

Warriors,

This is what we would have traditionally covered at our fall sports meeting, but with our gym floor still curing and all of our registration online, I thought we would try to distribute information in this way for 2022-23 activities. Please see the simplified versions of BOLD's procedures and policies, along with Minnesota State High School League (MSHSL) policies, under the headings below. If you have questions on anything included, please contact the BOLD Activities Office.

Registration & Payments

Many of you have already completed registrations and payments and Brittany and I really appreciate that. If you have not yet registered for your fall sport, please take care of that before the first day of practice. To be full registered a student-athlete must complete:

- 1) The online registration & payment at: [BOLD Activities Registration & Payments](#)
- 2) A sports physical, signed by a doctor, from within the past three years
- 3) An impact test from within the past two years

Sports Physical

A sports physical is required before a student-athlete will be allowed to practice with any BOLD team. This can be done by any doctor of your choosing, but the appropriate MSHSL sports physical form must be completed and signed by the doctor. This form is available at: [Sports Physical Form](#)

Impact Tests

This is part of our concussion return-to-play protocol and must be updated every 2 years for every student-athlete at BOLD. All incoming 7th graders that are going to play a sport in the 22-23 school year must participate in this test, along with most 9th and 11th graders. We will offer times for the test to be taken in the BOLD media center on:

- 1) Wednesday, August 10 @ 4:30 PM
- 2) Wednesday, August 10 @ 5:30 PM
- 3) Thursday, August 11 @ 9:00 AM

[Sign up for an impact test here](#)

SCHEDULES

All BOLD schedules are available on the BOLD Website. The schedules can be accessed from the BOLD homepage by hovering over calendars and selecting "Activities". The same page can be accessed via this link: [BOLD Schedules](#)

- 1) If you want to find a specific schedule click the "View Schedules" button under the calendar on the right side to find a schedule for an individual team.
- 2) If you want to receive instant communication about schedule changes for a specific team, click "Notify Me" on the right hand side and you will be notified of all changes made to the athletic schedules in real time.

ELIGIBILITY

This document does not contain the exact wording of BOLD's policies, it is a simplified version that is meant to be more easily understood. The information in this document will always be subvergent to BOLD School District's board-accepted policy.

Eligibility to compete in BOLD extra-curricular events starts with completing the registration process listed above. Once this is completed, violations of certain policies can cause eligibility to be suspended. During these periods of ineligibility the student can practice, and can attend events, but can not dress in uniform and participate in events.

1) Code of Conduct:

- a) We have a code of conduct that we expect of BOLD student-athletes. This is handled on a case-by-case basis, but any decision, comment, action, etc. that violates BOLD's conduct expectations can lead to a loss of athletic/activity eligibility.

2) Academic Eligibility:

- a) At mid-quarter, a failing student is placed on probation for two week, during which time he/she can not miss classes for athletics, but can participate in practices & events. After two weeks, if he/she is not passing this class he/she becomes ineligible until he/she gets this grade above a passing level.
- b) At the end of a quarter, a failing student loses eligibility for at least two events. After those two events, if he/she demonstrates that he/she is passing the class that he/she failed at the end of the quarter, he/she can regain eligibility.

3) Chemical Eligibility:

- a) Chemical eligibility violations result from use, consumption, or possession of alcohol, tobacco, controlled substances, paraphernalia, products used to deliver nicotine, tobacco, or other chemicals. *This includes all vapes!*
 - i) 1st violation = 2 events or 2 weeks whichever is longer
 - ii) 2nd violation = 6 events or 3 weeks whichever is longer
 - iii) 3rd (and subsequent) violation = 12 events or 4 weeks whichever is longer

4) Transfer Eligibility:

- a) IF YOU ARE A TRANSFER STUDENT INTO, OR OUT OF, BOLD SCHOOLS AFTER GRADE 7, PLEASE COME TO THE ACTIVITIES OFFICE TO DISCUSS ELIGIBILITY.

ACTIVITY PASSES

- 1) BOLD Activity passes will be available in the BOLD Activities Office starting on August 15. BOLD will award a year-long activity pass to any community member that volunteers to work at 5 events throughout the year. We rely on these volunteers to help us make events work. If you are willing to volunteer to help at events please contact: brittany.louwagie@bold.k12.mn.us
- 2) Passes can also be purchased at the following rates:
 - a) Adult Year-long Activity Pass = \$65
 - b) Student Year-long Activity Pass = \$40
 - c) Adult 10-event Punch Card = \$50
 - d) Student 10-event Punch Card = \$30

PARENT / COACH COMMUNICATION

This document does not contain the exact wording of BOLD's policies, it is a simplified version that is meant to be more easily understood. The information in this document will always be subvergent to BOLD School District's board-accepted policy.

- 1) Parents should expect communication from coaches about schedules, team rules, fundraisers, special events, etc. Parents - please remember that much of this communication will come through your son/daughter. If you need to know what is going on, check with your child first, then the coach.
- 2) If a parent has a concern about something happening within one of our programs, BOLD has a board-approved coaches handbook that our coaches must follow. The first conversation to resolve any issue should involve the player and the coach. The second meeting should involve the player, the coach, and the parents. The third meeting will involve the player, the coach, the parents, and the activities director. Nearly all issues will be resolved in step one, so please encourage your kids to communicate with their coaches.
- 3) **24-HOUR RULE:** Any communication between players, coaches, and parents about a disagreement at an event should not take place until 24-hours after the event has been completed. This allows for all parties to calm down so that productive discussion can take place to resolve the issue.

COVID-19

The MSHSL's current policy on Covid-19 states that any student-athlete that tests positive for covid-19 is to be held out of athletics for 5 days, and then can return, but must be masked at all times for the following 5 days.

PRESEASON MEETINGS

Volleyball (Grades 7-12) August 10 @ 6:30 PM BOLD Media Center

PRACTICE START DATES

Football (Grades 9-12)	August 15 @ 7:30-11:30 AM	Varsity FB Practice Field
Volleyball (Grades 9-12)	August 15 @ 5:30-7:30 AM	Olivia Large Gym
Cross Country (Grades 7-12)	August 15 @ 9:00-10:30 AM	Track
Football (Grades 7-8)	August 29 @ 3:00-5:00 PM	Meet @Boys' Locker Room
Volleyball (Grades 7-8)	August 29 @ 3:30-5:00 PM	Bird Island Large Gym

CONTACT US

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BOLD Activities Secretary Brittany Louwagie
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