

2009-2010



Coaches' Handbook

LINCOLN HIGH SCHOOL ACTIVITIES DEPARTMENT

2900 South Cliff Avenue - Sioux Falls, SD 57105

605-367-7988 - 605-367-8492 fax

jim.dorman@k12.sd.us

Jim Dorman, CAA

Assistant Principal/Activities

2009-2010 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 |
| Volunteer | Jean Placek |

Cross Country

| | |
|-------------------|----------------|
| Head Varsity | Eric Pooley |
| Assistant Varsity | Jacqui Scoular |

Girls Tennis

| | |
|--------------|-------------|
| Head Varsity | Tom Krueger |
| Freshman | Kevin Plank |

Boys Golf

| | |
|--------------|--------------|
| Head Varsity | Lyle Pearson |
| Freshman | Duane Fiala |

Wrestling

| | |
|-------------------|-------------------|
| Head Varsity | Mark Ernster |
| Assistant Varsity | |
| 8th Grade | Daniel Castilleja |
| 7th Grade | |
| Volunteer | |

Gymnastics

| | |
|-------------------|---------------|
| Head Varsity | Les Frederick |
| Assistant Varsity | |

Track & Field

| | |
|-------------------|----------------|
| Head Varsity | Jim Jarovski |
| Assistant Varsity | Scott Embry |
| Assistant Varsity | Kaaren Huber |
| Assistant Varsity | Eric Rice |
| Assistant Varsity | Brian Bechard |
| Assistant Varsity | Mark Struck |
| Assistant Varsity | Eric Pooley |
| Assistant Varsity | Kaylee Keating |
| Varsity Volunteer | Rich Greeno |
| Varsity Volunteer | Dave Alpers |

Athletic Trainer

| | |
|--------------|-------------------|
| Head Trainer | Shanna Kindt, ATC |
|--------------|-------------------|

Intramurals

Chris Ernster

Football

| | |
|-------------------------|-----------------|
| Head Varsity | Aaron Beavers |
| Assistant Varsity | Eric Foss |
| Assistant Varsity | Brian Bechard |
| Assistant Varsity | Jae Sim |
| Assistant Varsity/Soph. | Jim Jarovski |
| Assistant Varsity/Soph. | James Stubkjaer |
| Head Freshman | Jeff Halseth |
| Assistant Freshman | Chad Birger |
| Assistant Freshman | Mark Struck |
| Varsity Volunteer | Dave Alpers |
| Varsity Volunteer | Eric Rice |

Girls Basketball

| | |
|-------------------|----------------|
| Head Varsity | Lyle Pearson |
| Assistant Varsity | Andy Romero |
| Sophomore | Heather Conrad |
| Freshman | Scott Amundson |
| Volunteer | Andrew Krueger |

Boys Basketball

| | |
|-------------------|-------------------|
| Head Varsity | Jeff Halseth |
| Assistant Varsity | Scott Embry |
| Sophomore | Eric Rice |
| Freshman | Brad Newitt |
| Volunteer | Ryan Rothenberger |
| Volunteer | Paul McVey |

Boys Tennis

| | |
|-------------------|-------------|
| Head Varsity | Tom Krueger |
| Assistant Varsity | |

Girls Golf

| | |
|--------------|---------------|
| Head Varsity | Aaron Beavers |
| Freshman | Mike Moller |

Weight Training

| |
|---------------|
| Aaron Beavers |
| Kaaren Huber |
| Andrew Kruger |

Cheer

| | |
|-----------------|--------------|
| Head Coach | Katie Pabst |
| Assistant Coach | Kelly Nyberg |

Dance

| | |
|-----------------|---------------|
| Head Coach | Jenna Simpson |
| Assistant Coach | Katrina Yde |

Softball

Head Varsity
Assistant Varsity
Assistant Varsity

Brian Sudenga
Charnelle Wooledge

Bowling

Head Boys
Head Girls

Terry Peters
Terry Peters

Soccer

Head Girls
JV Girls
Head Boys
JV Boys
Volunteer

Steve Burckhalter
Tim Sorenson
Russ Townsend
Doug Townsend
Paul McVey

Baseball

Head Varsity
Assistant Varsity

Dane Yde

Debate

Head Coach
Assistant

Tony Martinet
Kris Hayes

Oral Interp

Head Coach
Assistant
Assistant

Bryan Hagg
Amanda Lidel

Band

Bob Carlson
Dan Carlson

Color Guard

Julie McLaughlin

Orchestra

Mario Chiarello

Vocal

Stacy Gross
Linda Conrad

Newspaper

John Bogart

Yearbook

Mary Tranberg
Sarah Winterscheidt

Theater

Lance DeRoos
Bryan Hagg
Stephanie Arbogast

Student Council

Jennifer DuBois

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2009-10
(jim.dormank12.sd.us)**

LHS Phone 367-7990

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 57108 | 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 | 6909 Heatheridge | Sioux Falls 57108 | 271-4855 | 367-7990 | 321-4835 | Tim.Hazlett@k12.sd.us |
| Trainer | Shanna Kindt | 1007 Hemlock Cir | Harrisburg 57032 | 254-6085 | 367-7990 | 254-6085 | shanna.kindt@k12.sd.us |
| <u>Football</u> | | | | | | | |
| 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 |
| | Brian Bechard | 1600 S Kingsberry Dr | Sioux Falls | 274-3543 | 367-7990 | | Brian.Bechard@k12.sd.us |
| Sophomore | Jae Sim | 1504 E 56th St | Sioux Falls | 332-8937 | | 940-2322 | |
| | Jim Jarovski | 308 Seth Cr | Brandon 57005 | 582-8197 | 367-7990 | 940-2835 | James.Jarovski@k12.sd.us |
| Freshman | James Stubkjaer | 610 N James Ave | Tea 57064 | 212-0113 | | 498-3620 | James.Stubkjaer@k12.sd.us |
| | Jeff Halseth | 3716 E 49th St | Sioux Falls 57103 | 371-3357 | 367-7639 | 359-8356 | Jeff.Halseth@k12.sd.us |
| | Chad Birger | 140 N Poplar Ave | Tea 57064 | 498-7447 | 575-2097 | 498-7447 | chad.birger@usioxfalls.edu |
| Volunteer | Mark Struck | 2401 S Carter Pl | Sioux Falls 57105 | 338-2250 | 367-6130 | | Mark.Struck@k12.sd.us |
| | Dave Alpers | 5605 W Darcie St | Sioux Falls 57106 | 362-4056 | 363-8868 | | alpersdavid@msn.com |
| | Eric Rice | 2001 S Summit Ave Box 1 | Sioux Falls 57197 | 920-1375 | 367-7990 | | Eric.Rice@k12.sd.us |
| <u>Volleyball</u> | | | | | | | |
| 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 | 2216 S. Hofstad Ave. | Sioux Falls 57106 | 480-4701 | | 480-4701 | tina.jatton@k12.sd.us |
| Volunteer | Jean Placek | 1305 S Elmwood | Sioux Falls 57105 | 338-1020 | | | jean.placek@k12.sd.us |
| <u>Cross Country</u> | | | | | | | |
| Varsity | Eric Pooley | 6300 S Avalon Ave #314 | Sioux Falls 57108 | 338-3293 | | 360-8252 | eric.pooley@k12.sd.us |
| Assistant | Jacqui Scoular | | | 321-0107 | 367-7647 | 321-0107 | jacqueline.scoular@k12.sd.us |
| Volunteer | | | | | | | |
| <u>Girls Tennis</u> | | | | | | | |
| Varsity | Tom Krueger | 225 E 28th | Sioux Falls 57105 | 332-1061 | 371-4120 | 595-5142 | thomas.krueger@k12.sd.us |
| Freshman | Kevin Plank | 509 W 2nd Ave. | Lennox 57039 | 647-0451 | | 376-2806 | planker21@yahoo.com |
| <u>Boys Golf</u> | | | | | | | |
| Varsity | Lyle Pearson | 4116 W Newcomb St | Sioux Falls 57106 | 212-7118 | 367-7990 | 212-7118 | Lyle.Pearson@k12.sd.us |
| Freshman | Duane Fiala | 2812 Orchard Cr | Sioux Falls 57103 | 332-5653 | 339-4592 | | Duane.Fiala@k12.sd.us |

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2009-10
(jim.dormank12.sd.us)**

LHS Phone 367-7990

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> |
|---------------------------------|-------------------|-------------------------|-------------------|-------------------|-------------------|-------------------|--|
| <u>Competitive Cheer</u> | | | | | | | |
| Head | Katie Pabst | 2617 S Prairie | Sioux Falls 57105 | 376-3706 | | | katie.pabst@k12.sd.us |
| Assistant | | | | | | | |
| <u>Competitive Dance</u> | | | | | | | |
| Head | Jenna Simpson | 6501 W Bonnie Ct | Sioux Falls 57106 | 402-316-8078 | 371-4170 | 402-316-8078 | jenna.simpson@k12.sd.us |
| Assistant | Katrina Yde | 604 East Alder Ln | Sioux Falls 57105 | | | 254-3505 | katrina.yde@usiouxfalls.edu |
| <u>Girls Basketball</u> | | | | | | | |
| Varsity | Lyle Pearson | 4116 W Newcomb St | Sioux Falls 57106 | 212-7118 | 367-7990 | 212-7118 | Lyle.Pearson@k12.sd.us |
| JV | Andy Romero | 217 W Luverne St | | 915-525-3754 | 367-7990 | 915-525-3754 | andy.romero@k12.sd.us |
| Sophomore | Heather Conrad | 6208 Medina Cir | Sioux Falls 57108 | 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 | | | | | | | |
| <u>Boys Basketball</u> | | | | | | | |
| Varsity | Jeff Halseth | 3716 E 49th St | Sioux Falls 57103 | | 367-7639 | | rburgardr@aol.com |
| JV | Scott Embry | 4429 E Steeple Cr | Sioux Falls 57103 | 333-9723 | 367-7990 | 359-4609 | Scott.Embry@k12.sd.us |
| Sophomore | Eric Rice | 2001 S Summit Ave Box 1 | Sioux Falls 57197 | 920-1375 | 367-7990 | | Eric.Rice@k12.sd.us |
| Freshman | Brad Newitt | 6800 W 64th St | Sioux Falls 57106 | 361-9610 | 367-7990 | | bradley.newitt@k12.sd.us |
| Volunteer | Ryan Rothenberger | 4719 E 22nd St | Sioux Falls 57110 | 321-8304 | | | ryan.rothenberger@furnitureoutletsusa.com |
| Volunteer | Paul McVey | 46666 277th St | Lennox 57039 | 399-9795 | 367-7990 | | paul.mcvey@k12.sd.us |
| <u>Wrestling</u> | | | | | | | |
| Varsity | Mark Ernster | 708 N Archer Dr | Sioux Falls 57103 | 310-9371 | 367-7990 | 275-2117 | mark.ernster@k12.sd.us |
| JV | | | | | | | |
| Middle School | Daniel Castilleja | 1705 E 24th St | Sioux Falls 57105 | 759-4008 | | | info@dmcwaterjet.com |
| Middle School | | | | | | | |
| Volunteer | | | | | | | |
| <u>Gymnastics</u> | | | | | | | |
| Varsity | Les Frederick | 5308 W 56th St | Sioux Falls 57106 | 361-7188 | | 261-6653 | |
| Assistant | | | | | | | |
| <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 | | | | | | | |
| <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 |

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2009-10
(jim.dormank12.sd.us)**

LHS Phone 367-7990

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> |
|---------------------------------|-------------------|-------------------------|-----------------------|-------------------|-------------------|-------------------|--|
| <u>Track & Field</u> | | | | | | | |
| Varsity | Jim Jarovski | 308 Seth Cr | Brandon 57005 | 582-8167 | 367-7990 | 940-2835 | James.Jarovski@k12.sd.us |
| Assistants | Scott Embry | 4429 E Steeple Cr | Sioux Falls 57103 | 333-9723 | 367-7990 | | Scott.Embry@k12.sd.us |
| | Kaaren Huber | 3909 S Pillsberry Ave | Sioux Falls 57103 | 371-4355 | 367-7990 | | Kaaren.Huber@k12.sd.us |
| | Brian Bechard | 1600 S Kingsberry Dr | Sioux Falls | 274-3543 | 367-7990 | | Brian.Bechard@k12.sd.us |
| | Eric Rice | 2001 S Summit Ave Box 1 | Sioux Falls 57197 | 920-1375 | 367-7990 | | Eric.Rice@k12.sd.us |
| | Mark Struck | 2401 S Carter Pl | Sioux Falls 57105 | 338-2250 | 367-6130 | | Mark.Struck@k12.sd.us |
| | Eric Pooley | 6300 S Avalon Ave #314 | Sioux Falls 57108 | 338-3293 | 367-7990 | 360-8252 | eric.pooley@k12.sd.us |
| | Kaylee Keating | 3403 W 81st St | Sioux Falls 57108 | 351-3601 | | 351-3601 | kaylee.keating@k12.sd.us |
| Volunteer | Rich Greeno | 2507 Cook Road | Sioux Falls 57105 | | | | rgreeno@sio.midco.net |
| Volunteer | Dave Alpers | 5605 W Darcie St | Sioux Falls 57106 | 362-4056 | | | |
| Volunteer | | | | | | | |
| <u>Girls Soccer</u> | | | | | | | |
| Varsity | Steve Burckhalter | 3801 S West Ave | Sioux Falls, SD 57105 | 376-0227 | | 376-0227 | steve.burckhalter@dakotagoldsoccer.com |
| Assistant | Tim Sorenson | 2900 S Walts Ave | Sioux Falls, SD 57105 | 333-2015 | 274-4824 | | timothy.sorenson@augie.edu |
| JV | Sladjan Jovkovic | 1104 S Clover Ave | Sioux Falls, SD 57110 | 400-2783 | | 400-2783 | opasni_tip@hotmail.com |
| <u>Boys Soccer</u> | | | | | | | |
| Varsity | Russ Townsend | 1625 S Riverdale Road | Sioux Falls 57105 | 254-5273 | | 254-5273 | russell.townsend@k12.sd.us |
| Assistant | | | | | | | |
| JV | Doug Townsend | 1201 S 2nd Avenue | Sioux Falls 57105 | 366-0968 | | | townsend@sio.midco.net |
| <u>Softball</u> | | | | | | | |
| Varsity | Brian Sudenga | 764 20th Ave | Valley Springs 57068 | 507-755-6581 | | | brsudenga@yahoo.com |
| Assistant | Charnell Woledge | 7800 W Alexandra St. | Sioux Falls 106 | 323-0151 | 367-7990 | 360-6671 | charnelle.woledge@k12.sd.us |
| Assistant | | | | | | | |
| <u>Baseball</u> | | | | | | | |
| Varsity | Dane Yde | 604 E Alder Ln | Sioux Falls 57105 | 331-6441 | | 261-9731 | dane.yde@gmail.com |
| Assistant | | | | | | | |
| Freshman | | | | | | | |
| <u>Swimming</u> | | | | | | | |
| Varsity-JV | | | | | | | |
| <u>Bowling</u> | | | | | | | |
| Boys | Terry Peters | 4325 E 33rd St | Sioux Falls 57103 | 321-1488 | | 321-1488 | tmacpeters@sio.midco.net |
| Girls | Terry Peters | 4325 E 33rd St | Sioux Falls 57103 | 321-1488 | | 321-1488 | tmacpeters@sio.midco.net |
| Assistant | Michelle Peters | 4325 E 33rd St | Sioux Falls 57103 | 359-7344 | | 359-7344 | tmacpeters@sio.midco.net |
| Assistant | Bob Elrod | | | | | | |

**LINCOLN HIGH SCHOOL
COACHES/DIRECTORS 2009-10
(jim.dormank12.sd.us)**

LHS Phone 367-7990

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> |
|-------------------------------|---------------------|---------------------------|-------------------|-------------------|-------------------|-------------------|--|
| <u>Sideline Cheer</u> | | | | | | | |
| Head | Katie Pabst | 2617 S Prairie | Sioux Falls 57105 | 376-3706 | | | klpabst06@ole.augie.edu |
| Assistant | | | | | | | |
| <u>Patriettes</u> | | | | | | | |
| Head | Jenna Simpson | 6501 W Bonnie Ct | Sioux Falls 57106 | 402-316-8078 | 371-4170 | 402-316-8078 | jenna.simpson@k12.sd.us |
| Assistant | Katrina Yde | 604 East Alder Ln | Sioux Falls 57105 | | | 254-3505 | katrina.yde@usioxfalls.edu |
| <u>Weight Coaches</u> | | | | | | | |
| | Aaron Beavers | 5115 S St Andrews Cr | Sioux Falls 57108 | 367-1137 | 367-7990 | 351-5307 | Aaron.Beavers@k12.sd.us |
| | Kaaren Huber | 3909 S Pillsberry Ave | Sioux Falls 57103 | 371-4355 | 367-7990 | | Kaaren.Huber@k12.sd.us |
| | Andrew Krueger | 2001 S Blauvelt | Sioux Falls 57105 | 339-0908 | | | andrew.krueger@k12.sd.us |
| <u>Band</u> | | | | | | | |
| | Bob Carlson | 4701 Fernwood Dr | Sioux Falls 57110 | 321-5852 | 3677895 | 321-5852 | Robert.Carlson@k12.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 | juliemclaughlin@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> | | | | | | | |
| Head | Tony Martinet | 5117 S Baneberry Ave. | Sioux Falls 57106 | 254-7097 | | 254-7097 | tony.martinet@k12.sd.us |
| Assistant | Kristine Hayes | 821 W 22nd St. | Sioux Falls 57105 | 335-7114 | 367-7990 | | kristine.hayes@k12.sd.us |
| <u>Oral Interp</u> | | | | | | | |
| Head | Bryan Hagg | 4708 S Yellowstone Ln | Sioux Falls 57105 | 366-8988 | 367-7990 | | Bryan.Hagg@k12.sd.us |
| Assistant | Amanda Lidel | 7820 S McMartin Ave | Sioux Falls 57108 | 261-2821 | | | amandamlidel@hotmail.com |
| Assistant | | | | | | | |
| <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> | | 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 |
| | Sarah Winterscheidt | 824 S Summit | Soux Falls 57104 | 330-4030 | | | sarah.winterscheidt@k12.sd.us |

Updated: 07/23/09



South Dakota High School Coaches' Association

801 W Eagle Ridge St
Sioux Falls, SD 57108
(SDHSCA@k12.sd.us)

MEMBERSHIP FORM

Name:

Home Address: City:

State: Zip: Home Phone:

School:

Email:

Check all of the boxes that apply:

Head Coach: BB CC FB Gym. Golf
Spirit Tennis T&F VB WR

Asst. Coach: BB CC FB Gym. Golf
Spirit Tennis T&F VB WR

Athletic Director:

Mail your \$40 membership fee to:

**SDHSCA
Jim Dorman, Executive Director
801 W Eagle Ridge St
Sioux Falls, SD 57108**

South Dakota Coaches Foundation

I would like to contribute to this charitable organization. Please accept my enclosed contribution:

\$10 \$20 Other

Print Form

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 11th, 2009
LHS Auditorium - 7:00 pm

Welcome-Jim Dorman, Asst. Principal/Activities

- ~Val Fox, Principal
- ~Rex Keller, Booster Club
- ~Red, White & Blue Club
- ~President's Bowl Ticket Pre-sell, Thursday, August 27, 2009, 6:00 pm

Athletic Information

- ~Power Point

Sports Risk Information-Tryg Odney, 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 - Eric Pooley - Chorus Room
- ~ Cheer - Katie Pabst - Upper Gym
- ~ Dance - Jenna Simpson - Old Gym
- ~ Softball - ??? - A409-A410
- ~ Boys Soccer - Russ Townsend - A119-A121
- ~ Girls Soccer - Steve Burckhalter - 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).

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.

- **Competition Cheer, Dance**

- Head coach and varsity assistant travel with team.

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.

• Competition Cheer, Dance

- Head coach, varsity assistant will travel with team.

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.

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.

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

EXPENSE PROCEDURE

1. USE T&A CREDIT CARD FOR LODGING AND TRANSPORTATION.
2. TAX EXEMPT NUMBER IS ON THE CREDIT CARD.
3. BRING RECEIPTS HOME WITH YOU.

PINK SHEET

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

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.

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

THANKS!

MEAL ALLOWANCE: _____

BUS DEPARTURE: _____

Motel Room Reservations 2009-10

****Need Room Lists for all schools - all trips****

08/10/09

| School | Team | Event | Location | Date | Motel | Phone# | Contact | Price | # Rooms | Confirmed |
|--------|--------------|-----------------|------------|---------------|------------------|--------------|---------|---------|------------------------|-------------|
| LHS | Boys golf | GDC | Spearfish | 09/20/09 | Super 8 | 642-4721 | Roxanne | \$38.00 | 3 doubles | via |
| LHS | Girls tennis | GDC | Rapid City | 9/20-21/09 | Days Inn | 348-8410 | Heather | \$50.00 | 3 doubles | via Jason |
| LHS | Volleyball | Apple Valley | Apple Vly | 10/02/09 | Hampton Inn | 952-435-6366 | Megan | \$89.00 | 5 doubles | via Megan |
| | | | MN | | Burnsville, MN | 952-435-5588 | | | 1 single driver | 01/20/09 |
| LHS | B/G CC | State | Rapid City | 10/23/09 | Days Inn | 348-8410 | Heather | \$50.00 | 3 doubles | via Jason |
| LHS | Volleyball | GDC duals | Sturgis/ | 10/23/09 | Days Inn | 348-8410 | Heather | \$50.00 | 5 doubles | via Jason |
| LHS | Gymnastics | Aberdeen Invite | Aberdeen | 12/11/09 | Super 8 East | 229-5005 | Sara | \$55.00 | 3 doubles | via Sara |
| LHS | Wrestling | RC Invite | Rapid City | 12/11/09 | Days Inn | 348-8410 | Heather | \$50.00 | 5 doubles | via Jason |
| LHS | BBB/GBB | Rapid City | Rapid City | 01/08/10 | Days Inn | 348-8410 | Heather | \$50.00 | 8 dbl boys/8 dbl girls | via Jason |
| LHS | Gymnastics | RC Invite | Rapid City | 01/22/10 | Days Inn | 348-8410 | Heather | \$50.00 | 3 doubles | via Jason |
| LHS | Gymnastics | GDC | Rapid City | 02/05/10 | Days Inn | 348-8410 | Heather | \$50.00 | 3 doubles | via Jason |
| LHS | Wrestling | GDC | Spearfish | 02/05/10 | Super 8 | 642-4721 | Roxanne | \$38.00 | 6 doubles | via Roxanne |
| LHS | BBB/GBB | Spearfish | Sturgis | 02/12/10 | Holiday Inn Expr | 347-4140 | Jenny | \$37.00 | 8 dbl boys/8 dbl girls | via Jenny |
| LHS | Gymnastics | State Meet | Aberdeen | 2/18-19/10 | Super 8 East | 229-5005 | Sara | \$55.00 | 3 doubles | via Sara |
| LHS | Wrestling | State Meet | Rapid City | 2/25-26/10 | Days Inn | 348-8410 | Heather | \$50.00 | 6 doubles | via Jason |
| LHS | Boy Tennis | State Meet | Rapid City | 5/19-20-21/10 | Days Inn | 348-8410 | Heather | \$50.00 | 3 doubles | via Jason |
| LHS | Girls Golf | State Meet | Spearfish | 5/23-24/10 | Super 8 | 642-4721 | Roxanne | \$38.00 | 3 doubles | via Roxanne |

State Meets 2009-10

B Golf Sioux Falls
G Tennis Sioux Falls
B/G Cross Country Rapid City
Football Vermillion (no overnight)
Volleyball Brookings (state gets)
Cheer/Dance Brandon Valley
Gymnastics Aberdeen
Wrestling Rapid City

GBB Huron (state gets)
BBB Rapid City (state gets)
G Golf Spearfish
B Tennis Rapid City
B/G Track Brandon/Sioux Falls

**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."

This registration form is to be completed annually by all school volunteers

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)

Where or with whom will you be volunteering (School location and staff member's name):

PLEASE READ & INITIAL:

Volunteer Commitment: Volunteers add value to our school community by supporting students of all cultures, backgrounds, and abilities. Within the Sioux Falls School District, respectful and ethical behavior among staff, students and volunteers is expected at all times. In support of this expectation, volunteers must maintain information regarding students, families, and staff as highly confidential. Furthermore, concerns encountered by volunteers are to be reported to the students' teacher or school administrator.

Volunteers work without pay on a regular or occasional basis at any District site and are subject district policy/regulation IJOC/R.

Volunteers whose name appears on the Sex Offender Registry will not be allowed to volunteer in the District.

Volunteer positions/arrangements may be terminated at any time without cause by either the volunteer or the District.

- Volunteers are expected to inform the teacher or the school office if unable to meet specific responsibilities, or unable to be in class when expected.
- Volunteers are required to follow school sign-in procedures for the security of students and staff.
- Volunteers may not use illegal drugs, alcohol, or tobacco-products on school property, including but not limited to work rooms, restrooms, playgrounds, parking lots, and sidewalks surrounding the school. *Policy/Reg. GBEC/R, GBED/R*
- Volunteers may not engage in unlawful harassment or discrimination based on an individual's race, color, religion, creed, ancestry, gender, sexual orientation, national origin, disability, age, or other basis prohibited by law. Reports of alleged harassment/discrimination shall made to the building principal, the department director, or the Human Rights Officer (605-367-7816). The District will investigate all reports of harassment/discrimination and take appropriate action against any student or other school personnel who is found to have violated the Harassment policy and regulation. *Policy/Reg. GBAA/R*
- Volunteers may not use corporal punishment (physical force) upon a student for for the purpose of punishing/disciplining a student. Physical force may be used to defend yourself, defend another individual, or to protect property. Any acts of physical force must be immediately reported to the principal. *Policy/Reg. JKA*
- Volunteers, as users of the District's network, shall not send, access, or retain any abusive, defamatory, obscene, profane, sexually explicit, pornographic, threatening or illegal material. *Policy/Reg. IJNDC/R*
- Volunteers are to use universal precautions, meaning all human blood or potentially infectious materials shall be treated as known to be infectious regardless of the source. Volunteers are to follow work-area restrictions concerning potentially infectious materials. *Policy/Reg. GBGA/R*
- Volunteers are provided access to a volunteer staff handbook to further detail the responsibilities and obligations of the position. Volunteers must review this handbook. This handbook is found at www.sf.k12.sd.us/volunteer or is available at the school office for review.

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

I understand the information that I have provided will be used by school personnel and/or volunteer coordinator (who may not be a District employee) to recruit and assign volunteers.

Signed _____

Date _____

SIOUX FALLS SPORTS CLUB 2009-10 MEETING SCHEDULE

| | | | |
|-------|----|--|------------------------|
| Aug. | 31 | All football coaches | |
| Sept | 8 | WHS football | WHS VB/O'G VB |
| | 14 | RHS football | LHS VB/RHS VB |
| | 21 | LHS football | |
| | 28 | WHS football | |
| Oct. | 5 | RHS football | |
| | 12 | All football coaches | All volleyball coaches |
| | 19 | LHS football | LHS VB/O'G VB |
| | 26 | All football coaches | WHS VB/RHS VB |
| Nov. | 2 | Play off teams (football) – all volleyball coaches | |
| | 9 | Play off teams (football/volleyball) | |
| | 16 | All City football teams – all football coaches | |
| | 23 | All City volleyball team – all volleyball coaches | |
| Nov. | 30 | | All GBB coaches |
| Dec. | 7 | All BBB coaches | |
| | 14 | WHS BBB/O'G BBB | WHS GBB/O'G GBB |
| Jan. | 4 | RHS BBB/LHS BBB | LHS GBB/RHS GBB |
| | 11 | WHS BBB/O'G BBB | WHS GBB/O'G GBB |
| | 18 | All BBB coaches | All GBB coaches |
| | 25 | RHS BBB/LHS BBB | RHS GBB/LHS GBB |
| Feb. | 1 | WHS BBB/O'G BBB | WHS GBB/O'G GBB |
| | 8 | RHS BBB/LHS BBB | RHS GBB/LHS GBB |
| | 15 | All BBB coaches | All GBB Coaches |
| | 22 | No BB Coaches | |
| March | 1 | All BBB Coaches | All GBB Coaches |
| | 8 | Play off teams (BBB) | Play off teams (GBB) |
| | 15 | Play off teams (BBB) | All City GBB team |
| | 22 | All City BBB team | |

August 5, 2009

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.

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.



LINCOLN HIGH SCHOOL

~Home of the Patriots~

www.sf.k12.sd.us

**ACTIVITIES
DEPARTMENT**
2900 South Cliff Avenue
Sioux Falls, SD 57105
605-367-7988
605-367-8492 fax
jim.dorman@k12.sd.us

Jim Dorman, CAA
Assistant Principal/Activities

Dear Parent/Guardian,

We are pleased to inform you that Lincoln High School is making CoreCourseGPA.com, a web-based software program, available to all Lincoln High School student-athletes and their parents/guardians **free of charge**.

If your child has aspirations of competing athletically as a freshman at an NCAA Division I or Division II school, they must meet NCAA Initial-Eligibility minimum standards, including minimum core course GPA and SAT/ACT test score requirements. CoreCourseGPA.com is an innovative tool that allows you to easily track your son or daughter's progress towards meeting these requirements, beginning as soon as the first semester of their freshman year.

To **activate your child's CoreCourseGPA.com membership**, follow these simple steps:

1. Go to **www.CoreCourseGPA.com**
2. Enter School ID and School Code in the **New Member Account Creation** box:
Students/Parents:
School ID: 421178
School Code: 729287773
3. Click "**Continue.**"
4. **Fill in the appropriate fields** in the **Create New Student Account** form.
Remember to write down the new Member Name and Password you have created
5. Click "**Submit.**"
Congratulations! You have successfully created your CoreCourseGPA.com member account.

To **login to your member account** and begin using the CoreCourseGPA.com software, follow these simple steps:

1. Go to **www.CoreCourseGPA.com**
2. Enter your **Member Name** and **Password** in the **Existing Member Login** box.
Use the Member Name and Password you created during the account activation process
3. Click "**Login.**"
Begin using your CoreCourseGPA.com account!

CoreCourseGPA.com incorporates the NCAA recognized core courses for Lincoln High School into the online course entry forms, calculates BOTH Division I and Division II core course GPA, automatically factors weighted grades into calculations and tracks course requirements for BOTH Division I and Division II. Your son or daughter's core course information is saved for the duration of their high school career.

Lincoln High School is proud to make this innovative software available to you free of charge. We believe CoreCourseGPA.com will be a very useful academic tool for you and your student-athlete.

Sincerely,

Jim Dorman, Athletic Director

IT IS IMPORTANT TO NOTE THAT YOUR USE OF CORECOURSEGPA.COM IS NOT A SUBSTITUTE FOR REGISTERING WITH THE NCAA ELIGIBILITY CENTER AFTER THE COMPLETION OF SIX HIGH SCHOOL SEMESTERS.