



# **ACTIVITY MEETING**

**2022-2023**



# Required Documentation for Practice

1. Physical Examination Card (athletics only)
  - Must pass the physical examination
  - Physical exams are good for 2 years \*\*
2. Emergency Medical/Informed Consent Form
3. Online Registration
4. Impact Testing (July 25th, 26th, 28th)

**ALL ITEMS MUST BE TURNED IN PRIOR TO THE FIRST PRACTICE.**

**\*\* *waiver available***

**CODE CHANGES**

# Changes



- Students cannot receive any school issued uniform or equipment if they have an outstanding uniform-equipment bill.

# Changes



## **HONESTY CLAUSE**

- Any student who brings it to the attention of the Activities Director/Principal or acknowledges a violation of this code in writing shall be suspended for one event or game only and as to any other activities they are involved in, shall incur a reduced penalty.
- This notification needs to take place within 48 hours of the incident and must be acknowledged before any school investigation begins into the incident.
- If it is beyond these parameters, the student does not have ability to qualify for this clause.
- Additionally, the ability to acknowledge a violation shall be available to any student once only during their high school career.

# ADDED



## Spectator CODE OF CONDUCT

- First Offense: resulting actions that may include removal from the next two home athletic contests of the same sport.
- Second offense- The Spectator will be removed from all home Crandon School District Athletic contests for the remainder of the season including all home playoff contests.
- Third offense- The Spectator will be removed from all home School District of Crandon Athletic contests and other school events and activities for the remainder of the school year.

# RULES



## **OUT-OF-TOWN TRAVEL**

All students must travel to and from activities by school-provided transportation.

Exceptions must be pre-arranged with administration no later than 10 AM on the day of the event.

Need to complete **Alternate Transportation Form**

*(available on website or in office)*





# **ATTENDANCE**

Must be in attendance for the full day.

Saturday events/Non School Day

*Friday attendance/Previous Day of School counts*

## **NO TARDIES**

Check in / Receive Passes

**EXCEPTIONS:** Prearranged Absences/Appointments

*Official Written Verification of the time and location of the appointment required.*

# INJURIES



Please make sure any injuries sustained during an activity (practice or game/contest) are reported as soon as possible.



# EQUIPMENT

- Students are responsible for any equipment/uniforms issued to them.
- All items need to be returned no later than 1 week of the final contest.
- Seniors may purchased (only in their entirety), if the district is able to purchase a replacement.



# TEAM RULES

- Each team may be establish team specific rules not outlined in the activity code.
- Coaches should cover this at their portion of this meeting.



# MULTISPORT ATHLETES

- If students participate in multiple sports/activities that run concurrently, they must develop an agreed upon practice/performance schedule to all coaches/advisors.
- The schedule must also be approved by the Activities Director

# ELIGIBILITY

# SCHOLASTIC REQUIREMENTS



- Eligibility Checks will take place every 3 weeks on Monday at 8:00 am.
- Eligibility Check Dates

September 26

January 16

October 10

February 6

October 31

February 20

November 14

March 13

December 5

April 3

December 19

April 24

January 2

March 15

# SCHOLASTIC REQUIREMENTS



- **No F's**
  - 1 F
    - Practice, but no games
  - 2+ F's
    - No Practices or games
    - If they have **2 F's** for **2** consecutive grade checks they are ineligible for the remainder of the season.





# New Eligibility Sheet



# Ineligible Athletes

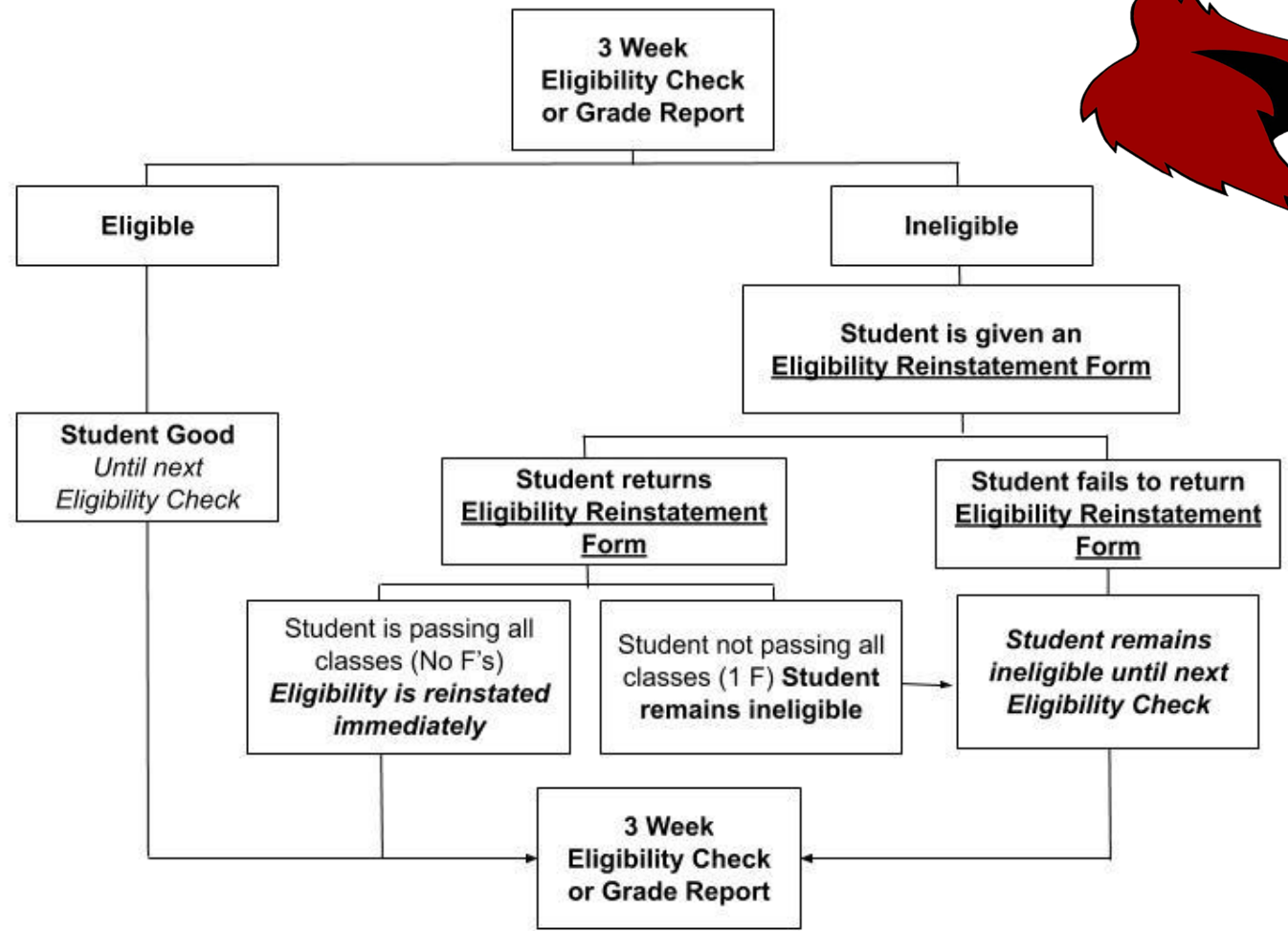
- Ineligible Athletes may not travel with team, if team leaves school early.
  - May transport themselves.
  - They are not allowed to sit on the bench during contests/events.

# ELIGIBILITY CHECKS



- A student can regain their eligibility back as soon as they get the grade up & complete the Eligibility Reinstatement Form
- Coaches and AD will determine appropriate disciplinary action.

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# CODE VIOLATIONS - TYPES

- Conduct Unbecoming
  - Disrespect to school staff
  - Not following school rules
- Mere Presence Policy
- Alcohol/Tobacco/Drugs



# PENALTIES

**First Offense** - suspension from 25% of the regularly scheduled contests or events - assessment required.

**Second Offense** - suspension from 50% of the regularly scheduled contests or events - assessment required.

**Third and Subsequent Offenses** - Calendar-year suspension (twelve months from the date of the penalty) - assessment required.

# AWARDS

# AWARDS - TYPES

- Team Awards
- Conference Awards





# TEAM AWARDS



## All Sports

- Letter
  - Coaches select/specific criteria
- Participation

## Individual

- MVP
- MIP
- Specific Team Awards



# CONFERENCE AWARDS

- **All Conference**

- First Team
- Second Team
- Honorable Mention

Nominated by your head coach,  
then selected by other  
conference coaches

## **Academic All Conference**

- 2nd Year Letter Winner in that sport
- 3.5 GPA
- No Code Violations

# REGISTRATION



# Electronic Registration

All forms are to be filled out electronically.

<https://crandon-ar.schooltoday.com/>

Use same username & password, if new create new account

Physicals and Alternate year cards need to be uploaded or turned into the office.

Questions/Concerns Contact:

Mrs. Geske (Middle School Secretary)

715-478-6124 [geskekam@sdoofcrandon.com](mailto:geskekam@sdoofcrandon.com)

# SCHEDULES

# www.sdofcrandon.com

Hover over “Extracurricular” Tab

Click on “Athletic Schedule”

Click on “View Schedule”

Select Schedules you want to see

Click “View”

Click “Email This”

Do NOT check any boxes. It will email you a hyperlink. Link is live so it auto updates.

# Schedules

**Step 1:** Visit [sdofcrandon.com](http://sdofcrandon.com)

**Step 2:** Click “Athletics”

The screenshot shows the website for the School District of Crandon. At the top left is the school's logo, a red cardinal, with the text "School District of Crandon" and the tagline "Learning today. Leading tomorrow." Below this is a navigation menu with tabs for Home, District, High School, Middle School, Elementary, Staff, Athletics, and Performing Arts. The "Athletics" tab is highlighted with a white circle. A white arrow points to the "Athletics" tab. On the left side, there is a search bar and a list of links: Athletics Home, Printable Schedule Instructions, Athletics Schedule, Athletic Code, Parent Participation, and Video. The "Athletics Schedule" link is circled in black, and a black arrow points to it. The main content area is titled "Athletics Home" and features a "Activities Registration" link, a photo of the school mascot, and a photo of the 2018 Middle School Cross Country Team. On the right side, there is a scoreboard for "CRANDON CARDINALS" showing a score of 0:00, and a "Physical Form" link. The Windows taskbar is visible at the bottom of the screen.

**Step 3:** Click “Athletics Schedules”

# Schedules

**Step 4:** “View Schedules”

**Step 5:** Check boxes of schedules you want to see.

The screenshot shows a school schedule interface. On the left, there are tables for Thursday, October 25, 2018, and Friday, October 26, 2018. On the right, there is a calendar for October 2018 and a list of activities with checkboxes. A large black arrow points from the text 'Step 4: View Schedules' to the 'VIEW SCHEDULES' button in the activity list. Another large black arrow points from the text 'Step 5: Check boxes of schedules you want to see.' to the checkboxes in the activity list. The activity list includes items like 'Auditorium', 'Elementary Gym', 'High School Cafeteria', and 'School District of Crandon'. The interface also features a 'Math Practice' sidebar with buttons for grades 1-8 and subjects like Algebra 1, Geometry, and Algebra 2. At the bottom, there is a Windows taskbar with the search bar and system tray.

TIME	EVENT	DETAILS
10:30am- 11:15am	Auditorium <i>FRESHMEN ACT PREP</i>	Auditorium
3:15pm- 4:30pm	Auditorium <i>Home Team Drama Practice</i>	Auditorium
3:15pm- 4:15pm	Elementary Gym <i>6th Grade Boys Basketball</i>	Elementary Gym
3:30pm- 5:00pm	High School Cafeteria <i>Middle School Cross Country Party</i>	HS Cafeteria
3:30pm- 4:30pm	Other <i>HS Cross Country Practice</i>	School District of Crandon
5:30pm- 6:30pm	Elementary Gym <i>CYB-BROWNELL</i>	Elementary Gym
6:00pm- 6:30pm	Auditorium <i>Winter Sports Meeting</i>	Auditorium
6:00pm- 8:00pm	Wrestling Messanine <i>Youth wrestling practice</i>	School District of Crandon

TIME	EVENT	DETAILS
3:15pm- 4:30pm	Auditorium <i>Home Team Drama Practice</i>	Auditorium
3:30pm- 9:00pm	High School Cafeteria <i>Middle School Fall Dance from 6-8 pm</i>	Elementary Cafeteria
4:00pm- 6:00pm	High School Gym <i>CYB-PALUBICKI</i>	High School Gym
5:30pm- 7:30pm	Other <i>Mary Kay Meeting-Elementary Art Room</i>	School District of Crandon

**Step 6:** Click “View”




# Schedules


## Step 7: View The Schedules

## TIPS/TRICKS

Calendar Report - Google Chrome  
https://www.northernlakeswi.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school\_id=1&G5button=13&G5genie=4378...&levelyear=1&vw\_agl=72-2-628,72-2-977,72-2-7,



Crandon

Subscribe 

Close Print Email this Download

View: Day/date

**2**

### Basketball Boys Multiple Levels Schedule (as of 10-25-18)

Activity	Time	Opponent	Location	Leaves	Comments
<b>Tuesday, Nov 27, 2018</b>					
Basketball: Boys Junior Varsity Game	5:30PM	Menominee Indian	<a href="#">Crandon High School High School Gym</a>		
Basketball: Boys Varsity Game	7:00PM	Menominee Indian	<a href="#">Crandon High School High School Gym</a>		
<b>Friday, Nov 30, 2018</b>					
Basketball: Boys Varsity Game	5:30PM	White Lake	<a href="#">Crandon High School High School Gym</a>		
<b>Thursday, Dec 6, 2018</b>					
Basketball: Boys Junior Varsity Game	5:30PM	Away vs. Goodman-Pembine Patriots	<a href="#">Goodman-Armstrong Creek High School</a>	4:00PM	
Basketball: Boys Varsity Game	7:00PM	Away vs. Goodman-Pembine Patriots	<a href="#">Goodman-Armstrong Creek High School</a>	4:00PM	
<b>Tuesday, Dec 11, 2018</b>					
Basketball: Boys Junior Varsity Game	5:45PM	Away vs. Florence	<a href="#">Florence High School</a>		(Date Changed from 12-20-18)
Basketball: Boys Varsity Game	7:00PM	Away vs. Florence	<a href="#">Florence High School</a>		(Date Changed from 12-20-18)
<b>Friday, Dec 14, 2018</b>					
Basketball: Boys Junior Varsity Game	5:30PM	Three Lakes	<a href="#">Crandon High School Middle School Gym</a>		
Basketball: Boys Varsity Game	7:00PM	Three Lakes	<a href="#">Crandon High School High School Gym</a>		
<b>Thursday, Dec 27, 2018</b>					
Basketball: Boys Varsity Game	TBD	Away vs. Oneida Nation Thunderhawks	<a href="#">Oneida Nation High School</a>		
<b>Thursday, Jan 3, 2019</b>					
Basketball: Boys Junior Varsity Game	5:45PM	Away vs. Laona-Wabeno	<a href="#">Wabeno High School</a>		
Basketball: Boys Varsity Game	7:30PM	Away vs. Laona-Wabeno	<a href="#">Wabeno High School</a>		
<b>Friday, Jan 4, 2019</b>					

1. Subscribe to calendar (Add to your phone - iphone/android)
2. Email to yourself (if you don't check the boxes for pdf or others it will email link)
  - a. If changes are made, the link auto updates based on the schedule you selected

**FOR YOUR DEVICE**

# Get the App

## Apple



**Activity Scheduler** 4+

[Dwebsite](#)

#159 in Sports

★★★★☆ 3.8, 12 Ratings

Free

## Android



Activity Scheduler

rSchoolToday Sports

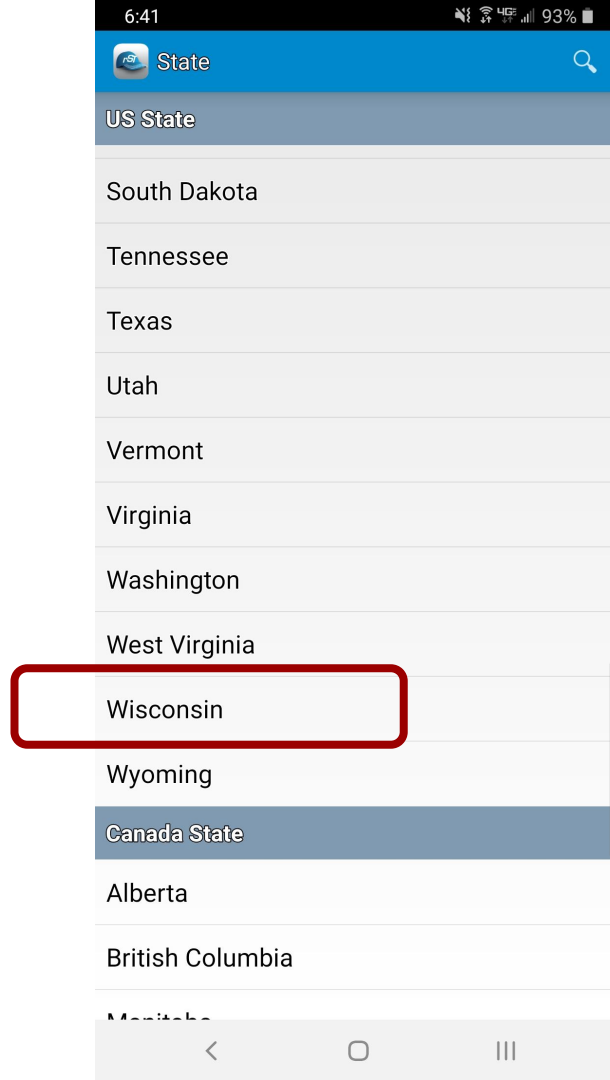
Everyone

Contains Ads

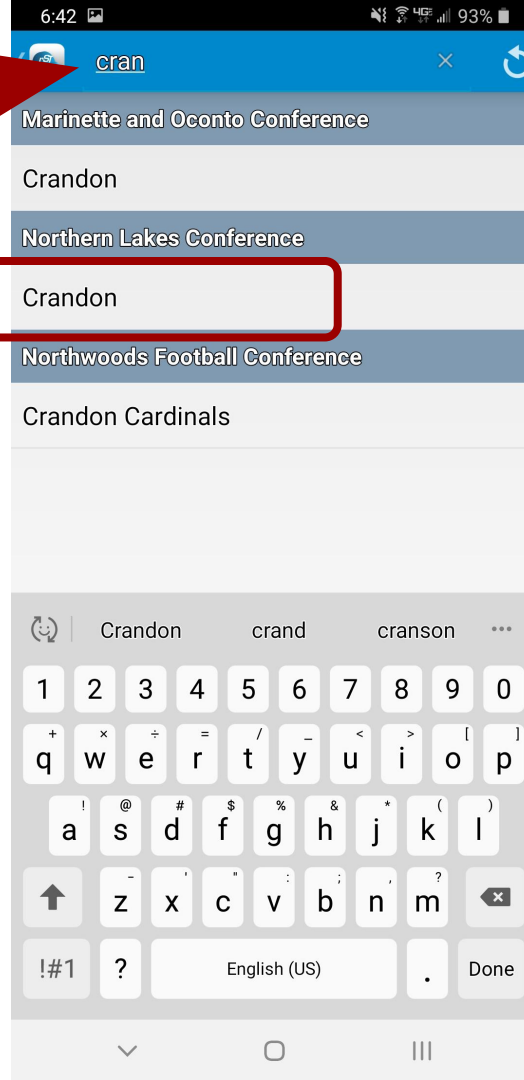
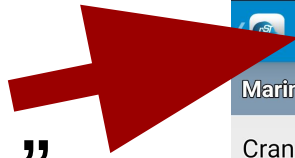
i This app is compatible with your device.

Add to V

# Select Wisconsin



Search  
“Crandon”



Northern  
Lakes  
Conference  
is the  
correct one  
for ALL  
sports

General Page  
shows daily  
activities

6:45 Calendar

**Ad** Google's Online Office Tools  
G Suite by Google Cloud  
Run your business like a pro with G Suite, the productivity suite made for professionals. [Sign Up](#)

**Monday, Aug 10, 2020**

**Board of Education**  
6:00pm - 8:00pm  
*@School District of Crandon - Auditorium*  
School Board Meeting

**Tuesday, Aug 11, 2020**

**2020 Summer Athletic Activities**  
6:00pm - 8:00pm  
*@School District of Crandon - Gym: High School*  
VOLLEYBALL Open Gym

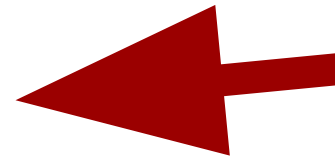
**Cross Country - Practice (HS)**  
6:00pm - 7:00pm  
*@School District of Crandon - Auditorium*  
Parent Meeting

**Wednesday, Aug 12, 2020**  
-- No Event --

**Thursday, Aug 13, 2020**  
-- No Event --

View Schedules View by Type Choose Date

Select specific  
schedules by  
clicking



# REQUIRED ITEMS



# Required Documentation

1. Physical Examination Card (athletics only)
  - Must pass the physical examination
  - Physical exams are good for 2 years \*\*
2. Emergency Medical/Informed Consent Form
3. Online Registration
4. Impact Testing

**ALL ITEMS MUST BE TURNED IN PRIOR TO THE FIRST PRACTICE.**

**\*\* *waiver available***



# REGISTER NOW!

<https://crandon-ar.schooltoday.com/>

# ATHLETIC TRAINING

# CONTACT INFORMATION

Mariah Nelson, LAT, ATC

- Email: [Mariah.Nelson@aspirus.org](mailto:Mariah.Nelson@aspirus.org)
- Cell: (715) 815-7100

Please do not be afraid to contact me with questions or concerns about your child's health as it relates to athletics.

Please use discretion when contacting me via my cell phone as this is my personal number, not a work number.

# SERVICES PROVIDED

I provide free health services to Crandon students and athletes with orthopedic injuries.

Services Provided:

- High school sports practice/game coverage
- Injury evaluation/assessment
- Treatment/rehabilitation
- Immediate & emergency care
- Preventative care

# CONCUSSION INFO

Athletes with concussions can take anywhere from 10-14 days or longer to fully heal from their injury.

## Importance of Impact testing

- An online tool used to help athletic trainers and other healthcare professionals diagnose and manage concussions.
- Athletes must take a baseline test yearly before beginning their first sport season of the school year, and the test is good for any sport season that follows during that same school year.
  - I.e. If an athlete takes the baseline test for a fall sport, it is good for a winter and/or spring sport during the same school year and they will not have to retake it.
- If an athlete is diagnosed with a concussion, a post-injury test is taken, once they are symptom free, to determine when the return-to-play protocol can begin

# CONCUSSION INFO

## WIAA Return-to-Play Protocol

- Day 1: 15-30 minutes of light aerobic exercise (jogging, stationary biking) at a slow to medium pace
- Day 2: More strenuous sport-specific exercise (running, sprinting, skating) without any equipment or contact with other players
- Day 3: Begin non-contact drills in full uniform. May also begin progressive resistance training/weight lifting.
- Day 4: Full practice with contact
- Day 5: Full game clearance

One step must be completed per 24 hr period.

If an athlete develops any symptoms during one of these return-to-play days, this day must be repeated until the athlete no longer reports symptoms with activity.

# SUDDEN CARDIAC ARREST

Sudden cardiac arrest is the leading cause of death in young athletes while training/competing in a sport.

I am CPR/AED certified through the American Red Cross.

Per WIAA guidelines, all paid coaches must hold a CPR certification.

Emergency action plans have been put in place for each sports venue here at Crandon and all coaching staff know their appropriate roll in the event of an emergency.

# MEDICAL CONDITIONS

It is recommended that the parents/guardians of an athlete with a potentially serious medical condition contact me prior to the start of the sports season.

Conditions include but are not limited to:

- Diabetes Mellitus
- Allergic reactions to bee/wasp/hornet stings
- Asthma/Exercise Induced Asthma

Extra medication (i.e. epi-pen, inhaler, glucose tabs) for the athlete may be requested by the athletic trainer to keep in the team med kit in the event of a medical incident at practice or during away games.



QUESTIONS?

# Activities Director

Brady Weber

[weberbra@sdoofcrandon.com](mailto:weberbra@sdoofcrandon.com)

715-478-6182

# TEAM MEETING