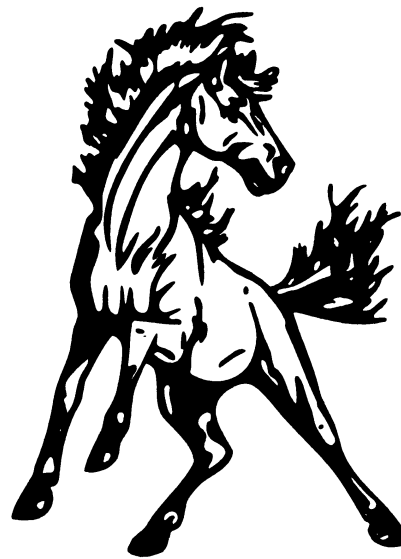


**MOUNDS VIEW  
HIGH SCHOOL**



**2009 - 2010**

**Athletics/Activities**

**Student Information  
Directions Guide**

# Mounds View High School

## Online Athletic/Activity Schedules

1. Go to the Mounds View High School website.  
[www.moundsvschools.org/moundsview](http://www.moundsvschools.org/moundsview)
2. Select **Athletics/Activities** from the menu under the school picture.
3. Click on **Schedules**

Available information includes:

- **Date and time** of school athletic/activity events
- **Location** of athletic/activity events
- **Maps** to athletic/activity events
- **Email notification** of schedule changes.  
You must sign-up to receive email notifications.  
On the Calendar Schedule website, click on **Notify Me**.

## TABLE OF CONTENTS

Student Activities .....	2
Clubs.....	2-3
Academic.....	3-6
Fine Arts .....	6-7
Adapted Athletics.....	7-8
Athletics .....	8-17
Mission Statement.....	18-20
MSHSL—The Value of Participation	
Sportsmanship	
Guidelines for Student Athletes	
Athletic/Activities Policies .....	20-21
Student Participation & Eligibility Requirements	
Student Attendance Policies	
Use of Equipment	
Equipment Deposit Fees .....	22-23
Student Activity & Athletic Fees.....	23
Refund Policy	
Student Code of Responsibilities.....	23
Scholastic Eligibility Requirements.....	24-26
Eligibility	
Special Education Students	
Transfer Students	
Participation Eligibility Requirements.....	25-26
Middle School Participation in HS Athletic Team Competition	
Chemical Violations & Penalties .....	26-29
Participation Eligibility Requirements .....	28-29
Building Hours .....	30
Training Room .....	30
Lettering Criteria.....	30
Two Sports/Same Season.....	30
Parking Permits .....	31
Communication .....	31-32
Transportation .....	32
NCAA Eligibility Requirements.....	32
Mounds View District Map .....	33
Site/Field Locations – Home Events .....	34
Directions .....	35-51
MVHS School Song.....	52

## STUDENT ACTIVITIES

### CLUBS

#### ART CLUB

Advisor's Name: Lori Moore  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: supplies  
Description: 2D Art experience

#### ASTRONOMY CLUB

Advisor's Name: Dan Butler  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: TBD  
Description: See the world through the telescope!

#### DANCE TEAM – Performance Team - Fall

Advisor's Name: Angela Eckel  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school—  
MVHS/Chippewa  
Length and time of season: August - October  
Cost: \$100.00 – all levels  
Equipment required: Aerobic Shoes  
Description: Performance Dance is open to grades 9-12. The Performance Dance team performs at various athletic events and assemblies during the fall season. Girls are selected during try-outs in the spring.

#### SCIENCE OLYMPIAD

Advisor's Name: Tom Carr  
Where to locate Advisor: Classroom  
Meeting times and places: Monday  
Length and time of season: School Year  
Cost: \$100.00  
Description: Science related events and tournaments that emphasize scientific knowledge, understanding, process and application of skills.

### SYNERGY

Advisor's Name: Ted Bennett  
Where to locate advisor: Classroom  
Meeting times and places: Weekly  
Length and time of season: School year  
Cost: Free  
Description: A student run organization committed to improving the school environment.

### ACADEMIC

#### CHESS CLUB / GAME BOARDING

Advisor's Name: Richard Lemanczykafka  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: \$100.00  
Description: Competition in Chess

#### DECA

Advisor's Name: Kevin Hermann  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: School year  
Description: Attracts students who are interested in preparing for entrepreneurial, marketing or management careers. DECA's goal is for its student members to develop a "career success kit" to carry into their business and personal lives after graduation. Some things include: leadership abilities, social and business etiquette, understanding civic responsibility, ethical behavior in personal and business relationships, and understanding the role of free enterprise system in the global economy.

#### DIVERSITY COUNCIL

Advisors Name: Wonkemi Gongar  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: School Year  
Description: Diversity Council is open to any student who is interested in planning diversity education and events, including an annual diversity dance. The mission of the council is "to advocate for a respectful school environment that welcomes and values diversity." Meetings are held weekly.

#### FALL PLAY/SPRING MUSICAL

Advisor's Name: Victoria Sadek  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: \$100.00 for each  
Description: Students are given the opportunity to excel in drama. Each school year a new play and musical are chosen.

#### FRENCH CLUB:

Advisor's Name: Bonnie Bougie  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: \$100.00  
Description: Activities that have to do with French culture in the United States as well as in France.

#### GERMAN CLUB:

Advisor's Name: Jae Cody  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: \$100.00  
Description: Activities that have to do with German culture in the United States as well as in Europe.

#### MATH TEAM

Advisor's Name: Dan Butler, Mike Huberty  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: \$100.00  
Description: Students compete in contests with other area high schools. Contest meets involve over 100 participants and are very challenging. Students with exemplary interest and ability in math are encouraged to participate.

#### MOCK TRIAL

Advisor's Name: Justin Benolkin  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: \$100.00  
Description: Intensive preparation of legal cases based on materials from Minnesota Bar Assoc., presentation in courtrooms against teams from other schools. Students act as witnesses and attorneys.

#### NATIONAL HONOR SOCIETY

Advisor's Name: Scott Wiens  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: School year  
Description: Students are inducted into NHS based on GPA, community service, good citizenship, recommendations from teachers, etc.

#### NEWSPAPER - VIEWER

Advisor's Name: Martha Rush  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: School year  
Description: Publish the school newspaper bi-weekly.

#### QUIZ BOWL

Advisor's Name: Carolynne McAllister  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: \$100.00  
Description: Academic competition that tests students knowledge in a variety of subjects. Competitions are Thursday evenings and occasional Saturdays. Open to all.

#### SPANISH CLUB

Advisor's Name: Betty Lotterman  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: TBD  
Cost: No Fee  
Description: Activities having to do with Spanish culture in the United States as well as in Spain. Open to all.

#### SPEECH TEAM (Competitive)

Advisor's Name: TBD  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: Feb-Apr  
Cost: \$100.00  
Description: Speech team students have the opportunity to compete in one of 13 events ranging from reading of plays, poetry, prose; storytelling; creative expression, discussion to four different public speaking events. Students practice one to two hours weekly with their coach and compete in tournaments on Saturdays and some weekday afternoons and evenings.

## STUDENT COUNCIL

Advisor's Name: Mike Coty  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: School year  
Description: Student-run organization that represents the student body. The student council works on many activities through out the school year: food drive, sock drive, Homecoming, Snow Week, Back to School Dance, Halloween Dance, Sadies Dance, MORP Dance, homeless sleep out, Battle of the Bands, Talent Shows, and many more.

## YEARBOOK - VISTA

Advisor's Name: Ingrid Kleinjan  
Where to locate advisor: Classroom  
Meeting times and places: TBD  
Length and time of season: School year  
Description: Create/publish the yearbook

## FINE ARTS

### BAND - CONCERT

Advisor's Name: Phillip Richardson  
Where to locate advisor: MVHS - Band Room  
Meeting times and places: TBD  
Length and time of season: TBD  
Description: Concert Band is open to all students in grades 9-12. The group participates in at least two concerts per year. Membership by auditions or consent of instructor. Members may participate in all other band activities.

### BAND - JAZZ

Advisor's Name: Phillip Richardson  
Where to locate advisor: MVHS - Band Room  
Meeting times and places: TBD  
Length and time of season: TBD  
Description: Twenty member select ensemble that performs primarily big band jazz.

### BAND - PEP

Advisor's Name: Phillip Richardson  
Where to locate advisor: MVHS - Band Room  
Meeting times and places: TBD  
Length and time of season: TBD  
Description: The pep band performs at home football, basketball, hockey, and soccer games. Enrollment in one of the bands is required.

#### BAND - VARSITY

Advisor's Name: Phillip Richardson  
Where to locate advisor: MVHS - Band Room  
Meeting times and places: TBD  
Length and time of season: TBD  
Description: The pep band performs at home football, basketball, hockey, and Varsity Band is open to students in grades 9-12 with previous experience. Students give at least two concerts per year and may participate in all other band activities.

#### CHOIR - CONCERT

Advisor's Name: Erik Espe  
Where to locate advisor: MVHS - Choir Room  
Meeting times and places: TBD  
Length and time of season: TBD  
Description: Concert Choir is for Mounds View's most advanced singers. Concert Choir personnel are chosen through auditions in the spring. These students also practice vocal exercises and sight reading skills. Major concerts take place in December, March, and May. This choir competes in music contests and takes an annual choir tour.

#### ORCHESTRA

Advisor's Name: John Madura  
Where to locate advisor: MVHS – Orchestra Room  
Meeting times and places: TBD  
Length and time of season: TBD  
Description: The Mounds View orchestra provides students with the opportunity to learn and perform orchestral literature from all periods of music history. Three major concerts and festivals are scheduled throughout the school year. In addition, opportunities for solo performances are available and can be arranged.

### **ADAPTED ATHLETICS**

Mounds View Public Schools participates in the Metro Adapted Athletics Association sanctioned by the Minnesota State High School League. Students who qualify compete in one of two divisions. The PI Division is for students with physical impairments and the CI Division is for students with cognitive impairments. The coed teams participate in Indoor Soccer (Fall), Floor Hockey (Winter) and Indoor Softball (Spring). The "RAMS" are comprised by Student Athletes grades 7-12 from Irondale, Mounds View and Roseville High Schools and their corresponding middle schools. The teams practice at Highview Middle School and home games will be played at Highview Middle School for Soccer and Floor Hockey, while Softball will be played at Irondale H.S. More Information about Adapted Athletics and team schedules can be found at [www.mnadaptedathletics.com](http://www.mnadaptedathletics.com).

Lettering Criteria: Play in 1/3 of all varsity games, attend all practices unless excused by coach and demonstrate a positive "work ethic".

For More Information Contact: Rich Burke, Adapted Athletics Coordinator, 651-639-6020 ext. 3768 or richard.burke@moundviewschools.org.

## **ATHLETICS**

### **BASEBALL**

Coach's Name: Mark Downey  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school at baseball fields in Shoreview  
Length and time of season: March to June  
Cost: \$190.00 – 9-12  
Equipment required: Baseball glove, spikes, tennis shoes when inside, practice clothes/sweats  
Description: Baseball provides a full schedule of interscholastic competition at the sophomore, junior varsity and varsity level. Approximately 50 team members. Cuts are necessary. Open to grades 9-12

### **BASKETBALL, BOYS**

Coach's Name: Zig Kauls  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school/evenings in the gym  
Length and time of season: November to March  
Cost: \$230.00 – 10, 11, 12; \$200.00 – 9th  
Equipment required: Basketball shoes  
Description: Basketball provides a full schedule of interscholastic competition consisting of a varsity, junior varsity, sophomore and 9th grade teams. Approximately 45 members. Cuts are necessary. Open to grades 9-12.

### **BASKETBALL, GIRLS**

Coach's Name: Bill McKee  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school/evenings in the gym  
Length and time of season: November to March  
Cost: \$230.00 – 10, 11, 12  
\$200.00 – 9th  
Equipment required: Basketball shoes  
Description: Basketball provides a full schedule of interscholastic competition consisting of a varsity, junior varsity, sophomore and 9th grade teams. Approximately 45 members, cuts are necessary. Open to grades 9-12.

## CHEERLEADING

Coach's Name: Jae Cody, Emily Driscoll  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school - Chippewa Middle School/MVHS  
Length and time of season: Fall season - August to November  
Winter season - December to Mar  
Cost: \$190.00 – 9-12 per season  
Equipment required: Shoes  
Description: The purpose of cheerleading is to promote and uphold school spirit, to develop a sense of good sportsmanship among the students, and to build better relationships between schools during all athletic events. Tryouts for the fall and winter season are held in the spring. Cheerleaders are evaluated in six areas: jumps, gymnastics, cheer, dance, chants, and new cheer.

## CROSS COUNTRY RUNNING - BOYS

Coach's Name: Ross Fleming  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school at MVHS  
Length and time of season: August - November  
Cost: \$190.00—9-12  
Equipment required: Sweats and running shoes  
Description: Cross Country is open to grades 7-12. Boys run three miles during 10 meets against other schools - concludes with a state championship meet. Will work up to eight miles per day.

## CROSS COUNTRY RUNNING, GIRLS

Coach's Name: Tess Koepcke  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school at MVHS  
Length and time of season: August - November  
Cost: \$190.00 – 9-12  
Equipment required: Sweats and running shoes  
Description: Cross Country is open to grades 7-12. Girls run two miles during 10 meets against other schools - concludes with a state championship meet. Will work up to six miles per day.

#### DANCE TEAM - COMPETITION - WINTER

Coach's Name: Melissa Nicolas  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school - MVHS/Chippewa  
Length and time of season: October - February  
Cost: \$190.00 – 9-12  
Equipment required: Aerobic Shoes  
Description: Competition Dance is a Minnesota State High School League competitive activity and is open to grades 9-12. The dance team performs at various athletic events, competitions, and assemblies during the winter season. A full conference schedule of competitions are held, concluding with a state competition the middle of February. Girls are selected during try-outs in the spring for the following year.

#### FOOTBALL

Coach's Name: Jim Galvin  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school on the Football fields  
Length and time of season: August - November  
Cost: \$240.00 – 10, 11, 12; \$210.00 – 9th  
Equipment required: Football shoes and mouth guard  
Description: Open to grades 9-12. Football is a popular sport that involves a great deal of contact. It is a sport that involves much physical conditioning so the players can perform at their best. The sport emphasizes the team concept; every player must contribute to team unity in order for the team to be successful.

#### GOLF - BOYS

Coach's Name: Chris O'Connell  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: Varied  
Length and time of season: March - June  
Cost: \$190.00 – 9-12  
Equipment required: Proper attire, golf clubs, balls, bag  
Description: Golf is open to grades 7-12. Golf provides an opportunity to learn some of the basic skills in the game of golf. This is an excellent team and individual activity. Students must provide their own transportation to and from golf courses for home meets & practices. Cuts are necessary.

### GOLF - GIRLS

Coach's Name: Paul Bailey  
Where to locate advisor: MVHS - Activities office  
Meeting times and places: Varied  
Length and time of season: March - June  
Cost: \$190.00 – 9-12  
Equipment required: Proper attire, golf clubs, balls, bag  
Description: Golf is open to grades 7-12. Golf provides an opportunity to learn some of the basic skills in the game of golf. This is an excellent team and individual activity. Students must provide their own transportation to and from golf courses for home meets & practices. Cuts are necessary.

### GYMNASTICS

Coach's Name: Julie Coopet  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school and some evenings at Midwest Gymnastics  
Length and time of season: November - March  
Cost: \$190.00 – 9-12  
Equipment required: Workout clothes  
Description: Gymnastics is an interscholastic activity that is open to any girl at MVHS. The two teams, Varsity & Junior Varsity, have weekly competitions between other conference and non-conference schools. Gymnastics is open to grades 7-12.

### HOCKEY - BOYS

Coach's Name: Brad Schwartzbauer  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: Various arenas  
Length and time of season: November - March  
Cost: \$330.00 – 10, 11, 12; \$300.00 – 9th  
Equipment required: Skates, sticks, protective equipment and mouth guard  
Description: Hockey provides an opportunity for the highly-skilled athlete to enjoy the sport at a high level of competition. There are two levels of competition, Varsity and Junior Varsity. There are approximately 35 team members. Cuts are necessary. Open to grades 9-12.

#### HOCKEY - GIRLS

Coach's Name: Tom Foley  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: Various arenas  
Length and time of season: November - February  
Cost: \$330.00 – 10, 11, 12; \$300.00 – 9th  
Equipment required: Skates, sticks, protective equipment and mouth guard

Description: Hockey provides an opportunity for the highly-skilled athlete to enjoy the sport at a high level of competition. There are two levels of competition, Varsity and Junior Varsity. There are approximately 35 team members. Cuts are necessary. Open to grades 9-12.

#### LACROSSE—BOYS

Coach's Name: TBD  
Where to locate advisor: MVHS – Activities Office  
Meeting times and places: Varies  
Length and time of season: March – June  
Cost: \$190.00— 9-12  
Equipment required: Lacrosse stick, cleats, and goggles

Description: We welcome all interested players who are in reasonably good fitness and have at least basic lacrosse skills. Lacrosse offers appropriate playing opportunities for everyone. Workouts and conditioning are matched to each level of play. Open to grades 9-12.

#### LACROSSE – GIRLS

Coach's Name: TBD  
Where to locate advisor: MVHS – Activities Office  
Meeting times and places: Varies  
Length and time of season: March – June  
Cost: \$190.00—9-12  
Equipment required: Lacrosse stick, cleats, and goggles

Description: We welcome all interested players who are in reasonably good fitness and have at least basic lacrosse skills. Lacrosse offers appropriate playing opportunities for everyone. Workouts and conditioning are matched to each level of play. Open to grades 9-12.

#### ALPINE SKIING - BOYS & GIRLS

Coach's Name: Michael Auge  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: Varies  
Length and time of season: November - February  
Cost: \$190.00 – 9-12  
Equipment required: Skis, boots, poles, helmet and adequate clothing

Description: Alpine racing and general skiing occurs half of the time, competition with other schools occurs the other half. All those with any interest are encouraged to try out. Open to 7-12. Cuts are necessary.

#### NORDIC SKIING - BOYS & GIRLS

Coach's Name: John Swain  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school - various locations  
Length and time of season: November - February  
Cost: \$190.00 – 9-12  
Equipment required: Ski boots, racing ski and poles.

Description: Team members compete in conference and regional meets concluding with the state tournament. Since skiing is an individual sport, practices are designed so all ability levels will have training appropriate for them. Open to grades 7-12. Additional funds may be collected from participants to pay for transportation to parks for practices.

#### SOCCER - BOYS

Coach's Name: Joseph Voeller  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: Varies  
Length and time of season: August - November  
Cost: \$190.00 – 9-12  
Equipment required: Cleats and shin guards

Description: We welcome all interested players who are in reasonably good fitness and have at least basic soccer skills to try out. Cuts will be made. Four levels of play - 9th grade, Sophomore, Junior Varsity, and Varsity - offer appropriate playing opportunities for everyone. Workouts and conditioning are matched to each level of play. Open to grades 9-12.

### SOCCER - GIRLS

Coach's Name: Sharon Swallen  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: Varies  
Length and time of season: August - November  
Cost: \$190.00 – 9-12  
Equipment required: Soccer shoes and shin guards  
Description: We welcome all interested players who are in reasonably good fitness and have at least basic soccer skills to try out. Cuts will be made. Four levels of play - 9th grade, Sophomore, Junior Varsity, and Varsity - offer appropriate playing opportunities for everyone. Workouts and conditioning are matched to each level of play. Open to grades 9-12.

### SOFTBALL

Coach's Name: Frank Roth  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: After school - Rice Creek Pkwy's new complex  
Length and time of season: March - June  
Cost: \$190.00 – 9-12  
Equipment required: Softball glove, cleats, tennis shoes when inside, sweats, etc. for practice.  
Description: Softball played in high school is fast-pitch, which involves bunting, stealing bases, and emphasis on pitching. There are four levels of play - 9th Grade, Sophomore, Junior Varsity and Varsity. Open to grades 9-12.

### SWIMMING & DIVING - BOYS

Coach's Name: Stephan Brauer - swim, John Madura - diving  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: after school at Chippewa Pool; diving at Spring Lake Park  
Length and time of season: November - March  
Cost: \$190.00 – 9-12  
Equipment required: Goggles and practice suit  
Description: Mounds View High School has a long history of excellent swimmers and divers. We all work hard at our jobs so that we can be the best that we can be. We want people on our team who are willing to give up their afternoons to become a better person, team member, and swimmer. Open to grades 7-12.

#### SWIMMING & DIVING - GIRLS

Coach's Name: Luke Winskowski/Jonathan Muller - swim, John Madura - diving  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: after school at Chippewa Pool; diving at Spring Lake Park  
Length and time of season: August - November  
Cost: \$190.00 – 9-12  
Equipment required: Swimsuit, goggles, cap  
Description: The swimming program at MVHS takes athletes of all abilities. Any interested student is welcome to join. However this activity involves a significant time commitment which should be considered seriously. The team is limited to 42 members. Open to grades 7-12.

#### TENNIS - BOYS

Coach's Name: Mike Cartwright  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: various tennis courts  
Length and time of season: March - June  
Cost: \$190.00 – 9-12  
Equipment required: Tennis racquet and tennis shoes  
Description: Tennis provides instruction and competitive play at the Varsity and Junior Varsity levels. Varsity is composed of the top 10-15 players, Junior Varsity is composed of 20-25 underclassmen who are not on Varsity. The program is designed for intermediate and advanced players. Beginning players should get outside instruction and experience before coming out for tennis. Open to grades 7-12.

#### TENNIS - GIRLS

Coach's Name: Mike Cartwright  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: various tennis courts  
Length and time of season: August - October  
Cost: \$190.00 – 9-12  
Equipment required: Tennis racquet and tennis shoes  
Description: MVHS offers tennis to grades 7-12. The Varsity is a highly competitive group - one should have the knowledge of the sport and have experience. The Junior Varsity is where you learn tennis strategies and gain experience. We also have sophomore and 9th grade levels.

#### TRACK & FIELD- BOYS

Coach's Name: Ross Fleming  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: MVHS track  
Length and time of season: March - June  
Cost: \$190.00 – 9-12  
Equipment required: Sweats, running shoes  
Description: Anyone is welcome to take part in the track program at MVHS. If you enjoy running, jumping, throwing or vaulting feel free to become a member of the Mounds View Track and Field Program. Open to grades 7-12.

#### TRACK & FIELD - GIRLS

Coach's Name: Aaron Redman, Scott Ylkanen  
Where to locate advisor: MVHS - Athletic Office  
Meeting times and places: MVHS  
Length and time of season: March - June  
Cost: \$190.00 – 9-12  
Equipment required: Sweats and running shoes  
Description: Anyone is welcome to take part in the track program at MVHS. If you enjoy running, jumping, throwing or vaulting feel free to become a member of the Mounds View Track and Field Program. Open to grades 7-12.

#### VOLLEYBALL

Coach's Name: Tom Weko  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: MVHS - gyms  
Length and time of season: August - November  
Cost: \$190.00 – 9-12  
Equipment required: Volleyball shoes, knee pads  
Description: Volleyball is an increasingly popular sport for girls in Minnesota. It is a fun, yet very competitive sport to play. We have four high school levels of competition in our school. 9th Grade, usually tenth graders make up the B-squad, the Junior Varsity and Varsity teams consist mostly of 11th & 12th grade players. Girls are encouraged to try out for the various teams when the season starts in August. Open to grades 9-12. Cuts may be necessary.

## WRESTLING

Coach's Name: Dan Engebretsen  
Where to locate advisor: MVHS -Activities Office  
Meeting times and places: MVHS wrestling room  
Length and time of season: November - February  
Cost: \$190.00 – 9-12  
Equipment required: Wrestling shoes, regular gym clothes,  
mouth guards

Description: Wrestling is a test of mental and physical skills in competition with an opponent. There are three level of competition - Varsity, Junior Varsity and 9th grade. Wrestling is open to grades 7-12.

## WEIGHT TRAINING

Advisors' Names: Varies Per Season  
Where to locate advisor: MVHS - Activities Office  
Meeting times and places: Monday, Wednesday, Friday - after  
school  
Length and time of season: School year  
Cost: None  
Equipment required: Workout clothes, shoes

Description: The Strength and Conditioning Program provides our students with a supervised fitness program that is PRUDENT, PRODUCTIVE, PRACTICAL, PURPOSEFUL AND POPULAR. The purpose of the program is to provide the student/athlete with an opportunity to learn basic training skills/techniques in strength training and cardiovascular conditioning that will allow one to optimize their fullest physical potential. NO PRIOR TRAINING EXPERIENCE IS REQUIRED.

## **Mission Statement**

Mounds View District Co-Curricular Programs: Our mission is to pursue excellence through a broad range of activities that develop skills, build character, and foster a sense of belonging in a respectful learning environment.

### **Beliefs**

We believe:

- Athletics/activities are a part of our educational program.
- Athletics/activities must teach positive values.
- Participation is important.
- Athletics/activities provide opportunities for all students.
- Athletics provide students an appropriate place to develop and use athletic skills in a structured environment.
- Athletics enhance physical and mental well-being.
- Meaningful competition and performance is healthy.
- All students who are clearly progressing toward graduation, are studying to their ability, and demonstrate good citizenship are eligible to participate in high school activities.

### **MSHSL—The Value of Participation**

**THE MISSION** of the Minnesota State High School League is to provide educational opportunities through interscholastic athletic and fine arts programs for the 200,000 students who participate in them and to provide leadership and support for the 456 high schools that are members of the League.

Decades of research prove that students who participate in high school activities tend to have:

- higher grade-point averages
- better attendance
- lower dropout rates
- fewer discipline problems than non-participating students.

National studies repeatedly report that high school activities:

- build character
- increase self-confidence
- relieve tension

- support classroom learning by generating school pride, a sense of community, and by nurturing a feeling of belonging that makes students want to achieve.

These studies also show that students who participate in athletic and fine arts programs are more likely to:

- graduate from high school
- stay off drugs
- attend college
- avoid unwanted pregnancies.

Still, more statistics reveal that participation in activities encourages the aspirations of youth and provides young people with countless opportunities to develop leadership skills.

**A Minnesota study of more than 300 schools showed-**

- The average student had a grade-point average of 2.68 (on a 4.0 scale), but the grade-point average of student athletes was 2.84 and 2.98 for students involved in the fine arts—speech, drama, music, and debate.
- The average student was absent 8.76 days a year.
- Athletes were absent 7.44 days.
- Fine Arts participants were absent only 6.94 days a year.

**Sportsmanship**

The philosophy of the Mounds View Public School is to encourage the emotional, physical, and intellectual development of each student. The Mounds View Schools shall establish a comprehensive program of student activities. Student participation in a variety of activities should be encouraged. Each participant on an athletic team, dance team, or cheerleading squad must accept the responsibility of representing Mounds View High School in the best possible way personally, academically, and in a sportsmanlike manner. Each student is given an opportunity, if eligible, to try out for any team, or squad. Continued participation depends upon the coach's or advisor's perception of the individual's attitude toward the rules and regulations governing participation. Frequent displays of an uncooperative attitude, including unexcused absences from classes, practice, meets and contests, or displays of unsportsmanlike conduct may result in removal from the team, squad, or line. All rules and regulations of the Minnesota State High School League concerning academic eligibility, prohibitive use of drugs, tobacco are followed and enforced.

### **Guidelines For Student Activities**

We encourage our parents, participants and advisors/coaches to recognize that student activities require a spirit of cooperation and mutual understanding as well as an appreciation for the experience offered.

For these programs the following guidelines have been developed:

1. Be aware of the time demands and commitments of the activity and accept the responsibility for being prompt and in regular attendance at practices and performances.
2. Demonstrate a sincere interest and consistent effort to improve skills commensurate with ability.
3. Demonstrate an attitude of cooperation and concern for the total group or team.
4. Take proper care of and have respect for equipment and uniforms used in the activity.

### **Athletic/Activities Policies**

#### **Student Participation and Eligibility Requirements**

In order to participate in athletic activities the student must:

1. Have on file in the Activities Office the current Minnesota State High School eligibility form signed by both participant and his/her parent or guardian.
2. Have on file the Mounds View High School eligibility policy statement signed by parent and participant.
3. Have on file in the Activities Office a physical examination form signed by a physician within the last three years. **The physical needs to be current through the entire season you will be registering for.**
4. Pay appropriate fees in the Activities Office (check made payable to Mounds View High School.) When the student has turned in all completed forms and has paid the fee, he/she will be issued a permit (gold slip) allowing the student to begin practice.

Students should watch for announcements regarding registration times. The dates will be announced during morning announcements, run over the TV monitors in the classrooms, and will also be posted throughout the building. Registration will only take place during the announced times. We ask parents/guardians to encourage the students to register themselves before or after school to alleviate disruption during the school day.

#### **Academic Criteria**

An athlete will receive an academic letter (9.0) or better after completion of the first semester in high school. This is a cumulative GPA from the time they enter 9th grade.

### **Student Attendance Policies**

In order to participate in a practice, contest, or performance during a school day or during the evening of the school day, the student must be in attendance **ALL SIX (6) class periods** of the school day. Exceptions to this policy will be:

1. Administratively approved absence.
  2. Previous school permission to miss school, due to a school sponsored event (i.e. fieldtrip)
  3. Any absence due to a medical (doctor, dental, eye) must have a note from the medical office to participate for that day.
  4. Truancy -- There will be no participation in the next contest for full or half-day school truancy.
  5. Chronic lateness will be viewed as a truancy.
  6. **Four tardies in any one class will result in not participating in the given activity for that day (practice or game/meet).**
- ◆ Other exceptions to this policy shall be considered only upon the advice and consent of the High School Principal and the Activities Director.
  - ◆ Students suspended (whether in-school [MLC] or out of school) for any portion of a day or the entire day may **not** practice or compete that day.

### **Use of Equipment**

1. All uniforms, equipment, and supplies are the property of Mounds View High School and are to be checked out and in with the coach according to the schedule established by him/her and the coaching staff.
2. All students must submit a deposit check to secure the return of the equipment. The student must submit the check at the time of registration.
3. Athletes will be charged the replacement cost for articles lost or excessively worn or damaged.
4. Game and practice uniforms are to be worn for those purposes only and should not be worn for physical education uniforms or as attire.
5. No one will be allowed to commence practice in a sport until he/she is cleared by the Coach from his/her previous sport.
6. The student is allowed a grace period of two (2) weeks if he/she is unable to turn in the equipment on the scheduled "Team Turn-In Day". After that time, the check will be cashed.

## Equipment Deposit Fees 2009 - 2010

Baseball	\$100	Nordic Ski	\$100
Basketball	\$100	Soccer	\$100
Cheerleading	\$100	Softball	\$100
Cross Country	\$75	Swimming—Boys	N/A
Football	\$100	Tennis	N/A
Golf	\$100	Track	\$75
Gymnastics	N/A	Performance – Fall	N/A
Hockey	\$150	Dance Team - Winter	\$125
Lacrosse	N/A	Volleyball	\$100
Alpine Ski	N/A	Wrestling	\$75

\* These are deposit checks to secure the return of equipment. The **check** should be written to Mounds View High School and turned in at the time of registration. The check will be returned to the athlete when the equipment is turned back in. If the athlete is not able to attend the “Team Turn-In Day”, the athlete has two weeks to get the equipment turned in, after that time the check will be cashed. We will NOT accept cash for the equipment deposit.

## 2009-2010 Student Activity & Athletic Fees

◆ All checks should be made payable to: *Mounds View High School (MVHS)* and paid in the Activities Office. **The fee should NOT be given to the coach, advisor, or director.**

	Gr. 10-12	Gr. 9		Gr. 9-12
Baseball	\$190	\$190	Lacrosse	\$190
Basketball	\$220	\$190	Alpine Ski	\$190
Cheerleading	\$190	\$190	Nordic Ski	\$190
(each season)			Soccer	\$190
Cross Country	\$190	\$190	Softball	\$190
Danceline—Fall	\$100	\$100	Swim/Dive	\$190
Danceline – Winter	\$190	\$190	Tennis	\$190
Football	\$240	\$210	Track	\$190
Gymnastics	\$190	\$190	Volleyball	\$190
Golf	\$190	\$190	Wrestling	\$190
Hockey	\$330	\$300		

### **\*\*\*Fine Arts and Non-Athletic Fee - \$100 per activity**

- The maximum amount of co-curricular fees a family will pay is - **\$ 700.00** per school year. Please notify us at the time of registration that this is a family maximum for you. It is the responsibility of the parent or athlete to do so. Families are responsible for keeping track of fees spent toward the family maximum. Fees paid above and beyond the family max may NOT be refunded.
- Families on free or reduced lunches should speak with the Activities Office to have your fee waived.

#### **Refund Policy**

After the beginning of the season, the only reasons for refunding a participation fee will be:

1. Student decision to discontinue participation during the first week of practice.
2. Being cut from a team for reasons other than violation of training, team rules, MVHS rules, or MSHSL rules.
3. An injury occurring within the first half of the regular season which prevents further participation.
4. Once an athlete has played in one game/meet/match they shall NOT receive a refund.

**◆ To apply for a refund, the student should bring a note to the Activities Office, signed by the Coach or Advisor. After two weeks and/or one contest there will be NO refund.**

### **Student Code of Responsibilities**

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- 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.

A student whose character or conduct violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the principal.

## Scholastic Eligibility Requirements

Article I, Section 10, of the Minnesota State High School League states that in order to maintain scholastic eligibility a student is to be making satisfactory progress as defined by Mounds View administration and staff.

### Eligibility

Students must be making progress toward graduation to maintain eligibility.

<u>Credit Requirement Status</u>	<u>Category 1 Normal</u>	<u>Category 2 Warning</u>	<u>Category 3 Ineligible</u>
1 <sup>st</sup> Semester 9 <sup>th</sup>	2-3	1	.5
End of 9 <sup>th</sup>	5-6	4	3.5
1 <sup>st</sup> Semester 10 <sup>th</sup>	8-9	7	6.5
End of 10 <sup>th</sup>	11-12	10	9.5
1 <sup>st</sup> Semester 11 <sup>th</sup>	14-15	13	12.5
End of 11 <sup>th</sup>	17-18	16	15.5
1 <sup>st</sup> Semester 12 <sup>th</sup>	20-21	19	18.5

A student falling into Category 3 for the 1<sup>st</sup> time will be placed on probation. During the probation period, the student must be passing all current course work to remain eligible for extra-curricular activities. If the student is failing any course, he/she will lose eligibility immediately until enough course work is completed to move back to Category 1 or 2. Probation will not be carried into the next school year. Students on probation must earn enough credits during the current school year or over the summer to move back to Category 1 or 2. A review board will be set up to deal with any student who wishes to appeal this ruling. The appeal should be made in writing and shall be submitted to the Principal within 10 days of being declared ineligible.

- Credits are checked at the end of 1<sup>st</sup> semester and the end of the school year.
- Category 2 represents a minimum standard. Eligibility would be lost if a student in this Category fails another class during the school year.
- ***This policy applies to all extra-curricular activities (athletics, fine arts, clubs, etc.)***

### Special Education Students and Students Receiving Service Under Section 504

For special education students the Individualized Education Plan (IEP) will determine eligibility of the student.

### Transfer Students

Transfer students' eligibility will be determined by their placement in the appropriate grade and semester level upon entering Mounds View along with their calculated credits. They will then adhere to the same guidelines men-

tioned under Scholastic Eligibility. Prior to participation all work with the Student Service Office must be completed.

### **Monitoring Process**

The Deans and Activities Department will be jointly responsible to monitor student eligibility. Upon determination of scholastic ineligibility a notification form will be sent to parents/guardians of the student.

## **Participation Eligibility Requirements**

### **Participation Eligibility Requirements for Minnesota State High School League Interscholastic Athletics.**

All student athletes in interscholastic programs shall be notified of the following policies which shall be enforced:

1. Student athletes who violate school policy or otherwise engage in conduct detrimental to the team, school, or community shall be disciplined in an appropriate manner including possible suspension from the team.
2. Student athletes who violate Minnesota State High School League and/or the Mounds View District guidelines regarding chemical violations and penalties shall be disciplined in accordance with those guidelines regarding loss of participation.
3. Mounds View High School follows the guidelines set by the Minnesota State High School League as stated in the information bulletin under "Mood Altering Chemicals." In addition to these guidelines, Mounds View High School will include possession or consumption of any mood-altering chemicals as a violation. Mounds View penalties and recommendations supersede Minnesota State High School League Rules. The student athlete will meet with the Athletic Director before continued participation is allowed.

## **MIDDLE SCHOOL PARTICIPATION IN HIGH SCHOOL ATHLETIC TEAM COMPETITION**

In limited circumstances, middle school students will be allowed to try out for, and compete in, high school athletic programs. Middle school students will be eligible to try out for high school athletic sports if the following conditions are present:

1. The student must be in 7th or 8th grade.
2. The student must be achieving appropriate academic progress, adhering to school rules, and have regular attendance.
3. The student must be physically and emotionally capable of handling

high school competition. Permission must be obtained from the parents, coach, activities director, and middle school principal. The permission form will include a statement of potential issues relative to middle school student participation at the high school level.

4. No students in grades 9-12 may be cut in order to provide an opportunity for middle school participation.
5. Responsibility for integrating the student into the team should be shared between the coaches, activities director, student and parents. The number of eligible middle school students who participate on high school athletic teams will be determined by tryouts and coaches decision.
6. No middle school student shall get out of school early for practice. The only time a middle school student is to get out of school early is in the case of a game or competition.

## **CHEMICAL VIOLATIONS AND PENALTIES**

### **POLICIES GOVERNING CHEMICAL USE, HARASSMENT, AND HAZARDING FOR MINNESOTA STATE HIGH SCHOOL LEAGUE**

#### **Class 1 Activities, Athletics, Plus Activities That Have A Regular Schedule During Their Season (i.e. Mock Trial, Math Team, Marching Band, etc.)**

##### **1<sup>st</sup> VIOLATION**

After confirmation of the first violation, the student will lose eligibility for the next three consecutive interscholastic contests or three weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

Student will be referred to the school chemical education counselor.

Student will lose the right to be a captain in any activity for the school year. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

##### **2<sup>nd</sup> VIOLATION**

After confirmation of the second violation, the student will lose eligibility for the next nine (9) consecutive weeks of participation. No exception is permitted for a student who becomes a participant in a treatment program.

Student will be referred to the school chemical education counselor.

Student will lose the right to be a captain for his/her high school career. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

### **3<sup>rd</sup> VIOLATION**

After confirmation of the third or subsequent violations, the student will lose eligibility for the next twelve months. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on his/her own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in activities after a minimum of nine weeks. Such certification for reinstatement must be issued by the director or counselor of a dependency treatment center.

### **PRACTICE**

While serving any penalty, the student must follow team rules and regulations governing practice. If these rules and regulations are not followed, the penalty will not be considered served.

No student would be eligible for All Conference honors while serving a Minnesota State High School League violation.

Students may not cross over from Activity Class to Activity Class when serving penalties.

No program will use any other rules or regulations governing chemical use, harassment, or hazing other than those outlined above.

Under this policy, in order for a penalty to be considered satisfied, the student must complete the entire season of the next activity in which he/she participates. If a student fails to participate for the entire season, his/her penalty will not be considered served and must be served in its entirety in any subsequent activity in which the student participates.

\*Penalties incurred under this policy will be cumulative beginning with the student's first participation in a Minnesota State High School League sponsored activity or Mounds View School District co-curricular activity and will continue throughout the student's high school career, including when school is not in session.

# **Class 2 Activities Plus Activities That Do Not Have A Regular Sched-**

ule During Their Season (i.e. Fall Play, Student Council, etc.)

## 1<sup>st</sup> VIOLATION

After confirmation of the first violation, the student will lose eligibility for a period of time as determined by the School Principal acting on the authority of the School Board. It is understood the penalty

may be as severe as those outlined under Class 1 activities.

Student will be referred to the school chemical education counselor.

## 2<sup>nd</sup> VIOLATION

After confirmation of the second violation, the student will lose eligibility for a period of time as determined by the

School Principal acting on the authority of the School Board. It is understood the penalty may be as severe as those outlined under Class 1 activities.

Student will be referred to the school chemical education counselor.

3<sup>rd</sup> VIOLATION

After confirmation of the third or subsequent violations, the student will lose eligibility for the next twelve months. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on his/her own volition becomes a participant in a chemical dependency program or treatment pro-

gram, then the student may be certified for reinstatement in activities after a minimum of nine weeks. Such certification must be issued by the director or counselor of a dependency treatment center.

## PRACTICE

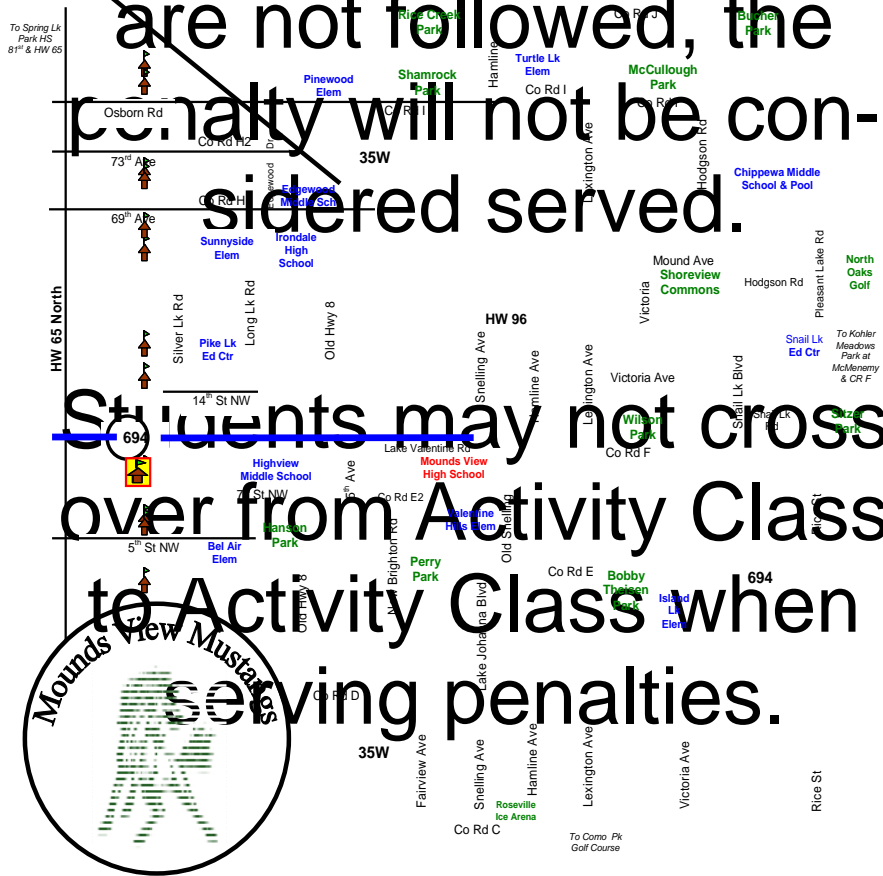
While serving any penalty, the student must follow rules and regula-

tions governing practice

Mounds View High School  
1900 Lake Valentine Road  
St. Paul, MN 55112-2899  
Phone: (651) 621-7121  
Fax: (651) 621-7287

rules and regulations

are not followed, the  
penalty will not be con-  
sidered served.



Students may not cross  
over from Activity Class  
to Activity Class when  
serving penalties.

No program will use  
any other rules or regu-  
lations governing

Activities Director: Bob Madison  
(651) 621-7121

chemical use, harassment, or hazing other than those outlined above.

Class 2 Activities Plus Activities That Do Not Have A Regular Schedule During Their Season (i.e. Fall Play, Student Council, etc.)

**Participation Eligibility Requirements for Competitive Enrichment Activities and Non-Competitive Enrichment Activities**

Competitive enrichment activities include, but are not limited to the following: Debate, Speech, One-Act Play, Band, Choir, Orchestra, all special instrumental and vocal music, ensembles, Odyssey of the Mind, Quiz Bowl, Mock Trial, Math League, Chess League.

Non-competitive enrichment activities include, but are not limited to the following:

Musical, Fall Play, Winter Play, Pit Orchestra, Production Technical Crews, Technical Crews, Yearbook, Newspaper.

All student enrichment participation is dependent upon Minnesota State High School League Fine Arts Eligibility Information and Mounds View Public Eligibility Policies.

1. Student enrichment participants who violate school policy or otherwise engage in conduct detrimental to the activity, school, or community shall be disciplined in an appropriate manner including possible suspension from the activity. It is the student's responsibility to review school policies which are available through each activity's teacher and/or advisor. Conduct which shall be deemed detrimental to the activity, school, or community shall include, without limitation, violations of the laws of the State of Minnesota.

2. Student enrichment participants who violate the Minnesota State High School League and/or the Mounds View School District guidelines regarding chemical violations and penalties shall be disciplined in accordance with those guidelines regarding loss of participation.

## **BUILDING HOURS**

### **School year**

Monday - Friday: 6AM - 9PM

Saturday: 7:00 AM - 2:00PM

Sunday: closed

### **Summer**

Monday - Friday: 7AM - 5P

Saturday - Sunday: closed

- All Holidays: Closed
- The building is also closed for extended periods of time over Christmas Break and Spring Break.
- **Note:** Evening hours may vary depending on events held at the school.

## **TRAINING ROOM**

Mounds View High School contracts an Athletic Trainer during the school year. The Athletic Trainer's hours vary and are posted on the Training Room door. To leave a message for the trainer call 651-621-7253.

## **LETTERING CRITERIA**

Lettering criteria is unique to each activity. Please communicate with your coach/advisor if you need more information.

## **ACADEMIC LETTERING CRITERIA**

Academic Certificates are given to student athletes who have completed a semester in grades 9-12. The certificate is given to an athlete who has a GPA of 9.0 or better. This certificate is not to be confused with the "Academic Letter" certificate given by the Principal's office which has a GPA of 11.0.

## **TWO (2) SPORTS - SAME SEASON**

An athlete may compete in two (2) high school sports during the same season. The athlete must:

1. Obtain consent from **BOTH** coaches.
2. Obtain consent from the Athletic Director.
3. Pay the full activity fee of the most expensive participation fee and ½ of the other fee.

## **PARKING PERMITS**

A limited amount of parking permits are reserved for students in activities. Notices are given to the coach/advisor at the beginning of a season with selected numbers of permits. Students sign up for a permit with their coach/advisor. A fee is determined each year and each **season** for the permit. The student may use the permit for the length of the activity season.

Parking Permit fees are: Fall - \$75.00; Winter - \$85.00; Spring - \$65.00. A student may **NOT** be on two permits (sport and semester) at the same time.

## **COMMUNICATION**

### **Procedure for handling complaints**

This procedure has been developed for the purposes of establishing and maintaining the lines of communication between the school, parents/guardians and the student for the resolution of concerns related to co-curricular activities. This procedure is a means by which concerns/problems can be resolved.

In order to maintain a positive atmosphere and assure that the proper channels of communication will not be circumvented, a procedure has been outlined for the use of the student, parent/guardian, coach/advisor, and administrators. All participants should adhere to the guidelines as listed below.

**Note:** This process is not intended to provide grievance of a rule(s) of the Minnesota State High School League. There is a separate process established by the MSHSL. Please ask the Activities Office if you would like a copy of the MSHSL grievance policy.

#### **STEP 1:**

If a student and or parent/guardian has a concern about a program, decision, and/or coach, they should:

- A. Schedule a meeting to speak personally with the coach/advisor regarding the incident, decision, action that is under question at a time convenient to both parties (preferably within one week) with the intent to solve the problem. This should not be done immediately after a contest or practice. (If the problem involves an assistant coach, the head coach should be involved in the meeting.) The student should also attend this meeting.
- B. Parents/students are to address themselves to problems/concerns related to themselves only. In order to be in compliance with the "Privacy in Information Act," problems/concerns related to other students are not to be discussed.
- C. If requested, the coach/advisor will complete a written summary of the conference which will include any resolutions/decisions reached in the conference. The coach/advisor gives/mails a copy of the summary to all participants in the conference within ten (10) school days and will forward a copy to the Activities Director.

#### **STEP 2**

If either party has not been satisfied by the proposed resolution of the problem during Step 1, they should request a continuation by contacting the Activities Director and following A, B, and C from above.

#### **STEP 3**

If either party has not been satisfied by the proposed resolution of the problem during Step 1 or 2, they should request a continuation by contacting the Principal and following A, B, and C from above.

## TRANSPORTATION

There will be times that transportation will not be provided to practices or contests. The student will be given a form from the coach/advisor to bring home for authorization. The form will be kept on file in the Activities Office.

When transportation is provided by the school district, it is expected that the students will ride the bus **to and from** the event. This is a great opportunity for the team to bond together. If a situation arises, the student may be released to his/her parent or guardian. The parent/guardian must check out with the coach/advisor and sign their child out (a signature is required). **UNDER NO CIRCUMSTANCES WILL A COACH/ADVISOR RELEASE A STUDENT TO SOMEONE OTHER THAN HIS/HER PARENTS OR GUARDIANS.** The only way a student would be released to someone else is for an extreme situation that must be stated on the Release Form that can be picked up in the Activities Office. The form must be on file in the Activities Office 2 days prior to the request.

## NCAA ELIGIBILITY REQUIREMENTS

The National Collegiate Athletic Association regulations regarding college freshman eligibility to participate and compete in athletics at any Division I or II college or university are

as follows:

1. Graduate from high school.
2. Have a minimum combined test score and grade point average as determined by NCAA (see eligibility requirements [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)).

# 3. File an NCAA Clearinghouse Initial Eligibility form online.

## **MOUNDS VIEW HIGH SCHOOL SITE/FIELD LOCATIONS - HOME 2009—2010**

Cross Country-Running	All levels	MVHS
Football-Varsity	All levels	MVHS
Boys & Girls Soccer	Varsity	MVHS
Girls Swimming	All levels	Chippewa MS
Diving	All levels	Spring Lake Park High School Pool
Girls Tennis	All levels	MVHS
Volleyball	All levels	MVHS
Boys Basketball	All levels	MVHS
Girls Basketball	All levels	MVHS
Gymnastics	All levels	All Away
Boys Hockey	All levels	Shoreview Arena

Girls Hockey	All levels	NSC - Blaine
Alpine Skiing	All levels	various
Nordic Skiing	All levels	various
Boys Swimming	All levels	Chippewa MS
Diving	All levels	Spring Lake Park High School Pool
Wrestling	All levels	MVHS
Baseball	Varsity & JV	MVHS
	Soph. & 9th	McCullough Park
Boys & Girls Golf	All levels	various
Boys & Girls Lacrosse	All levels	MVHS
Softball	Varsity, JV, SO, 9th	Rice Creek Park
Boys Tennis	Varsity & JV	MVHS
Boys & Girls Track	All levels	MVHS

### **Directions To/From Mounds View High School**

**1900 Lake Valentine Road  
Arden Hills MN 55112  
Phone: (651) 621-7122**

#### **Aldrich Arena**

1850 White Bear Avenue  
Hwy 694 to White Bear Avenue exit, turn right on White Bear Avenue  
approximately 2 miles to Aldrich Arena located on east side.

#### **Andover High School**

**Eric Lehtola, Activities Director  
763-506-8420**

14800 Crosstown Boulevard, Andover, MN 55304  
Hwy 35W take the Hwy 10 exit, go west on Hwy 10 to Hanson Boulevard  
(in Coon Rapids), turn right on Hanson Blvd., go approximately 4 miles to  
Andover Boulevard, turn left on Andover Blvd. to the stop sign (this  
Crosstown Boulevard), turn right onto Crosstown Boulevard to the school  
on the left.

#### **Anoka High School**

**John Baufield, Activities Director  
763-506-6223**

3939 7<sup>th</sup> Avenue North, Anoka MN 55303

From Hwy 35W take the Hwy 10 exit, go west on Hwy 10 to 7<sup>th</sup> Avenue in Anoka, turn right on 7<sup>th</sup> Avenue, go approximately 10-12 blocks, the high school is on your left. (Football is played at Goodrich Field)

**Apple Valley High School**                      **Scott Larson, Activities Director**  
**952-431-8205**

14450 Hayes Rd., Apple Valley, MN 55124  
35W South, Exit at Co. Rd. 42; Go East to Hayes Rd, then North to AVHS.

**Pool is at Valley Middle School**                      **952-431-8300**  
900 Garden View Dr.  
35W South to Co. Rd. 42. Left on 42 to Garden View Dr.; Go South (right). School is on right

**Arlington High School – St. Paul**                      **Nancy Galligan, Activities Director**  
**651-487-7304**

1495 Rice St.  
Hwy 36 East to Rice St.; South on Rice. (just past Larpenteur Ave)

**Benilde-St. Margaret's**                      **Jerry Pettinger, Activities Director**  
**952-915-4346**

Hwy 100 South to Minnetonka Blvd., exit, cross over and get back on 100 going North, exit right On Cedar Lake Rd., turn right on 251, turn right on 2<sup>nd</sup> St.; School on left.

**Bielkeberg Ice Arena**                      **651-458-3301**

4125 Tower Drive, Woodbury, MN 55125  
694 East to 35E, go South on 35E to 494, go East on 494 to Lake Road, go to Radio Drive, turn South on Radio Drive to Bailey Road. Radio Drive turns into Tower Drive. The Sports Center is on the SE Corner. Entrance is on the left side of the road.

**Blaine High School**                      **Neil Fletcher, Activities Director**  
**763-506-6528**

12555 University Avenue NE, Blaine MN 55434  
Take Hwy 10 west to Hwy 65, turn right and go north on 65 to Hwy 242, turn left on 242 about 1 mile to University Avenue. The High School is on the right.

**Pool is at Northdale Middle School**  
11301 Dogwood St., Coon Rapids, MN 55433

**Bloomington Jefferson High School**                      **Ted Schultz, Activities Director**  
**952-681-6409**

4001 West 102<sup>nd</sup> St., Bloomington, MN 55431  
35W South, exit at 98<sup>th</sup> St., Go right (west) on 98<sup>th</sup> to France Ave., Left

on France to 102<sup>nd</sup>. School is at intersection of France and 102<sup>nd</sup>.

**Brooklyn Center High School**                      **Nate Gautsch, Activities Director**  
**763-561-2120 x 2100**  
6500 Humboldt Avenue North, Brooklyn Center, MN 55430  
694 W to Shingle Creek Drive, North to Freeway Boulevard, east to Humboldt Avenue, the school is on the north.

**Brooklyn Park Arena**  
694 to North 252 to 85th Avenue Wes, go 1.5 miles, arenas on the right.

**Burnsville High School**                      **Scott Garvis, Activities Director**  
**952-707-2111**  
600 E Hwy 13, Burnsville, MN 55337  
35W South, Exit Hwy 13 East .School is at corner of Hwy 13 & Portland.

**Cambridge High School**                      **Mark Solberg, Athletic Director**  
**763-689-6011**  
430 8<sup>th</sup> Avenue NW, Cambridge, MN 55008  
Take Hwy 65 and go North to Hwy 95, turn left on Hwy 95 to 8<sup>th</sup> Avenue, turn right on 8<sup>th</sup> Avenue to the school.

**Centennial High School**                      **Brian Hegseth, Activities Director**  
**763-792-5017**  
4707 North Road, Circle Pines, MN 55014  
Take 35 W North to Lexington Ave. exit, turn right (east) on Lexington two blocks to North Rd., turn left on North Rd., high school is on your left.

**Champlin Park High School**                      **Matt Mattson, Activities Director**  
**763-506-6821**  
6025 109<sup>th</sup> Avenue North, Champlin Park MN 55316  
From Mounds View: Going West on 694 take the Hwy 81 exit, turn right on 81 to Hwy 169, turn right on 169 to 109<sup>th</sup> Avenue, turn right on 109 approximately 2 miles. The high school will be on your right.

**Chaska High School**                      **Dick Unger, Activities Director**  
**952-556-7135**  
545 Pioneer Trail, Chaska, MN 55318  
694 West to 494. South on 494 to Hwy 5. West on Hwy 5 to Hwy 41.  
Go left (south) on 41 to Pioneer Trail. School will be on the right in 1 mile.

**Coon Rapids High School**                      **Kelley Scott, Activities Director**



**952-975-8100**

17185 Valley View Rd, Eden Prairie, MN 55346  
694 West to 494 South to Hwy 5 West to Eden Prairie Rd. Right on Eden Prairie Rd (County Rd 4). Left on Valley View Rd. High School is just past the Community Center. Right at stop sign.

**Edina High School**

**Jenny Johnson, Activities Director**  
**952-848-3817**

6754 Valley View Rd, Edina, MN 55439  
35W South to 62 West to Tracy, Right on Tracy—top of hill (6 blocks). 3 way stop—go Right and School is on right.

**Elk River High School**

**John Barth, Activities Director**  
**763-241-3429**

900 School Street, Elk River MN 55330  
From 35W & Hwy 10 go west on Hwy 10, stay on Hwy 10, this will take you t through Anoka and to Elk River, take Hwy 169 North exit in Elk River, go approximately 1.5 miles to School Street, turn left onto School Street about 8 blocks. The high school in on your right.

**Elk River Country Club**

35W North to Hwy 10 West, stay on Hwy 10 until you get to Elk River, turn right on Proctor Avenue (Street), stay on Proctor, where the road forms a “Y” stay to the left. Follow this to the Country Club.

**Forest Lake High School**

**Joel Olson, Athletic Director**  
**651-982-8411**

6101 Scandia Trail North, Forest Lake, MN 55025  
Go North on 35W to the Lake Drive (Hwy 97) exit in Forest Lake, turn right on Lake Drive two to three miles until you come to a set of stop lights, Forest Lake High School is directly in front of you.

**Forest Lake Century Junior High**

**Sheri Alm, Act. Dir.**  
**651-982-3007**

21395 Goodview Avenue North, Forest Lake, MN 55025  
Go North on 35W to the Lake Drive (Hwy 97) exit, turn right on Lake Drive two to three miles until you come to a set of stop lights, the Junior High School is on the left across from Forest Lake High School.

**Forest Lake Columbus Elementary School**

17345 Notredame Street, Forest Lake, MN 55025  
Go north on 35W to the Broadway Street exit in Forest Lake, turn left (west) and go approximately three miles out of town to the 2<sup>nd</sup> cross street, Crossroads Covenant Church will be on the left, Columbus Elementary School is directly behind the church.

**Forest Lake—Schumacher Field**

Going North on Hwy 35W take the 2<sup>nd</sup> (Broadway Avenue) Exit in Forest



2400 Lindbergh Dr, Minnetonka, MN 55305  
694 West to 169 South to Cedar Lake Rd. Left (west) on Cedar Lake. ½ mile to Lindbergh Dr. Go Right and school is on left.

**Irondale High School** **Ron Broberg, Activities Director**  
**651-621-6821**

2425 Long Lake Road, New Brighton, MN 55112  
From Hwy 694 take the Long Lake Road exit, go North on Long Lake Road, the school is on your right.

**Edgewood Middle School**

From the High School go west on Lake Valentine Road to Old Hwy 8, turn right and go north until you come to a T, turn left at the T and go approximately 2 –3 blocks, the school is on your right.

**Silverview Fields**

From Anoka County Hwy 10 & 35W, go west on Anoka County Hwy 10 to County Rd I, Turn left on County Rd I. The fields are on your left.

**Lakeville North High School** **Byron Olson, Activities Director**  
**952-232-3621**

19600 Ipava Avenue West, Lakeville, MN 55044  
Go South on 35W to Hwy 50, turn left and go approximately 3 miles, turn left on Ipava to the school.

**Lakeville South High School** **Neil Strader, Activities Director**  
**952-232-3321 or 3320**

21135 Jacquard Avenue, Lakeville, MN 55044  
Go South on 35W, exit at County Highway 70. Go east on Hwy 70, and turn left (north) on Jacquard Avenue. The school is on the left side of Jacquard Avenue.

**Mahtomedi High School** **Jeff Whisler, Activities Director**  
**651-407-2119**

8000 75<sup>th</sup> St. N, Mahtomedi, MN 55115  
Hwy 36 East to Hilton Trail. Go left. Next stoplight take a right. School on left.

**Hockey - St. Croix Valley Arena** (see Stillwater for directions)

**Maple Grove High School** **Ron Zopfi, Athletic Director**  
**763-391-8730**

9800 Fernbrook Lane North, Maple Grove, MN 55369  
Going west on Hwy 694 keep following 694 as it goes into Hwy 94 toward St. Cloud, take the 95th Ave. North exit, turn right on 95th Ave. to Fernbrook Drive, turn left on Fernbrook Drive 5 blocks, the school is on your right.

**Miller Stadium (Stillwater Junior High School)**

523 West Marsh Street, Stillwater, MN 55082

Taking Hwy 36 to Greeley Street, left on Greeley Street to Churchill Street, right on Churchill Street to Holcombe Street, right on Holcombe Street 2 blocks to the parking lot.

**Minnetonka High School**

**Paul Twenge, Activities Director**

**952-401-5902**

18301 Hwy 7, Minnetonka, MN 55345

694 West to 494 South to Hwy 7. Go West to Hwy 101. Left on 101 to Excelsior Blvd., Right on Excelsior. Left on Frontage Rd to school.

**MOUNDS VIEW HIGH SCHOOL**

**Robert Madison, Activities Director**

**651-621-7121**

**From the North:**

Take 35W South to Hwy 96, turn right on 96 one block to Old Hwy 8, left on Old Hwy 8 approximately 10 blocks (this will bring you over Hwy 694), turn left on 10th Street (first set of lights after Hwy 694) approximately 6 blocks (this will bring you over Hwy 35W), Mounds View High School is the first building on the right after you cross over 35W.

**From the South:**

Take 35W North to County Road E-2, turn right on E-2 to the "T", turn left at the "T" one block to Lake Valentine Road, turn left on Lake Valentine Road approximately five (5) blocks. Mounds View High School is on the left.

**From the West:**

Take Hwy 694 east to the Long Lake Road exit, up the ramp turn right (this is 10th Street), go approximately 1.25 miles (this will take you over 35W). Mounds View High School is the first building on the right after you cross over 35W.

**From the East:**

Going west on 694 take the Long Lake Road exit, up the ramp turn left (this is 10th Street), go approximately 1.25 miles (stay on 10th Street - this will take you over 35W). Mounds View High School is the first building on the right after you cross over 35W.

**Battle Creek Park**

Go east on Hwy 94, take McKnight Road south, McKnight splits the park. Lower Afton Road east takes you to part of the park and Upper Afton Road takes you to the alpine and Nordic trails. They are on the south side of the road.

**Bethel College**

3900 Bethel Drive, Arden Hills, MN 55112

**Bobby Theisen Park**

From Mounds View: Go east on Hwy 694 to Lexington Ave., turn right (south) to County Rd E, turn left, Bobby Theisen Park is on the right.

**Chippewa Middle School - POOL**

From Mounds View: Go east on 694 to Rice Street, go north on Rice Street to Hodgson Road, stay on Hodgson Road (approx. one mile), the school and pool will be on your right.

**Kohler Meadows Park – Vadnais Heights**

From Mounds View take Hwy 96 east to McMenemy, turn right and go South on McMenemy to County Road F. The fields and tennis courts are located on the Northeast corner of County Road F and McMenemy.

**McCullough Park**

From Mounds View go east on Hwy 694 to Lexington Avenue, go left (north) on Lexington to County Road I, turn right on County Road I, go approximately two blocks, the fields are on your left.

**Midway Stadium**

35W to Hwy 36, go east on 36 to Snelling Avenue, turn right and go south on Snelling Avenue to Energy Parkway, turn right on Energy Parkway, the stadium is on the right.

**Midwest Gymnastics**

3225 Country Drive, Suite 100, Little Canada, MN 55117

**Mark Toensing**

**651-482-9616**

**National Sports Center**

1700 105th Avenue NE, Blaine, MN 55434

From Hwy #65 go north to 105th Avenue, turn right on 105th, the Na-

**763-785-5600**

tional Sports Center is on the right.

**Rice Creek Park**

Going North on 35W from Mounds View High School take the County J (85th Street) exit, turn right on County J to the 1st right, go about 3three blocks, the fields are on your left.

**North Oaks Golf Course**

Go east on 694 to Rice Street, go north on Rice Street to East Pleasant Lake Road, turn right to North Oaks Golf Course

**North Oaks Soccer Fields**

Two (2) blocks east of Hodgson Road on Hwy 96. On the North side of Hwy 96.

**Shoreview Commons**

From Mounds View: Go east on Hwy 694 to Lexington Ave, go North on Lexington to Hwy 96, turn right on 96, the commons will be on your left

**North High School – St. Paul**

**Jed Helwig, Activities Director  
651-748-6022**

2416 E 12th St, N. St. Paul, MN  
694 East to Hwy 120 (Century Ave). Go South to 36. Right (west) and go to stop light (big snowman intersection on Margaret. Go right about 1 block and take a left to the school.

**Osseo High School**

**Adam Holm, Activities Director  
763-391-8602**

317 2nd Avenue NW, Osseo, MN 55369  
Go west on Hwy 694 to Hwy 81 North, take Hwy 81to Hwy 169, turn right on Hwy 169 to County Road 30 (also know as 93rd Avenue), turn left on County Rd 30 to 2nd or 3rd Avenue, go left and you will run into the parking lot.

**Park High School - Cottage Grove**

**Phil Kuemmel, Activities Director  
651-768-5721**

7950 80<sup>th</sup> Street South, Cottage Grove, MN 55016  
Go east on Hwy 694 to 35E (S) to 94E, go south on Hwy 61 (toward Hastings through Newport & St. Paul Park) to 80<sup>th</sup> Street, go left off the exit. The high school is on the left.

**Cottage Grove Ice Arena**

8020 South 80th Street, Cottage Grove, MN 55016

Located west of Park High School

**Cottage Grove Junior High**

**Dale Wolpers, Assistant Principal**

**651-768-680**

9775 Indian Blvd., Cottage Grove, MN 55016

Hwy 494 to Hwy 61 South to 80th Street. Go east on 80th (left) to County Road 19 (Keats Avenue). Go left to Indian Boulevard. Go left on Indian Blvd. School is on the left.

**Oltman Junior High**

**Todd Herber, Assistant Principal**

**651-768-3504**

Hwy 494 to Hwy 61 South to 70th Street/St. Paul Park Road exit. Turn right. Follow to 4-way stop sign (Broadway). Go right. Go to the next 4-way stop (flashing red light) - go left onto 3<sup>rd</sup> Street. Go approximately 4 blocks to junior high located on left hand side. Gym entrance is on south end of building.

**Park Center High**

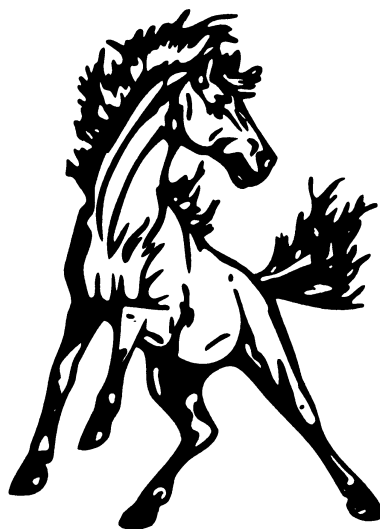
7300 Brooklyn  
Take Hwy 69  
go approx. 1 r

**Robbinsdale Arm**

10635 36<sup>th</sup> Av  
694 West to H  
will be a sign

**Robbinsdale -Coc**

8230 47<sup>th</sup> Ave  
694 West to H  
Avenue, proceed  
left on 47<sup>th</sup> to



**; Athletic Director**

**763-569-7655**

3  
it on Brooklyn Blvd,

**Activities Director**

**763-564-8818**

1-1/2 miles. There  
school.

**Activities Director**

**763-504-8518**

Rockford Rd) to 42<sup>nd</sup>  
Winnetka to 47<sup>th</sup> turn

**Rockford High School**

**Michael Tauber, Activities Director**

**763-477-7554 x 3011**

7600 Country Road 50, Rockford, MN 55373

Go West on 694 to South 494, go West on Hwy 55 (approx. 15 miles) to the first stop light (92 or Dogwood), turn right on Dogwood two blocks to the T, go straight through the T, this is the entry to the high school.

**Rosemount High School**

**Michael Manning, Activities Director**

**651-423-7507**

3335 142<sup>nd</sup> St. W., Rosemount, MN 55068  
35W South to Crosstown Hwy 72. Go East to 77 (Cedar Ave), Go South  
on 77 to Co. Rd. 42. Go East on 42 to Hwy 3. Go Left (north). Travel on  
Hwy 3 through the city. The school is after the town on the  
left side of the road.



**Roseville High School**

**Scott Allen, Athletic Director**  
**651-604-1475**

1261 West Hwy 36, Roseville, MN 55113  
Go east on Hwy 694 to Lexington Avenue, South on Lexington to County  
Road B2, right on B2, the school is on the left.

**Central Park – Victoria Fields**

Hwy 36 & Lexington Avenue  
Hwy 694 East to Lexington, South on Lexington to Cty Rd B-2 (east) to  
Victoria Street, North (left) to fields on the right.

**Fairview Community Center**

1910 County Rd. B W, Roseville, MN 55113  
Go east on Hwy 36 to Fairview Avenue, go past Fairview to County. Rd.  
B, fields are on right of Fairview behind building.

**Roseville High School (cont.)**

**Scott Allen, Athletic Director**  
**651-604-1475**

**Parkview Center School Pool**

701 West Country Road B, Roseville, MN 55113  
Hwy 36 to Dale Street, South to County Road B, west to entrance.



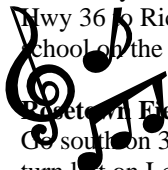
**Roseville Ice Arena**

2661 Civic Center Dr., Roseville, MN 55113  
Go east on Hwy 694 to Hamline Avenue, go south on Hamline Avenue to  
Cty Rd C, turn left on Cty Rd C, Roseville Ice Arena is on your left.

**Roseville Area Middle School**

**Mike Holmes, Activities Director**  
**651-482-5290**

15 County Rd. B2 E., Little Canada, MN 55117  
Hwy 36 to Rice Street, North to Cty Road B-2, East one block to the  
school on the left.



**Weston Field (Legion Field)**

Go south on 35W to Hwy 36, go east on Hwy 36 to Lexington Avenue,  
turn left on Lexington to Cty Rd C, turn right on Cty Rd C to Dale Street,  
turn right on Dale Street, down the hill, turn right into soccer fields park-  
ing lot, baseball fields are straight behind parking lot.