

## Tiger Activities Participants and Parents:

It is time for another year of Tiger Activities! I am Paul Arnoldi, Activities Director at Springfield High School. It is an exciting time of year as our athletes are preparing to begin their fall seasons on August 14<sup>th</sup>, and teachers and students are preparing for another school year to begin on August 21<sup>st</sup>. It is my hope that this email will provide everyone with the information needed so our participants and parents are informed about MSHSL and SHS policies regarding activities.

**Participation in Activities:** We highly recommend that our students participate in our activities. Participation in Activities at SHS has many benefits. To name just a few, students who participate in activities will learn about time management, setting goals, and teamwork. Participants will build self-esteem while exploring diverse interests and making a contribution to our school. We encourage your participation on our athletic teams and our many activities.

This fall, we offer cross-country, football, tennis, and volleyball. Practices will begin on August 14<sup>th</sup>. Junior High CC and Tennis will also begin on August 14<sup>th</sup>. JH VB will have a meeting on August 21<sup>st</sup>, and begin practice on the 22<sup>nd</sup>. JH FB will have a meeting on the 22<sup>nd</sup>, and will begin practices on the 23<sup>rd</sup>.

**Cross-Country (co-op with Cedar Mt.)** Luke Amsden [lucas.amsden@springfield.mntm.org](mailto:lucas.amsden@springfield.mntm.org)

All 7<sup>th</sup>-12<sup>th</sup> graders will begin on Monday, August 14<sup>th</sup>.

**Football** Adam Meyer [adam.meyer@springfield.mntm.org](mailto:adam.meyer@springfield.mntm.org)

9<sup>th</sup>-12<sup>th</sup> grade football will begin on August 14<sup>th</sup>, JH(7<sup>th</sup>-8<sup>th</sup>) will have a meeting in Coach Minkel's room after school on August 22<sup>nd</sup>, with practice beginning on the 23<sup>rd</sup>.

**Tennis(co-op with SE)** Brandon Andrews [brandon.andrews@springfield.mntm.org](mailto:brandon.andrews@springfield.mntm.org)

Team apparel order will run from **August 1st-August 9th**. Links to the store will be provided via the Remind App and your school's social media pages.

Parent Meeting will be held at **5:30 pm on Wednesday, August 9<sup>th</sup> in the Springfield Cafeteria.**

The first Week of Practice begins Monday, August 14<sup>th</sup>. Monday, August 14<sup>th</sup>: **8:00am-10:00am** (Bus leaving Springfield at 7:30am)

**Volleyball** Tiffany Hillesheim [tiffany.thedens@springfield.mntm.org](mailto:tiffany.thedens@springfield.mntm.org)

9<sup>th</sup>-12<sup>th</sup> grade will begin on August 14<sup>th</sup>, JH(7<sup>th</sup>-8<sup>th</sup>) will have a meeting in Coach Barnes room after school on August 21<sup>st</sup>, with practice beginning on the 22<sup>nd</sup>.

Feel free to contact the coaches with any questions you may have with their programs. You may also contact myself at [paul.arnoldi@springfield.mntm.org](mailto:paul.arnoldi@springfield.mntm.org) with any questions about these programs or with general eligibility questions. More information will be communicated through the Band App. This App will be our communication app for all our activities beginning in 23-24. The link for the band app is <https://band.us/n/afac9fUeD7U1Y>

We have many other opportunities for participation which include:

- Winter Sports- Basketball, Wrestling, Gymnastics, Hockey.

- Spring Sports- Baseball, Golf, Softball, Track& Field.
- Activities: Band/Choir, Drama (**Fall play**, OAP, and Spring Play), Speech, Mock Trial, Knowledge Bowl, FFA, BPA, Student Council, Super Mileage, Yearbook, YES, Visual Arts and more...

**Fall Play-** This is the year of the Fall Musical, so auditions and rehearsal are already under way. *Footloose* will be performed on November 17-19<sup>th</sup>.

**Eligibility** – In order to participate in these activities, you must be eligible! Please view the short videos below which will help you determine and protect your eligibility.

<https://www.youtube.com/watch?v=F4uCT3fvQaE>

<https://www.youtube.com/watch?v=gvjCUASbiao>

**Forms-** To participate, an eligibility packet must be signed by the parent and student before participation can begin. To do this, I encourage you to go the school website, [www.springfield.mntm.org](http://www.springfield.mntm.org), and complete the forms on-line. Directions for doing this are posted on the website with the link. The MSHSL Eligibility Brochure, the MSHSL sports health questionnaire, and SHS Eligibility Checklist must be signed electronically by both parent and student. You can also go directly to the link by clicking below.

<https://springfieldtigers-mn.e-ppe.com/index.jspa>

**Physical Exams** - Students who need a physical (incoming 7<sup>th</sup> and 10<sup>th</sup> graders or anyone who has not had a sports physical in the last three years), may download and print the MSHSL form from this site and bring to your physician. You may upload your signed physical form to your privit profile page, or turn in a hard copy to the high school office.

**Fees** - There is a fee for participation and this needs to be paid to the high school office before participation. Fees for our athletic teams are \$105 for grades 10-12, and \$80 for grades 7-9. Fees for Speech are \$80 for grades 10-12, \$60 for grades 7-9. Fees for other activities are \$55 for grades 10-12, \$35 for grades 7-9. Chamber Choir will have a fee of \$25. There is a family cap of \$500 for fees paid during the entire school year!

**Communication** –Communication is very important to the success of our teams and clubs! Please view the short video on how we feel communication between the participant, parent, and coach/director should be handled.

[https://www.youtube.com/watch?v=j1\\_wZbnfL-0](https://www.youtube.com/watch?v=j1_wZbnfL-0)

**Parents-** We appreciate the positive support of parents in our programs. Your guidance of your children is critical to the success and culture of our programs. All parents will be signing a “Parent Pledge” that will entail our expectations of all the parents in our programs. This will need to be signed and returned before your child is allowed to participate in any events.

**Schedules-** All schedules are set for 23-24 school year, but there will be changes throughout the year. The best and most up-to-date schedule to use will be the schedule on the school website. To access schedules for our teams and activities, go to [www.springfield.mntm.org](http://www.springfield.mntm.org) and

click on schedules. To receive instant updates and changes: When under schedules on the website, click on **Notify Me** (this is found below the calendar on the right hand side of the page). You may create an account, and choose specific activities that you would like instant notifications for. You can receive notifications through email and/or text. I highly recommend all to do this for each of the activities you're participating in.

**Absences** – A student must be in school **all day** in order to participate in that day's practice, event, or game. If a student is absent 1st hour due to illness, and comes to school for the start of 2<sup>nd</sup> hour, they will not be allowed to participate in that day's practice, event, or game. If the school is notified in advance of an absence due to an appointment, emergency, or family reasons, the student will be allowed to participate.

**Travel** – If transportation is provided by the school, then all participants are required to use this method of transportation to practices, events, or games. If a parent chooses to transport their child to and from an event, a note must be provided to the coach/director prior to the transport. If another non-family adult will be transporting your child to and from an event, a liability waiver form must be completed by both the parent and non-family adult 1 week prior to the time of transport. Forms can be picked up from Mr. Arnoldi.

**Concussions - Impact Testing** In the event of a concussion, SHS will follow the MSHSL policy on return to play. A big part of this protocol is the use of Impact testing. I recommend that football players and wrestlers be impact tested annually, and those in the lesser contact sports be impact tested at least every other year.

**Athletes will receive an email from our athletic trainer and will be allowed to take the baseline impact test from their home.**

**Booster Club** The Booster Club is a group of parents of our participants who organize events to raise money to support our athletic programs. This club has been a great benefit to our activities throughout the years. One of their main ways of raising funds is by organizing ticket takers at our home events, running concession stands, and by selling our passes to our activities. You will be receiving another email asking for your help in working at at least one event during the season. This is much appreciated by all and benefits the booster club, which supports all of our activities!!