning will be the main focus throughout the season. Coaches will make an effort to keep all team members active in all practices. Coaches will work to give playing time to all players at appropriate times throughout the season. There is no guarantee on playing time in games.

Facilities will be used to their greatest advantage. Cooperation will occur between boys' and girls' coaches to make the most effective use of available facilities.

Coaches will remember that these guidelines and procedures are the result of coaches focusing on the "total development" of each participant. Each student who participates has many human needs: physical, emotional, and social. The coach must coach the student athlete as well as the sport. Each coach will consider the following student/athlete characteristics in working with these students: (ISD 2310 believes that.)

- A. Students have a need to belong to a group.
- B. Students have a need to be accepted by their peers.
- C. Students have the need to explore a variety of experiences.
- D. Students need a chance to channel their energies in physical activity.

- E. Students need opportunities to express their feelings.
- F. Students need a place and/or situations to be with friends in social settings.
- G. Students require a means of achieving self-satisfaction. (feeling successful)
- H. Students need a time in every day for fun and enjoyment.
- I. Students need a means of receiving approval from their parents, teachers, and adults they come in contact with.

The School Board expects every coach to work with all athletes who are interested and have a need to belong and not to work only with gifted, highly skilled student athletes. Each student participant is an important individual whose experiences shape attitudes and actions for the future. Therefore, every coach will adhere to these guidelines as established by the local School Board.

In some instances, it may be necessary to limit the size of the varsity and "B" squads to a manageable number.

Selection Guidelines for Varsity and "B" Team Participation:

Responsibility for Selection:

- Choosing the members of varsity and "B" teams shall be the sole responsibility of the coaching staff.
- Prior to try-outs, the coach shall provide the following information to all eligible candidates for the team(s):
- Length of try-out period;
- Written criteria used to select the team members;
- Number of team members to be selected;
- Practice commitment for team members who make the team; and
- Game commitments.

Procedures Used for Team Selections:

- When a squad selection number is limited, the process will include three important elements:(each candidate will)
- -have an opportunity to participate in a minimum of five (5) practices;
- -have performed in at least one intrasquad/scrimmage game/session; and
- -be personally informed of the reason(s) why the candidate was not chosen.
- No posting of candidates. The coach will meet one-on-one with all candidates who have tried out for the team. Everyone will be notified individually by the coach as to his or her selection status.
- Coaches will discuss alternative possibilities for participation in the sport or other areas the student athlete might participate in the activities program.
- If a coach foresees difficulties as a result of squad selections, he/she will discuss the situation with the activities director.

Use of Athletic Equipment and Facilities

- 1. It is important to emphasize to all athletes their responsibilities as a member of a team, to take good care of school equipment and facilities.
- 2. Athletic department issued equipment is to be worn only during practice sessions and interscholastic contests, or by permission of coaches. At no time are athletes to wear school issued equipment or uniforms for gym class, work, or socially.
- 3. Athletes may wear uniform tops to school one day per week on a game day if approved by the activities director.
- 4. Athletic equipment of the school district will not be loaned to outside groups except with the approval of the Athletic Director in unusual circumstances.
- 5. All athletic facilities will be scheduled on request of the coach by the Athletic Director.
- 6. Any time a coach uses school facilities, other than for scheduled practices, they must be scheduled in advance.

Collection and Storage of Athletic Equipment

- 1. Coaches are responsible for collecting all equipment is dispersed during the year. It is recommended that this be done immediately after the season is over.
- 2. The head coach shall supervise the collection, inventory, and storage of all the equipment issued within his/her sports program.
- 3. If any equipment is lost or damaged (beyond normal usage), the athlete shall be charged replacement costs.
- 4. Within two weeks after the season's end, all equipment is to be collected, cleaned, and stored in a secure place.
- 5. Give the Athletic Director a list of all athletes that do not have their equipment handed in. These students will not be able to participate in another sport until they have handed the equipment in or paid for it.

Budgets and Purchasing

- Budgets for all programs are set by the school board. If there is going to be rule changes for your program that will require new equipment, you must inform the Athletic Director so your budget can be adjusted.
- 2. The coach must submit to the Athletic Director a list of all desired purchases.
- 3. All orders must be approved by the Athletic Director before being placed.
- 4. All orders must be on a purchase order that has been signed by the Athletic Director.
- 5. Coaches who place an order that has not been approved by the Athletic Director will be personally responsible to pay the bill.
- 6. When an order arrives, the coach must notify the Athletic Director if the order is short or defective.
- 7. Uniforms will be purchased by the school following the uniform rotation schedule.

Forms/Paperwork

All forms and fees will need to be completed and paid before a student is allowed to practice. Coaches may not make any exceptions to this rule. The activities director will keep the coaches updated on who is eligible to participate.

Practice Before Participation

To ensure that an athlete is properly prepared and risk of injury is minimized, an athlete must participate in a minimum of five (5) scheduled team practices before participating in a game, match, or meet. This pertains to athletes who join a team after the official start date and for those who do not have medical clearance to participate or practice on the official start date. Any athlete must be cleared by a physician before he/she can practice with a team. A scrimmage does count as a practice.

School Attendance

If a student is not in school all day, he/she will not practice or play in an activity after school or that evening. If a student comes late to school (more than 10 minutes), that same policy will be followed. If it is over 10 minutes and it is a first time offender, the principal may use his discretion. If a first offender misses most of first hour without calling in beforehand, they will not participate. A student dismissed out of a class due to behavioral issues, for any length of time, will not practice or play that evening. Students acquiring three tardies will serve detention before going to practice. Detention or suspensions supersede all extra curricular activities and work. Students are expected to attend regular school hours the day following a late night activity the evening before unless specifically excused by the building principal. A student who has advance approval by the principal may be exempted by this rule.

Tournament Participation

Athletes are expected to participate in all conference, subsection, section, and state tournaments that they qualify for in both team and individual events. If an athlete chooses to not participate, they will not be eligible for any end of the season awards. Family emergencies or an athlete that is injured would be an exception.

Acceleration of Athletes

Occasionally a desire to accelerate an athlete to a higher level of play is felt to be in the best interest of a student athlete and a program. This is usually based on a team's need or a particular athlete's skill level. The safety and best interest of the athlete will always come first. If a coach feels that acceleration should be considered, the process that is listed below will be unilaterally followed.

For grades 7-8, coaches must use the acceleration form that is found at the end of this handbook. The original form should be turned in to the activities director when it has been completed. Coaches should not do a blanket handout of the forms to team members; the execution of the form will only commence with those student athletes under serious consideration for acceleration. Coaches who are considering acceleration of multiple 7-8 graders at the beginning of a season must meet with the Activities Director within the first week of practice.

For grade 9, the following process will be followed for students who may be considered for acceleration to the B-squad, JV, or Varsity level. Each head coach must communicate with the Activities Director, his/her respective coaching staff, and the athlete's parent(s) about the potential acceleration.

- 1. The head coach should have the support of his/her coaching staff for the acceleration.
- 2. The coach will meet and discuss the acceleration with the Activities Director. The discussion will focus on the student's progress in school and how this acceleration will/may impact the Sibley East teams and program
- 3. The coach will discuss the acceleration with the parent(s). This must be done prior to any discussion with the athlete about the acceleration.

When steps 1-3 are met with approval, the athlete is then informed. If the athlete is in favor of the move, the acceleration takes place.

If the parent(s) disapprove, the process stops and the athlete will stay at the current level without the coach providing knowledge of the potential acceleration to the student.

Transportation Procedures

- 1. The Athletic Director shall be responsible for making all transportation arrangements.
- 2. Any changes in the departure time will be made by the Athletic Director.
- 3. In the event of a breakdown or accident, the driver is in charge. It is the coach's responsibility to provide supervision and protection of the students.
- 4. Make sure all students have a way home when arriving back to school. Allow them to use a school phone if necessary.
- 5. Students must ride the bus to and from an event unless the proper form has been filled out prior to the event. A coach may require a student to ride the bus back to school.
- 6. A student that misses the bus and arrives at the event later shall not be permitted to participate unless prior arrangements have been made with the principal or AD.
- 7. A coach must ride the bus when it leaves the district unless approved by the AD.
- 8. The coach will assume responsibility for conduct and discipline on the bus.
- 9. No food or drink is allowed on the bus unless the driver has given permission.
- 10. The coach is responsible to see that the bus is left in a clean condition.
- 11. Bus radios, if permitted by the driver, will be played at appropriate levels and with appropriate music.
- 12. The emergency door shall only be used in emergencies or with the driver's permission.
- 13. When it is necessary to cancel a trip due to bad weather or road conditions, the decision will be made by the transportation director and the Athletic Director.
- 14. Bus drivers shall have the final authority on the decision to staying or coming home due to weather conditions.

CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES



Acute injury

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. 2.
- The player should be medically evaluated after the injury.
- Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

Return to play protocol

Return-to-play decisions are complex. An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if he/she continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

The return to play after a concussion follows a stepwise process:

- No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
- Light aerobic exercise such as walking or stationary cycling, no resistance training.
- Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
- 4. Non-contact training drills.
- Full contact training after medical clearance.
- Game play. 6.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

For more information please refer to the references listed below and www.concussionsafety.com.

Signs Observed by Coaching Staff

Appears dazed and stunned Is confused about assignment or position Forgets sports plays Is unsure of game, score, or opponent Moves clumsily Answers questions slowly Loses consciousness (even briefly) Shows behavior or personality changes Can't recall events prior to hit or fall Can't recall events after hit or fall

Symptoms Reported by Athlete

Headache or "pressure" in head Nausea or vomiting Balance problems or dizziness Double or blurry vision Sensitivity to light Sensitivity to noise Feeling sluggish, hazy, foggy, or groggy Concentration or memory problems Confusion Does not "feel right"

ATHLETIC INJURY REPORT

- This report should be filled out on the day of the injury.
- Report must be submitted to the A.D. by the end of the next school day.

Ath	nlete's Name	
	Sport	Grade
	Date Injured	
	Date Report Filed	
1.	Were Parents Notified	
	Who	When
2.	Injury Occurred In:	
	Practice	Game
	Brief explanation of how the injury	occurred.
3.	Area of injury:	
4.	Type of injury:	
5.	Was the athlete seen by a trainer?	
6.	Was the athlete seen by a doctor?	
	Please attach a copy of the trainer a	nd/or doctor's report.
		Signature of person filling out report

Sibley East Athletics

Го:			
	(Coach's Name)	-	(Date of Event)
	Our daughter/son		has our permission to ride home from
	(City of Event)	with _	(Parent Athlete is riding with)
	(City of Eventy	-	(Signature of athlete's parent)
		Sibley East	t Athletics
То: _	(Coach's Name)	-	(Date of Event)
	Our daughter/son		has our permission to ride home from
	(City of Event)	with _	(Parent Athlete is riding with)
		-	(Signature of athlete's parent)
		Sibley Eas	t Athletics
To:	(Coach's Name)		(Date of Event)
	Our daughter/son		_ has our permission to ride home from
	3 9	with	
	(City of Event)		(Parent Athlete is riding with)
			(Signature of athlete's parent)

Sibley East Athletics Acceleration of Athletes Policy

Occasionally a need to accelerate an athlete to a higher level of play is felt in the best interest of a student athlete is requested. This is usually based on a team's need or a particular athlete's skill level. There are pluses and minuses for such a move and the safety and best interest of the athlete will always come first.

The acceleration process applies to athletes in grades 7-8 and has several steps.

- 1. The coach will meet and discuss the situation with the Athletic Director, previous coach and principal.
- 2. The coach will discuss the situation with the parents (prior to discussing with the athlete)
- 3. If the parent(s) are in agreement, the athlete is informed and if the athlete is in favor of the move, the acceleration takes place.
- 4. If the parent(s) disapprove, the process stops and the athlete will stay at the current level without the knowledge of the discussions.

This form pertains to students higher level of competition	in grades 7-8 who are asked by	y their coach to move to a
DATE:	SPORT:	
NAME OF STUDENT:		
GRADE: NORI	MAL LEVEL OF COMPETIT	ION:
LEVEL OF MOVE REQUES	TED:	
PARENTAL INFORMATION	ON ABOUT LEVEL MOVE.	ı
A move to a higher level of co	empetition may result in:	
a. Higher level of comb. Greater number of comb. Greater number of comb. More travel which comb. Later home arrivals e. Higher risk of injury f. Socialization with of g. Higher level of pres	ompetitive events an lead to less time to do schoo after games / lder students	ol work
I approve of the pro	posed level move.	
I disapprove of the j	proposed level move.	
Parent/Guardian Signature	Athletic Director Signature	Principal's Signature
Coach of Level Leaving Signature	Coach of	Level Moving To Signature

Sibley East School District #2310 Volunteer Coach/Advisor Guidelines

This document is intended to create a written understanding of the expectations that Sibley East School District #2310 has for its volunteer coaches and advisors.

Supervisors:

- 1. The head coach or head advisor is the direct supervisor for volunteers associated with athletics and activities
- 2. The Activities Director has direct management responsibilities for athletics and activities at Sibley East; therefore, all volunteers must be approved by him/her

Volunteer Coaches/Advisors:

- 1. Support student academic success
- 2. Show respect for players, competitors, and officials
- 3. Respect the integrity and judgment of game, tournament, and competition officials
- 4. Establish and model fair play, sportsmanship, and proper conduct
- 5. Establish safety and welfare as the highest priority
- 6. Provide proper supervision of students at all times
- 7. Use discretion with providing constructive criticism
- 8. Maintain consistency in requiring all students to adhere to the established rules and standards
- 9. Support the total school activities program
- 10. Follow the guidelines as mandated by the head coach/head advisor

Requirements

- 1. A background check on all volunteer coaches/advisors is mandatory. Sibley East will pay the associated costs
- 2. All volunteers will be evaluated by the head coach/head advisor following the completion of the season
- 3. The Sibley East School Board must approve all Volunteer Coach agreements

Privileges/Responsibilities

- 1. All volunteer coaches/advisors will be duly recognized by school personnel and administration as valid and legitimate components of the activities department
- 2. Volunteer coaches/advisors can be issued pertinent building keys with the co-sign authorization of head coaches/head advisors
- 3. After undergoing mandatory driver's license investigation, volunteer coaches/advisors can transport students only in school district vehicles

the undersigned, concur with all the information cor	ntained within.
Volunteer Coach/Advisor – Please Print	Activity
Signature	Date
AD Signature	Superintendent Signature

End of the Season Report

Sport	Grade/Team
Coach(es)	Date
 List all participant names of all letter wi 	s who finished the season. Put an * beside the nners.
1	21
	22
	23
	24
	25
	26
	27
	28
	29
10	30
	31
	32
13	33
14	34
15	
16	36
17	
18	0.0
19	
20.	40

II. List the names of the season. Captains, All Co	players and the honors received this past nference, All State, Broke Record, Etc
1.	
7	
8	
9	
10	
III. List the team awards Subsection/Sections Cha	s received this season. Conference Champ, amps/Runner up, Academic Awards, Etc
1	4
2	5
3	6
IV. Season Record and	comments on the season.
Final Record	
Comments On Season:	
	· ·