

2008-2009



Coaches' Handbook

LINCOLN HIGH SCHOOL ACTIVITIES DEPARTMENT

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Jim Dorman, CAA

Assistant Principal/Activities

Parental Involvement, Influence or Interference in Sports

By Diane Schumacher and Peggy Kellers

Today, there has been an explosion of organized youth sport programs in many communities. The rapidly growing sport of soccer, for example, has developed programs for four-year olds. Softball and baseball have organized teams for five-year olds. Football organizations have started youth programs in full pads as young as eight years of age.

Why such an explosion? Parents desire and demand equal opportunities for their children and believe that involvement in sport has several benefits, actual or perceived. Children make friends, build self-esteem and learn teamwork; can learn to compete successfully; and are in a better position to receive athletic scholarships if they start early and specialize. They also are safe in organized sports, and physical activity is a positive alternative to video games, Internet and television.

Parental Involvement

The so-called benefits and the influence of sport in our culture have increased parental involvement. The days when children would normally go out and play unorganized sports in the neighborhood are gone. Marano in *A Nation of Wimps* feels that organized sports has not only diminished play without adult supervision but also eliminated the opportunity for children to work out their own difficulties that arise during play (Psychology Today, December 2004). Now they have year-round, adult-run leagues, clinics and private lessons. Parents willingly invest their money with the hopes of gaining an advantage for college scholarships and professional contracts for their children.

Involvement can also create a sense of entitlement. If parents are involved in fund-raising, then playing time is not the only issue. The subtle belief that children should be treated equally is put in motion. Parents buy their gear, give them treats before and after games, pay for team photos, and expect their children to receive certificates or trophies for just participating, even if the team comes in last. Getting to play should be the reward, but today's parents think their children are entitled to play and receive a trophy for showing up.

Children experience a greater sense of protectionism by their parents. The product of achievement outweighs the process of experiences. Too often, parents lack the appropriate tools to help their children learn to handle all the various situations athletes face. Parents want to protect children from experiencing hurt and disappointment rather than using certain situations as teachable moments. Isn't this part of life? In *A Nation of Wimps*, Marano states that parents are attempting to stifle failure, errors and risk-taking behavior as if these are detrimental to future success (Psychology Today, December 2004). Parents, at times, cross the line between helping and hurting their child.

Parental Influence

Parents also influence their children's lives through their behavior, both positive and negative. Children often demonstrate behaviors that they observe at home. From the sidelines, parents either encourage their children and other players or berate athletes, coaches, officials and opponents' parents. After a game, the parents' behavior is just as influential. Instead of telling their child what he or she did wrong and making corrections, they can talk about improvements and things that went well. Focusing on effort and trying hard is a positive strategy that keeps athletes motivated for future competitions.

If parents aren't able to attend a game, their influence can still be felt when a child comes home. It's so easy to ask, "Did you win?" followed by "Did you play?" as the first thing out of a

parent's mouth. Not very often do athletes hear the words, "What was fun in the game today?" "What did you learn?" A young athlete can easily misinterpret what is important to his or her parents.

The current model of putting winning and personal achievement first takes away from a focus on athlete development. The Citizenship Through Sports Alliance (CTSA), a national coalition, graded youth sports on parental misbehavior and an overemphasis on winning. A "D" was given for parental behavior, involvement and a child-centered philosophy. Coaching received a "C-" while a "C+" was awarded for health and safety. The highest grade, a "B-", went to officiating.

It is refreshing to watch parents who are wonderful influences on their children whether their role is a coach, an official or behind the scenes. Notice the players with enthusiasm and a passion to play the sport. It often is a result of parents who have strong values and a healthy understanding about handling the highs and lows of competition. They are realistic about the opportunities sport may provide given their child's athletic abilities. This helps their children maintain balance and perspective.

Parental Interference

Parental interference is also on the rise. Playing time is uppermost in their minds. Given the money parents invest in many sport programs they are unwilling to have their children sit on the bench for very long. Equal playing time seems to be the expectation for junior varsity level and younger, and that may be realistic. At the varsity high school level, no coach should ever guarantee playing time. Rather, the coach should guarantee playing opportunity. Opportunity in competition comes when factors including attitudes, abilities and needs of the team are in place and are based on a sound coaching philosophy. What parents don't realize is that their child can have equal opportunity for development in practices. If practices are well run and organized with maximum participation in mind, each athlete should be very active.

Parents also interfere when they cross the line during games and practices. Verbal abuses and even physical assaults are increasing. It is disheartening to watch out-of-control parents. Yelling at their own child does not benefit the athlete or the team. Making sarcastic remarks about a coach is detrimental. Officials usually take the brunt of verbal abuse. They desire to call a fair, consistent game, yet, as humans they miss calls and use judgment that conflicts with people watching from a different vantage point. When spectators are outraged, their comments eventually become personal and attack a person's character. They should be removed from the premises immediately.

There are still parents who attend every game without interfering. Although they may not agree with some of the calls or decisions, they support the athletes, coaches and officials. They are available when needed and find ways to thank the coach for his or her time and effort. If they feel that some serious injustice is done to their child or the team, they will interfere for the purpose of being part of the solution rather than the problem.

What can be done? Educating the parents of your athletes is the first step. Invite all the parents to a preseason gathering to provide materials about your program's philosophy, expectations and sportsmanship. Be upfront and clear about the procedures that you expect to be followed before and after practices and games. Include in the packet information about conduct and sportsmanship at competitions. If you have a zero tolerance policy, make sure that parents understand that it is because you want to protect the coaches, players and officials at all times.

At competitions announce and/or post a Code of Sportsmanship using ideas from this sample: "Our athletic department shares a set of values that reflect the highest possible standards of

conduct. Our coaches build on these values by aspiring to uphold them and instilling them in our athletes. As a parent of an athlete attending (name of institution) you and your guests are asked to uphold these values as well.”

We value:

1. Conduct that is respectful towards all persons while on our premises.
2. Behaviors that reflect a high standard of sportsmanship while attending athletic events. Applaud good play by all athletes during the competition. Physical or verbal abuse toward coaches, opponents, officials or other spectators is prohibited.
3. Adults who model healthy choices in front of our athletes. Avoid using alcohol, tobacco and illegal drugs at the contests.
4. Respect for our coaches as professionals. Avoid confronting coaches before and after the competition. If there is a concern, go through the proper channels to request a meeting with the coach, athlete and parent(s). Playing time will not be discussed under any circumstance because it is between the player and coach.

Parents want the best for their child and, as educators, coaches and administrators have a critical role in explaining their expectations to the parents. In addition, creating a healthy, safe atmosphere and positive environment for everyone is paramount, no matter what the outcome of a competition. Everyone enjoys the competitive experience much more when people – fans, athletes, coaches and officials – value and appreciate good play and effort. The toughest competitions are the close ones when, in reality, no one deserves to lose.

Positive role models are an asset for young people. Encourage parents to begin modeling positive, supportive involvement and influence throughout their children’s sporting experience. It will create fond memories while increasing the enjoyment and fun as the family realizes the benefits of competition and learns valuable lessons. A legacy will be passed on when these same children become parents of their own budding stars. CQ

ABOUT THE AUTHORS: Diane Schumacher is director of athletics at Howard Community College in Columbia, Maryland, and Peggy Kellers is a professor at James Madison University in Harrisonburg, Virginia, where she coordinates the coaching education minor. Both have extensive coaching backgrounds at the high school and college levels, and both are members of the Amateur Softball Association National Softball Hall of Fame in Oklahoma City, Oklahoma. Schumacher is the first athlete, male or female, inducted into the International Softball Federation Hall of Fame. She has coached with USA Softball as well as internationally.

2008-2009 Lincoln High School Coaching Staff

Activities Director: Jim Dorman, CAA

Volleyball:

Head Varsity	Erika Paladino-Hazlett
Assistant Varsity	Nikki Nyhaug
Sophomore	Will Zobel
Freshman	Tina Jatou

Cross Country

Head Varsity	Mark Greeno
Assistant Varsity	Joel Wornson
Varsity Volunteer	Rich Greeno
Varsity Volunteer	

Girls Tennis

Head Varsity	Tom Krueger
Freshman	Andrew Krueger
Volunteer	

Boys Golf

Head Varsity	Lyle Pearson
Freshman	Duane Fiala
Volunteer	Greg Kendall

Wrestling

Head Varsity	Mark Ernster
Assistant Varsity	
8th Grade	Peter Frank
7th Grade	Scott Monshaugen
Volunteer	Chris Ernster
Volunteer	

Gymnastics

Head Varsity	Les Frederick
Assistant Varsity	Rene Ramharter

Track & Field

Head Varsity	Jim Jarovski
Assistant Varsity	Scott Embry
Assistant Varsity	
Assistant Varsity	Mark Greeno
Assistant Varsity	Kaaren Huber
Assistant Varsity	
Assistant Varsity	Mark Struck
Assistant Varsity	Eric Pooley
Varsity Volunteer	Rich Greeno
Varsity Volunteer	Jason Whiting

Athletic Trainer

Head Trainer	Shanna Kindt
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Football

Head Varsity	Aaron Beavers
Assistant Varsity	Eric Foss
Assistant Varsity	Dan Conrad
Assistant Varsity	Jae Sim
Assistant Varsity/Soph.	Jim Jarovski
Assistant Varsity/Soph.	James Stubkjaer
Head Freshman	Jeff Halseth
Assistant Freshman	Brian Bechard
Assistant Freshman	Mark Struck
Varsity Volunteer	
Varsity Volunteer	

Girls Basketball

Head Varsity	Lyle Pearson
Assistant Varsity	Pete Wilson
Sophomore	Heather Conrad
Freshman	Scott Amundson
Volunteer	
Volunteer	Michael Newkirk

Boys Basketball

Head Varsity	Robin Burgard
Assistant Varsity	Scott Embry
Sophomore	Jeff Halseth
Freshman	Eric Rice
Volunteer	Cliff Toole
Volunteer	Ryan Rothenberger

Boys Tennis

Head Varsity	Tom Krueger
Assistant Varsity	Andrew Krueger

Girls Golf

Head Varsity	Aaron Beavers
Freshman	Mike Moller

Weight Training

Aaron Beavers
Kaaren Huber
Eric Rice

Cheer

Head Coach	Katie Pabst
Assistant Coach	Kelly Nyberg

Dance

Head Coach	Robyn Morrow
Assistant Coach	

Softball

Head Varsity
Assistant Varsity
Assistant Varsity

Charlie Timmer
Jarod Hettick

Soccer

Head Girls
JV Girls
Head Boys
JV Boys

Katie Behrens
Russ Townsend
Doug Townsend

Debate

Head Coach
Assistant
Assistant

Tony Martinet
Matthew Kenyon
Michael Ewald

Band

Bob Carlson
Dan Carlson

Color Guard

Julie McLaughlin

Newspaper

Virginia Olson

Student Council

Jennifer DuBois

Swimming

Head Varsity

Lindsie Micko

Bowling

Head Boys
Head Girls

Paul Anderson
Linda Anderson

Baseball

Head Varsity
Assistant Varsity
Assistant Varsity

Adam Peterman
Robbie Stowell

Oral Interp

Head Coach
Assistant
Assistant

Bryan Hagg
Amanda Lidel

Orchestra

Mario Chiarello

Vocal

Stacy Gross
Linda Conrad

Theater

Lance DeRoos
Bryan Hagg
Stephanie Arbogast

Yearbook

Mary Tranberg
Sarah Winterscheidt

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2008-09**

LHS Phone 367-7990

(jim.dormank12.sd.us)

LHS Athletic Phone 367-7988

<u>Activity</u>	<u>Name</u>	<u>Address</u>	<u>City, Zip</u>	<u>Home Phone</u>	<u>Work Phone</u>	<u>Cell Phone</u>	<u>email</u>
Principal	Val Fox	4801 Caraway Circle	Sioux Falls, 571008	334-3303	335-9476	351-0964	Val.Fox@k12.sd.us
Athletic Director	Jim Dorman, CAA	801 W. Eagle Ridge St	Sioux Falls, 57108	940-1262	367-7988	270-0101	Jim.Dorman@k12.sd.us
Assistant Principal	Mike Klinedinst	6411 Quartzite	Sioux Falls, 57110	357-8803	367-7990	310-6041	Mike.Klinedinst@k12.sd.us
Assistant Principal	Tim Hazlett	815 Park Lane	Canton 57013	987-2712	367-7990	321-4835	Tim.Hazlett@k12.sd.us
Trainer	Shanna Kindt	1007 Hemlock Cir	Harrisburg, SD 57032	254-6085	367-7990	254-6085	
Football							
Varsity	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990	351-5307	Aaron.Beavers@k12.sd.us
	Eric Foss	1708 Dawley Court	Brandon 57005	582-2623	367-7990	940-3740	Eric.Foster@k12.sd.us
	Dan Conrad	2609 S Rutgers Ave	Sioux Falls 57106	361-4971	367-7990		Daniel.L.Conrad@k12.sd.us
	Jae Sim	1504 E 56th St	Sioux Falls	332-8937		940-2322	
Sophomore	Jim Jarovski	308 Seth Cr	Brandon 57005	582-8197	367-7990	940-2835	James.Jarovski@k12.sd.us
	James Stubkjaer	610 N James Ave	Tea 57064	212-0113		498-3620	James.Stubkjaer@k12.sd.us
	Jeff Halseth	7639 3716 E 49th St	Sioux Falls 57103	371-3357	367-7639	359-8356	Jeff.Halseth@k12.sd.us
Freshman	Brian Bechard	1600 S Kingsberry Dr	Sioux Falls	274-3543	367-7990		Brian.Bechard@k12.sd.us
	Mark Struck	2401 S Carter Pl	Sioux Falls 57105	338-2250	367-6130		Mark.Struck@k12.sd.us
Volunteer							
Volleyball							
Varsity	Erika Paladino-Hazlett	6909 Heatheridge Rd	Sioux Falls 57108	271-4855	367-4377	321-4835	Erika.Paladino-Hazlett@k12.sd.us
JV	Nikki Nyhaug	812 Wheatland	Sioux Falls 57106	361-7546		351-9271	Nikki.Nyhaug@k12.sd.us
Sophomore	Will Zobel	4517 S Plains Dr	Sioux Falls 57106	800-621-8070 ext 5117			wilzobel@sio.midco.net
Freshman	Tina Jatton						tina.jatton@k12.sd.us
Cross Country							
Varsity	Mark Greeno	2604 S Main	Sioux Falls 57105	334-8094	367-7990		Mark.Greeno@k12.sd.us
Assistant	Joel Wornson	3300 S Pillsberry Ave	Sioux Falls				jdwormson@yahoo.com
Volunteer	Rich Greeno	2507 Cook Road	Sioux Falls	338-8872			rgreeno@sio.midco.net
Girls Tennis							
Varsity	Tom Krueger	225 E 28th	Sioux Falls 57105	332-1061	371-4120	595-5142	thomas.krueger@k12.sd.us
Freshman	Andrew Krueger	2001 S Blauvelt	Sioux Falls 57105	339-0908			andrew.krueger@k12.sd.us
Boys Golf							
Varsity	Lyle Pearson	4116 W Newcomb St	Sioux Falls 57106	274-9082	367-7990		Lyle.Pearson@k12.sd.us
Freshman	Duane Fiala	2812 Orchard Cr	Sioux Falls 57103	332-5653	339-4592		Duane.Fiala@k12.sd.us
Volunteer	Greg Kendall	5108 Meadowlark Cr	Sioux Falls 57108	334-2760	362-4175		
Competitive Cheer							
Head	Katie Pabst	2617 S Prairie	Sioux Falls 57105	376-3706			kipabst06@ole.augie.edu
Assistant	Kelly Nyberg	5116 S Twinleaf Dr	Sioux Falls 57108	728-5552			knyberg@ole.augie.edu

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<u>Competitive Dance</u>							
Head Assistant	Robyn Morrow	3600 E 6th St Apt 202	Sioux Falls 57105			595-4092	pinkrosesinthesummer@yahoo.com
<u>Girls Basketball</u>							
Varsity	Lyle Pearson	4116 W Newcomb St	Sioux Falls 57106	274-9082	367-7990		Lyle.Pearson@k12.sd.us
JV	Pete Wilson	2208 S. Macey Ave	Sioux Falls 5710				pete.wilson@k12.sd.us
Sophomore	Heather Conrad	2609 S Rutgers Ave	Sioux Falls 57106	361-4971	367-7639		Heather.Conrad@k12.sd.us
Freshman	Scott Amundson	4105 S Arden Ave	Sioux Falls 57103	334-2987	367-4285		Scott.Amundson@k12.sd.us
Volunteer							
Volunteer	Michael Newkirk			338-5541			
<u>Boys Basketball</u>							
Varsity	Robin Burgard	2805 S Arcadia Rd	Sioux Falls 57105	339-3870	731-2677	359-8854	rburgard@aol.com
JV	Scott Embry	4429 E Steeple Cr	Sioux Falls 57103	333-9723	367-7990	359-4609	Scott.Embry@k12.sd.us
Sophomore	Jeff Halseth	3716 E 49th	Sioux Falls 57103	371-3357	367-7639		Jeffery.Halseth@k12.sd.us
Freshman	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		Eric.Rice@k12.sd.us
Volunteer	Cliff Toole			940-7331			
Volunteer	Ryan Rothenberger			321-8304			
<u>Wrestling</u>							
Varsity	Mark Ernster						mark.ernster@k12.sd.us
JV							
Middle School	Peter Frank						peter.frank@k12.sd.us
Middle School	Scott Monshaugen	3506 S Sertoma Ave #9	Sioux Falls 57106	941-0437	336-1910	941-0437	monshaugen5@sio.midco.net
Volunteer	Chris Ernster						chris.ernster@k12.sd.us
Volunteer							
<u>Gymnastics</u>							
Varsity	Les Frederick	5308 W 56th St	Sioux Falls 57106	361-7188		261-6653	lfcoach1@aol.com
JV	Rene Ramharter				336-3190		rramharter@siouxfallsymca.org
<u>Boys Tennis</u>							
Varsity	Tom Krueger	225 E 28th	Sioux Falls 57105	332-1061	371-4120	595-5142	thomas.krueger@k12.sd.us
Freshman	Andrew Krueger	2001 S Blauvelt	Sioux Falls 57105	339-0908			andrew.krueger@k12.sd.us
<u>Girls Golf</u>							
Varsity	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990	351-5307	Aaron.Beavers@k12.sd.us
Freshman	Mike Moller	4305 Hickory Hill Rd	Sioux Falls 57103	331-5073	367-7639	940-8483	robert.moller@k12.sd.us
Volunteer	Scott Amundson	4105 S Arden Ave	Sioux Falls 57103				Scott.Amundson@k12.sd.us
Volunteer	Greg Kendall	5108 Meadowlark Cr	Sioux Falls				

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<u>Track & Field</u>							
<u>Varsity</u>	Jim Jarovski	308 Seth Cr	Brandon 57005	582-8167	367-7990	940-2835	James.Jarovski@k12.sd.us
<u>Assistants</u>	Scott Embry	4429 E Steeple Cr	Sioux Falls 57103	333-9723	367-7990		Scott.Embry@k12.sd.us
	Mark Greeno	2604 S Main	Sioux Falls 57105	334-8094	367-7990		Mark.Greeno@k12.sd.us
	Kaaren Huber	3909 S Pillsberry Ave	Sioux Falls 57103	371-4355	367-7990		Kaaren.Huber@k12.sd.us
	Mark Struck	2401 S Carter Pl	Sioux Falls 57105	338-2250	367-6130		Mark.Struck@k12.sd.us
<u>Volunteer</u>	Eric Pooley	6300 S Avalon Ave #314	Sioux Falls 57108	338-3293		360-8252	eric.pooley@k12.sd.us
<u>Volunteer</u>	Rich Greeno	2507 Cook Road	Sioux Falls 57105				rgreeno@sio.midco.net
<u>Volunteer</u>	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		Eric.Rice@k12.sd.us
<u>Girls Soccer</u>							
<u>Varsity</u>	Katie Behrens	4909 Heatherwood Circle	Sioux Falls, SD 57108	310-9615		310-9615	katie@skyforceonline.com
<u>JV</u>							
<u>Boys Soccer</u>							
<u>Varsity</u>	Russ Townsend	1625 S Riverdale Road	Sioux Falls 57105	254-5273		254-5273	russell.townsend@k12.sd.us
<u>JV</u>	Doug Townsend	1201 S 2nd Avenue	Sioux Falls 57105	366-0968			townsend@sio.midco.net
<u>Softball</u>							
<u>Varsity</u>	Charlie Timmer	3009 S 9th Ave	Sioux Falls 57105	335-5910		254-2415	charlie@sosblend.com
<u>Assistant</u>	Jarod Hetrick						
<u>Assistant</u>							
<u>Baseball</u>							
<u>Varsity</u>	Adam Peterman	7308 W Lobelia St	Sioux Falls 57106	271-0592		759-2568	Adam.Peterman@kaplan.com
<u>Assistant</u>	Robbie Stowell			201-7073			snooprobb7@hotmail.com
<u>Freshman</u>							
<u>Swimming</u>							
<u>Varsity-JV</u>	Lindsie Micko	501 S West Ave	Sioux Falls 57104	274-7439		360-9807	lmicko@sio.midco.net
<u>Bowling</u>							
<u>Boys</u>	Paul Anderson	47229 Rhonda Ave	Sioux Falls 57108	368-2306		376-1527	SouthDak5@aol.com
<u>Girls</u>	Linda Anderson	47229 Rhonda Ave	Sioux Falls 57108	368-2306		376-1525	ljohnand@aol.com

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<u>Sideline Cheer</u>							
<u>Head</u>	Katie Pabst	2617 S Prairie	Sioux Falls 57105	376-3706			klpabst06@ole.augie.edu
<u>Assistant</u>	Kelly Nyberg	5116 S Twinleaf Dr	Sioux Falls 57108	728-5552			knyberg@ole.augie.edu
<u>Patriettes</u>							
<u>Head</u>	Robyn Morrow	3600 E 6th St Apt 202	Sioux Falls 57105			595-4092	pinkrosesinthesummer@yahoo.com
<u>Weight Coaches</u>							
	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990		Aaron.Beavers@k12.sd.us
	Kaaren Huber	3909 S Pillsberry Ave	Sioux Falls 57103	371-4355	367-7990		Kaaren.Huber@k12.sd.us
	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		Eric.Rice@k12.sd.us
<u>Band</u>							
	Bob Carlson	4701 Fernwood Dr	Sioux Falls 57110	321-5852	3677895	321-5852	Robert.Carlson.k2.sd.us
	Dan Carlson	105 E 38th St	Sioux Falls 57105	366-6265	367-7895	336-6265	Daniel.Carlson@k12.sd.us
	Julie McLaughlin	4521 E Ashbury Place #101	Sioux Falls 57110	310-2169		310-2169	julieemmclaughlin@hotmail.com
<u>Orchestra</u>							
	Mario Chiarello	116 S Menlo Ave	Sioux Falls 57104	274-8936	367-7896	261-2350	Mario.Chiarello@k12.sd.us
<u>Vocal</u>							
	Stacy Gross	7315 W Ford Circle	Sioux Falls 57106	361-6148	367-7895		Stacy.Gross@k12.sd.us
	Linda Conrad	7115 W 56th St #55	Sioux Falls 57106	361-8876			linda.conrad@k12.sd.us
<u>Debate</u>							
<u>Head</u>	Tony Martinet	5117 S Baneberry Ave.	Sioux Falls 57106	254-7097		254-7097	tony.martinet@k12.sd.us
<u>Assistant</u>	Michael Ewald	833 E Duke St #24	Vermillion, SD 57069	868-2765		868-2765	michael.ewald@usd.edu
<u>Volunteer</u>							
<u>Oral Interp</u>							
<u>Head</u>	Bryan Hagg	4708 S Yellowstone Ln	Sioux Falls 57105	366-8988	367-7990		Bryan.Hagg@k12.sd.us
<u>Assistant</u>	Amanda Lidel	7820 S McMartin Ave	Sioux Falls 57108	261-2821			amandamilidel@hotmail.com
<u>Assistant</u>							
<u>Theater</u>							
	Lance DeRoos	4212 Lisanne	Sioux Falls 57103	371-1752	367-7990	201-8051	Lance.Deroos@k12.sd.us
	Bryan Hagg	4708 S Yellowstone Ln	Sioux Falls 57105	366-8988	367-7990		Bryan.Hagg@k12.sd.us
	Stephanie Arbogast	3201 S Westbrooke Ln #	Sioux Falls 57106	361-3749			stephanie.arbogast@k12.sd.us
<u>Student Council</u>							
	Jennifer DuBois	116 N Dewberry Avenue	Sioux Falls 57110	367-1074	367-7990		Jennifer.Dubois@k12.sd.us
<u>Newspaper</u>							
	Virginia Olson	4700 Arthur Cr	Sioux Falls 57105	331-3549	367-7990		Virginia.Olson@k12.s.us
<u>Yearbook</u>							
	Mary Tranberg	101 E 27th St	Sioux Falls 57105	605-331-5300	367-7990	321-5744	Mary.Tranberg@k12.sd.us
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Updated: 06/02/08

PATRIOT ATHLETICS

Agenda Items: Pre-Season Parent/Athlete/Coach Meeting

It is our responsibility to inform parents/guardians about our individual sports programs. We are to present as much information as necessary to those who have a direct concern with what is happening with athletics at Lincoln. It seems reasonable to think that the better a coach communicates with parents the more smoothly the season will go. Parents can be the greatest ambassadors for our school. With this in mind, each head coach is to begin the season with very clear communications to parents/guardians about the procedures, rules, and expectations for athletes.

The following items should be included in your presentation. Additional items that you feel are necessary for your program should also be included. Head coaches should also include, in writing, any special requirements or sport specific rules beyond those listed below. Be sure to give a copy of all written material and correspondence to the athletic director.

- I. Communication expected from coach to parents/guardians and athletes
 1. Your Philosophy (Communicating your philosophy to as many people as you can gives you the most important tool for handling praise and criticism you are going to get).

- II. Communication expected from parents/guardians to coach
 1. Notification of any practice/contest conflicts well in advance.
 2. Specific concerns regarding coach's philosophy.
 3. Decisions and judgments are not personal. They are based solely on what is best for all team members. Coaches are professionals and parents must trust that the goal of success in all matters guides decisions. In general, playing time or other student athletes are not discussable items.
 4. What to do if things do not go the way parents or child wishes.
 5. Discussion with the coach is encouraged.
Examples: Treatment of your son/daughter, mentally or physically.
Ways to help your child improve.
Concerns about your son/daughter's attitude.
Academic and eligibility concerns.

- III. Team information
 1. Locations/times of all practices and contests.
 2. Attendance policy.
 3. Making the team, staying with the team, cut policy.
 4. Playing time and position changes.
 5. Appropriate dress for practice, games home and away.
 6. Lettering requirements.
 7. Lost equipment or uniforms.
 8. Off-season conditioning.

- IV. Academics and Eligibility
 - 1. SDHSAA rules
 - 2. Discipline as directed by School Policy and other team rules that may result in the denial of your son/daughter's participation.

- V. Safety
 - 1. Inform parents and athletes of inherent dangers of catastrophic injuries in your sport.
 - 2. Sioux Valley trainer, Stephanie Libis, will work with Lincoln athletes.
 - 3. Practices are conducted in a safe manner.
 - 4. Insurance coverage is the responsibility of the parent/guardian.

- VI. Travel
 - 1. All travel to and from contests is done on a school-sponsored vehicle. Exceptions to this are to be arranged with the coach in charge.
 - 2. Participants in winter sports must have special gear in their possession to travel.

- VII. Parent/Coach Conference
 - 1. Call coach to set up an appointment
 - 2. If coach cannot be reached, call athletic office and a meeting will be set up for you.
 - 3. Importance of addressing concerns personally and rationally.
 - 4. If necessary, Athletic Director will meet with parent/guardian only after parent/coaches conference.

- VIII. Sportsmanship
 - 1. Promote sportsmanship and character development.
 - 2. Rewarding and disciplining players for sportsmanship and unsportsmanlike conduct.
 - 3. Explain how you will have your entire team practice good character on the athletic field.

Lincoln High School
Fall Sports Parent/Player Meeting

August 12th, 2008
LHS Auditorium - 7:00 pm

Welcome-Jim Dorman, Asst. Principal/Activities

- ~Val Fox, Principal
- ~Dean Versteeg, Booster Club
- ~Red, White & Blue Club
- ~President's Bowl Ticket Pre-sell, Thursday, August 28, 2008, 6:00 pm

Athletic Information

- ~Power Point

Sports Risk Information-Shanna Kindt, Sanford Sports Athletic Trainer

Introduction of Head Coaches and Break-Out Sessions:

- ~ Football - Aaron Beavers - Auditorium
- ~ Volleyball - Erika Paladino-Hazlett - Cafeteria
- ~ Boys Golf - Lyle Pearson - Little Theater
- ~ Girls Tennis - Tom Krueger - Library
- ~ Cross Country - Mark Greeno - Chorus Room
- ~ Cheer - Katie Pabst - Upper Gym
- ~ Dance - Robyn Morrow - Old Gym
- ~ Softball - Charlie Timmer - A409-A410
- ~ Boys Soccer - Russ Townsend - A119-A121
- ~ Girls Soccer - Katie Behrens - A122-A123

Handouts

- ~ Have coaches hand out parent communication brochures & other handouts
- ~ Physical and eligibility reports
- ~ Have packets available ~ Insurance and dental forms
- ~ Web site schedule instructions
- ~ Picture forms

Coach's Checklist

Coach: _____ Year: _____

Beginning of Season:

- _____ Physicals checked
- _____ Medical Consent forms checked and copied
- _____ Scholastic eligibility checked
- _____ Activities violations checked
- _____ Roster turned in to secretary – First Day
- _____ Volunteer Coach Forms turned in
- _____ Lettering Policy turned in

During Season:

- _____ Weekly Schedule
- _____ Out of Class Requests turned in
- _____ Travel/Leave Request form turned in to Mr. Hazlett
- _____ Overnight Travel Itineraries
- _____ Vouchers for overnight trips
- _____ Roster changes turned in – after any changes
- _____ Activities Violation Notification Form turned in after completion

End of Season:

- _____ Notify office of date, time and site of Awards Program
- _____ Complete Season Record form for all levels
- _____ Complete Athletic Award form for all levels
- _____ List of student awards- (All-State, Most Improved, etc.)
- _____ Assistant Coach Evaluations completed

ACTIVITY VIOLATIONS NOTIFICATION FORM

Date: _____
To: _____
From: _____

_____ has violated the district activity rules.
Suspension will be from _____ as follows:

Violation:

Consequences

First Violation:

_____ Period of 14 consecutive calendar days or two activity events, whichever is greater.
Beginning _____ and continuing through _____.

_____ Period of 7 consecutive calendar days or one activity events, whichever is greater.
Beginning _____ and continuing through _____.

Second Violation:

_____ Period of 42 consecutive calendar days or six activity events, whichever is greater.
Beginning _____ and continuing through _____.

_____ Period of 21 consecutive calendar days or three activity events, whichever is greater.
Beginning _____ and continuing through _____.

Third/Subsequent Violation:

_____ Suspension from school activity events: 12 Calendar months.

_____ Period of 60 calendar days (minimum) upon completion of a chemical dependency treatment program.
Beginning _____ and continuing through _____.

State Law: Drug Conviction

First Violation:

_____ Suspension from school activity events: 12 calendar months.
Beginning _____ and continuing through _____.

_____ Period of 60 calendar days upon completion of an intensive prevention or treatment program.
Beginning _____ and continuing through _____.

Second Violation:

_____ Permanent suspension in school activity events.

When the student has satisfactorily completed the above suspension, you must **SIGN** this sheet and **RETURN** it to the **Activities Office**. Thank You!

Advisor/Coach

Date

7-8TH GRADE PARTICIPATION IN ATHLETICS AT THE HIGH SCHOOL LEVEL

In the event a Sioux Falls School District SDHSAA sanctioned athletic program exists without opportunity for 7th and 8th grade students to participate in a like program at the middle school level, the 7th and 8th grade students shall have the opportunity to practice with the high school team.

Eighth grade students in such programs as well as eighth grade gymnasts determined to have high ability may compete on high school teams at the discretion of the coach. Eighth graders participate at the Junior Varsity or Varsity level – not 9th (except if there are not enough 9th graders to field a complete squad).

COACHES REQUEST FOR LEAVE

- STEP #1** = Review your schedule and list all dates you will be gone on leave request forms. This should be done before the start of your season.
- STEP #2** = **Utilize S.E.M.S.**, even if you do not need a sub. S.E.M.S is also the way that leave is tracked in the district. It is available online and can be completed at any time before your season begins. You need to use S.E.M.S. any time you are gone for any reason.
- STEP #3** = Get an On-Staff sub if needed. You need to find one on your own and let Bonnie know or ask her to help find someone to cover for you.

Travel Guidelines for Coaches

Regular Season Travel to Varsity Contest

- **Football**

- Head Coach, varsity assistants and sophomore coaches travel with team.
- Ninth grade coaches may travel with team provided there are no additional expenses and no class time missed!

- **Boys/Girls Track**

- Head coach and varsity assistants travel with team.
- Number of assistants dismissed and time of dismissal will be a building decision (Principal) on a case-by-case basis.

- **Boys/Girls Basketball**

- Head coach, varsity assistants and sophomore coaches travel with team.
- If ninth grade team is scheduled to play on same date, then ninth grade coach will travel as well. If not, ninth grade coach may travel with team provided there are no additional expenses and no class time missed.

- **Volleyball**

- As most regular season games in volleyball are scheduled V-JV-10-9 on the same night, head coach, varsity assistant, sophomore and ninth grade coach will travel with team.
- Should this not be the case, only coaches involving that particular level will travel. Coaches of the teams not involved may travel with the team, provided there are no additional expenses and no class time missed.

- **Boys/Girls Cross Country, Gymnastics**

- Head coach and varsity assistants travel with team.

- **Wrestling**

- Head coach and varsity assistants travel with team.
- Middle school coaches may travel with team provided there are no additional expenses and no class time missed.

- **Boys/Girls Golf, Tennis**

- Head coach will travel with team.
- Ninth grade coach may travel with team provided there are no additional expenses or class time missed.

State Tournament

When your team qualifies:

- **Football**

- Head coach, varsity assistants and sophomore coaches travel with team.
 - For Football, State Tournament is defined as “Football Finals”, which is presently played on a Saturday.
- Ninth grade coaches may travel with team, provided there are no additional expenses and no class time missed.

- **Boys/Girls Track, Cross Country**

- Head coach, varsity assistants will travel with team.

- **Boys/Girls Basketball, Volleyball**

- Head coach, varsity assistant and sophomore coach will travel with team.
- Ninth grade coach will be allowed a sub day (paid by district) for each school day their team competes in tournament.
- Ninth grade coach may travel with team provided there are no additional expenses and no class time missed.

- **Wrestling**

- Head coach and varsity assistants travel with team.
- Middle school coaches (2) will be allowed a sub day (paid by district) for each school day their team competes in tournament.
- Middle school coaches may travel with team provided there are no additional expenses or class time missed.

- **Gymnastics**

- Head coach and varsity assistant travel with team.
- Middle school coaches (2) not allowed sub day or to travel with team as middle school season is held after high school season completed.

- **Boys/Girls Golf, Tennis**

- Head coach travels with team
- Ninth grade coach allowed a sub day (paid by district) for each school day their team competes in tournament.
- Ninth grade coach may travel with team provided there are no additional expenses or class time is missed.

When your team does not qualify:

- Varsity & junior varsity coaches may attend tournament at school district expense.
 - Gas receipts, one (1) car only per school
 - One (1) motel room per school
 - Meals
 - Tickets
- No expenses or substitutes for any other coaches.

LINCOLN HIGH SCHOOL
2900 SOUTH CLIFF
SIOUX FALLS, S.D. 57105

VOUCHER PROCEDURE

1. ATTACH A RECEIPT TO THE BLUE ATHLETIC IMPREST VOUCHER FOR LODGING AND TRANSPORTATION.
2. MAKE SURE THE MAILING ADDRESS IS ON THE VOUCHER.
3. VOUCHER MUST BE SIGNED BY THE MANAGER OR PERSON IN CHARGE.
4. BRING THE VOUCHER HOME WITH YOU.
5. TAX EXEMPT NUMBER IS ON THE VOUCHER.

PINK SHEET

THIS IS A SUMMARY OF YOUR EXPENSES FOR THE TRIP. PLEASE COMPLETE THIS FORM AND TURN IT IN WITH YOUR VOUCHERS.

MEALS

THE DISTRICT DOES NOT PAY FOR MEALS UNLESS THE STATE REIMBURSES FOR THEM. IF MEALS ARE TO BE PURCHASED THEY WILL BE PURCHASED OUT OF T&A ACCOUNT AND PLACED ON THE WHITE T&A VOUCHERS.

PLEASE TURN THESE TRAVEL FORMS IN TO MR DORMAN IMMEDIATELY FOLLOWING YOUR TRIP.

THANKS!

MEAL ALLOWANCE: _____

BUS DEPARTURE: _____

Motel Room Reservations 2008-09

Need Room Lists for all schools - all trips

School	Team	Event	Location	Date	Motel	Phone#	Contact	Price	# Rooms
LHS	Volleyball	Apple Valley	Apple Valley, MN	10/03/08	Hampton Inn	952-435-6366 fax 435-5588	Mike	\$84.00	4 doubles team 1 coaches
					burnsvillehi@tharaldson.com				1 driver
LHS	Boys Golf	State Meet	Rapid City	10/5-6/08	Days Inn	348-8410	Heather	\$50.00	3 doubles
LHS	Girls Tennis	State Meet	Rapid City	10/8-9-10/08	Days Inn	348-8410	Heather	\$50.00	3 doubles
LHS	Volleyball	GDC	Rapid City	10/24/08	Days Inn	348-8410	Heather	\$50.00	5 doubles
LHS	Gymnastics	Aberdeen Inv	Aberdeen	12/12/08	Super 8 East	229-5005	Dawn	\$50.00	3 doubles
LHS	Wrestling	Rapid City Inv	Rapid City	12/12/08	Days Inn	348-8410	Heather	\$50.00	5 doubles
LHS	Gymnastics	Gym-O-Rama	Rapid City	01/23/09	Days Inn	348-8410	Heather	\$50.00	3 doubles
LHS	B/G BBall	Rapid City	Rapid City	02/13/09	Days Inn	348-8410	Heather	\$50.00	8 doubles girls
LHS							Taylor		8 doubles boys
LHS	Gymnastics	State	Rapid City	2/19-20/09	Days Inn	348-8410	Heather	\$50.00	3 doubles
LHS	G Golf	GDC	Spearfish	05/01/09	Super 8	642-4721	Jenny	\$37.00	3 doubles
LHS	B Tennis	GDC	Rapid City	5/7-8/09	Days Inn	348-8410	Heather	\$50.00	3 doubles
LHS	B/G Track	State	Rapid City	5/28-29/09	Days Inn	348-8410	Heather	\$50.00	8 doubles boys
LHS							Taylor		8 doubles girls
									4 doubles coach
									1 AD

State Meets 2008-09

- | | | | |
|--------------------------------|---------------------------|------------------------|------------------------|
| B Golf | Rapid City | GBB | Brookings (state gets) |
| G Tennis | Rapid City | BBB | Sioux Falls |
| B/G Cross Country | Huron (no overnight) | G Golf | Brandon Valley |
| Football | Vermillion (no overnight) | B Tennis | Sioux Falls |
| Volleyball | Rapid City (state gets) | B/G Track | Sturgis/Rapid City |
| Gymnastics | Rapid City | | |
| Wrestling | Watertown (state gets) | | |

**LINCOLN HIGH SCHOOL
PERMISSION FORM TO
RIDE WITH PARENTS**

_____ will be riding with me to from
Student name

Event

Place of event

Date of event

My child has received approval from the administration of LHS prior to leaving for the event.

PARENT SIGNATURE/PHONE

ADMINISTRATOR SIGNATURE

Volunteer Coaching Guidelines

1. Must complete “Adult Volunteer Registration Form”.
2. May not be placed in charge of a practice session or competition without a contracted district employee in the activity involved being present.
3. May not be directly responsible for students when traveling with students.
4. May travel with the team/group provided there are not additional expenses and no class time missed.
5. May not transport students unless they have filled out the “Activity Driver Certification Form”.
6. Will adhere to all district employee guidelines and policies.
7. The maximum pay for any volunteer coaching position will be 50% of the lowest paid high school coaching position in that sport.

Sioux Falls School District



Activity Driver Certification Form

"To educate and prepare each student to succeed in a changing world."

We appreciate your willingness to drive students to school activities. It is the policy of the District that adults who transport students must meet the following requirements:

- a valid driver's license
- comprehensive liability and property damage insurance
- no careless/exhibition driving or driving under the influence violations in the past two years

I certify that I meet all the foregoing requirements. _____
(Signature of adult driver)

Please print the following information:

Driver's name: _____

Phone number: _____

Address: _____

Date: _____

Sioux Falls School District



Adult Volunteer Registration Form

"To educate and prepare each student to succeed in a changing world."

Name _____
Last First M.I.

Address _____
Number Street Apt.

_____ City State Zip

Phone _____ E-mail _____
Day Evening

Employer _____

Employer Address _____
Number Street Ste

_____ City State Zip

Emergency Contact Person _____
Name Relationship

_____ Address Phone

Do you use illegal drugs? YES NO (circle one)

Do you have a valid SD Driver's License? YES NO (circle one)

PLEASE READ BEFORE SIGNING

I understand that:

- The information that I have provided may be verified, and I give permission to the Sioux Falls School District to make inquiry of others, including a criminal background check, concerning suitability to act as a school volunteer.
- The information that I have provided will be used by school personnel and/or volunteer coordinator (who may not be a School District employee) to recruit and assign volunteers.
- Personal information regarding students, families, and staff members is confidential and I agree to keep said information in strictest confidence.
- The relationship between the Sioux Falls School District and volunteers may be terminated at any time without cause by either the volunteer or the School District.
- No one whose name appears on the Sex Offender Registry will be allowed to volunteer in the Sioux Falls School District.

I affirm that I have read and agree to the above and also affirm that the information I have given is accurate and complete.

Signed _____

Date _____

**SIoux FALLS SPORTS CLUB
2008-09 MEETING SCHEDULE**

Aug.	27	Football coaches preseason preview @ Knights of Columbus	
Sept.	2	All football coaches	
	8	WHS football	WHS VB/O'G VB
	15	RHS football	LHS VB/RHS VB
	22	LHS football	
	29	WHS football	
Oct.	6	RHS football	
	13	All football coaches	All volleyball coaches
	20	LHS football	LHS VB/O'G VB
	27	All football coaches	WHS VB/RHS VB
Nov.	3	Play off teams (football) – all volleyball coaches	
	10	No public school coaches (in-service)	
	17	All City football teams – all football coaches	
	24	All City volleyball team – all volleyball coaches	
Dec.	1		All GBB coaches
	8	All BBB coaches	
	15	WHS BBB/O'G BBB	WHS GBB/O'G GBB
Jan.	5	RHS BBB	LHS GBB/RHS GBB
	12	LHS BBB	
	19	All BBB coaches	All GBB coaches
	26	WHS BBB/O'G BBB	WHS GBB/O'G GBB
Feb.	2	RHS BBB	LHS GBB/RHS GBB
	9	LHS BBB	
	16	All BBB coaches	All GBB Coaches
	23	WHS BBB/O'G BBB	WHS GBB/O'G GBB
March	2	LHS BBB/RHS BBB	LHS GBB/RHS GBB
	9	Play off teams (BBB)	Play off teams (GBB)
	16	Play off teams (BBB)	All City GBB team
	23	All City BBB team	

August 5, 2008

END OF SEASON REMINDERS

CHECKLIST:

1. Turn in an **ALPHABETICAL** list of your award winners.
INCLUDE GRADE LEVEL (use separate sheet for each level)
(There is a separate tab for each level on the workbook)
DON'T FORGET YOUR MANAGERS AND STAT PEOPLE

PLEASE GET THIS INFORMATION TO ME AT LEAST A WEEK IN ADVANCE OF YOUR AWARDS BANQUET IF YOU WOULD LIKE MY SECRETARY TO TYPE UP YOUR AWARD CERTIFICATES. WE ALSO NEED TO LOOK UP THEIR GPA FOR THE SCHOLAR ATHLETE AWARD.

2. **SEASON RECORD FORM.**
A form must be filled out for each level-Varsity, JV, Sophomore, 9th.
3. Please make sure all equipment and uniforms are clean and checked in.
Update your inventory.
4. Evaluations. Any of you on the evaluation schedule, please come in immediately following your season to complete this process. We will need to set up a time for a conference summary. Do not forget about your assistant coaches evaluations. They must sign their evaluation. Turn these forms in on the day of your final conference summary.
5. I recommend that you select a date for parent's night and your awards banquet at this time for next year. Get these dates to me and I will place them on the master schedule and calendar.

Jim

LINCOLN ATHLETIC AWARDS

SPORT: Varsity

YEAR: 2008-2009

MONOGRAM

<u>SENIORS</u>	<u>JUNIORS</u>	<u>SOPHOMORES</u>	<u>FRESHMEN</u>
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24
25	25	25	25

TRAINERS:

1
2
3

MANAGERS:

1
2
3

COACHES:

1
2
3

* denotes Scholar Athletes

BOLD FACE-Gets Monogram. All others get certificates.

LINCOLN ATHLETIC AWARDS

SPORT: JV

YEAR: 2008-2009

WHITE

<u>SENIORS</u>	<u>JUNIORS</u>	<u>SOPHOMORES</u>	<u>FRESHMEN</u>
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24
25	25	25	25

MANAGERS:

1
2
3

COACHES:

1
2
3

* denotes Scholar Athletes

BOLD FACE-Gets White JV Letter. All others get certificates.

LINCOLN ATHLETIC AWARDS

SPORT: Sophomore

YEAR: 2008-2009

BLUE

<u>SENIORS</u>	<u>JUNIORS</u>	<u>SOPHOMORES</u>	<u>FRESHMEN</u>
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24
25	25	25	25

MANAGERS:

1
2
3

COACHES:

1
2
3

* denotes Scholar Athletes

BOLD FACE-Gets Blue Letter. All others get certificates.

LINCOLN ATHLETIC AWARDS

SPORT: Freshman

YEAR: 2008-2009

RED

<u>SENIORS</u>	<u>JUNIORS</u>	<u>SOPHOMORES</u>	<u>FRESHMEN</u>
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24
25	25	25	25

MANAGERS:

1
2
3

COACHES:

1
2
3

* denotes Scholar Athletes

BOLD FACE-Gets Red Letter. All others get certificates.

2008-09 SOUTH DAKOTA RULES CHANGES

BASKETBALL

1. Beginning the 2008-09 season, all “AA” varsity games will be played utilizing a 35-second shot clock. Sub-varsity games may be played using the shot clock if mutually agreed upon by the participating schools.
2. When a regular season varsity game only is being played (invitational, classic, conference tournament, etc.) teams will be allowed to use a 35-second shot clock if the facility permits and/or play the contest in 16 or 18 minute halves. Organizers will have to fill out a request to participate prior to December 1. Following the event, organizers will be required to fill out a post-event evaluation form.
3. All coaches are reminded of their professional responsibility to conduct themselves in accordance with the rules and regulations of the sport and maintain proper appearance befitting the importance of the game. It is a matter of cooperation of people as a unit showing common courtesy, patience, pride and respect. Coaches are asked to dress appropriately (comfortable, but not sloppy; NO hats, t-shirts, denim jeans or sweat pants). Coaches are in the spotlight, not a fan in the stands.
4. Class “B” Only: Eliminate the awarding of 40 points for a victory over a Class “A” JV opponent.
5. Editorial Change – Definition of a Junior Varsity Opponent: A JV opponent is a team composed of individuals not considered a member of the starting 5 of the varsity team at the time the contest is played.

COMPETITIVE CHEER

1. Require 2 safety judges for large cheer groups. Rationale: With the number of athletes and the nature of the movement, it is too difficult for one safety judge to see all that is going on during a routine.
2. For the purpose of determining a state champion in each class, the school with the highest score in any division will receive the trophy.
3. A new coach hired after August 1st for the upcoming school year will have one year to complete the coach education requirement (Spirit Program Management). Exception: The requirements of having a rules meeting, taking and passing the open book test, and, if a stunting squad, completing the AACCA course will not be waived.

COMPETITIVE DANCE

1. Minimum size for a small dance group be increased from 4-12 to 6-12.
2. The division of jazz/kick shall be separated into two divisions: Jazz and Kick
3. For the purpose of determining a state champion in each class, a school must compete in three of the four divisions. Three scores will be averaged to determine the state champion. If a team competes in four divisions, the lowest score is dropped.
4. A new coach hired after August 1st for the upcoming school year will have one year to complete the coach education requirements (Spirit Program Management). Exception: The requirements of having a rules meeting, taking and passing the open book test, and, if a stunting squad, completing the AACCA course will not be waived.

SIDELINE CHEER

1. Schools must list boys' basketball, girls' basketball and wrestling cheerleaders on the SDHSAA website prior to February 1 to be eligible to cheer at sub-state or state events. Substitutions may be made for injury, illness or school disciplinary action. Rationale: This eliminates adding to a squad size or creating cheerleaders for post season play.
2. A new coach hired after August 1st for the upcoming school year will have one year to complete the coaches education requirement (Spirit Program Management). Exception: The requirements of having a rules meeting, taking and passing the open book test, and, if a stunting squad, completing the AACCA course will not be waived.

FOOTBALL

1. 11A, 11B, 9-man: The remaining 8 teams following the first round will be seeded 1 through 8. Teams will be seeded based on power points (1 vs 8 and 4 vs 5 in the top bracket, 2 vs 7 and 3 vs 6 in the bottom bracket). Highest power rated team will host. The semi finals will have the two winners from the top bracket playing each other and the two winners from the bottom bracket playing each other.

GOLF

1. Players are expected to report to their assigned tee-box for their assigned tee-time. Those not at the tee-box for their assigned or called tee-time will be assessed a two-stroke penalty on the first hole played. Those failing to report to the first tee within five minutes of their assigned or called tee-time will be disqualified (USGA rule 6-3, Note)
2. At the region (Class A and B) or Conference (AA) tournaments a group marker must be assigned.

GYMNASTICS

1. If feasible and facilities and equipment are available, the Class AA State Gymnastics Meet will use the Capital Cup or Modified Capital Cup format for warm-ups and competition (two sets of equipment for full Capital Cup). This also mandates the use of block rotation.
2. Region Meet Requirement for Class A and Class AA: The rails on the uneven bars must open to a minimum of 5'11" +/-2" (150 cm +/-5 cm) which is measured by dropping a plumb line from the high bar down to the mat and then measuring the distance from the plumb line to the lower bar.
3. Increase the Class "A" all-around standard at the region meet to 29.50 (previously 29.00)
4. On Individual Day at the State Meet, the gymnasts are allowed to wear any design leotard, as long as the leotard is in school colors, follows the NFHS uniform rules, and is either school issued or approved by school administration. The colors black and/or white may be considered a school color for any team.

TENNIS

1. Girls' Season: The first allowable date for practice will be Monday, of Week 6 (August 11, 2008) rather than Monday of Week 7 (August 18, 2008) effective the 2008-09 school year. The first allowable date for the first contest does not change (August 23, 2008).
2. Allow coaches to 'coach' players during the match, not just at "change overs" at all sub-varsity matches. The following guidelines will be in place:

- a. The Coach must remain outside the fence.
 - b. There shall be no coaching during the point (from the point of the toss until the point has concluded).
 - c. The coaching will not be used with the intent to distract or interfere with the opposing player(s).
 - d. Coaching by parents or spectators is still prohibited, just as in the varsity matches
 - e. The coaching is not to interfere with the 'flow of the match'.
3. Eliminate 'flipping' for seed placement at the state tournament. Seeds 1, 4, 5 and 8 will be placed in the top bracket and seeds 2, 3, 6 and 7 will be placed in the bottom bracket. There will not longer be a flip of the coin to determine brackets.

TRACK AND FIELD & CROSS COUNTRY

1. Eliminate the exception for the 300 meter hurdles lane assignments so all track events have the same lane assignments (4-5-3-6-2-7-1-8)

VOLLEYBALL

1. There must be 20 minutes of warm-up time on the playing floor at the state tournament, regardless of the venue. The coin toss shall take place in the 6 minutes prior to the start of the 14 minute clock (as it is done regular season).
2. Teams using a libero are responsible for providing a tracker. If both teams have a tracker, the home team's tracker will be considered the official tracker. (Note: current policy does not designate which tracker is the official tracker if both team supply one.)
3. All coaches are reminded of their professional responsibility to conduct themselves in accordance with the rules and regulations of the sport and maintain proper appearance befitting the important of the contest. It is a matter of cooperation of people as a unit showing common courtesy, patience, pride and respect. Coaches are asked to dress appropriately (comfortable, but not sloppy; not hats, t-shirts, denim jeans or sweat pants). Coaches are in the spotlight, not a fan in the stands.

WRESTLING

1. The hand shake by the athlete with the opposing coach following a match is not allowed.
2. Beginning with the 2009-10 season the Class "B" districts will be eliminated and schools will be divided into 4 regions. The region tournaments will take place on the corresponding date to the present region tournaments.
3. Seeding at district and region tournaments – When two wrestlers have identical records against each other, common opponents should be considered, not just who won the last match for criteria.
4. All coaches are reminded of their professional responsibility to conduct themselves in accordance with the rules and regulations of the sport and maintain proper appearance befitting the importance of the contest. It is a matter of cooperation of people as a unit showing common courtesy, patience, pride and respect. Coaches are asked to dress appropriately (comfortable, but not sloppy; no hats, t-shirts, denim jeans or sweat pants). Coaches are in the spotlight, not a fan in the stands.

CHANGES WITH IN-SEASON/OUT-OF-SEASON RULES EFFECTIVE 2008-09 SCHOOL YEAR

1. Coaches may conduct private lessons with their athletes during the summer time period (following state track meet until July 31) with a limited number of student athletes. The number of athletes allowed to be present at any one time per sport are as follows:

Basketball: 3	Cheer: 3	Cross Country: 3	Dance: 5
Football: 11 man – 7	Football: 9man – 6	Golf: 3	Gymnastics: 3
Tennis: 3	Track & Field: 3	Volleyball: 4	Wrestling: 3

Other Considerations:

- a. Private Lessons are for instruction of fundamental skills and are not to be competitive
- b. No private lessons are allowed during the out-of-season time period within the school year.
- c. Private lessons cannot take place during open gym
- d. Only the coach and the number of athletes listed per sport are allowed in the private lesson at one time.
- e. Coaches may either receive compensation or volunteer their services for providing private lessons.

Previous Rule: Only those coaches that were owners of a private club or employee of and/or volunteer for a private club, public entity or non-profit organization, operated separately from the school were allowed to teach the fundamental skills and techniques of a specific sport during the summer time period. The change now allows all coaches to conduct the private lessons.

2. Coaches may plan and organize the four summer team contacts during the school year. Coaches may also organize and direct events, but may not coach their team or individuals during the out-of-season time period within the school year.

Previous Rule: Did not allow coaches to organize and direct events, during the out-of-season time period within the school year.

3. Coaches will have the following options with regard to the four summer contacts:
 - a. Four (4) team camps/tournaments OR
 - b. Two (2) team camps/tournaments PLUS one (1) league. A league is defined as games played a maximum of one day per week for multiple weeks during the summer time period. Leagues may involve both a varsity and sub-varsity division.

Previous Rule: One league game counted as one of the four allowed contacts. Now a coach could play a multiple number of league games (maximum of one game per week) and reduce the number of team camps/tournaments to two (2).

4. Definition of a club team has been expanded to include all sports. The make up of a club team is restricted to the following numbers from any one school:

Basketball: 3	Cheer: 3	Cross Country: 3	Dance: 3
Football: 11man – 7	Football: 9man - 6	Golf: 3	Gymnastics: 3
Tennis: 3	Track & Field: 3	Volleyball: 4	Wrestling: 3

Previous Rule: Restricted club teams to the sports of basketball, volleyball and football only.

One of the most abused rules is the Open Gym/Field/Road Policy. Many coaches use the open gym as a way to get a jump start on the season or continue a season after it has been completed. Therefore the following points of emphasis are being made so everyone understands to purpose of open gym.

- a. This is a program whereby the gymnasium, playing field or other school facility is made available to all students for **recreational purposes**. Attendance must be on a voluntary basis. The activity at the open gym should be no different than kids deciding, on their own, to go to the park or YMCA and get involved in a pick up game of some sort.
- b. The time and day of the open gym shall be made known to the student body by the administration through announcements, bulletin boards postings, newspaper articles, radio ads, etc. Local policy may designate certain schedules fir girls only, boys only or by grade level. Open gym may not be advertised as being restricted to a particular team such as: Open gym for boys basketball team only or open gym for girls volleyball team only
- c. Member schools may furnish specific equipment related to open gym activities such as balls, goals, standards, nets, mats, etc.
- d. Coaches may supervise open gym but may not coach. This restriction includes, but is not limited to, the teaching of fundamentals for a specific sport, drills for a specific sport, etc. In this regard, organized practice sessions and private lessons are prohibited during open gym.

Out-of-Season Guidelines Chart

Allowable Activities for Coaches and Athletes Grades 9-12

	August 1	Thursday Week 6	Sport Season Begins	End of Sport Season	Midnight of State Track Meet	Midnight of July 31
	1	2	3	4	5	
STUDENTS						
Clinics	yes	yes	yes	yes	yes	yes
Camps	yes	yes	no	yes	yes	yes
Leagues/Games/Tourneys	yes	yes	no	yes	yes	yes
Practice	yes	yes	yes	yes	yes	yes
All-Star Grade 12	no	no	no	yes	yes	yes
All-Star Grade 9-10-11	no	no	no	no	yes	yes
Club Team	yes	yes	no	yes	yes	yes
Private Lessons	yes	yes	yes	yes	yes	yes

- Columns 1 and 5 refer to the out-of-season time period during the summer months.
- Columns 2 and 4 refer to the out-of-season time period during the school year.
- Column 3 refers to the in-season time period.

COACHES

Clinics	yes	yes	yes	yes	yes
Camps	no	no	no	no	yes*
Leagues/Games/Tourneys	no	no	no	no	yes*
Practice	no	no	yes	no	no**
All-Star Grade 9-12	no	no	no	no	yes
Club Team	no	no	no	yes	yes
Private Lessons	no	no	yes	no	yes

*Coaches are restricted to a combined total of no more than four team competitions/outings.

**Exception: Only while attending camps in accordance with the four team competitions/outings limitation rule.

Definitions

- Coach:** Includes any person contracted to coach a sport (K-12) or any volunteer who has been approved to help coach a sport (includes positions filled on an annual basis). The time period encompassing the contracted or approved volunteer coach is 15 months. This includes the three summer months prior to the school year, the nine months of the school year and the three summer months following the school year. (This definition includes athletic directors.)
- Camps:** Planned activities that are of an instructional nature and/or of a competitive nature where actual games are played by camp attendees. All camps must be open to all who voluntarily opt to attend.
1. Individual - Athletes from the same school are not kept together as a team.
 2. Team - Groups of athletes from the same school participate together as a unit.
- Clinic:** All planned activities are of an instructional, observational and/or demonstrational nature related to the teaching of individual skills. There is to be no competition between athletes who are in attendance at the clinic. Clinic attendees are observers only.
- Private Lessons:** Teaching fundamental skills and techniques of a specific sport. Coaches may receive compensation or volunteer their services.
- L/G/T:** Leagues, Games & Tournaments: A competitive type of environment simulating game conditions involving a schedule. This definition includes games and/or tournaments that are sponsored by a non-school entity.
- All-Star:** Members who are chosen by invitation or selected out right by some predetermined process for a single event. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from one school.
- Club Team:** Teams that play a multiple schedule of events (*minimum of 3 events*). Members are chosen by invitation or selected out right by some predetermined process. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from one school.
- Grade:** The grade in school, as referenced in the chart above, reflects the student's grade as of Aug. 1.