

BOLD Schools All Sports Meeting

8/9/2021



Fall Dates & Seasons

Use Notify Me tool @ <https://bold.k12.mn.us>

- 1) Cross Country (grades 7-12)
 - a) Practice begins on 8/16 @ 9 AM on the track
- 2) Football (grades 9-12)
 - a) Practice begins on 8/16 @ 7:30 AM on the practice fields
- 3) Football (grades 7-8)
 - a) Practice begins on 8/30 @ 3:00 PM - Meet outside boys locker room
- 4) Volleyball (grades 9-12)
 - a) Practice begins on 8/16 @ 7 AM - Olivia Large Gym
- 5) Volleyball (grades 7-8)
 - a) Practice begins on 8/30 @ 3:30 PM in the gym in Bird Island.

COVID-19 Regulations as of 8/9/21 @ 3PM

- 1) Masking
 - a) BOLD's current policy is to follow the recommendation of the CDC
 - i) Currently - masks are highly recommended
 - ii) If it changes, we will send out notification
 - b) Masks are still required on busses!**
- 2) Vaccinations
 - a) Nothing is required; contact your healthcare provider with questions.
- 3) Contact Tracing
 - a) Any student testing positive for covid will be sent home, along with their immediate family. Close contacts will be notified, but not sent home.
- 4) Covid-19 Testing
 - a) Not required, but will be an option to return to school/athletics sooner after a positive test within your family

Fans

1) Spectator Limits

- a) There are no limits to attendance at this point.

2) Tickets (Students - \$4; Adults - \$6)

- a) Tickets for home events will be available at the gate
- b) Tickets are also available at www.vancoevents.com

3) Season Passes (Students - \$40; Adults - \$65)

- a) Available for purchase tonight, online, or in activities office.
- b) 10 Punch Cards (Students - \$30; Adults - \$50)

Fans (Part 2 of 2)

1) Streaming

- a) Pixellot streaming service is available at www.nfhsnetwork.com
 - i) BOLD is installing Pixellot camera systems in our gyms
 - (1) Streaming of all events will be available:
 - (a) \$69.99/year
 - (b) \$10.99/month

2) BOLD Activity Calendar

- a) <https://www.westcentralconference.org/public/genie/42/school/1/date/2021-09-06/view/week/>

Registration & Payments

1) All registrations must be done online at:

a) <https://bold.k12.mn.us>

i) Activities Tab

ii) Activities Payments & Registration Link



2) Sports Physical (Every 3 Years - Typically before grades 7 & 10)

a) All athletes must have sports physical to being practice

3) Impact Testing(Every 2 Years - Typical before grades 7, 9, & 11)

a) Time slots available this week @ Media Center (Max 20/time slot):

i) Wednesday @ 1 PM

ii) Thursday @ 4 PM

iii) Friday @ 8 AM

4) Payments (adjustments for free/reduced lunch)

a) Grades 9-12 = \$100; Grades 7-8 = \$75; Family Cap = \$350

Prevention & Care of Injuries

- 1) Hydration & Nutrition
- 2) Talk to Coaches
 - a) Hurt vs. Injured
- 3) Use the Trainers
 - a) Big Stone Therapies - Free Screenings - Call for Appointment
- 4) Concussion Return To Play
- 5) Ounce of prevention vs. pound of cure

THANK YOU

HEALTH ENHANCEMENT & BIG STONE THERAPIES

Minnesota State High School League Policies

- 1) Academic
 - a) Mid-quarter
 - b) End of Quarter
- 2) Chemical - Bylaw 205
 - a) “Products used to deliver tobacco” are illegal (Vapes)
- 3) Code of Conduct - Bylaw 206
 - a) Must be in “Good Standing” with school district
- 4) Transfers
 - a) Prior to 9th grade, you have free choice of your school without consequence. After you enter 9th grade, a transfer results in a 1-year suspension of eligibility for activities.

Questions?