

NORTH LINN PARENTS INFORMATION FOR ALL ACTIVITIES

Mike Hilmer, Activities Director 319-551-2068

mhilmer@northlinncsd.org

Lynx Pride

Lynx Pride has provided our athletics and fine arts with thousands of dollars worth of equipment and facility improvement over the years. Please join Lynx Pride to show your support for all of our programs. Also, you should have received an email to sign-up for the concession stand to help support our programs as well through Lynx Pride. Please make a commitment to help in that area as well.

Weight Room

All North Linn head coaches feel the weight room is the key to the success of our sports programs. Athletes need to lift in order to improve as athletes. The weight room is open frequently in the mornings and afternoons and the student-athletes can contact the activities director for a schedule each sports season.

Game Limitations

The Iowa High School Athletic Association and the Iowa Girls High School Athletic Union have rules on the number of competitions each sport can schedule. In high school member schools can schedule 10 cross country meets, 9 football games, 14 volleyball matches, 15 wrestling meets, 21 basketball games, 12 track meets, 12 golf meets, 40 baseball games, and 40 softball games. In middle school member schools are allowed 7 cross country meets, 6 football games, 9 volleyball matches, 9 wrestling meets, 12 basketball games, 7 track meets, 40 softball games (the IHSAA doesn't sanction junior high baseball).

Open Gyms

Open gyms or open mats at North Linn are all voluntary. We would like to know if any coach is pressuring student-athletes to attend. Pressure to get in and improve athletically should come from our parents if they feel extra work is needed. Open gyms will be in the mornings before school or at night immediately after the in-season sports practice, or at 4:30 p.m. whichever comes earliest. Coaches are not to be coaching during open gyms and/or open mat sessions. They are simply to open the gym or wrestling room to give kids the opportunity to come in and improve upon their skills. This is an Iowa High School Athletic Association and Iowa Girls High School Athletic Union rule. **The only exception to the coaching rule is during the summer when coaches are allowed to coach their athletes in open gym and open mat situations.**

Hazing of Students

North Linn does not permit the hazing of other students physically, mentally or in any other capacity. This is most common with older athletes forcing younger athletes to do things for them or taking cheap shots physically at them. Strong disciplinary action will result with any incident that involves the hazing of another student-athlete.

Homecoming Activities

Homecoming should be a fun time for all students and staff. Over the years toilet papering houses has evolved into an activity that is bordering vandalism. Many parents and staff have expressed concern over this issue. If a student-athlete is found guilty of vandalism they will be subject to the good conduct policy and possibly criminal charges as well. Please visit with your children about what is and is not acceptable behavior in this regard.

Pets

Pets are not allowed on the North Linn campus at any time. If you bring a pet you will be asked to leave and take the pet home. This is also a violation of Iowa High School Athletic Association and Iowa Girls High School Athletic Union rules.

Schedules

All schedules and activities are now on-line at www.tririversconference.org. Choose the North Linn button and you have access to the entire school calendar. You can sign up on that website to get updates to any and all schedules or activities that you wish. Go to our school website at www.northlinncsd.org and click the downloads button to download instructions that will help you navigate the conference site and get signed up for updates and notifications.

Multiple Sport Athletes

Athletes in multiple sports at the same time are required to attend both practices. This means if you are in track and softball you should attend both practices when feasible. The athlete would attend track practice first (the season in session the longest) and then make their way to the softball practice. Coaches of the sport just beginning will use sound judgment in what they use these athletes for in practice. Example: a potential state track runner will not be asked to slide into bases prior to the state track meet. However, that potential state track runner should still be at softball or baseball practice to hit, field, and learn bunt coverages, etc. **Students in multiple activities will be expected to make every effort to be at all practices and competitions whenever possible.**

Physicals and Concussion Forms

Nobody will participate in any practice without a current physical signed by a parent and a signed concussion form on file. These must be updated annually. It is up to the parent and/or athlete to make sure the office has a copy of the physical and concussion form. There will not be exceptions with this rule as these are mandated by state law. Missing practice to get a physical is not an excused absence from practice. Physicals are good for 13 months from the date they are issued.

Attendance at School

Athletes must attend a full day of school to be eligible to participate in practice or competition. If you are not in school a full day you must have a note from a doctor to be able to participate. Again, it is up to the parent and/or athlete to make sure the office gets this note. If not, you will not participate. Other reasons you may miss with prior approval and still participate include a college visit, funeral, or other special situations.

Volunteer Coaches

All volunteer coaches must have a coaching endorsement on file in our district office and have a background check in order to help at any practice or competition. They must also have the blessing of the head coach to volunteer during a particular sport. In other words, you don't automatically get to help out just because you have an endorsement – the coach still has to want your help. Anyone without a coaching endorsement on file is not allowed to help at practice or games in any way, shape, or form. You put the team at risk of forfeiting games and the coach at risk of being suspended if you choose to do so.

Iowa High School Athletic Association (IHSAA) and Iowa Girls High School Athletic Union (IGHSAU)

These are two great resources for all athletic events and information. The boys website (IHSAA) is www.iahhsaa.org and the girls website (IGHSAU) is www.ighsau.org. Both sites have many valuable resources for all sports. The girls union has now gone to 5 classes and the boys remains at 4 classes. Due to this fact it is very likely that our girls and boys may not be in the same class. Example: boys basketball could be 1A and girls basketball could be 2A during the same season. These classes are based on the enrollment of 10th through 12th grade students in your school.

Use of Facilities

We want our facilities to be available to use to work with our youth programs. It is the responsibility of the head coach of each sport to work with parents of youth in setting up competition times and making the facility available for games. To reserved practice times for youth programs, the youth coaches must go through the activities director and will be assigned times to practice. **WE DO NOT ALLOW PARENTS TO USE SHOOT-A-WAYS, INDOOR BATTING CAGES, OR PITCHING MACHINES WITHOUT A HEAD COACH THERE TO MAKE SURE IT IS USED PROPERLY AND NOT DAMAGED!**

Parents Working With High School Athletes

All head coaches have agreed that we do not want parents conducting team practices in the off-season for any of our sports on school grounds. The most obvious reason is that they may be teaching something incorrectly. The second reason is that the state has rules governing how often coaches can work with student-athletes during the school year so they can focus on the sport currently in-season. We want to support the state's vision and not work around the rule by having parents work with the athletes instead. There is an increased liability having parents work with student-athletes as well, especially if they don't have a coaching endorsement. Also, we want the sports in-season to be strong and plentiful in numbers. If other things are offered, that may not happen. Example: Legion Baseball or ASA Softball. The kids may voluntarily join this type of league, but it must be totally voluntary and no team practices will be conducted on North Linn facilities. A home game may be scheduled by the head coach for these leagues, but no practices will be held at North Linn. Parents are more than welcome to use our facilities to work with their own children, just not for team practices of any kind. Please call the school ahead to reserve facilities to avoid conflict with school activities.

Academic Eligibility/Grades

Any student receiving a final semester grade of an "F" will become ineligible at the time grades are finalized. If in the middle of the season they will be ineligible for the next 30 days. If between seasons, they will become ineligible on the first legal playing date for the next sport they participate in. Once the 30 days are served all failing grades are gone and it starts over again. If you fail as a freshman and don't participate in anything until you are a sophomore, you are still ineligible when you do go out for something. **If a student hasn't been involved in a sport for a period of one year and has passed all of his/her classes all ineligibility will be dropped in regard to grades. FINE ARTS ARE SEPARATE FROM ATHLETICS AND STUDENTS ARE INELIGIBLE FOR ANY FINE ARTS FOR 30 DAYS AFTER RECEIVING A FAILING GRADE. ONCE THE 30 DAY PERIOD IS OVER ALL FINE ARTS PARTICIPANTS ARE ELIGIBLE AGAIN WHETHER THEY WERE INVOLVED IN AN ACTIVITY DURING THAT TIME PERIOD OR NOT.**

Good Conduct Policy

The good conduct policy is for the use of drugs, tobacco, vapes and/or alcohol and any other legal issues or any other inappropriate behavior that may arise. Depending on the severity of the offense, the first offense is 25% of a season, the second offense is 50% of a season, and the third is a calendar year with no activities. When figuring percentage of a season we always round up. Therefore, if you are to miss 3.1 games, you will actually miss 4 games. There are provisions for a possible reduction of time if treatment classes are completed. **IT IS IMPORTANT TO UNDERSTAND THAT INDIVIDUAL COACHES CAN GO ABOVE AND BEYOND THE GOOD CONDUCT POLICY STIPULATIONS.**

Sportsmanship

Yelling at players, coaches, and/or officials will not be tolerated from spectators at school events. You will be asked to leave if this occurs. We are evaluated by officials for our athletic events and given an overall rating for coaches, players, and spectators at the end of each season. The state associations are stressing the importance of removing fans from school facilities when displaying unsportsmanlike conduct. Unsportsmanlike conduct includes, but is not limited to the following: swearing, yelling demeaning comments to officials and/or players, using artificial noise makers, etc.

State Tournament Trips

North-Linn will not provide transportation to state events in which our student-athletes are not participating. Thus, if basketball doesn't make the state tournament and the kids want to go watch the games, they will have to provide their own form of transportation.

Postponements and Cancellations Due to Weather

Please don't call the school to ask about weather related situations. You can sign up for the school alert system on our website that will send a text to you when these decisions have been made.

Transportation Issues

Students must ride the school provided transportation to a competition in order to be eligible to play that day or night. Exceptions must be made with written permission from the activities director or principal at the high school.

Cheerleaders will ride the bus to games for football and wrestling.

Shuttle buses are offered during the fall for junior high cross country, football, and volleyball and during the spring for junior high track. Shuttles are also run for junior high baseball and softball during the school year, but not after school is out for summer break.

Admissions

Admission for all varsity conference events is \$5 for adults and \$4 for students. This does not include district football as those amounts are set every two years by the district. If a junior varsity event occurs prior to a varsity event the admission will be charged. Some schools are now also charging for junior varsity events as well – most commonly if a junior varsity football game is not played on Friday night they may still charge for the junior varsity game when it is played on a different night. Some schools are also charging for middle school events. The charge is for adults only and is \$2.

North Linn Activity Passes – (for home events only)

We have passes available for North Linn home events only (not for use at away games). The cost of a 10 punch student pass is \$25, an adult 10 punch pass is \$35, a yearly student pass is \$50, and a yearly adult pass is \$75. We also offer a family pass for \$175 for the year.

Senior Passes

SENIOR CITIZENS PASSES ARE AVAILABLE AT THE DISTRICT OFFICE. ALL CONFERENCE SCHOOLS HONOR THESE PASSES. HOWEVER, AT NORTH LINN WE LET SENIORS IN FREE AND AT OTHER SCHOOLS THEY MAY JUST GIVE SENIORS A DISCOUNT. IT ALWAYS GOES BY THE SCHOOLS POLICY WHERE THE ACTIVITY IS TAKING PLACE!

Tobacco and Alcohol Products

Smoking and/or chewing of tobacco or consumption of alcohol is not allowed anywhere on the North Linn campus. If you are smoking, chewing or consuming alcohol on campus you will be asked to leave.

Artificial Noise Makers/Banners and Signs

Artificial noise makers and signs or banners are not allowed at high school events. The state has rules prohibiting their use. You will be asked to leave if you don't adhere to these rules.

Crows Nests and Concession Stands

We ask that people stay out of the crows nests and/or concession stands unless you are working or are a school employee. Kids are not to be in the concession stand for any reason.

Hiring and Firing of Coaches

Coaches are hired through an interview process conducted at the high school. Once coaches are hired they are evaluated each season. We strive to improve each coach every single year. Concerns that are appropriate in nature and are brought to the activities director's attention in an appropriate manner may be considered for the purpose of an evaluation at the discretion of the activities director. Coaches can and will always be able to decide who does and does not play. Concerns over playing time are not going to be discussed with the activities director.

Alumni

Alumni are not allowed at high school practices unless they have a coaching endorsement or authorization. This is against Iowa High School Athletic Association rules and against Iowa Girls High School Athletic Union rules.

Youth/Middle School/High School Practices

Any student-athletes in grade six or below will not be allowed to practice at the same time and in the same place as a group that is older than grade six. Under no circumstance should any player grade six or below be involved in a scrimmage and/or practice with kids grade seven or above.

Youth Camps and Tournaments

All youth camps and/or tournaments are set up by the head coach of a particular sport. If you have a question regarding any camps or tournaments please direct them to the head coach of that sport.

Complaints

Please follow the chain of command found on the parents' role handout. Do not express major concerns via email, we would prefer a phone call or appointment to discuss major issues.

New Conference Alignment for 2019-2020

Our conference now consists of 15 schools. These schools are put in divisions for most sporting events and fine arts performances. However, due to numbers some sports or programs may have all conference schools together without divisions. Example: only 9 schools have wrestling so they will not be in divisions – those 9 schools will play for a conference championship. In basketball, there will be two divisions and a winner from each division. The west division will include North Linn, East Buchanan, Maquoketa Valley, Alburnett, Central City, Springville, Edgewood-Colesburg and Starmont. The east division will include Easton Valley, Marquette-Catholic, Midland, Cedar Valley Christian, Calamus-Wheatland, Lisbon and Prince of Peace.

PLEASE CALL IF YOU HAVE QUESTION ABOUT ANYTHING AT ALL. WE ARE ALWAYS HERE TO HELP. THANK YOU!

MIKE HILMER (319) 551-2068.

Parents role

1. The most important role a parent plays in their child's success during athletics is to provide a positive example and to be a support base for that child both when things go well and when they don't go well.
2. Parents, coaches, and players should not openly discuss other players, parents, and/or coaches in a negative manner. We are a family during the season and should treat each other as such. Be a fan of the team, not just a fan of "your child".
3. Please do not instruct your children before, during, or after a game. What you say may directly conflict with what your child is supposed to be doing. This includes yelling at your child or another player during a contest.
4. Please reinforce our alcohol and drug free policies and refrain from the use of any controlled substance before and during athletic events.
5. Remember that a ticket to a school event is a privilege to observe the contest, it does not give anyone the right to behave however they please.

Parent/Coach relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad
3. Location and times of all practices and contests
4. Procedure should your child be injured during participation
5. Team requirements regarding fees, equipment, off-season conditioning, etc.
6. Discipline that may result in the denial of your child's participation
7. How playing time is determined

Communication coaches expect from parents

1. Concerns expressed to the coach directly and an appointment set up to discuss concerns
2. Notification of any schedule conflicts well in advance
3. Specific concerns in regard to a coaches philosophy and expectations

Appropriate concerns to discuss with coaches

1. The treatment of your child, mentally and/or physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches

1. Team strategy, play calling, and playing time
2. Other student-athletes

Procedure to follow if you have a concern to discuss with the coach

1. Have your child and the coach discuss the concern between the two of them first.
2. Call to set up an appointment with the coach and your child. E-mail is not a good way to communicate a concern because the tone of the concern is hard to determine.
3. Contact athletic director Mike Hilmer at 319-551-2068 to set up an appointment with the athletic director, coach, yourself, and your child.
4. Please do not confront a coach before or after a contest or practice!