

MACCRAY School District #2180



Phone (320) 847-2154 Fax (320) 847-3239
www.maccray.k12.mn.us

Activities Participation Prerequisite Information

MACCRAY School District has a long tradition of successful activities programs. We are proud to offer a variety of activities through our activities programs. These activities help provide opportunities for our students to learn important life skills, including teamwork, discipline, dedication, and time management, to mention a few.

Participation in extracurricular activities carries added expectations and responsibilities. Each activity has a basic set of prerequisite skills. Students are free to pursue participation in any of our extracurricular activities as long as they meet the basic eligibility requirements and possess the skills needed for a safe and successful experience.

In the pages that follow, the individual coaches/directors have indicated their thoughts on the social, physical, and cognitive skills that students must possess for a successful experience in their activity.

Overall Requirements:

In addition to the prerequisite skills identified below for each individual activity, all students participating in extracurricular activities must abide by the following requirements:

1. Participants in team sports and activities governed by Minnesota **State** High School League (**MSHSL**) are required to meet the prerequisite and conduct standards established by the League and set forth in the Minnesota State High School League Rules.
2. In order to participate in any extracurricular activity established by MACCRAY Public School, a student must possess the ability to follow the rules established by the coach, the team, the game, the supervisor for that game/activity.
3. Moreover, while accommodations for disabled students will be made, when appropriate, in order to enable disabled students to participate in extracurricular activities, however, the provisions of such accommodations: a) are limited by the rules and regulations of the Minnesota High School League; and b) cannot change the basic nature of the activity.

4. Finally, in order to participate in MACCRAY's extracurricular activities, all students must possess an understanding of what behaviors are acceptable and unacceptable in the individual activity or team sport and be able to conduct themselves in a manner which ensures a spirit of good sportsmanship and the safety of the participants and spectators.

Individual Requirements for each Activity/ Program:

Girls Softball

1. Participants in this activity must attend **practices** at which they demonstrate the skills or capacity to develop the physical ability and eye hand coordination to run, catch, hit, and throw a softball in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the sport of softball, including an understanding of the rules, how to apply them, and how each position is played. In addition, participants must be able to have physical contact with other students.
3. Participants must be able to and agree to follow the instructions of coaches, team captains, and umpires.
4. Participants in this activity must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to learn, memorize, and perform assigned maneuvers.

Boys and Girls Golf

1. Participants in this activity must attend **practices** at which they demonstrate that they either possess or have the capacity to develop the physical ability and eye hand coordination necessary to swing a golf club, hit a golf ball, hold a golf ball and golf clubs in a manner satisfactory to coaching staff
2. Participants must be able to demonstrate: an understanding of the rules of golf; the ability to comply with the etiquette requirements of the game; the ability to maintain the speed of play and interact cooperatively within a foursome of golfers from his/her own school and/or from other schools.
3. Participants must be able to follow the directions of coaching staff and team captains.
4. Participants must be able to attend all mandatory practices and tournaments.

5. Participants must be able to play and walk an 18-hole golf round while carrying golf clubs.

Wrestling

1. Participants in this activity must have a basic understanding of how to wrestle, including an understanding of the rules governing the sport of wrestling and how to apply them.
2. Participants must have the ability to learn, memorize, and perform assigned maneuvers.
3. Participants in this activity must attend **practices** at which they demonstrate that they either possess or have the capacity to develop the physical ability to:
 - a. demonstrate a full range of motion in all joints;
 - b. engage in and be subjected to close physical contact with another student, specifically including physical holds,
 - c. be pinned, tackled or pushed to the ground;
 - d. be exposed to another's bodily fluids
 - e. maintain balance, endurance and mental focus in a manner satisfactory to coaching staff.
4. Participants must be able to follow the directions of coaching staff, referees, and team captains.
5. Participants must attend all mandatory practices in preparation for scheduled scrimmages and games.

Boys and Girls Track and Field

1. Participants in this activity must attend **practices** at which they demonstrate that they either possess or have the capacity to develop the physical ability and skills to run, jump, throw, and/or perform other track and field activities in which they wish to participate in a manner deemed satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the event in which he/she wishes to participate, including an understanding of the rules of the sport and how to apply them.
3. Participants must demonstrate the ability to function independently, move, and handle sporting equipment in a manner consistent with the requirements of the event in which they wish to participate.
4. Participants must be able to follow the directions of coaching staff and team captains.

5. Participants must be able to attend all mandatory practices and scheduled scrimmages or meets in order to prepare for scrimmages and meets.

Boys Hockey

1. Participants in this activity must attend **practices** at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability and skills to: skate while holding a hockey stick, skate at a fast speed; hit at a puck with a hockey stick, check other players, and withstand checks from other players in a manner which is satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of hockey and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to work cooperatively with their teammates; learn, memorize, and perform assigned maneuvers.

Girls Basketball

1. Participants in this activity must attend **practices** at which they demonstrate the physical strength, ability and/or skills or the capacity to develop the strength, physical ability and skills to run quickly while holding or dribbling a ball, jump; aim, handle a basketball; and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of basketball and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for games.
5. Participants must attend all mandatory practices, scrimmages and scheduled games.
6. Participants must be able to work cooperatively with their teammates, learn, memorize, and perform assigned maneuvers.

Boys Basketball

1. Participants in this activity must attend **practices** at which they demonstrate the physical strength, ability and/or skills or the capacity to develop the strength, physical ability and skills to run quickly while holding or dribbling a ball, jump; aim, handle a basketball; and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of basketball and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for games.
5. Participants must attend all mandatory practices, scrimmages and scheduled games.
6. Participants must be able to work cooperatively with their teammates, learn, memorize, and perform assigned maneuvers.

Volleyball

1. Participants must attend **practices** to demonstrate the physical strength, skills and ability or the capacity to develop the strength, physical ability and skills to move quickly while holding a volleyball, serve, swing, jump; aim, hit and/or serve a volleyball and exhibit physical endurance in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the rules of the game of volleyball and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and/or games.
5. Participants must attend all mandatory practices, scrimmages and scheduled games.
6. Participants must be able to work cooperatively with their teammates to learn, memorize, and perform team strategies, like rotations, during a game.

Boys and Girls Tennis

1. Participants must attend **practices** to demonstrate the physical strength, endurance, skills and ability or the capacity to develop the physical strength, endurance, skills and ability and skills to move quickly while holding a racket and keeping an eye on the ball, aiming, jumping, serving or hitting a ball while using a racket with sufficient strength to get it

over a net; eye-hand coordination, jumping, aiming and hitting a tennis ball in a manner satisfactory to coaching staff.

2. Participants must have a basic understanding of the rules of the game of tennis and possess the ability to apply those rules to the game.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for games.
5. Participants must attend all mandatory practices and scheduled games.
6. Participants must be able to work cooperatively with their teammates in order to learn, memorize, and perform team strategies during a game.

Football

1. Participants in this activity must attend **practices** at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability and skills necessary to play the game of Football. This includes, but is not limited to, the ability to run for long distances while carrying a football and wearing safety equipment; the ability to block other players and withstand blocks from other players; the ability and skills necessary to protect himself and his teammates; and the ability to maintain focus in stressful situations in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the game of football, an understanding of the rules applicable to the game and the ability to apply those rules in the course of a game. In addition, the athlete must understand the concepts of the game, from offense to defense to special teams.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains and to accept constructive criticism.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must attend all mandatory practices and scheduled scrimmages and games.
6. Participants must be able to work cooperatively with their teammates; follow strategies and learn, memorize, and perform assigned maneuvers.

Speech

1. Participants must be able to communicate orally, either in spoken work or through artificial mechanisms;

2. Participants must be able to write, read, and comprehend information to which they are expected to respond in practices and competitions.
3. Participants must be able to respond to oral and written information received in a strategic and analytical way.
4. Participants must be able to memorize and recite assigned materials and to select criteria to perform based on their understanding of performance expectations in each category.
5. Participants must be able to communicate with coaches, teammates, judges, adversaries and teammates. They must be able to receive and apply constructive criticism to their performance.
6. Participants must be able to attend all mandatory practices and scheduled events.

Gymnastics

1. Participants in this activity must attend **practices** at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability, agility and skills necessary to perform gymnastics. This includes, but is not limited to, the ability to do a handstand and hold it without assistance; and to memorize and perform assigned maneuvers and/or a 90 second routine in a manner satisfactory to coaching staff.
2. Participants must have a basic understanding of the sport of gymnastics, including an understanding of the rules of the sport and how to apply them.
3. Participants must be able to follow the directions of coaching staff, referees, and team captains and to accept constructive criticism.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must be able and willing to attend all mandatory practices, scheduled scrimmages and meets.
6. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.

Cross Country

1. Participants in this sport must attend **practices** at which they demonstrate the physical ability and/or skills or the capacity to develop the physical ability, agility and skills necessary to complete either a 4k (for females) or 5k (for males).
2. Participants must have a basic understanding of the sport of cross country, including an understanding of the rules of the sport and how to apply them.

3. Participants must be able to follow the directions of coaching staff, referees, and team captains and to accept constructive criticism.
4. Participants must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
5. Participants must be able and willing to attend all mandatory practices, scheduled scrimmages and meets.
6. Participants must be able to accept and follow instruction and constructive criticism, act in a respectful manner towards coaches, staff, referees, team captains, team members and adversaries; and to express thoughts, concerns, and questions in a respectful, kind and appropriate manner.

Baseball

1. Participants in this activity must attend **practices** at which they demonstrate the skills or capacity to develop the physical ability and eye hand coordination to run, catch, hit, move and handle and throw a baseball in a manner deemed satisfactory to coaching staff.
2. Participants must have a basic understanding of how to play the sport of baseball, including an understanding of the rules, how to apply them, and how each position is played. In addition, participants must be able to have physical contact with other students.
3. Participants must be able to control their temper; to interact appropriately with teammates, coaches, opponents, officials, fans, and media and to receive and apply constructive criticism in a positive manner.
4. Participants must be able to and agree to follow the instructions of coaches, team captains, and umpires.
5. Participants in this activity must be able and willing to attend practices and engage in physical training to prepare for scrimmages and games.
6. Participants must attend all mandatory practices and scheduled scrimmages and games.
7. Participants must be able to learn, memorize, and perform assigned maneuvers.
8. Participants must understand and practice good sportsmanship and respect their opponents and the game.

Theatre (Musical/Three Act/One Act)

1. Participants in this activity must attend an audition where they demonstrate their abilities and skills or their capacity to develop the abilities and skills to follow directions, memorize and recite assigned lines, act, and interact appropriately with their coaches and/or supervisory staff.

2. Participants must be willing and able to follow direction from the coach/director, choreographer, and/or other supervisors.
3. Participants must be able to attend all mandatory practices and scheduled performances.
4. Participants must understand and practice good sportsmanship and respect their opponents and the activity. They must, at all times, adhere to the School District's Code of Student Conduct and the Rules of the Minnesota High School League.

Music

1. Participants must attend an audition at which they demonstrate an ability or capacity to develop the ability to read music, play an instrument of choice or vocalize music of choice in a manner deemed satisfactory to the director. In addition, participants must demonstrate an ability to play/perform additional music selected by the director.
2. Participants must be able to play or sing appropriately and at the right time with others playing or singing in the group. They must be able to memorize and play assigned music.
3. Participants must be willing and able to follow direction from the director.
4. Participants must be able to attend all mandatory practices and scheduled performances.
5. Participants must understand and practice good sportsmanship, work cooperatively in a group, and communicate in a positive and respectful manner with their colleagues, coaches, opponents and director. They must, at all times, adhere to the School District's Code of Student Conduct and the Rules of the Minnesota High School League.