



ROCORI SCHOOLS

**Winter Sports Meeting
Welcome!**



ROCORI Schools

ROCORI Mission:

To be Central Minnesota's Standard of Excellence

- Academics
 - Activities
 - Character
 - Sportsmanship
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Rocori Activity Notes

- Over 75% of ROCORI students participate in at least one activity...Most are in two or three
 - ROCORI has a NO-CUT policy
 - ROCORI Activities have educational value
 - ROCORI has some of the finest facilities in the CLC
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MSHSL Stats

Students that participate in activities:

- Say the main reason to be out for sports is to be with friends and have fun
- Gain necessary life skills needed in a job such as teamwork..
- Tend to be better students and are more apt to further their education beyond high school
- Tend to make less destructive decisions and discipline issues

*Students who participate as starter or not have the same tendencies



- Enjoy the journey!
- Very few athletes will become professionals
- Coaches and athletes in professional sports make millions
- Coaches in high school make very little
- Athletes pay to play
- Our kids play because they love the game and want to be part of a team
- Coaches coach because they love the sport and students
- Sports fans today have gotten to be very critical and negative
- We need to be Central Minnesota's standard of excellence in sportsmanship

REALITY in Sports



- Students must not use chemicals-tobacco, drugs or alcohol - 2, 6 and 12 contests
- Students must fill out all necessary paperwork-contract, physical (every 3 years), fees
- Students must display good character-Code of Responsibility
- Racism, Bullying and Hazing are serious offenses!
- Social Media Responsibility! Posted items or statements.
- Students must maintain a C- or above grade point average
- Students must pass all classes and be on track to graduate
- Students must be in attendance to participate that day-excused absences ok

ROCORI Eligibility Rules



REMEMBER: (no cut policy creates issues)

- ROCORI Varsity Activities play to win
- JV and 10th Grade play to develop and win
- 9th Grade plays to develop and participate
- Middle School plays to participate, experience and develop

Playing Time



- Preparation is key to success
- Follow coaches plan offseason
- Involvement in other activities benefits
- Strength Training is essential-plans for each sport

Activity Preparation



ROCORA Roles

- **Players' roles:** academics, practice, commitment, character, performance-PLAY
 - **Coaches' roles:** character, commitment, planning, leadership, decision making-COACH
 - **Parents' roles:** encouragement, support, mentoring, paying bills-FANS CHEERING
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Top 20 Good Teammate Guidelines

- #1 job is to help others succeed
 - Communicate you matter to others
 - Honor the absent
 - See the problem, own the problem
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Attendance-prompt, attend all practices and games

Attitude-positive, team, prepare, take care of yourself, work hard

Communication-ask questions, communicate issues to coach, display respect

Academics-student responsibilities first

Character-sportsmanship, good teammate, citizen, community member, family

Student Responsibilities



- **Attendance**-provide schedule, communicate changes
- **Attitude**-prepared, open, encouraging, school rules, professional, leadership
- **Communication**-philosophy of program, expectations, schedules, plans, changes, MSHSL policies, team decisions

Coaches Responsibilities



- **Attendance**-When possible, try to schedule vacations and appointments around practice and events.
- **Attitude**-Help your student to know and understand expectations, schedule and rules. Encourage your student to embrace team approach while supporting their team role. Be positive, supportive and listen.
- **Communication**-Notify coaches of schedule conflicts in advance when possible as well as injury and illness updates.

Parent Responsibilities



- Player and Coach Meeting
- Player, Parent and Coach Meeting
- Administration (AD) involvement with Coach, Player and Parent
- Administration (AD/Principal or Superintendent) with Coach, Player and Parent

Notes:

*24 hour cooling off period-No emotion-If this is not followed, you will be contacted by administration and there could be consequences.

*Playing time or team placement will not be discussed beyond coaches

*Complaints that are written need to be signed/owned or they are not considered valid. Listen. Action?

Complaint Procedure

- **Cancellations or Make up days?**
- **Make up work-Missing class?**
- **Communication from Coaches?**
- **Practice times and places-Shared spaces**
- **Morning practices?**
- **Driving? Parent rides?**
- **Parent permission slips to give rides.**
- **Dress and Preparation?**
- **Illness and Injury?**
- **Lockers-Take care of personal items-Lock up items!**
- **Parent assistance for team-lots of jobs**



Winter Issues



Ending Thoughts

- Activities are an important part of education-very affordable
 - ROCORI is passionate about activities
 - ROCORI is a great place to be a student-Great community!
 - Mission Statement: Central Minnesota's Standard of Excellence
 - Challenge-Support our programs, coaches and students
 - Parent support is essential to operate many programs!
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REMEMBER: Activity start dates-paperwork completion-
online on website.

Questions????
