

# 2010-2011



# 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](mailto:jim.dorman@k12.sd.us)

**Jim Dorman, CAA**

*Assistant Principal/Activities*

# 2010-2011 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 Sayasavanh
Volunteer	Jean Placek

### Cross Country

Head Varsity	Eric Pooley
Assistant Varsity	Jacqui Scoular

### Girls Tennis

Head Varsity	Tom Krueger
Freshman	Ben Jastorff

### Boys Golf

Head Varsity	Lyle Pearson
Freshman	Duane Fiala

### Wrestling

Head Varsity	Mark Ernster
Assistant Varsity	Tom Nesseth
8th Grade	Daniel Castilleja
7th Grade	Dave Alpers
Volunteer	Chris Ernster

### Boys Tennis

Head Varsity	Tom Krueger
Assistant Varsity	Amy Staples

### Girls Golf

Head Varsity	Aaron Beavers
Freshman	Mike Moller

### Weight Training

Aaron Beavers  
Kaaren Huber  
Andrew Kruger

### Cheer

Head Coach	Katie Pabst
Assistant Coach	Megan Boschee

### Dance

Head Coach	Jenna Simpson
Assistant Coach	Amanda Simon

### 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.	Jeff Fitzgerald
Head Freshman	Jeff Halseth
Assistant Freshman	Chad Birger
Assistant Freshman	Mark Struck
Varsity Volunteer	Dave Alpers
Varsity Volunteer	Eric Rice
Varsity Volunteer	Matthew Leedom

### Girls Basketball

Head Varsity	Lyle Pearson
Assistant Varsity	Andy Romero
Sophomore	Heather Conrad
Freshman	Scott Amundson
Volunteer	Katie Schlemmer

### Boys Basketball

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

### Gymnastics

Head Varsity	Les Frederick
Assistant Varsity	Jill Krutsch

### 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	Dave Alpers
Varsity Volunteer	Kalisha Wachira

### Athletic Trainer

Head Trainer	Shanna Kindt, ATC
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### Intramurals

Chris Ernster

**Softball**

Head Varsity  
Assistant Varsity  
Assistant Varsity

Charnelle Wooledge  
Trent Dlugosh

**Soccer**

Head Girls  
JV Girls  
Head Boys  
JV Boys  
Volunteer

Steve Burckhalter  
Sandy Roberts  
Russ Townsend  
Doug Townsend  
Paul McVey

**Debate**

Head Coach  
Assistant

Tony Martinet  
Kris Hayes

**Band**

Bob Carlson  
Dan Carlson

**Color Guard**

Julie Fettes

**Newspaper**

Karen Walker

**Yearbook**

Mary Tranberg  
Sarah Winterscheidt

**Bowling**

Head Boys  
Head Girls

Terry Peters  
Terry Peters

**Baseball**

Head Varsity  
Assistant Varsity

Dane Yde

**Swimming**

Head Varsity

Chad Thomsen

**Oral Interp**

Head Coach  
Assistant  
Assistant

Bryan Hagg  
Amanda Lidel  
Daniel Hodges

**Orchestra**

Mario Chiarello

**Vocal**

Linda Conrad  
Kathy Ferguson

**Theater**

Lance DeRoos  
Bryan Hagg  
Stephanie Arbogast

**Student Council**

Jennifer DuBois

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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>
<b>Principal</b>	Val Fox	4801 Caraway Circle	Sioux Falls 57108	334-3303	335-9476	351-0964	<a href="mailto:Val.Fox@k12.sd.us">Val.Fox@k12.sd.us</a>
<b>Athletic Director</b>	Jim Dorman, CAA	801 W. Eagle Ridge St	Sioux Falls 57108	940-1262	367-7988	270-0101	<a href="mailto:Jim.Dorman@k12.sd.us">Jim.Dorman@k12.sd.us</a>
<b>Assistant Principal</b>	Mike Klinedinst	6411 Quartzite	Sioux Falls 57110	357-8803	367-7990	310-6041	<a href="mailto:Mike.Klinedinst@k12.sd.us">Mike.Klinedinst@k12.sd.us</a>
<b>Assistant Principal</b>	Cheryl O'Brien						<a href="mailto:cheryl.obrien@k12.sd.us">cheryl.obrien@k12.sd.us</a>
<b>Trainer</b>	Shanna Kindt	1007 Hemlock Cir	Harrisburg 57032	254-6085	367-7990	254-6085	<a href="mailto:shanna.kindt@k12.sd.us">shanna.kindt@k12.sd.us</a>
<b><u>Football</u></b>							
<b>Varsity</b>	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990	351-5307	<a href="mailto:Aaron.Beavers@k12.sd.us">Aaron.Beavers@k12.sd.us</a>
	Eric Foss	1708 Dawley Court	Brandon 57005	582-2623	367-7990	940-3740	<a href="mailto:Eric.Foster@k12.sd.us">Eric.Foster@k12.sd.us</a>
	Brian Bechard	1600 S Kingsberry Dr	Sioux Falls	274-3543	367-7990		<a href="mailto:Brian.Bechard@k12.sd.us">Brian.Bechard@k12.sd.us</a>
	Jae Sim	1504 E 56th St	Sioux Falls	332-8937		940-2322	
<b>Sophomore</b>	Jim Jarovski	308 Seth Cr	Brandon 57005	582-8197	367-7990	940-2835	<a href="mailto:James.Jarovski@k12.sd.us">James.Jarovski@k12.sd.us</a>
	Jeff Fitzgerald	4201 S. Mesquite Ave	Sioux Falls 57110	376-1885		376-1885	<a href="mailto:jeffrey.fitzgerald@k12.sd.us">jeffrey.fitzgerald@k12.sd.us</a>
<b>Freshman</b>	Jeff Halseth	3716 E 49th St	Sioux Falls 57103	371-3357	367-7639	359-8356	<a href="mailto:jeffrey.halseth@k12.sd.us">jeffrey.halseth@k12.sd.us</a>
	Chad Birger	140 N Poplar Ave	Tea 57064	498-7447	575-2097	498-7447	<a href="mailto:chad.birger@usioxfordfalls.edu">chad.birger@usioxfordfalls.edu</a>
	Mark Struck	2401 S Carter Pl	Sioux Falls 57105	338-2250	367-6130		<a href="mailto:Mark.Struck@k12.sd.us">Mark.Struck@k12.sd.us</a>
<b>Volunteer</b>	Dave Alpers	5605 W Darcie St	Sioux Falls 57106	362-4056		929-3861	<a href="mailto:alpersdavid@msn.com">alpersdavid@msn.com</a>
	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		<a href="mailto:Eric.Rice@k12.sd.us">Eric.Rice@k12.sd.us</a>
	Matthew Leedom	2716 S Duluth Ave	Sioux Falls 57105	941-504-6878			
<b><u>Volleyball</u></b>							
<b>Varsity</b>	Erika Paladino-Hazlett	6909 Heatherridge Rd	Sioux Falls 57108	271-4855	367-4377	321-4835	<a href="mailto:Erika.Paladino-Hazlett@k12.sd.us">Erika.Paladino-Hazlett@k12.sd.us</a>
<b>JV</b>	Nikki Nyhaug	812 Wheatland	Sioux Falls 57106	361-7546		351-9271	<a href="mailto:Nikki.Nyhaug@k12.sd.us">Nikki.Nyhaug@k12.sd.us</a>
<b>Sophomore</b>	Will Zobel	4517 S Plains Dr	Sioux Falls 57106		800-621-8070 ext 5117		<a href="mailto:wilzobel@sio.midco.net">wilzobel@sio.midco.net</a>
<b>Freshman</b>	Tina Sayasavanh	2216 S. Hofstad Ave.	Sioux Falls 57106	480-4701		480-4701	<a href="mailto:tina.sayasavanh@k12.sd.us">tina.sayasavanh@k12.sd.us</a>
<b>Volunteer</b>	Jean Placek	1305 S Elmwood	Sioux Falls 57105	338-1020			<a href="mailto:jean.placek@k12.sd.us">jean.placek@k12.sd.us</a>
<b><u>Cross Country</u></b>							
<b>Varsity</b>	Eric Pooley	6300 S Avalon Ave #314	Sioux Falls 57108	338-3293		360-8252	<a href="mailto:eric.pooley@k12.sd.us">eric.pooley@k12.sd.us</a>
<b>Assistant</b>	Jacqui Scoular			321-0107	367-7647	321-0107	<a href="mailto:jacqueline.scoular@k12.sd.us">jacqueline.scoular@k12.sd.us</a>
<b>Volunteer</b>							
<b><u>Girls Tennis</u></b>							
<b>Varsity</b>	Tom Krueger	225 E 28th	Sioux Falls 57105	332-1061	371-4120	595-5142	<a href="mailto:thomas.krueger@k12.sd.us">thomas.krueger@k12.sd.us</a>
<b>Freshman</b>	Ben Jastorff	416 Arlene Ave	Harrisburg 57032	940-8485		940-8485	<a href="mailto:thejastorffs@hotmail.com">thejastorffs@hotmail.com</a>
<b><u>Boys Golf</u></b>							
<b>Varsity</b>	Lyle Pearson	4116 W Newcomb St	Sioux Falls 57106	212-7118	367-7990	212-7118	<a href="mailto:Lyle.Pearson@k12.sd.us">Lyle.Pearson@k12.sd.us</a>
<b>Freshman</b>	Duane Fiala	2812 Orchard Cr	Sioux Falls 57103	332-5653	339-4592		<a href="mailto:Duane.Fiala@k12.sd.us">Duane.Fiala@k12.sd.us</a>

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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>
<b><u>Competitive Cheer</u></b>							
Head	Katie Pabst	2617 S Prairie	Sioux Falls 57105	376-3706		376-3706	<a href="mailto:katie.pabst@k12.sd.us">katie.pabst@k12.sd.us</a>
Assistant	Megan Boschee	3108 N 7th Ave	Sioux Falls 57104	520-1323		520-1323	<a href="mailto:megan.boschee@k12.sd.us">megan.boschee@k12.sd.us</a>
<b><u>Competitive Dance</u></b>							
Head	Jenna Simpson	6501 W Bonnie Ct	Sioux Falls 57106	402-316-8078	371-4170	402-316-8078	<a href="mailto:jenna.simpson@k12.sd.us">jenna.simpson@k12.sd.us</a>
Assistant							
<b><u>Girls Basketball</u></b>							
Varsity	Lyle Pearson	4116 W Newcomb St	Sioux Falls 57106	212-7118	367-7990	212-7118	<a href="mailto:Lyle.Pearson@k12.sd.us">Lyle.Pearson@k12.sd.us</a>
JV	Andy Romero	217 W Luverne St		915-525-3754	367-7990	915-525-3754	<a href="mailto:andy.romero@k12.sd.us">andy.romero@k12.sd.us</a>
Sophomore	Heather Conrad	6208 Medina Cir	Sioux Falls 57108	361-4971	367-7639		<a href="mailto:Heather.Conrad@k12.sd.us">Heather.Conrad@k12.sd.us</a>
Freshman	Scott Amundson	4105 S Arden Ave	Sioux Falls 57103	334-2987	367-4285		<a href="mailto:Scott.Amundson@k12.sd.us">Scott.Amundson@k12.sd.us</a>
Volunteer	Katie Schlemmer						
<b><u>Boys Basketball</u></b>							
Varsity	Jeff Halseth	3716 E 49th St	Sioux Falls 57103		367-7639		<a href="mailto:jeffrey.halseth@k12.sd.us">jeffrey.halseth@k12.sd.us</a>
JV	Scott Embry	4429 E Steeple Cr	Sioux Falls 57103	333-9723	367-7990	359-4609	<a href="mailto:Scott.Embry@k12.sd.us">Scott.Embry@k12.sd.us</a>
Sophomore	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		<a href="mailto:Eric.Rice@k12.sd.us">Eric.Rice@k12.sd.us</a>
Freshman	Brad Newitt	6800 W 64th St	Sioux Falls 57106	361-9610	367-7990		<a href="mailto:bradley.newitt@k12.sd.us">bradley.newitt@k12.sd.us</a>
Volunteer	Ryan Rothenberger	4719 E 22nd St	Sioux Falls 57110	321-8304			<a href="mailto:ryan.rothenberger@furnitureoutletsusa.com">ryan.rothenberger@furnitureoutletsusa.com</a>
Volunteer	Paul McVey	46666 277th St	Lennox 57039	399-9795	367-7990		<a href="mailto:paul.mcvey@k12.sd.us">paul.mcvey@k12.sd.us</a>
<b><u>Wrestling</u></b>							
Varsity	Mark Ernster	708 N Archer Dr	Sioux Falls 57103	310-9371	367-7990	275-2117	<a href="mailto:mark.ernster@k12.sd.us">mark.ernster@k12.sd.us</a>
JV	Tom Nesseth	1912 S 6th Ave	Sioux Falls 57105	507-840-1384	507-840-1384	507-840-1384	<a href="mailto:tom.nesseth@usioxfalls.edu">tom.nesseth@usioxfalls.edu</a>
Middle School	Daniel Castilleja	1705 E 24th St	Sioux Falls 57105	759-4008			<a href="mailto:info@dmcwaterjet.com">info@dmcwaterjet.com</a>
Middle School	Dave Alpers	5605 W Darcie St	Sioux Falls 57106	362-4056		929-3861	<a href="mailto:alpersdavid@msn.com">alpersdavid@msn.com</a>
Volunteer	Chris Ernster	620 Leadale Ave.	Sioux Falls 57103	351-4290			<a href="mailto:chris.ernster@k12.sd.us">chris.ernster@k12.sd.us</a>
<b><u>Gymnastics</u></b>							
Varsity	Les Frederick	5308 W 56th St	Sioux Falls 57106	361-7188		261-6653	<a href="mailto:leslie.frederick@k12.sd.us">leslie.frederick@k12.sd.us</a>
Assistant	Jill Kruttsch	909 W Golden Eagle	Sioux Falls 57108	413-9228		413-9228	<a href="mailto:jillianbarnes@yahoo.com">jillianbarnes@yahoo.com</a>
<b><u>Boys Tennis</u></b>							
Varsity	Tom Krueger	225 E 28th	Sioux Falls 57105	332-1061	371-4120	595-5142	<a href="mailto:thomas.krueger@k12.sd.us">thomas.krueger@k12.sd.us</a>
Freshman	Amy Staples	6216 W Jordan Dr	Sioux Falls 57106	310-5378	367-4580	310-5378	<a href="mailto:amy.staples@k12.sd.us">amy.staples@k12.sd.us</a>
<b><u>Girls Golf</u></b>							
Varsity	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990	351-5307	<a href="mailto:Aaron.Beavers@k12.sd.us">Aaron.Beavers@k12.sd.us</a>
Freshman	Mike Moller	4305 Hickory Hill Rd	Sioux Falls 57103	331-5073	367-7639	940-8483	<a href="mailto:robert.moller@k12.sd.us">robert.moller@k12.sd.us</a>
Volunteer	Scott Amundson	4105 S Arden Ave	Sioux Falls 57103				<a href="mailto:Scott.Amundson@k12.sd.us">Scott.Amundson@k12.sd.us</a>

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<b><u>Track &amp; Field</u></b>							
<b>Varsity</b>	Jim Jarovski	308 Seth Cr	Brandon 57005	582-8167	367-7990	940-2835	<a href="mailto:James.Jarovski@k12.sd.us">James.Jarovski@k12.sd.us</a>
<b>Assistants</b>	Scott Embry	4429 E Steeple Cr	Sioux Falls 57103	333-9723	367-7990		<a href="mailto:Scott.Embry@k12.sd.us">Scott.Embry@k12.sd.us</a>
	Kaaren Huber	3909 S Pillsberry Ave	Sioux Falls 57103	371-4355	367-7990		<a href="mailto:Kaaren.Huber@k12.sd.us">Kaaren.Huber@k12.sd.us</a>
	Brian Bechard	1600 S Kingsberry Dr	Sioux Falls	274-3543	367-7990		<a href="mailto:Brian.Bechard@k12.sd.us">Brian.Bechard@k12.sd.us</a>
	Eric Rice	2001 S Summit Ave Box 1	Sioux Falls 57197	920-1375	367-7990		<a href="mailto:Eric.Rice@k12.sd.us">Eric.Rice@k12.sd.us</a>
	Mark Struck	2401 S Carter Pl	Sioux Falls 57105	338-2250	367-6130		<a href="mailto:Mark.Struck@k12.sd.us">Mark.Struck@k12.sd.us</a>
	Eric Pooley	6300 S Avalon Ave #314	Sioux Falls 57108	338-3293	367-7990	360-8252	<a href="mailto:eric.pooley@k12.sd.us">eric.pooley@k12.sd.us</a>
	Kaylee Keating	3403 W 81st St	Sioux Falls 57108	351-3601		351-3601	<a href="mailto:kaylee.keating@k12.sd.us">kaylee.keating@k12.sd.us</a>
<b>Volunteer</b>	Dave Alpers	5605 W Darcie St	Sioux Falls 57106	362-4056		929-3861	<a href="mailto:alpersdavid@msn.com">alpersdavid@msn.com</a>
<b>Volunteer</b>	Jacqui Scoular			321-0107	367-7647	321-0107	<a href="mailto:jacqueline.scoular@k12.sd.us">jacqueline.scoular@k12.sd.us</a>
<b>Volunteer</b>	Kalisha Wachira	1010 E Sunrise Pl	Sioux Falls 57108	803-464-4100			<a href="mailto:kalishangela@live.com">kalishangela@live.com</a>
<b><u>Girls Soccer</u></b>							
<b>Varsity</b>	Steve Burckhalter	3801 S West Ave	Sioux Falls 57105	376-0227		376-0227	<a href="mailto:steveb@dakotaalliancesoccer.com">steveb@dakotaalliancesoccer.com</a>
<b>Assistant</b>	Sandy Roberts			612-816-4557			<a href="mailto:sandyroberts27@hotmail.com">sandyroberts27@hotmail.com</a>
<b>JV</b>							
<b><u>Boys Soccer</u></b>							
<b>Varsity</b>	Russ Townsend	1625 S Riverdale Road	Sioux Falls 57105	254-5273		254-5273	<a href="mailto:russell.townsend@k12.sd.us">russell.townsend@k12.sd.us</a>
<b>JV</b>	Doug Townsend	1201 S 2nd Avenue	Sioux Falls 57105	366-0968			<a href="mailto:townsend@sio.midco.net">townsend@sio.midco.net</a>
<b>Assistant</b>	Paul McVey	46666 277th St	Lennox 57039	399-9795	367-7990		<a href="mailto:paul.mcvey@k12.sd.us">paul.mcvey@k12.sd.us</a>
<b><u>Softball</u></b>							
<b>Varsity</b>	Charnelle Woledge	7520 W President Street	Sioux Falls 57106	323-0151	367-7990	360-6671	<a href="mailto:charnelle.woledge@k12.sd.us">charnelle.woledge@k12.sd.us</a>
<b>Assistant</b>	Trent Dlugosh						<a href="mailto:trent.dlugosh@k12.sd.us">trent.dlugosh@k12.sd.us</a>
<b><u>Baseball</u></b>							
<b>Varsity</b>	Dane Yde	604 E Alder Ln	Sioux Falls 57105	331-6441		261-9731	<a href="mailto:dane.yde@gmail.com">dane.yde@gmail.com</a>
<b>Assistant</b>							
<b>Freshman</b>							
<b><u>Bowling</u></b>							
<b>Boys</b>	Terry Peters	4325 E 33rd St	Sioux Falls 57103	321-1488		321-1488	<a href="mailto:tmacpeters@sio.midco.net">tmacpeters@sio.midco.net</a>
<b>Girls</b>	Terry Peters	4325 E 33rd St	Sioux Falls 57103	321-1488		321-1488	<a href="mailto:tmacpeters@sio.midco.net">tmacpeters@sio.midco.net</a>
<b>Assistant</b>	Michelle Peters	4325 E 33rd St	Sioux Falls 57103	359-7344		359-7344	<a href="mailto:tmacpeters@sio.midco.net">tmacpeters@sio.midco.net</a>
<b>Assistant</b>	Bob Elrod						
<b><u>Swimming</u></b>							
<b>Varsity-JV</b>	Chad Thomsen			988-4170			<a href="mailto:chadrthomsen@hotmail.com">chadrthomsen@hotmail.com</a>

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<b><u>Sideline Cheer</u></b>							
Head	Katie Pabst	2617 S Prairie	Sioux Falls 57105	376-3706			<a href="mailto:klpabst06@ole.augie.edu">klpabst06@ole.augie.edu</a>
Assistant	Megan Boschee	3108 N 7th Ave	Sioux Falls 57104	520-1323		520-1323	<a href="mailto:megan.boschee@k12.sd.us">megan.boschee@k12.sd.us</a>
<b><u>Patriettes</u></b>							
Head	Jenna Simpson	6501 W Bonnie Ct	Sioux Falls 57106	402-316-8078	371-4170	402-316-8078	<a href="mailto:jenna.simpson@k12.sd.us">jenna.simpson@k12.sd.us</a>
Assistant	Amanda Simon	502 Lakota Ave	Brandon 57005	261-4835	261-4835	261-4835	<a href="mailto:amanda@skyforceonline.com">amanda@skyforceonline.com</a>
<b><u>Weight Coaches</u></b>							
	Aaron Beavers	5115 S St Andrews Cr	Sioux Falls 57108	367-1137	367-7990	351-5307	<a href="mailto:Aaron.Beavers@k12.sd.us">Aaron.Beavers@k12.sd.us</a>
	Kaaren Huber	3909 S Pillsberry Ave	Sioux Falls 57103	371-4355	367-7990		<a href="mailto:Kaaren.Huber@k12.sd.us">Kaaren.Huber@k12.sd.us</a>
	Andrew Krueger	2001 S Blauvelt	Sioux Falls 57105	339-0908			<a href="mailto:andrew.krueger@k12.sd.us">andrew.krueger@k12.sd.us</a>
<b><u>Band</u></b>							
	Bob Carlson	4701 Fernwood Dr	Sioux Falls 57110	321-5852	3677895	321-5852	<a href="mailto:Robert.Carlson@k12.sd.us">Robert.Carlson@k12.sd.us</a>
	Dan Carlson	105 E 38th St	Sioux Falls 57105	366-6265	367-7895	336-6265	<a href="mailto:Daniel.Carlson@k12.sd.us">Daniel.Carlson@k12.sd.us</a>
	Julie Fettes	6206 S Avalon Ave #315	Sioux Falls 57108	310-2169		310-2169	<a href="mailto:julie.fettes@k12.sd.us">julie.fettes@k12.sd.us</a>
<b><u>Orchestra</u></b>							
	Mario Chiarello	116 S Menlo Ave	Sioux Falls 57104	274-8936	367-7896	261-2350	<a href="mailto:Mario.Chiarello@k12.sd.us">Mario.Chiarello@k12.sd.us</a>
<b><u>Vocal</u></b>							
	Linda Conrad	7115 W 56th St #55	Sioux Falls 57106	361-8876			<a href="mailto:linda.l.conrad@k12.sd.us">linda.l.conrad@k12.sd.us</a>
	Kathy Ferguson	6005 S Prairie View Cir	Sioux Falls 57108	334-6565			<a href="mailto:kathy.ferguson@k12.sd.us">kathy.ferguson@k12.sd.us</a>
<b><u>Debate</u></b>							
Head	Tony Martinet	5117 S Baneberry Ave.	Sioux Falls 57106	254-7097		254-7097	<a href="mailto:tony.martinet@k12.sd.us">tony.martinet@k12.sd.us</a>
Assistant	Kristine Hayes	821 W 22nd St.	Sioux Falls 57105	335-7114	367-7990		<a href="mailto:kristine.hayes@k12.sd.us">kristine.hayes@k12.sd.us</a>
<b><u>Oral Interp</u></b>							
Head	Bryan Hagg	4708 S Yellowstone Ln	Sioux Falls 57105	366-8988	367-7990		<a href="mailto:Bryan.Hagg@k12.sd.us">Bryan.Hagg@k12.sd.us</a>
Assistant	Amanda Lidel	7820 S McMartin Ave	Sioux Falls 57108	261-2821			<a href="mailto:amandamlidel@hotmail.com">amandamlidel@hotmail.com</a>
Assistant	Daniel Hodges						
<b><u>Theater</u></b>							
	Lance DeRoos	4212 Lisanne	Sioux Falls 57103	371-1752	367-7990	201-8051	<a href="mailto:Lance.Deroos@k12.sd.us">Lance.Deroos@k12.sd.us</a>
	Bryan Hagg	4708 S Yellowstone Ln	Sioux Falls 57105	366-8988	367-7990		<a href="mailto:Bryan.Hagg@k12.sd.us">Bryan.Hagg@k12.sd.us</a>
	Stephanie Arbogast	3201 S Westbrooke Ln #	Sioux Falls 57106	361-3749			<a href="mailto:stephanie.arbogast@k12.sd.us">stephanie.arbogast@k12.sd.us</a>
<b><u>Student Council</u></b>							
	Jennifer DuBois	116 N Dewberry Avenue	Sioux Falls 57110	367-1074	367-7990		<a href="mailto:Jennifer.Dubois@k12.sd.us">Jennifer.Dubois@k12.sd.us</a>
<b><u>Newspaper</u></b>							
	Karen Walker				367-7990		<a href="mailto:karen.walker@k12.sd.us">karen.walker@k12.sd.us</a>
<b><u>Yearbook</u></b>							
	Mary Tranberg	101 E 27th St	Sioux Falls 57105	605-331-5300	367-7990	321-5744	<a href="mailto:Mary.Tranberg@k12.sd.us">Mary.Tranberg@k12.sd.us</a>
	Sarah Winterscheidt	824 S Summit	Soux Falls 57104	330-4030			<a href="mailto:sarah.winterscheidt@k12.sd.us">sarah.winterscheidt@k12.sd.us</a>

Updated: 08/06/10



# South Dakota High School Coaches' Association

## MEMBERSHIP FORM

Name:

Home Address:

City:

State:  Zip:

Home Phone:

School:

Email:

**Check all of the boxes that apply:**

Head Coach: BB  CC  Cheer  Dance  FB  Gym.

Golf  Tennis  T&F  VB  WR

Asst. Coach: BB  CC  Cheer  Dance  FB  Gym.

Golf  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 DAKTOA COACHES FOUNDATON**

I would like to contribute to the South Dakota Coaches' Foundation

\$10     \$20     Other



# 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 10th, 2010  
LHS Auditorium - 7:00 pm

**Welcome-**Jim Dorman, Asst. Principal/Activities

~Brian Sittig, Booster Club

~Red, White & Blue Club

~President's Bowl Ticket Pre-sell, Thursday, August 26, 2010, 6:00 pm

### **Athletic Information**

~Power Point

**Sports Risk Information-**Shanna Kindt, LHS 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 - Charnelle Wooledge - 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
- \_\_\_\_\_ 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
- \_\_\_\_\_ Expenses for overnight trips
- \_\_\_\_\_ Roster changes made
- \_\_\_\_\_ 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

## **7-8<sup>TH</sup> 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 7<sup>th</sup> and 8<sup>th</sup> grade students to participate in a like program at the middle school level, the 7<sup>th</sup> and 8<sup>th</sup> 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 9<sup>th</sup> (except if there are not enough 9<sup>th</sup> 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 2010-11**

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

08/09/10

School	Team	Event	Location	Date	Motel	Phone#	Contact	Price	# Rooms	Confirmed
LHS	Volleyball	Apple Valley	Apple Valley	09/24/10	Hampton Inn	952-435-6366		\$89.00	5 doubles	
			MN		Burnsville, MN	952-435-5588			1 single driver	
LHS	Boys golf	State Meet	Huron	10/3-4/10				\$75.00	3 doubles	
LHS	Girls tennis	State Meet	Rapid City	10/6-8/10	Days Inn	348-8410		\$60.00	3 doubles	
LHS	Volleyball	GDC duals	Sturgis	10/22/10	Days Inn	348-8410		\$60.00	5 doubles	
LHS	Volleyball	State Meet	Yankton	11/17-20/10				\$75.00	8 doubles	
LHS	Gymnastics	Aberdeen Invite	Aberdeen	12/10/10	Super 8 East	229-5005		\$70.00	4 doubles	
LHS	Wrestling	RC Invite	Rapid City	12/10/10	Days Inn	348-8410		\$60.00	6 doubles	
LHS	BBB/GBB	Rapid City	Rapid City	12/10/10	Days Inn	348-8410		\$60.00	8 dbl boys/8 dbl girls	
LHS	BBB/GBB	Spearfish	Sturgis	01/07/11	Holiday Inn Expr	347-4140		\$70.00	8 dbl boys/8 dbl girls	
LHS	Gymnastics	RC Invite	Rapid City	01/21/11	Days Inn	348-8410		\$60.00	4 doubles	
LHS	Gymnastics	State Meet	Watertown	2/17-18/11				\$75.00	4 doubles	
LHS	GBB	State Meet	Brookings	3/9-12/11				\$75.00	11 doubles	
LHS	Boy Tennis	GDC	Rapid City	5/5-6/11	Days Inn	348-8410		\$60.00	3 doubles	
LHS	Girls Golf	GDC	Rapid City	05/06/11	Days Inn	348-8410		\$60.00	3 doubles	
LHS	Girls Golf	State Meet	Brookings	5/22-23/11				\$75.00	3 doubles	

**State Meets 2010-11**

**B Golf** ..... Huron  
**G Tennis** ..... Rapid City  
**B/G Cross Country** ..... Huron  
**Football** ..... Vermillion (no overnight)  
**Volleyball** ..... Yankton (state gets)  
**Cheer/Dance** ..... Yankton

**Gymnastics** ..... Watertown  
**Wrestling** ..... Sioux Falls (state gets)  
**GBB** ..... Brookings (state gets)  
**BBB** ..... Sioux Falls (state gets)  
**G Golf** ..... Brookings  
**B Tennis** ..... Sioux Falls  
**B/G Track** ..... Brandon/Sioux Falls

LINCOLN HIGH SCHOOL OUT OF CLASS REQUEST

EVENT/ACTIVITY \_\_\_\_\_ DESTINATION \_\_\_\_\_

DATE/TIME ACTIVITY BEGINS \_\_\_\_\_ DATE/TIME ACTIVITY ENDS \_\_\_\_\_

DATE(S) AND TIME STUDENTS EXCUSED FROM SCHOOL \_\_\_\_\_

FORM OF TRAVEL \_\_\_\_\_

IF THE TRIP IS AN OVERNIGHT, WHERE ARE YOU STAYING? \_\_\_\_\_

ADULTS THAT ARE TRAVELING AS CHAPERONES, COACHES, OR ADVISORS:

ATTACH AN ENTIRE ITINERARY IF THE TRIP IS FOR MULTIPLE DAYS.

\*\*\*\*NOTE: All travel is to be reported **AT LEAST THREE DAYS PRIOR TO DATE OF DEPARTURE.** This notification is the responsibility of the sponsor in charge of the event. Turn this form in to **JIM DORMAN** when completed for approval.

STUDENTS TRAVELING ON THIS TRIP ARE (IN ALPHABETICAL ORDER BY GRADE):

ID# (IMPORTANT!)	NAME	GRADE

(IF NECESSARY, USE REVERSE SIDE OR ATTACHED A COMPLETED LIST)

APPROVED BY \_\_\_\_\_ DATE \_\_\_\_\_

**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](http://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 2010-11 MEETING SCHEDULE

Aug.	30	All football coaches	
Sept	7	WHS football	WHS VB/O'G VB
	13	RHS football	LHS VB/RHS VB
	20	LHS football	
	27	WHS football	
Oct.	4	RHS football	
	11	All football coaches	All volleyball coaches
	18	LHS football	LHS VB/O'G VB
	25	All football coaches	WHS VB/RHS VB
Nov.	1	Play off teams (football) – all volleyball coaches	
	8	Play off teams (football/volleyball)	
	15	All City football teams – all football coaches	
	22	All City volleyball team – all volleyball coaches	
Nov.	29		All GBB coaches
Dec.	6	All BBB coaches	
	13	WHS BBB/O'G BBB	WHS GBB/O'G GBB
Jan.	3	RHS BBB/LHS BBB	LHS GBB/RHS GBB
	10	WHS BBB/O'G BBB	WHS GBB/O'G GBB
	17	All BBB coaches	All GBB coaches
	24	RHS BBB/LHS BBB	RHS GBB/LHS GBB
	31	WHS BBB/O'G BBB	WHS GBB/O'G GBB
Feb.	7	RHS BBB/LHS BBB	RHS GBB/LHS GBB
	14	No BB Coaches	
	21	All BBB coaches	All GBB Coaches
	28	All BBB Coaches	All GBB Coaches
March	7	Play off teams (BBB)	Play off teams (GBB)
	14	Play off teams (BBB)	All City GBB team
	21	All City BBB team	

August 9, 2010

## 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, 9<sup>th</sup>.
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: \_\_\_\_\_

YEAR: \_\_\_\_\_

## 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  
4

\* denotes Scholar Athletes

**BOLD FACE-Gets Monogram. 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
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">1 →</div> <div style="text-align: center;">2 →</div> <div style="text-align: center;">3 →</div> <div style="text-align: center;">4 →</div> <div style="text-align: center;">5 →</div> </div>					
STUDENTS						
<b>Clinics</b>	yes	yes	yes	yes	yes	yes
<b>Camps</b>	yes	yes	no	yes	yes	yes
<b>Leagues/Games/Tourneys</b>	yes	yes	no	yes	yes	yes
<b>Practice</b>	yes	yes	yes	yes	yes	yes
<b>All-Star</b> <small>Grade 12</small>	no	no	no	yes	yes	yes
<b>All-Star</b> <small>Grade 9-10-11</small>	no	no	no	no	yes	yes
<b>Club Team</b>	yes	yes	no	yes	yes	yes
<b>Private Lessons</b>	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

<b>Clinics</b>	yes	yes	yes	yes	yes
<b>Camps</b>	no	no	no	no	yes*
<b>Leagues/Games/Tourneys</b>	no	no	no	no	yes*
<b>Practice</b>	no	no	yes	no	no**
<b>All-Star</b> <small>Grade 9-12</small>	no	no	no	no	yes
<b>Club Team</b>	no	no	no	yes	yes
<b>Private Lessons</b>	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](http://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](mailto: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.**