

# 2024- 2025 Co-curricular Meeting

Shiocton School District



# Principal and Athletic Director

Principal Nick Ortlieb

- [nortlieb@shiocton.k12.wi.us](mailto:nortlieb@shiocton.k12.wi.us)
- (920) 986-3351 x751

AD Dom Gunderson

- [dgunderson@shiocton.k12.wi.us](mailto:dgunderson@shiocton.k12.wi.us)
- (920) 986-3351 x731

# Meeting Agenda

- ▶ Go over common questions and need-to-know information
- ▶ Review points of interest of the Co-curricular Code
- ▶ Paperwork
- ▶ Strength and Conditioning at Shiocton
- ▶ Athletic Training at Shiocton
- ▶ How to improve your athletic performance
  - ▶ Charles LaTorre

# Code Highlights:

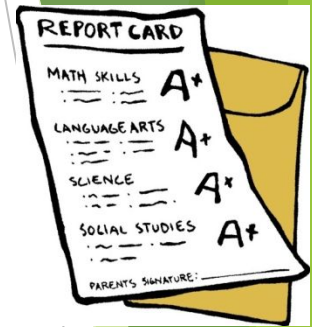
## What you need to know

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# Academics

- ▶ Grades are evaluated every 4 ½ weeks.
- ▶ If a student receives a deficiency slip indicating failure, he/she will be ineligible.
  - ▶ High School - 4 ½ weeks
  - ▶ Middle School - Evaluations will take place at the end of quarters and mid-quarters. Periods of ineligibility will be ¼ of the current/upcoming season, followed by ½ of the current/upcoming season if additional violation(s) occur. A MS athlete is to be re-eligible at the end of the ineligibility period when they satisfy the said conditions and are passing all of their classes. Period of ineligibility is usually about 3 weeks.
- ▶ If a student passes both quarters and fails the semester, the semester grade will be used.
- ▶ If a student receives an F during 4<sup>th</sup> quarter or 2<sup>nd</sup> semester, they will be ineligible for 21 days from the first scheduled game for fall athletics.



# Quitting

- ▶ A student who quits or is dropped from one activity for disciplinary reasons shall be ineligible to participate in another activity during that season.
- ▶ A student will not be able to join a co-curricular activity after the season has started if he/she has to serve a suspension for a code violation.



# Attendance

- ▶ A student must be in school ***ALL DAY*** on the day of a scheduled event in order to participate.
  - ▶ Or the full day on the last school day before a non-school day event (ex: Saturday tournament)
- ▶ Exceptions to this attendance rule will include the following:
  - ▶ Absences which have been excused for a funeral, court appearance, or documented medical appointments
  - ▶ School related event
  - ▶ Discretion of the principal/AD (must be pre-approved)
- ▶ Failure to be in attendance as stated will result in non-participation in all co-curricular events and practices that day.
  - ▶ Tardiness will also impact participation

# Skin Infections/Hygiene

- ▶ The occurrence of common skin infections continues to grow
  - ▶ Be sure to clean your skin with soap and water daily
  - ▶ Regularly take your uniform/practice clothes home to wash

## Lock it up!

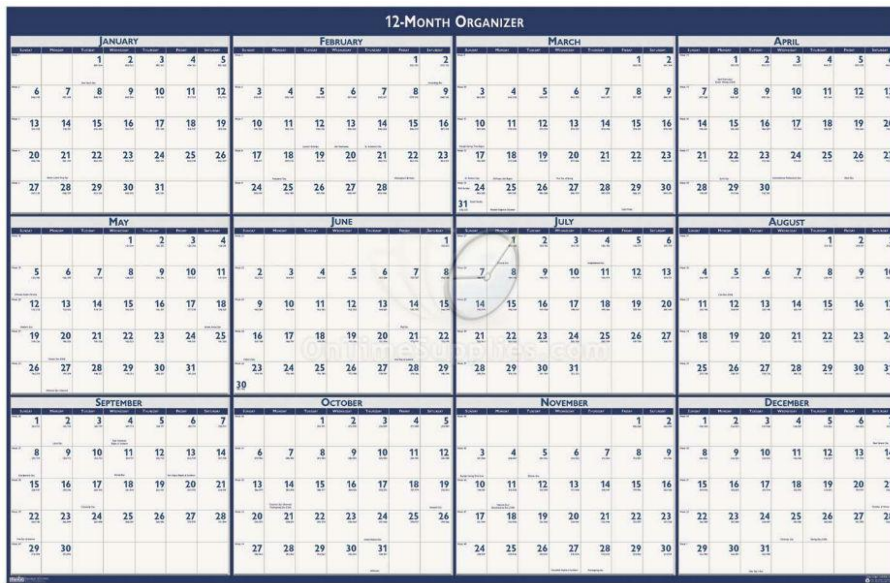
- ▶ Use the athletic lockers
  - ▶ Get a lock from the MS/HS office
  - ▶ Place your belongings in the locker every day

*The District is not responsible for lost or stolen items*



# Code in Effect

- ▶ A student is covered by the Code for a 1 calendar year period (including summer months).



# Examples of Prohibited Behaviors



- ▶ Drug use or possession
- ▶ Purchase or use of alcohol
- ▶ Use or possession of tobacco/nicotine (including e-cigarettes)
- ▶ Profanity or obscene gestures
- ▶ Criminal offenses
- ▶ Vandalism = alteration of property w/o owner's permission
- ▶ Knowingly present where alcohol is being consumed illegally
- ▶ Knowingly in the presence of illegal drugs
- ▶ Any conduct unbecoming of an athlete

# Penalties

- ▶ 1<sup>st</sup> Offense - 20% of contest/events of the season
- ▶ 2<sup>nd</sup> offense - 50% of contests/events of the season
  - ▶ Must complete alcohol/drug assessment (if offense is so related)
- ▶ 3<sup>rd</sup> offense ineligible for the remainder of his/her high school career

## Multi-Sport and Non-Athletes:

**Penalties** will be applied as follows:

1. If an individual is involved in a Category 1 activity during the school year, the penalty will be applied during that activity.
2. If an individual is not involved in a Category 1 activity during the school year, the penalty will be applied in the next level of activity the individual is involved in (i.e.: Category 2).
3. If an individual is not involved in a Category 1 or 2 activity during the school year, the penalty will be applied in the next level of activity the individual is involved in (i.e.: Category 3).

# Player Concerns

- ▶ If there is a concern, the student-athlete needs to talk to the coach first.
  - ▶ Parents should NEVER discuss issues during/immediately after a game.
  - ▶ Parents should refrain from posting complaints on social media.
  - ▶ 24 hour rule
- ▶ Appropriate concerns for parents to discuss:
  - ▶ Mental and physical treatment of your child
  - ▶ Ways to help your child improve
  - ▶ Concerns about your child's behavior
- ▶ *Inappropriate* areas of concerns for parents to discuss with the coach:
  - ▶ Playing time
  - ▶ Team strategy or play calling
  - ▶ Other team members

# Sports Updates

- Download the Parent app (Android or iPhone)
- Follow us on Facebook (Shiocton Athletics), Twitter (@shiocathletics) and Instagram (shioctonsd)
- Retweet our posts on Twitter
- TeamSnap

Updates, cancellations, reminders, and announcements are provided on these media outlets.

# Team Snap

- Coaches can communicate with parents
- Events and practices on a calendar



**teamsnap**

# Co-curricular Code: the paperwork

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# Activity Registration

Activity Registration has been moved to an online format

- ▶ All student-athletes need:
  - ▶ Physical form
  - ▶ All other forms will be online: alternate card, concussion agreement, Bellin Forms, signed Co-Curricular Code Agreement, and WIAA Eligibility Form.
  - ▶ Concussion video must be watched before signing agreement.

\*Sports fees are paid through school or on Skyward

## **NOTE:**

**All forms must be in before a student-athlete can practice or play.**



# Activity Registration



## ANNOUNCEMENTS

### COVID Spectator Update

We will not be limiting the amount of spectators at our home events. We highly recommend all spectators to be masked at our events, as well as maintain social distancing of a minimum of 6 feet between non-household spectators. We appreciate your willingness to adhere to these precautions for the safety of our players, coaches, and officials.

### Hello, Shiocton Athletic Fans!

The continued success of our athletic teams at Shiocton High School is of great importance and a strong source of pride for us. To help spread this pride, we have changed the look of our Athletics Page to help keep our community updated on what is going on with athletics at Shiocton High School. Every sports page has been updated with the current coaches, a season preview/review, and a schedule for the sport on the right hand side of the page. We also have included a resources section on each sports page. This section includes links to rosters, statistics, results, and booster

## FORMS

Forms:

## RELATED LINKS

Links:

## UPCOMING EVENTS

**June 22 - Tuesday**

11:00 AM

**Baseball: Varsity Sectional Game 1**

# Parent Tutorial

<https://shiocton-ar.rschooltoday.com/sites/shiocton-ar.rschooltoday.com/files/AR%20-%20Shiocton%20HS%20Parent%20Tutorial.pdf>

Home Parent Tutorials ▾

- How to create a Family Account
- Registering a New Student
- Logging Into Existing Account/Reset Password
- Adding Another Student to an Existing Account

View My Account

English ▾

Quicklinks

Athletic Page

Welcome to Shiocton High School Athletic Registration

(To view the Parent Tutorial, Click [HERE.](#))

# Live Stream

- ▶ Live stream will now be on Hudl TV
- ▶ This will allow us to live stream more events when there is no Hudl Camera via Ipad
- ▶ Will Reduce the amount of live stream links that we use
- ▶ <https://fan.hudl.com/usa/wi/shiocton/organization/17406/shiocton-high-school>

# Other Requirements

- ▶ Impact test
  - ▶ Software program test that provides a baseline to measure against in case an athlete needs to be evaluated for a concussion
  - ▶ ALL high school athletes, beginning Freshmen year
  - ▶ Football only in middle school
  - ▶ Administered every other year
    - ▶ by Kassie Yeazel or Coaches



# Bellin Trainer

- ▶ Bellin Trainer is at school three times a week during the school year from 2:30-4:30 pm
  - ▶ Sign-up in the office
- ▶ Bellin will cover all High School Athletic Events.
- ▶ During the summer, scheduled visits to the school as needed.

***bellin***  
*health*

# Bridge Athletic

- ▶ Remote Coaching/Strength and Conditioning Programming
- ▶ Rehabilitation
- ▶ Athlete Monitoring
  - ▶ Athlete's progression tracked through data entered on a weekly basis
  - ▶ Max strength numbers can be increased more regularly without having to test
- ▶ Pre/Post Workout Forms
  - ▶ Capability to track readiness, recovery, sleep, nutrition, and hydration levels

# Have a **GREAT** year!



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