PROVIDENCE

FIDES

SCIENTIA · VIRTUS

ATHLETICS

2026-2027

PROVIDENCE ACADEMY ATHLETICS
STUDENT-ATHLETE/PARENT HANDBOOK

ATHLETIC LEADERSHIP TEAM

Mr. Daren Messmore, Director of Athletics & Activities
Mr. Charlie Kenney, Associate Athletic Director
Mr. Trent Sylvester, Assistant Athletic Director
Mr. Chris Laird, Assistant Athletic Director

FROM THE ATHLETIC LEADERSHIP TEAM

Thank you for choosing to support your student-athlete in participating in a Providence Academy athletic program. We are excited to welcome your family into the Providence Academy athletic community.

The purpose of this Parent-Athlete Handbook is to provide student-athletes and their parents/guardians with the information, policies, expectations, and resources necessary to have a successful experience in Providence Academy Athletics. We encourage families to review this handbook carefully and use it as a resource throughout the athletic year.

As your family begins its involvement in Providence Academy Athletics, we ask that you keep several important principles in mind.

First, complete all required registration and eligibility requirements before the start of the season. All forms, registrations, physical examinations, and other required documents must be submitted to the Athletic Leadership Team by the established deadlines. Completing these requirements on time ensures that student-athletes are eligible to participate and can take full advantage of preseason and early-season practices and competitions.

Second, successful student-athletes development requires a strong partnership among the student-athlete, parent/guardians, coaches, and school. Open, respectful, and constructive communication is essential. Each member of this partnership plays an important role in supporting the academic, personal, and spiritual growth of our students.

Finally, Providence Academy Athletics exists to support the mission of Providence Academy. Providence Academy strives to provide an excellent education within a culture of faith, teamwork, service, and personal responsibility. Our coaches and athletic staff are committed to helping students pursue their athletic goals with confidence and competence while developing the character and virtue that will serve them throughout their lives.

We are grateful that you have chosen to become part of the Providence Academy athletic family. We hope participation in our athletic programs provides your student-athletes with meaningful opportunities to grow, compete, serve, build relationships, and create lasting memories.

ATHLETIC PROGRAM PHILOSOPHY AND OBJECTIVES

Providence Academy Athletics is an integral part of the educational experience and reflects the mission of Providence Academy: **Faith, Knowledge, and Virtue.** Through participation in interscholastic athletics, students are provided opportunities to develop athletics skills while growing in character, discipline, leadership, teamwork, responsibility, sportsmanship, and perseverance.

Our goal is to develop student-athletes who strive for excellence, compete to the best of their ability, demonstrate respect for others, accept responsibility for their actions, and understand that athletics is an opportunity to develop virtues that extend beyond the playing field.

Providence Academy student-athletes and parents are expected to place academics before athletics, treat others with dignity and respect, and approach competition with humility, gratitude, and integrity. Success is measured not only by wins and losses, but also by the manner in which our student-athletes and parents represent themselves, their families, their teams, and Providence Academy.

Program Objectives and Expectations

- **Mission Integration:** The Providence Academy athletic program reflects the mission of the School and is an integral component of the educational experience.
- **Development of the Whole Student:** Providence Academy believes interscholastic athletics is an important part of educating the whole student. Athletic participation provides opportunities to develop sportsmanship, discipline, responsibility, teamwork, cooperation, leadership, perseverance, and the ability to respond to both successes and adversity with grace and dignity.
- **Character and Virtue:** Athletics provides an environment in which students can develop confidence, self-discipline, resilience, accountability, and respect for others. Student-athletes are expected to demonstrate these qualities in practices, competitions, classrooms, and throughout the Providence Academy community.
- **Commitment and Effort:** Student-athletes are expected to attend practices and competitions consistently, arrive prepared and on time, demonstrate a positive attitude, and give their best effort. Participation in athletics requires a commitment to the team, the program, and the expectations established by the coaching staff.
- **Playing Time:** Playing time is determined by the coach and may vary based on a number of factors, including attendance, preparation, attitude, effort, skill development, team needs, position responsibilities, and the level of competition. Decisions regarding lineups and playing time are within the purview of the coaching staff and are to be respected by the student-athletes and parents/guardians.
- **Varsity Athletics:** Varsity represents the highest level of interscholastic competition at Providence Academy. Varsity athletes and coaches are expected to pursue excellence and compete with a strong and positive competitive spirit. Participation in varsity competition is not guaranteed for every team member.
- **Junior Varsity and C Squad Athletics:** Junior Varsity and C Squad programs seek to balance competitive development, individual participation, skill development, and team success. These programs provide opportunities for student-athletes to develop their abilities while learning the responsibilities and expectations associated with team participation.
- **Safety and Well-Being:** Providence Academy is committed to protecting the physical, mental, and

emotional well-being of its student-athletes. Coaches and athletic staff will promote safe participation and follow appropriate training, emergency response, injury-management, and first-aid procedures.

- **Sportsmanship and Ethical Conduct:** Student-athletes, coaches, parents/guardians, and fans representing Providence Academy are expected to demonstrate good sportsmanship and conduct themselves ethically, respectfully, and honorably before, during, and after practices and competitions.
- **Coaching Excellence:** Providence Academy supports its coaches in their commitment to the development of student-athletes. Coaches are expected to maintain appropriate training and certifications and to follow school, conference, and MSHSL policies and procedures.
- **Parent and Coach Communications:** Providence Academy is committed to educating parents/guardians about athletic policies, procedures, and expectations. Parents/guardians and coaches are expected to communicate respectfully, directly, and constructively, with the shared goal of supporting the student-athlete and the team. (Please refer to the 24 hour rule described later in the handbook)
- **Compliance:** Providence Academy Athletics will comply with the rules, regulations, and policies established by the MSHSL for the sports and activities in which Providence Academy participates.
- **School Expectations:** Student-athletes must comply with all Providence Academy policies and expectations while participating in school-sponsored activities, whether on or off campus.
- **Athletic Participation as a Privilege:** Participation in Providence Academy Athletics is a privilege that carries significant responsibilities. Student-athletes are expected to honor their commitments to themselves, their teammates, coaches, families, school, and community.

Our Standard

Providence Academy Athletics seeks to develop student-athletes who understand that **how they compete is as important as whether they win.** We expect our athletes to compete with purpose, serve others, respect their opponents, support their teammates, respond to adversity with resilience, and represent Providence Academy in a manner consistent with our mission of **Faith, Knowledge, and Virtue.**

PROVIDENCE ACADEMY

ATHLETICS
PHILOSOPHY & EXPECTATIONS

Faith • Knowledge • Virtue

OUR MISSION
Faith, Knowledge, Virtue

Providence Academy exists to form students in faith, knowledge, and virtue. Our athletic program is an integral part of this mission, providing opportunities for students to grow in character, develop their God-given talents, and serve others.

ATHLETIC PROGRAM
Philosophy

We believe athletics is a powerful means of developing excellent Christian athletes who play to their potential, put forth their best effort, seek personal growth, and demonstrate character that serves them for life.

PROGRAM
Objectives

Our athletic program is designed to:

- Develop the whole student (mind, body, and spirit).
- Build character, discipline, leadership, teamwork, and sportsmanship.
- Provide meaningful competition and skill development.
- Prepare students for success in life, on and off the field.

EXPECTATIONS
For Our Student-Athletes, Families, and Community

STUDENT-ATHLETES

- Prioritize academics
- Give your best effort
- Show respect and integrity
- Be a positive teammate
- Represent PA with pride

PARENTS/GUARDIANS

- Support your student-athlete
- Communicate respectfully
- Encourage and uplift
- Partner with coaches
- Model good sportsmanship

COACHES

- Develop student-athletes
- Teach life skills
- Ensure safety and well-being
- Follow school and governing body policies
- Communicate openly

FANS & COMMUNITY

- Support all teams
- Demonstrate good sportsmanship
- Respect officials, opponents, and each other
- Represent PA honorably

THE RESULT
More than wins and losses — we build better people.

Through athletics, we prepare students to live with faith, lead with integrity, serve others, and make a lasting impact in the world.

PROVIDENCE ACADEMY ATHLETICS

INTERSCHOLASTIC OFFERINGS

- Boys & Girls Soccer
- Boys & Girls Tennis
- Boys & Girls Swimming & Diving
- Boys & Girls Cross Country
- Boys & Girls Volleyball
- Football
- Boys & Girls Hockey
- Boys & Girls Basketball
- Girls Dance
- Boys & Girls Nordic Ski
- Boys & Girls Alpine Ski
- Boys & Girls Lacrosse
- Boys & Girls Track & Field
- Softball
- Baseball
- Boys & Girls Golf
- Trap Shooting (Co-ed)

SPORTSMANSHIP CODE OF CONDUCT AND EXPECTATIONS

Providence Academy is committed to creating an athletic environment that reflects our mission of **Faith, Knowledge, and Virtue.** Sportsmanship is an essential part of that mission and applies to everyone representing or attending Providence Academy athletic events, including student-athletes, parents/guardians, coaches, spectators and fans.

Athletics provides an opportunity to demonstrate character, respect, self-control, humility, and integrity. We expect all members of the Providence Academy community to represent our School with pride and to contribute to a positive environment for our student-athletes, opponents, officials, and spectators.

KEYS TO SPORTSMANSHIP

Everyone participating in or attending Providence Academy athletic events is expected to:

- Know and respect the rules of the game.
- Recognize and appreciate good play by both teams.
- Respect opponents, coaches, officials, and spectators.
- Keep competition in perspective and respond with composure rather than emotion.
- Respect the decisions and authority of contest officials, even when there is disagreement.
- Demonstrate pride in Providence Academy through respectful words and actions.
- Remember that athletics is an educational experience and an opportunity to develop character.

BE LOUD. BE PROUD. BE POSITIVE. HAVE FUN.

FAN CODE OF CONDUCT

Providence Academy fans play an important role in creating a positive and welcoming athletic environment. All cheering and encouragement should support Providence Academy student-athletes and teams while demonstrating respect for our opponents.

Providence Academy fans are expected to:

- Keep all cheers positive and focused on supporting Providence Academy teams rather than criticizing or targeting opponents.
- Never single out or personally criticize a player, coach, official, or spectator from either team.
- Never use derogatory, profane, demeaning, discriminatory, or suggestive language, gestures, chants, or cheers.
- Respect opposing teams, their fans, coaches, and school communities.
- Respect contest officials and their decisions.
- Encourage student-athletes through positive and appropriate support.
- Follow all instructions provided by Providence Academy staff, game officials, and event personnel.

SPORTSMANSHIP EXPECTATIONS

Providence Academy is proud of its athletic program and holds student-athletes, coaches, parents/guardians, and spectators to a high standard of conduct. Our actions at athletic events should reflect the character and values of Providence Academy.

SPECTATOR EXPECTATIONS

Providence Academy spectators are expected to:

- Support school administration in emphasizing the educational value of interscholastic athletics.
- Respect the judgement, strategy, and decisions of the coaching staff.
- Be positive role models through their own words and actions and encourage others to demonstrate appropriate behavior.
- Attend contests to support and encourage our student-athletes, their participation, effort, and development.
- Learn and understand the rules of the sport.
- Respect the integrity and judgement of contest officials, even when disagreeing with a call or decision.
- Praise student-athletes for their effort, growth, and improvement. Athletics is a learning experience, and mistakes are a natural part of development.
- Recognize and appreciate outstanding plays by the opposing team.
- Demonstrate respect toward opposing players, coaches, spectators, and school communities.
- Remain off the playing surface and designated competition area unless authorized by event personnel.
- Refrain from throwing objects onto the playing surface or into spectator areas.
- Respect school property, athletic facilities, and equipment.
- Refrain from harassment, threatening behavior, fighting, or other inappropriate conduct before,

during, or after athletic events.
- Follow all facility and event-specific policies established by Providence Academy, the host school, and contest officials.
- Refrain from using artificial noisemakers, including whistles, bells, horns, kazoos, or similar devices, unless specifically approved for the event.
- Display only signs, banners, and materials approved by Providence Academy or the host facility.
- Follow the direction of school administrators, athletic staff, event personnel, and contest officials.

Failure to meet these expectations may result in removal from an athletic event and/or additional consequences consistent with Providence Academy Policies.

PARTICIPANT EXPECTATIONS

Student-athletes represent Providence Academy whenever they participate in a school-sponsored athletic activity, whether on or off campus. Their conduct should reflect the mission and values of the School.

All student-athletes are expected to:

- Recognize the responsibility and privilege of representing Providence Academy, their families, their teammates, and their community.
- Uphold the standards of sportsmanship established by their coaches, Providence Academy, the applicable conference, and the Minnesota State High School League (MSHSL).
- Be committed, dedicated, prepared, and determined in their pursuit of athletic and personal excellence.
- Remain free from alcohol, cannabis, tobacco, nicotine, and other prohibited substances in accordance with Providence Academy policies and applicable rules.
- Demonstrate a willingness to learn, improve, and develop the skills necessary for their sport.
- Learn and understand the rules of their sport and help promote understanding of those rules among teammates, parents/guardians, and fans.
- Treat opponents, teammates, coaches, officials, and spectators with dignity and respect.
- Refrain from taunting, trach-talking, or making personal, derogatory, discriminatory, or disrespectful remarks or gestures toward opponents, officials, coaches, and spectators.
- Refrain from intimidating, threatening, or unsportsmanlike behavior.
- Avoid actions intended to draw inappropriate attention to themselves or diminish the accomplishments of others.
- Wish opponents well before competition and congratulate them sincerely following competition, regardless of outcome.
- Respect decisions and authority of contest officials, even when you disagree with a call.
- Demonstrate self-control and composure during moments of adversity or frustration.
- Win with humility and lose with grace.
- Represent Providence Academy with dignity before, during, and after every competition.

OUR STANDARD

At Providence Academy, **how we compete matters as much as the outcome.** Winning is an important part of competitive athletics, but the development of character, virtue, teamwork, and respect is the greater

purpose of the experience.

We expect our student-athletes, coaches, families, and fans to create an athletic culture in which everyone can compete with confidence, be treated with dignity, and experience the joy of educational based athletics.

WIN WITH HUMILITY. LOSE WITH GRACE. REPRESENT PROVIDENCE ACADEMY WITH PRIDE.

The Providence Academy Approach to Successful Athletic Participation

A Guide for Parent-Athlete-Coach Communication

The contents of this guide are designed to help establish standards of behavior and provide direction for the student-athletes, coaches, and parents during their athletic experience at Providence Academy. The student-athletes' learning and development will always be the central focus throughout all aspects of their educational based athletic experience. We believe that educational based athletics should provide a variety of experiences that will prepare our students for adult life, presenting lessons in sportsmanship, competition, responsibility, teamwork, cooperation, leadership, and winning and losing with grace and dignity. Athletic participation is a privilege that requires responsibility to the school, to the community, to the student body, to the activity, and to the student themselves.

The Providence Academy tradition has been to win with honor. We desire to field excellence and a winning spirit at the varsity level, but only by maintaining the integrity of our athletes, our school, and our community. At the sub-varsity levels, we strive for a balance among competitive play, individual participation, and skill development, while fostering a winning spirit. Our goal is that this, in conjunction with the lessons of sportsmanship, responsibility, and teamwork, will provide a meaningful, educational based athletic experience

The Coaches' Role

Providence Academy coaches are teachers of their sport. The professional behavior of each coach continues from the classroom to the athletic fields and courts.

Providence Academy coaches strive to:

- Provide a safe, positive environment for all athletes.
- Communicate team goals, schedules, and expectations to players and parents.
- Possess current knowledge and skill to instruct players competently and to assess their progress.
- Treat all athletes consistently and fairly—especially in administering consequences for failure to follow policy.
- Be positive role models on the sidelines as examples for players, parents, and other coaches to follow.
- Assist and counsel athletes and parents in the college recruiting process.

The Athletes' Role

Young people who elect to participate in athletics at Providence Academy are voluntarily making a commitment to be student-athletes. This commitment to a team, coach, school and community assumes great responsibility, yet provides immense personal rewards.

Providence Academy student-athletes strive to:

- Commit to academics while fulfilling their commitment to Providence Academy athletics.
- Represent their team, family, Providence Academy, and community in a positive manner at all times.
- Abide by all Providence Academy, IMAC, and MSHSL guidelines, rules and regulations.
- Practice good sportsmanship at all times.
- Communicate with their coaches regarding any issues of team obligations, guidelines, or rules.

The Parents' Role

Providence Academy parents have an opportunity to observe their children in an athletic setting and be supportive fans of their children, team, sport, and school.

Providence Academy parents strive to:

- Guide their children as these students take on tasks of time management, sport-specific skill development, and responsibility.
- Support the team and coach from the stands.
- Encourage their children to communicate with the coaching staff.
- Encourage their children to commit to a team and program.

"24-Hour Rule"

Athletics can be an emotional endeavor and occasionally conflict will arise. If you have an athletic issue concerning your student-athlete, please consider the "24-hour rule" – that is, please wait 24 hours before contacting the coach. We have found that if all parties involved with an athletic conflict take time to reflect on the situation, the ensuing conversation will be based less on emotions and more on facts. While the "24-hour rule" may not resolve your concern, it might prevent a misunderstanding from escalating into an adversarial situation.

If after 24 hours you still feel that the situation merits attention, please follow the grievance procedures listed below:

1. The student-athlete should communicate concerns or issues first with the coach of that specific team. This meeting should be at a scheduled time and not during practice or a contest. No other outsiders other than the athlete and coach(es) should be present.
2. If not resolved in the first step, then the parent and athlete together should request a meeting with the coach(es) involved at a time outside of practice or a contest.
3. If not resolved in the second step, the parent, athlete, and coach(es) should meet with the Athletic Director at a time outside of practice or a contest.
4. In a rare case the Head of School would become involved.
5. **It is important that the above steps be followed in sequence.**

Of course the safety and well-being of our student athletes is our primary concern. If you ever feel you have an issue that redounds to student safety you should certainly go directly to the student safety hotline at 763-258-5551.

PLAYING TIME POLICIES

One of the primary sources for conflict in athletics is the issue of playing time. Please keep the following distinctions in mind as you consider your athlete's experience.

Our athletic program helps students gain self-confidence, develop discipline and responsibility in team play, improve their skills and experience the enjoyment of athletic competition.

While it is recognized that choices regarding starting line-ups and playing time are made by coaches and can sometimes appear very subjective to spectators, especially parents/guardians, it is expected that any decisions by coaches involving "playing time" will be respected and honored as being within the purview of the coach.

Playing time per game will vary at the coach's discretion, depending upon the player's attendance at practice, attitude, effort, skills, and the skill level of the competition. Playing time for all members is not guaranteed at any level.

Upper School sub-varsity programs strive for a balance among competitive play, individual participation, and skill development, while fostering a winning spirit. Playing time per game may vary at the coach's discretion, depending upon the player's attendance at practice, attitude, effort, skills, and the skill level of the competition.

The Upper School Varsity program is the highest level of interscholastic competition at Providence Academy. Varsity athletes and coaches strive for excellence and a winning spirit in this highly competitive environment. Game participation by all team members is not guaranteed.

GOVERNANCE

PROVIDENCE ACADEMY

Specific rules for students participating in the interscholastic athletic program at Providence Academy are included in this Athletic Handbook.

Coaches are responsible for establishing rules and procedures for teams under their jurisdiction. While rules and safety procedures may be reiterated orally on a regular basis, information that is needed by student-athletes on an ongoing basis will be distributed in writing to all athletes.

INDEPENDENT METRO ATHLETIC CONFERENCE

The Independent Metro Athletic Conference consists of six mission-driven, independent, liberal arts college preparatory schools. Its members are committed first and foremost to academic excellence and believe that our athletic programs must always support the school's educational mission.

The Independent Metro Athletic Conference was formed in 2014 and was based upon an agreement among Blake School, Breck School, Minnehaha Academy, Mounds Park Academy, Providence Academy, and St Paul Academy and Summit School. The conference was formed in the interest of creating consistency, cooperation, support and balance among member schools while keeping an appropriate perspective on the role of athletics in secondary education.

The primary mission of the Conference is to provide a broad range of athletic opportunities to our scholar-athletes, ensure competitive balance between member schools, promote optimal recognition of individual scholar-athletes as well as the Conference as a whole, and to deepen professional development of athletic coaches in a manner consistent with the commitment to academic excellence and shared philosophies of the member schools.

Parents/Students may learn more about the IMAC on their website at www.imacmn.com

THE MINNESOTA STATE HIGH SCHOOL LEAGUE

All schools are voluntary members of the Minnesota State High School League (MSHSL). As a school member, Providence Academy agrees to abide by all rules and regulations endorsed by this league.

The primary role of the State High School League is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees and coaches' associations.

The State High School League attempts to enforce such rules that assure the greatest good for the greatest number and to ensure the competition is conducted in an appropriate manner.

Some information regarding MSHSL Rules and Regulations is included in this manual. Parents/Students may access the entire MSHSL Handbook on their website at www.mshsl.org.

BASIC REQUIREMENTS FOR PARTICIPATION

SPECIAL CONDITIONS

The courts have ruled that participation in interscholastic athletics is a privilege, and not a right; therefore, student-athletes are often held to a higher standard than other students by virtue of the fact that they are highly visible representatives of Providence Academy.

GOOD STANDING

A student in good standing is eligible to participate fully in the life of the school and enjoys all privileges and opportunities Providence Academy offers.

PHYSICAL EXAMINATION

Any student who intends to participate in Upper School interscholastic athletics must have on file record of a physical examination performed within the previous three years. These will be kept on file in the Upper School Office. Coaches will exclude athletes who are not in compliance with this Minnesota State High School League requirement.

MSHSL Physical form is available online at Sports Qualifying Physical Exam Form or your physician may use a form that they prefer.

Tip: Please contact Holly Teixeira (holly.teixeira@providenceacademy.org) or Kate Gregg (kate.gregg@providenceacademy.org) with questions regarding physical exams. Please turn in athletic

physical forms to the Upper School Office.

Please Contact Mr. Daren E. Messmore at daren.messmore@providenceacademy.org **with questions.**

ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

EXTRACURRICULAR ELIGIBILITY

Given Providence Academy's commitment to academic success, a student's academic performance is linked to his or her eligibility for Upper School extracurricular activities. If a student fails to achieve an **overall grade 60%** (or "meet standard") at any point during the semester, he or she is given a period of seven days to meet standard for that course. If this time elapses and the standard is still not met, he/she will become ineligible if he/she is involved in an US extracurricular activity. Eligibility is restored, on that or the following day, after each instructor involved notifies the Academic Dean.

ATTENDANCE

Attendance is checked by the teacher at the beginning of the first period and by each teacher during the school day. Daily attendance is managed by the Upper School Office in consultation with the Upper School administration. Providence expects its students to attend all classes unless there becomes a need for a school-approved student absence. Attendance on Field Days, School Retreats, Semester Exams, and other such school functions is mandatory.

Appointments – If it becomes necessary to schedule an off-campus appointment during the academic day, parents must notify the Upper School Office by 4pm the day prior to the absence. Students must sign out of the Upper School Office and sign in upon returning to school.

Please note: ***It is important to know that teams practice and games are scheduled during breaks.***

DISCIPLINE POLICY

Students in good disciplinary standing conduct themselves in accordance with Providence Academy's Code. They respect the values of Providence Academy's Mission and adhere to the policies. In keeping with the school's Code, Providence Academy will strive to teach and encourage students to behave in ways that reflect a commitment to virtue, honesty, respect for others, and respect for self. In effect, discipline should be self-discipline. Every effort will be made to support students who make errors of judgment and find themselves in poor standing, so that they may return to good standing in our community.

The Dean of Students is responsible for the day-to-day administration of student conduct and discipline in the Upper School. Teachers are responsible for classroom supervision, management, and behavior. Teachers communicate classroom conduct using the CAP score rubric. Faculty, staff, and students should immediately refer more concerning conduct or violation of school rules to the Dean of Students. These may result in further disciplinary action.

CHEMICAL USE & VIOLATION AS A RESULT:

Providence Academy prohibits the use, possession, sale, or transfer of any medically unauthorized drugs, tobacco, e-cigarettes or alcohol while on school premises. Further, in union with expectations of the Minnesota State High School League, students are expected to remain free of possession or use of

any legally unauthorized drugs, tobacco, e-cigarettes or alcohol at any time during the calendar year, at any place on or off school property, while enrolled or re-enrolled at Providence Academy. Students found to be in violation of these expectations are subject to school discipline.

BASIC ATHLETIC DEPARTMENT POLICIES

ADMISSION CHARGES

Students are issued a school photo identification that entitles them to free admittance to all home events. Admission will be charged for away events as well as all MSHSL Tournament events.

Admission to Invitational Tournaments may vary from this policy depending on the site of the tournament.

ATHLETIC AWARDS

Varsity letter requirements:
Students must be on the section playoff roster to obtain a varsity letter for the activity. Head Coaches may seek approval from the Athletic Director if they feel as though another student should be issued a varsity letter.

In order to receive an award, a student-athlete must finish their season in good standing, including competition in the required number of contests as established by the coach, regular attendance at practice sessions, commitment to training, exhibiting good sportsmanship, and adhering to the provisions of the Behavior Covenant and the principles of the Parent/Student Handbook.

Any player who ceases to be a member of the team by reason of dismissal by the coach or school, or who voluntarily quits the squad of his own accord, forfeits their rights to receive any awards. Any player who has been ill or injured and has failed to meet all of the requirements, may, upon recommendation of the coach and/or Athletic Director receive a letter.

Coaches, with the approval of the Athletic Director, will establish the specific criteria for awards for student-athletes participating in a particular sport, and will distribute the criteria to all student-athletes in writing at the beginning of the season PRIOR to the first scheduled contest.

Any questions regarding lettering requirements should be directed to the head varsity coach of that sport.

CAPTAINS PRACTICES

The following should be used as a guideline at Providence Academy captains' practices:

- Captains practices are optional
- Captains practices will be limited to the two weeks prior to the start of the season and will be scheduled on a space available basis. Adult supervision will be required.
- Captains practices must be initiated, organized and administered by captains only.
- Coaches may not be involved in any capacity.
- Captains' practice is primarily for the purpose of physical conditioning.
- Attendance is voluntary and is not limited.
- Gym and field space may be scheduled through Assistant AD Will Bean

will.bean@providenceacademy.org

COMMUNICATION

The following are vehicles used to communicate athletic information to parents:

- Providence Academy Athletics Website
- Athletics Calendar
    - *Tip: Use the Athletics Calendar, get the mobile app and sign up for notify me*
- E-bulletins is an electronic newsletter that is sent on Monday evenings to parents via email. Please read the newsletter as it often contains important information about upcoming events.
- Students receive announcements from teachers, coaches, and school administrators every day via email. Students should check these email announcements for upcoming events and notifications.

CUT/TEAM PLACEMENT POLICY

Providence Academy Athletics strongly believes in encouraging student-athletes to step outside of their comfort zones and experience new challenges. This is instrumental in learning to deal with adversity, becoming a well-rounded contributor to society; athletics is no exception. While we welcome all potential student-athletes to try out for our athletic teams, we must also field the most competitive team possible. Most sports have multiple levels and not all sports can accommodate all student-athletes that would like to participate.

Many of our teams have a tryout process allowing student-athletes to earn a spot on a team. The tryout period also allows the coaching staff to evaluate student-athlete skill and ability for proper level placement. The length of tryouts is specific to each sport but will usually be 2-3 days. At the end of the process, the coaching staff will make their final decisions and communicate this with the student-athletes. In some sports it is necessary to make cuts. When it is necessary to make cuts, the coach has the sole responsibility of selecting the team. If an athlete is cut from a team, the athlete may join another sport that does not make cuts. There are sports during all three seasons that do not make cuts.

Team Placement:

- Upper School teams will be selected based on a student's abilities, potential, sportsmanship, character, and commitment through fair and objective tryouts prior to the start of the season.
- The PA third Upper School team will be referred to as a "C" team, not a "freshmen" team.
- "C" team will consist of 9th and 10th graders, no juniors or seniors will be rostered.
- 7th and 8th grade students may try out for varsity teams.
- Middle School students who show an ability to play regularly and contribute at varsity level competitions will be allowed to join the varsity team with permission from the school and their parents.

DOUBLE PARTICIPATION

No student may participate on more than one athletic team during any one sport season. There may be special circumstances in which a coach may request the services of an athlete currently out for another sport during that season. For example, the football coach may request the services of a soccer player to kick at football games. In these circumstances, permission must be granted by the parent/guardian as well as by the head coaches of both sports and the Athletic Director. If event or practice conflicts arise, the priority rests with the primary sport of the athlete during that season.

EARLY DISMISSAL

In the event that a team needs to be excused early from school, the Athletic Director sets a release time that has the least negative effect on academic class time and allows for a safe warm-up period.

FLASH STORES

Team Flash Stores are created by most athletic teams and consist of items that are selected by coaches and captains specifically for their team. Most times, spirit wear for family and friends is also available.

Many of these items are optional however in some cases uniform items will be sold through the Flash Store. i.e.: Tennis and golf uniforms, baseball pants, basketball shooting shirts, volleyball spandex, and uniform socks,

Team Flash Store campaigns typically run 10-12 days. This short window of time allows a quick turnaround so teams have their gear for their seasons.

INFORMED CONSENT

Prior to participating in interscholastic athletics, it is important for the student and the parents/guardians to understand that injuries can occur. These could include minor injuries such as bruises or abrasions. Occasionally, students incur injuries such as muscle strains, sprains, or broken limbs. Although the occurrence of catastrophic injuries is minimal, it is possible that a catastrophic injury can occur rendering the participant paralyzed in varying degrees. Death as a result of a catastrophic injury is also a possibility.

During the teaching of skills, coaches will explain the ramifications of performing a skill incorrectly and will take steps to ensure that the student-athletes understand all necessary safety precautions, the correct manner of performing a given skill, and the correct spotting techniques necessary in a given skill or sport.

INSURANCE

All student-athletes must have adequate health insurance coverage in cases of accident or injury. No cost of medical conveyance or treatment will be borne by Providence Academy or any of its employees or representatives. Due to the nature of certain events, there may be an ambulance and/or a physician present at the expense of Providence Academy.

LOCKER ROOMS

Only coaches and players are allowed in the locker room. Friends and family members are not allowed in the locker room before, during, or after practices and games. In the case of unusual extenuating circumstances, permission should be secured from the coach and athletic administrator prior to entering the locker room.

Athletes are expected to keep their lockers and the surrounding locker room areas clean. Litter receptacles are provided for this purpose.

Loitering is not prohibited at any time in the locker room.

A student's athletic locker is the property of Providence Academy. This locker must be used only for the purposes intended – storage of athletic apparel, clothes and personal belongings during practices and games. School officials reserve the right to search the locker, with or without the student's permission, knowledge or consent if it is deemed necessary to do so by school administration.

Coaches are required to be the last individuals to leave the facility. A coach is required to sweep the locker room after everyone has left the locker room.

PRACTICE

Upper School athletic teams often practice during school vacation times. The amount of involvement varies with each sport, but is often essential to maintain the team's ability to compete. An athlete must communicate with the coach of his sport to understand expectations and training required. This is the athlete's responsibility!

Please confer with your coach before planning "College Trips" during MEA, President's Day, Dr. Martin Luther King, Jr. Breaks.

Providence Academy supports the need for athletes and their families to take vacations at various times of the year, but practices and contests should be considered when making vacation arrangements. A student who misses practice during an official school vacation will be less prepared than his teammates and could thus lose playing time and a starting position. We expect all students whose teams reach the state tournament level to participate.

As families make Easter/Spring Break plans please bear in mind that mandatory practices may be held during Break for students interested in playing on varsity teams during the spring season.

Throughout the year, varying with each sport, there are Saturday practices and Saturday games/meets. Holiday practices or meetings are discouraged, but on rare occasions will take place. Sunday practices are prohibited by the MSHSL.

PROSPECTIVE COLLEGE ATHLETES

Some student-athletes have a goal to participate in athletics at the collegiate level. The Providence Academy Athletic Department, College Counselors, and coaching staff are very willing to help student-athletes pursue this goal. To this end, we offer the following advice for our student-athletes:

● Communication with your PA coach(es) is essential. Student-athletes who have a strong desire to compete at the collegiate level should consult with their coach prior to their junior sport season.

● The driving force behind college selection should be the academic fit. Athletes should identify their desire to compete at the next level and work in conjunction with their College Counselor to develop their list of potential college choices.

● As an athlete pursuing collegiate sports, you should create a resume and cover letter that represents your overall high school experience and highlights your athletic accomplishments. Your college counselor should review the resume before submission to coaches/college personnel.

● Be proactive in marketing yourself to college coaches by creating a highlight video, forwarding game schedules, completing the online recruitment questionnaire on the college's athletic department website, etc.

● PA videotapes games for coaching purposes and not all games are documented. Coaches will help secure copies of any game videos when they are available. If a family wants additional games documented, they may do so at their own expense.

● If you are considering NCAA Division I or II institutions meet with your College Counselor to discuss the process of registering with the NCAA Clearinghouse.

● NCAA Division I, II, and III institutions all have separate academic requirements.

● Review all NCAA Academic Eligibility Requirements with your College Counselor and visit the NCAA website at NCAA Eligibility Center

● Student athletes will benefit from taking the ACT or SAT for college entrance by February of their junior year.

● If you wish to compete in NCAA DI or DII in your first year of college you must register with the NCAA Eligibility Center and be certified academically and as an amateur. Student athletes completing the PA curriculum as outlined in the Academic Program Guide will exceed minimum NCAA course requirements.

● Once you have registered with the NCAA ClearingHouse, you must request through your College Counselor that your high school transcript be sent to the NCAA Eligibility Center at the end of your junior year.

REGISTRATION

Participation on any athletic team, at Upper School level, is dependent upon a student's ability to maintain all academic and social expectations set by the school.

Please follow these directions to register:

- Go to Registration page
- Click on Athletic Team Registration, click on click on create new user for appropriate level, Middle School or High School and you should be able to enter your data.
- Go directly to name (skip Student ID) and fill in the rest of the required answers (those with an asterisk)
- After submitting the form and payment, the parent will receive a brief message stating, "Thank you. We have received your submitted form."
- Minnesota State High School league rules state that seventh and eighth grade students may try out and perhaps participate on a Varsity team. Middle School Students who participate in a MSHSL activity must have an up to date physical.

REMOVAL

Although infrequent, if a student does not regularly attend practice, is not an active participant, does

not make a reasonable effort at skill development, and/or does not display a cooperative, supportive attitude, this student may be removed from a team.

SPIRIT STORE

The Spirit Store at Providence Academy provides exclusive PA themed clothing and accessories. The store is staffed by volunteers and provides an opportunity for friendship and service to the entire Providence family.

Store Hours:

- Tuesday and Friday from 3:00-4:00 p.m.
- Wednesday from 11:00 a.m.-1:00 p.m.

TOURNAMENT ATTENDANCE

When a Providence Academy team is involved in a state playoff, administration will determine who may attend.

TRYOUTS

- Evaluation for team placement are held during the first week of the season
- Work and communicate tryout schedules with other sport coaches to ensure that tryouts do not overlap when possible.
- Check facility availability and submit facility use form to the athletic department.
- Submit the following tryout information to the athletic department prior to your tryouts: date, times the tryouts begin and end, location, what the student is to wear, what equipment the student is to bring, and when and how tryout results will be posted.
- Do not allow a student to try out if he/she does not have an updated physical on file.
- Do not allow a student to try out if he/she is not enrolled in Union Public Schools (i.e.- live in the district and have a schedule for the following year).
- Make arrangements for students to try out who might miss the original tryout date due to being in another in-season sport.
- Give plenty of notice (ex: 2 weeks) of tryouts dates to ensure proper notification and ample time to get a physical if needed.
- NEVER charge a fee for tryouts.
- Communicate tryout information to each school site and request for it to be posted/announced where possible.
- Clearly communicate with student athletes and/or parents what the expectations are for an individual to make the athletic team.

UNSPORTSMANSHIP CONDUCT/FLAGRANT FOULS

An athlete disqualified from any contest by an official for a flagrant foul or by a coach or an official for unsportsmanlike conduct will be suspended for at least the next scheduled contest and must meet with the Athletic Director.

UNIFORMS/EQUIPMENT

The athlete is responsible for the uniform and equipment they check out. Each athlete is responsible to keep it clean and in good condition. Loss of any uniform or equipment is the athlete's financial obligation.

In some cases uniform and equipment items will be sold through a Flash Store i.e.: tennis and golf uniforms, baseball pants, basketball shooting shirts, volleyball spandex, lacrosse sticks and helmets as well as uniform socks.

SPORTS MEDICINE

ATHLETIC TRAINER

Athletic Trainers are contracted by the school to serve our student-athletes and are available for consultation each day after school from 3:15 to 5:15 PM or until the last practice has concluded. Athletes who need to see the Trainer should advise their coaches that they may be absent from a portion of practice. Parents desiring specific information regarding a student-athlete's injuries or rehabilitation are encouraged to call the Athletic Trainer at 651-270-4218.

BASIC RETURN TO PLAY

If an athlete is seen by a physician for an injury or illness that keeps them out of practices/games, they MUST have a signed doctor's note or "Return to Play" form before they are allowed to resume participation. The paperwork can be emailed to the athletic office at daren.messmore@providenceacademy.org or given directly to the athletic trainer.

IMPACT TESTING

Providence Academy and Sports and Orthopedics Specialists offer an innovative concussion management program for athletes or individuals who are at risk for a concussion. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online exam that each athlete takes prior to the athletic season. This baseline test can be administered at Providence Academy or at a Sports and Orthopedic Specialists clinic. Retesting every other year is recommended for maturing individuals, however some programs require an annual review. Baseline testing is done on the PA campus, administered by the athletic trainer.

MEDICAL COVERAGE FOR ATHLETIC EVENTS

An Athletic Trainer will be on campus for the majority of practices and cover all home varsity events to ensure the safety of the participants. An Athletic Trainer will also cover high-contact, home JV events for lacrosse, hockey, and football, and cover away varsity football. Through the use of cell phones, the Athletic Trainer is accessible in case of emergency.

It is important for parents/guardians to note that in cases of injury at an event, or during practice, the School will attempt to honor the parents'/guardians' request regarding the choice of a personal physician or a designated hospital of choice; however, the School reserves the right to secure the most available and qualified assistance in cases of injury to a student.

TREATMENT/INJURY REHAB

The PA Athletic Trainer is health care professionals who collaborate with physicians to optimize activity

and participation of patients and clients. Several therapeutic modalities such as ice, hot packs, and manual therapy (with doctor's or physical therapist's recommendation), as well as some rehabilitation tools, are available when space and time allow. Appointments may be necessary as game coverage varies.