

Fall Sports Parent Meeting

Sentinel High School
Academic and Athletic Excellence

B/G Golf, B/G Cross Country, Football, B/G Soccer, Volleyball, Cheer, Dance

August 9, 2022



Mission/Vision of SHS Activities

Mission:

Provide the infrastructure that allows student-athletes to reach their full academic, athletic and social potential.

Vision:

To be the preeminent activities program in the region by providing support of the holistic student-athlete experience.

Pre Season Information

- School Picture Day
August 23-24 8:00 – 1:00 PM @ Cafeteria
Pics are a MUST for Activity Cards, Infinite Campus, & Yearbook.
- Team Pictures
Scheduled & info from your coach.

Requirements Before 1st Practice

- Enter/upload electronically into Dragonfly **OR**
- Complete paper version and submit to main office/coach.
 - Demographics & Emergency Contact Form
 - Concussion Statement
 - Assumption of Risk
 - Parent/Guardian Code of Conduct
 - Student Code of Conduct
 - Pre-Participation Physical Exam Form (scan/upload both sides, completed after May 1, 2022). Physician must sign off on MHSA Form.
 - Insurance card (see office if need to purchase policy through school)

DO NOT FORGET SIGNATURES ON ALL DOCUMENTS!!

Fees

- \$25 Activity card fee (once per year)
- \$60 Participation fee (per sport – there is a family maximum of \$240 per year)
- White fee (if applicable)
- Financial assistance is available for those in need – see the activities office to inquire.

Sportsmanship

- Show respect for opponents.
- Show respect for officials.
- Show respect for ourselves.



Season Start Dates

- | | | |
|-----------------|----------------------------|------------------------------|
| • Golf | Thursday, August 11 | Front Readerboard @ 10:00 AM |
| • Football | Friday, August 12 | Weight Room @ 7:00 AM |
| • Cross Country | Friday, August 12 | Science Wing |
| • Boys Soccer | Friday, August 12 | Soccer Fields |
| • Girls Soccer | Friday, August 12 | Soccer Fields |
| • Volleyball | Friday, August 12 | Gym |
| • Cheer | Ongoing | |
| • Dance | Ongoing | |

Game schedules are available on the Sentinel website or Office.

(subject to change)

Fall Coaches

- Cross Country –Diego Hammett
- Football – Dane Oliver
- Golf – Jennifer Bedell
- Boys Soccer – Justin Mikkola
- Girls Soccer – Dan Lochridge
- Volleyball – Kasey Arceniega
- Cheer – Emilee Royce
- Dance - Rachel Danielson
- Trainer – Dustin Burton
- Equipment Manager – Mike Matz



Health & Safety

Dustin Burton – Athletic Trainer, Sentinel High School

COVID-19 & Other Health Concerns

- You may voluntarily submit vaccination records to the school nurse, if you would like it on file.
- If your student develops symptoms at any time, please do not send them back to school, practice, games or other activities. Seek and follow the guidance of your healthcare provider.
- You may call 406-240-4721 to schedule a COVID test with MCPS or
- Call 406-258-INFO to schedule with MCCHD; or
- Find information about other testing options on the health department website missoulainfo.com.

Attendance Policy

- Students need to be in attendance every scheduled period until coach excused time (practice or competition).
 - Absences make a student ineligible for practice or participation on that day.
 - Absences for exempt reasons; legal, medical or bereavement are excluded with appointment documentation.

Academic Eligibility

- Each student must have passed 4 classes last semester to start the season.
- A student must achieve a current GPA of 2.0 or higher and may not have an F in any subject at each grading period: i.e., mid-quarter, quarter, and semester.
- Failure to meet academic eligibility will result in 10 day ineligibility (can practice with team during this time).
- After 10 days if academic eligibility is met, participant can return to activity.
- If not met after 10 days, then participant will remain ineligible for that grade-reporting period.
- Accommodations for IEP or 504 plans will be implemented.

Grade Check Dates

- September 13 – Grade Update
- October 4 – Grades Check
- October 18 – Grade Update
- November 8 – Grades Check
- November 22 – Grade Update



Travel Policy

- All athletes travel on the bus to the competition.
- All athletes travel on the bus returning from competition (unless pre-approved):
 - **Travel Release Form** from parents must be approved by administration in ADVANCE of request. This will be found on the Sentinel website-Athletics
 - Must be a face-to-face with coach for release to parent.
 - Special circumstance (injury, illness, etc.) may be approved through AD or other administrator when communicated by a coach.

Code of Conduct

Purpose:

- Provide education & build character!
- Immediate consequences
- Applies to ALL activities (not only sports)

What it **PROVIDES**:

- Healthy school and peer norms
- Clear and consistent expectations and consequences
- Deterrent to ATOD use
- Opportunity to intervene early in use cycle

Code of Conduct

KNOW THE CONSEQUENCES

	1 st Violation	2 nd Violation	3 rd Violation
Suspension from public aspects of activity	1 year	1 year	Ineligible for rest of HS career
w/ approved education program	30 days	60 days	X
w/ self-report & education program	20 days	50 days	X
Continues to engage in activity	Yes	Yes	No

Topics to Discuss with Coach

Appropriate vs Inappropriate

- Mental & physical concerns for your student-athlete.
- Ways to help your student-athlete improve.
- Concerns about your student-athlete's behavior.
- Playing time.
- Team strategy.
- Play calling.
- Other student-athletes.

Parent Tips

BE CAREFUL HOW YOU TALK ABOUT:

- Other players
- The coach
- Officials
- The opposition

In front of your athlete

NFHS Video: [The Parent Seat](#)



Communication Hierarchy

- 1) Student-Athlete meets with Coach
- 2) Parent and Student-Athlete Meets with Coach
- 3) Parent, Student-Athlete, Coach, and AD Meeting

Stephanie Thennis, 728-2400 ext. 7057

- 4) Parent, Student-Athlete, Coach, AD and Principal Meeting

Trevor Laboski, 728-2400 ext. 7032

****Do not attempt to confront a coach before or after a contest or practice.****

****Every effort should be made to resolve the problem at the high school level.****

Meeting Rooms

- Cheer - No meeting
- Cross Country – Room 165
- Dance - Band Room
- Football - Cafeteria
- Golf - Room 211
- Boys Soccer - Room 227
- Girls Soccer - Room 205
- Volleyball - Theater



Thank You for Attending!

