



Albert Lea Tiger Activities Handbook 2018-2019



The Minnesota State High School League provides educational opportunities for students through interscholastic athletic and fine arts programs and provides leadership and support for member schools.

The Minnesota State High School League Mission is...

“to create a positive experience that promotes respect, responsibility, fairness, and integrity for Athletes, Parents, Coaches, Fans, and Administrators.”

Athletic and Fine Arts Offered at ALHS

District 241 is a member of the Minnesota State High School League and Big 9 Conference. Compliance with the MSHSL and specific District 241 rules is required for students participating in any sport. To become an official member of the team, a student must complete the ALHS online registration questionnaire and submit a current MSHSL sports physical. Please note the athletic opportunities that are available:

ATHLETICS

Albert Lea Area Schools offers the following competitive opportunities for students:

Sport	Season	Head Coach	Sport	Season	Head Coach
Baseball	<i>Spring</i>	Sean Gaston	Soccer, Girls	<i>Fall</i>	Laura Wangen
Basketball, Boys	<i>Winter</i>	Lucas Novosad	Softball	<i>Spring</i>	TBD
Basketball, Girls	<i>Winter</i>	Jason Thompson	Swimming, Boys	<i>Winter</i>	TBD
Cross Country	<i>Fall</i>	Jim Haney	Swimming, Girls	<i>Fall</i>	David Voller
Dance Team	<i>Winter</i>	Megan Ball	Tennis, Boys	<i>Spring</i>	Neil Chalmers
Football	<i>Fall</i>	Corey Black	Tennis, Girls	<i>Fall</i>	Therese Netzer
Golf, Boys	<i>Spring</i>	Max Jeffrey	Track, Boys	<i>Spring</i>	Kevin Gentz
Golf, Girls	<i>Spring</i>	Shawn Riebe	Track, Girls	<i>Spring</i>	Jasmine Hansen
Hockey, Boys	<i>Winter</i>	Jason Fornwald	Volleyball	<i>Fall</i>	Jamie Cameron
Hockey, Girls	<i>Winter</i>	Josh Funk	Wrestling	<i>Winter</i>	Paul Durbahn
Soccer, Boys	<i>Fall</i>	Zac Luther			

FINE ARTS

Albert Lea Area Schools offers the following clubs and activities for students:

Clubs	Activities	Fee-Based Activity (\$45 fee)
Key Club	Tigers Roar	Chamber Orchestra
Otaku Club	Knowledge Bowl	Chorale
Chess Club	Student Council	Jazz Band
French Club	Flag Line	Mock Trial (\$65 Fee)
Spanish Club	Marching Band	Math Team
Environmental Awareness Club	Caroliers	Fall Musical
Humanities Club	Pep Band	Robotics (\$65 Fee)
Marvel Club	National Honor Society	Show Choir
GSA Club	Future Farmers of America (FFA)	Spring Play
Journalism Club	Ahlahasa	One Act Play
	Clay Target (NEW)	Speech (\$65 Fee)

Financial Assistance for Athletics and Fine Arts

Financial assistance is available for families through the Tiger Foundation Assistance Fund online or in the ALHS Activities Office. Applications for assistance are in the Activities office or see school Social Worker for assistance on how to apply. Additional assistance for high school athletic activities is provided through donations from our Hall of Fame Committee.

Participation Fees

ATHLETICS			
		Reduced Lunch Rate	Free Lunch Rate
High School Athletic First and Second Sport fee	150.00	75.00	30.00
High School Athletic Third Sport fee	60.00	30.00	12.00
High School Athletic Family Maximum	540.00	270.00	108.00
Middle School Athletics (Football 6-8; Volleyball 6-8) **	65.00	35.00	15.00

** not included in high school family max.

FINE ARTS & ACTIVITIES			
		Reduced Lunch Rate	Free Lunch Rate
Fine Arts First and Second Activity fee	45.00	23.00	9.00
Fine Arts Third Activity fee	18.00	9.00	4.00
<i>Any additional Fine Arts activities after third</i>	<i>Free</i>	<i>Free</i>	<i>Free</i>
Robotics and Mock Trial Fee	65.00		
Fine Arts Family Maximum	162.00	83.00	32.00

Activities Refund Policy:

- If a student withdraws from activity, they can receive a full refund up to the first event/competition of the season. Anyone who withdraws after the first event/competition will not receive a refund nor will the registration fee be prorated unless the circumstance is approved by the Activities Director.
- If a student is removed from a team due to ineligibility or have not followed the set guidelines of the MSHSL and/or Albert Lea School District, they will not receive a refund.
- Students cut from a team during tryouts will receive a full refund.

Athletic Certificates Available to Students for Athletics:

The following certificates may be presented at the athletic award banquet:

- **Participation**
 - All athletes will receive this award
- **Letter winner**
 - Letter winners are chosen based on guidelines set by coaches.
- **Spotlight on Scholarship**
 - All students who maintained a GPA of 3.0 during the season on B squad or higher.
- **Three Sport Athlete**
 - Students who participated in a fall, winter, and spring sport at C level or higher.
- **Big 9 Scholar Award**
 - Awarded to Seniors only who maintain a cumulative GPA of a 3.65 or above
- **Big 9 Honorable Mention**
 - Chosen by the Big9 Conference
- **Big 9 All Conference**
 - Chosen by the Big9 Conference

Frequently Asked Questions

Q. My child received an unexcused absence due to coming to school half way through the day, can he/she still practice or compete in the event today?

A. No. Students **MAY NOT** participate in practices/contests and/or scheduled activities with an unexcused absence.

Q. What if my child has a medical appointment on a practice or game day?

A. Students **MAY still** participate in practices/contests and/or scheduled activities if the parent/guardian arranges the absence with the High School Office **in advance** for the absence to become “excused”. The student must present a physician’s note/statement to the Office indicating that the student had a medical appointment.

Q. My child is suspended from school (Out of School), can he/she come back to practice or compete in the event on the same day?

A. No, students **MAY NOT** participate in practices/contests and/or scheduled activities when suspended from school.

Q. How do the coaches find out about my child’s attendance?

A. Coaches monitor their athletes’ attendance records and receive daily attendance reports at the end of each school day.

Q. What if my child has to leave early from school for a game?

A. Athletes must communicate with their instructors “in advance” to make-up their homework prior to the departure of an early-out from school.

Q. Can my child drive to/from an away event?

A. No. Transportation to school events can only be provided by the school. At NO time can an athlete drive him/herself to/from an out of town event. Students can however transport themselves within the school district.

Q. If my child rides the bus to the event, can I bring my child home?

A. Yes, if arranged at least 24 hours prior to the event. The written request shall be given to the Activities Office (form found at www.albertleatigers.org under the resources tab). **ONLY parents can transport their children to/from away events when permission is granted.**

Q. What if my child has a violation during the summer months?

A. The rules are in effect year round. Penalties are accumulative, same consequences would apply.

Q. Does my child have to go to practice if he/she has a violation?

A. Yes, the athlete must attend practices, meet team/coach expectations and complete the entire length of the season.

Q. What bus goes from Southwest Middle School after school to the High School?

A. Bus #365

Q. What grading period is used to determine academic eligibility?

A. Four Grading Periods –most current grading period is used to determine eligibility
1st quarter -- 2nd quarter --3rd quarter --- 4th quarter

Q. What should a parent/student do if there is an issue with or did not receive an award certificate?

A. Stop into the High School Activities Office or call the Activities Clerk at 507-379-4833 during business hours.

Q. How do I get notified about sport picture day, parent's night, senior night, and athletic banquets?

A. The coach and/or booster club will notify athletes of these events. Student/parents can sign-up for "Notify me!" on big9.org and view complete schedules by sport and receive instant notifications of any game/event changes.

Q. If school is called off will students still need to attend practice or games?

A. Typically, if school is cancelled, all practices and games will be cancelled. The Superintendent, Principal, and Activities Director may make other exceptions and students will be notified by their coaches with any changes.

Q. If practice is subject to change because of the weather, typically how will we be notified?

A. The coach will contact both the Activities Office and athletes with any changes.

Q. When is the Mayo Clinic Health System free sports physical day?

A. It is generally the 4th Thursday in May. Parents and students will be notified closer to the event.

Q. Does Mayo Clinic Health System's offer the free sports physical day more than once per year?

A. At this time, they only offer the free sports physical day one time per year typically during the month of May.

Q. What type of physical is required for my student to play a sport?

A. All 7th-12th grade athletes are required to have a Minnesota High School League sports qualifying physical. All other physical including child wellness screenings will not be accepted. Physicals are good for three years.

Q. What should my student do if they need to turn-in uniforms or other equipment?

A. Students will need to contact the coach with all uniform/equipment issues if not completed during the season.

Q. A student was stopped in a car with an open bottle. The student received a citation for open bottle but nothing indicated consumption. What should I do?

A. MSHSL Chemical Use Bylaw prohibits possession of alcohol, tobacco, electronic cigarettes and other controlled substances/paraphernalia. As such, the open bottle citation would constitute a violation of the Chemical Use Bylaw.

Q. Where are game schedules found?

A. www.big9.org = go to this site to view schedules by sport. Register for "Notify Me" to receive instant schedule changes and notifications for the sports of your choice (See registration instructions on page 11).

Q. If my family needs to update our contact information, who should I contact?

A. Contact the guidance office at 507-379-5361.

Eligibility and Violations Information

Eligibility

- * Students must be fully enrolled and in good standing.
- * A student or coach who is ejected from a contest will be ineligible for the next contest.
 - Subsequent ejections shall result in ineligibility for the next four (4) contests.

Transfer Rule

After entering 9th grade, a student who transfers from one Minnesota high school to another without a corresponding change in parent/guardian residence, shall be ineligible to compete for one calendar year at the varsity level. For exceptions to this rule, contact the Activities Director. A student who attends the first day of practice in a fall sport or attends classes on the first day of school is considered to be a fully enrolled student.

Athletic Camps & Clinics

SCHOOL YEAR: A student may attend camps and clinics approved by the school Principal.

SUMMER: Non-school sponsored clinics do not require approval. A student must pay for the camp or clinic themselves. A student may attend clinics that coaching staff is involved in. Summer is defined as June 1 – July 31. High school coaches have NO contact during the week of July 4.

Non-School Competition & training for Team and Individual Sports

IN-SEASON: A student may not participate as a member of a non-school team in the same sport.

EXCEPTIONS: Summer vacation period students may participate on a non-school team in the same sport during the summer vacation period. A student may take private lessons during the MSHSL season. These lessons cannot conflict with high school games and practices

A student who has participated or practiced with a college or university team is ineligible. Medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less) are all acceptable awards. A student cannot receive cash. Violation will render a student ineligible

Academic Eligibility

The overall ratio of academic scholarships to athletic scholarships is 70 to 1.

Less than 1% of all athletes receive an athletic scholarship (partial or full).

Be a Good Student FIRST – “Student Athlete”

- Students must have no F’s in any class.
- Four Grading Periods –most current grading period is used to determine eligibility
 - 1st quarter --2nd quarter --3rd quarter ---4th quarter

Athletics (Category I activities):

- Students that fail to meet these standards will miss two weeks or two contests (whichever is longer).
- If after two weeks/two contests, the student is meeting expectations he/she will regain their eligibility.

Activities/Fine Arts (Category II activities):

- Student shall miss the next one event/contest he/she participates in.
- If after the event/contest, the student is meeting expectations he/she will regain their eligibility

Attendance Policy:

Student-athletes must be in attendance at school ALL DAY to participate in their sport. Excused absences can be the exception. Tardies and absent by tardies will result in loss of participation. Be proactive and clear excused absences ahead of time.

Chemical Violation Policy

From the MSHSL Handbook:

1. A student shall not at any time, regardless of the quantity:
 - A. use or consume, have in possession a beverage containing alcohol.
 - B. use or consume, have in possession tobacco: or,
 - C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug/synthetic paraphernalia

THIS RULE APPLIES DURING THE ENTIRE YEAR—INCLUDING THE SUMMER MONTHS

Category I Activities:

First Violation Penalty - MSHSL Minimum

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

ALL of the following three criteria must also be met:

1. 1 hour chemical education meeting with Freeborn County Court Services Officer (must be scheduled within 2 weeks of being notified of the violation being issued)
 - Re-entry meeting with parents, athlete, coaches
2. No unexcused absences (school and sport) for remainder of season
 - Any absences must meet school and activities department accepted reasons and appropriate communication must be made to coaching staff prior to the absence.
 - Additional game suspension per unexcused absence
3. 8 hours community service (Assigned and agreed upon by coach, admin, and parent)

*Prior to return to competition student athletes must meet expectations regarding attendance (school and sport), attend chemical education meeting, and complete all community service hours.

Second Violation Penalty

The student shall lose eligibility for **50% of the scheduled contests in the season** in which the student is a participant.

ALL of the following three criteria must also be met:

1. 1 hour chemical education meeting with Freeborn County Court Services Officer (must be scheduled within 2 weeks of being notified of the violation being issued)
 - Re-entry meeting with parents, athlete, coaches
2. No unexcused absences (school and sport) for remainder of season
 - Any absences must meet school and activities department accepted reasons and appropriate communication must be made to coaching staff prior to the absence.
 - Additional game suspension per unexcused absence
3. 8 hours community service (Assigned and agreed upon by coach, admin, and parent)

*Prior to return to competition student athletes must meet expectations regarding attendance (school and sport), attend chemical education meeting, and complete all community service hours.

Third and Subsequent Violation Penalty

The student shall lose eligibility for further participation.

- If the student voluntarily enters and completes a chemical dependency program or treatment program, the student may be reinstated after a minimum period of six months.

Category II Activities

1st Violation – Ineligible for the next officially scheduled public performance.

Denial Disqualification – If a student denies violation and it later proves to be true an additional nine weeks of suspension is added to suspension.

Chemical Violation Policy Penalties

Students in both Category I and II activities will serve both penalties as defined.

Chemical Violations are accumulative throughout a student's high school participation career.

Captains: Captains need to be a positive representative of our school and community on and off the playing surface. With a chemical violation a student cannot serve as a captain for one calendar year from the date of the violation.

Treatment of Officials, Teams, Coaches, & Players

Athletes, coaches, parents and spectators need to work together to eliminate disrespectful criticism towards officials, visiting teams, coaches, and/or players. Unethical behaviors include inappropriate vulgar swearing or nonverbal gestures. These behaviors can result in the removal from the event or an ejection.

Minnesota State High School League MINIMAL BEHAVIOR EXPECTATIONS:

- 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.
- Hand held 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.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

SPORTSMANSHIP is an Expectation!
 So Please...
 Let the Players Play
 Let the Official Officiate
 Let the Coaches Coach and
 Let the Spectators Support their Teams

Sexual/Racial/Religious Harassment/Contact & Hazing

A student shall not engage in the sexual, racial, or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the school year.

Hazing Definition

Physical brutality such as whipping, beating, striking, branding, electric shocking or placing harmful substances on the body.

Physical activity such as sleep deprivation, exposure to weather, trashing, confinement to a restrictive area, unreasonable risk of harm, adversely affects the mental or physical health or safety of a student.

Activity involving the consumption of alcohol, drugs, tobacco or food, liquid that can cause unreasonable risk of harm or adversely affects the mental or physical health or safety of a student.

Activity that intimidates, threatens of ostracism, extreme mental stress, embarrassment, shame or humiliation that adversely affects the health and dignity of a student or discourages a student from attending school, including social media.

Any act that violates state, federal law or school policy.

Hazing Bylaw

No student, teacher, coach, administrator or volunteer shall plan, permit, condone, direct, encourage, aid, tolerate or engage in hazing.

The policy applies to before, during and after school hours---on or off school grounds.

The student organization, group, club or team does not have to be directly affiliated with the school.

The policy means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person in order for the student to be initiated into or affiliated with a student organization or for any other purpose.

Misconduct/Student Code of Conduct

A student may be suspended from participation in school extracurricular activities during the school year if he/she is found guilty of conduct unbecoming a member of the school's student body. Conduct unbecoming a member of the school's student body includes, but it not limited to vandalism, misuse of social media, etc. The length of the suspension will be determined by the administrator of the school, the school Activities Director, and the coach/advisor of the activity involved, and shall be appropriate to the offense and in keeping with other suspensions for the same or similar offense.

Communication

School based participation in activities will teach lessons beyond activity/sport specific skill. Not all lessons will be easy. Being a member of a team/group can be fulfilling and frustrating.

Steps to take with questions/concerns:

Step 1 – Player talks with coach*

Step 2 – Student/Parent contact coach*

- Not on game day or immediately after a game
- Set up an appointment

Step 3 – Coach contacts Activities Director

Step 4 – Student/Parent contacts Activities Director

Step 5 – Activities Director contacts Principal/Superintendent

MSHSL Student Code of Responsibility – at all times

- I will respect the rights and beliefs of others
- I will be fully responsible for my own actions and the consequences of my actions—this includes social media
- I will respect the property of others.
- I will respect and obey the rules of my school and the laws of my community, state, and country.

I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

Albert Lea High School is a member of the Minnesota State High School League and in all activity matters will adhere firmly to the rules and regulations of that body and to the philosophy of activities which MSHSL encourages. The eligibility of students to participate in programs is determined in accordance with MSHSL regulations.

Athletic & Activity Ticket Prices

ATHLETIC EVENTS

District 241 Employees	FREE with Employee ID
District 241 K-12 Students	FREE with Student ID
District 241 Senior Citizen (62+)	FREE with ID

Adult gate fee	7.00
Visiting Student gate fee *	5.00
Visiting Senior Citizen (62+) gate fee	5.00

* including college students with current ID

Adult 10-Punch Pass	58.00
Adult Year Pass	115.00
Couples Year Pass (two Adult passes)	175.00

MUSIC CONCERTS

District 241 Employees	FREE with Employee ID
District 241 K-12 Students	FREE with Student ID
District 241 Senior Citizen (62+)	5.00

Adult ticket price	7.00
Visiting Student ticket price	5.00
Visiting Senior Citizen (62+)	5.00

Music Family Pass	35.00
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FINE ARTS EVENTS

[Fall Musical, One-Act Play, Show Choir Showcase, Spring Play]

Adult ticket price	7.00
Student ticket price	5.00
Senior Citizen ticket price	5.00
Tigers' Roar - ALL TICKETS	5.00

Albert Lea High School Athletic Hall of Fame

Throughout the long history of Albert Lea High School athletics, numerous individuals have made a significant positive impact on advancing the recognition of Albert Lea's educational community. They deserve to be nominated for induction into the Albert Lea High School Athletic Hall of Fame.

Selected individuals who have met the rigid selection criteria of promoting athletics at ALHS are recognized as ALHS Athletic Hall of Fame Athletes or Coaches. The ALHS Athletic Hall of Fame pays tribute to both living and deceased outstanding individual athletes and coaches, as well as state championship teams.

Nominations are accepted through May each year. Nomination forms can be picked up and delivered to the ALHS Activities office to be delivered to the Hall of Fame Selection Committee.

Plaques of all Hall of Fame inductees are located in the Educational Foundation showcase at the Albert Lea High School—entrance for events at high school.

A banquet is held yearly to honor Hall of Fame class. Proceeds from banquet and golf event are donated to Albert Lea school district to lower the cost of participation fees for all athletes.

Prior to 2010:

1919 – State Basketball Championship
 1952 – State Golf Championship
 1966 – State Gymnastics Championship
 1967 – State Football Championship
 1968 – State Football Championship
 1970 – State Football Championship
 1971 – State Wrestling Championship
 1976 – State Wrestling Championship
 1981 – State Wrestling Championship
 1982 – State Golf Championship
 Adam Elseth-2004: wrestling, golf

2010

Jim Gustafson – Coach: football
 Leroy Maas – Coach: wrestling, track
 Clayton Westrum – 1952: golf, basketball, football
 Jay Gustafson – 1969: football, basketball, baseball
 Tom Jean – 1972: wrestling, football
 Gregg Shoff – 1972: football, basketball, track
 Vinny Cerrato – 1977: football, hockey, track
 Gary Deroos – 1978; swimming, track
 Ben Woodside – 2004: basketball

2011

Paul Ehrhard- Coach: wrestling
 Lois Fagerquist-Coach: volleyball
 Craig Dahl- 1971: football, track, hockey
 Pete Veldman-1951: wrestling, football, track
 Rich Oliphant-1961: football, basketball, baseball
 Jeff Brooke-1962: wrestling, football, track

Roger Neist-1966: gymnastics, track
 Rich Wendorff-1976: basketball, track, cross country
 Traci Bergo-1982: swimming, basketball, softball
 Donna (Boom) Turner-1995: golf

2012

Jerry Kaphers-Coach: track & field, cross country
 Mike Pappas-1971: football, wrestling, track
 Darrel Gavle-1967: football, basketball, track
 Lewis Kennedy-1960: wrestling, football, track
 Ross Dahl-1976: hockey, football, baseball
 Chuck Jean-1967: wrestling, football
 Jack Woodside-1954: basketball, baseball
 Bobby Dolan-1949: baseball, football, basketball, track, boxing

2013

Clay Cameron-1971: track & field, cross country
 Jon Breuer-2005: hockey, golf
 Mike Petersen-1987: basketball, tennis
 Ben Berhow-2006: wrestling, football, baseball
 Gary Neist-1965: wrestling, football, track & field

2014

Orrie Jirele – Coach
 Clay Lyons – 1956
 Doyle Freemyer – 1967
 Jon Schmitz – 1979
 Trisha (Reichl) Cyr – 1984
 Pam (Stoltz) Adams – 1991
 Mollee (Ludtke) Tscholl - 1994

ALHS Activities Contact Information

Activities Department:

Located at Albert Lea High School
(Door 1, Main Office)
2000 Tiger Lane
Albert Lea, MN 56007
Fax: 507-379-5498

ALHS Activities Director

Afton Wacholz
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ALHS Principal

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ALHS Athletic Trainer


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ALHS Athletic Trainer

Lynn Scheevel
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How to register for Notify me! on big9.org:

* To sign up for instant schedule and event updates please follow the steps below:

- 1.) Go to www.Big9.org
- 2.) Under "Activity Schedules/School Calendars" select Albert Lea High School
- 3.) Click  "Notify me!" and continue through the process!

For game schedules and calendars please go to www.big9.org.