

Category 8

Technology

VIII. TECHNOLOGY

760

pts. Max

A. Hardware: Provide documentation of:

- i. A dedicated computer for the athletic administrator 20 points
- ii. A second dedicated computer for the athletic department/clerical assistant 20 points
- iii. Department computer(s) is/are programmed for internet and email access 20 points
- iv. A cell phone or I-phone/droid technology for the athletic administrator
(Claim higher of a or b)
 - a. Standard cell phone 20 points
 - b. "Smart phone technology 40 points
- v. ON CAMPUS Lightning detection access 20 points
- vi. OFF CAMPUS Lightning detection access at all venues 20 points
- vii. ON CAMPUS access to US weather service information 20 points
- viii. OFF CAMPUS venues have access to US weather service information 20 points
- ix. Athletic department digital camera 20 points
- x. Document scanner compatible with office computer 20 points
- xi. LCD projector 20 points
- xii. Athletic department access to a fax machine (20 points exclusive use) 10 or 20 points
- xiii. Athletic department access to copy machine (30 points exclusive use) 20 or 30 points
- xiv. Hand-held radio(s) for spectator management/contacting EMS
20 points/pair, 60 points max
- xv. Public address systems Portable or permanent at contest sites used for management of large group activities (e.g., bullhorn, portable PA, wireless microphone, others)
 - a. Less than 100% of all event sites 30 points
 - b. 100% of all sites 60 points
- xvi. Guaranteed cell phone access for practices or competitions (choose one of the following)

a. Less than 100% of all event sites	30
points	
b. 100% of all sites	60 points
B. Provide documentation of implementation of technology:	
i. Software for budget development/management	20 points
ii. Software used for rosters, eligibility determinations	20
points	
iii. Software used for equipment inventories	20 points
iv. Software used for scheduling of contests	20 points
v. Software used for scheduling of contest officials	20
points	
vi. Software used for scheduling of transportation	20 points
vii. Software used for awards records	20 points
viii. PowerPoint or similar program used for public presentations	
a. 1-2 different presentation forums	20 points
b. 3 or more different presentation forums	40 points
ix. Athletic department website developed	50 points
x. Utilization of electronic coaching playbook and communication software	
a. Less than 50% of the athletic programs	30
points	
b. More than 50% of the athletic programs	60 points

A. Hardware: Provide documentation of:

- i. A dedicated computer for the athletic administrator
- ii. A second dedicated computer for the athletic department/clerical assistant
- iii. Department computer(s) is/are programmed for internet and email access

20 points each

POINTS CLAIMED: 60

DOCUMENTATION PROVIDED:

- 1. Photo of Laptop, Desktop, and iPad**
- 2. Photo of Clerical Assistant Station includes Desktop, Scanner and Printer**
- 3. All District computers (including wireless laptops and iPads) are connected to the network which includes internet and e-mail access. Previous photo demonstrates evidence of this.**

Photo of Administrator's Computers (Desktop, Laptop, and i-pad, Printer, Copier, Scanner, Fax Machine and Telephone



Clerical Station including Desktop, scanner, and not shown is a color printer



iv. A cell phone or I-phone/droid technology for for the athletic administrator
(Claim higher of a or b)

AD's Administrative Assistant

a. Standard cell phone

20 points

"Smart phone technology

40 points

POINTS CLAIMED: 40

DOCUMENTATION PROVIDED:

1. District Activities' Directors and Administrators are provided with an Apple 4G i-phone which was used to take the pictures above and has internet access.

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. Similar to v. above, a 4G cell phone with internet allows for full satellite and radar images of approaching weather systems as well as any warnings issued by the National Weather Service.
2. We have a NOAA Weather Alert radio in our office with walkie talkies as shown in the picture below.
3. A majority of the head coaches have the CoachSmart and weather channel application on their phones for the latest in weather information and possible lightning in the area.

NOA Weather Alert Radio and Walkie Talkies



CoachSmart Phone App

Vanderbilt Orthopaedics

[Orthopaedics Home](#)[Locations](#)[Fitness Center](#)[Services](#)[General
Orthopaedics](#)[Orthopaedics Team](#)[Health Topics](#)

CoachSmart

[Download from iTunes.](#)

[Available from the Android Market.](#)

The free iPhone and Android app CoachSmart is the ultimate resource for coaches, offering real-time information on heat index and lightning strikes, frequently asked sports medicine and safety questions, and a group contact feature.

A collaboration between [Vanderbilt Sports Medicine](#) and the [Monroe Carell Jr. Children's Hospital at Vanderbilt](#), the app is an extension of Vanderbilt Sports Medicine's expertise.

CoachSmart features:

- If lightning strikes nearby, the app sends an alert to the phone and the resource section provides information on what to do.
- The Home Screen gives current temperature, humidity, heat index and lightning strike information.
- The Map Screen is based on the user's GPS location. One map shows lightning strikes within 25 miles, while another uses information from nearby weather stations to post current conditions, including heat index and wind chill.
- The Contacts function allows the user to compile team members' contact info and send a message to the entire team with the touch of a button.
- The Resources section includes information that athletic trainers commonly dispense, such as hydration tips, injury prevention, concussion guidelines, and when to go to the emergency room. The resources will be updated as more information is needed or guidelines change.
- The app includes the Tennessee Secondary School Athletic Association (TSSAA) heat index guidelines.



vi. OFF CAMPUS Lightning detection access at all venues

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. The majority of our coaches also have 3G or 4G cell phones with the capabilities listed above. Each coach has added the CoachSmart app shown in (Category 8 A-v). It is a weather and lightning detection system that lets coaches know if lightning is near and how close.

vii. ON CAMPUS access to US weather service information

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. Photo of NOAA Weather Radio in our office



viii. OFF CAMPUS venues have access to US weather service information

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. A majority of the head coaches have the CoachSmart and weather channel application on their phones for the latest in weather information and possible lightning in the area. (Category 8 A-v.)

ix. Athletic department digital camera

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. The photographs contained in this section were taken with the cell phone camera, e-mailed to the AD's computer, and copied and pasted to this document.

x. Document scanner compatible with office computer

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. Photo of scanner shown below and also shown in picture of Activities Department Assistant as it is located on her desk (Category 8 A-ii)
2. The HP LaserJet M1212nf MFP which is a printer, copier, scanner, fax machine is located on the Activities Directors desk shown in photo (Category 8 A-i).



xi. LCD projector
AD's Fax →

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. Photo of LCD Projector used only by activities department staff

AD projector →



xii. Athletic department access to a fax machine (20 points exclusive use) 10 or 20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. The HP LaserJet M1212nf MFP which is a printer, copier, scanner, fax machine is located on the Activities Directors desk shown in photo (Category 8 A-i).

xiii. Athletic department access to copy machine (30 points exclusive use) 20 or 30 points

POINTS CLAIMED: 30

DOCUMENTATION PROVIDED:

1. The HP LaserJet M1212nf MFP which is a printer, copier, scanner, fax machine is located on the Activities Directors desk shown in photo (Category 8 A-i).

xiv. Hand-held radio(s) for spectator management/contacting EMS

20 points/pair, 60 points max

POINTS CLAIMED: 60

DOCUMENTATION PROVIDED:

1. Photo of six hand held radios that are used for large events with multiple personnel for supervision
2. Photo of three hand-held radios that can be used for small events.





xv. Public address systems portable or permanent at contest sites used for management of large group activities (e.g., bullhorn, portable PA, wireless microphone, others)

a. Less than 100% of all event sites

30 points

b. 100% of all sites

60 points

POINTS CLAIMED: 60

DOCUMENTATION PROVIDED:

1. Photo of wireless or wired portable PA system that is utilized at cross country meets, field events at track meets, etc.

2. Our school has both wired and wireless microphones for the outdoor stadium, soccer fields, gymnasium, softball and baseball fields, auditorium and cafeteria. In addition, we have an all building PA system, that can be used in emergency situations.

POINTS CLAIMED: 60



xvi. Guaranteed cell phone access for practices or competitions (choose one of the following)

- a. Less than 100% of all event sites
- b. 100% of all sites

30 points

60 points

POINTS CLAIMED: 60

DOCUMENTATION PROVIDED:

1. The AD and AD secretary have cell phone access to 100% of Head Coaches, as well as most assistant coaches, music and fine arts directors.

B. Provide documentation of implementation of technology:

i. Software for budget development/management

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. **File Maker Pro and Excel are the two software products we use for budget management. (Category 6 A-i) shows the budget printout**
2. **Excel Spreadsheet document summarizing the budget for all activities.**

Cost Per Participant for Activities 2011-12

[illegible]

Wrestling	\$12,066	\$745	\$7,936	\$423	\$780	\$90			\$730	\$22,770	\$1,
General			\$7,425	\$346	\$21,542	\$220				\$29,533	\$12,
Totals 2011	\$404,528	\$54,074	\$180,724	\$29,407	\$29,905	\$3,190	\$77,687	\$0	\$4,206	\$783,721	\$149,
Totals 2010	\$392,122	\$46,558	\$176,955	\$31,528	\$26,524	\$3,190	\$73,372	\$3,648	\$20,526	\$774,423	\$140,
Difference	\$12,406	\$7,516	\$3,769	-\$2,121	\$3,381	\$0	\$4,315	\$3,648	\$16,320	\$9,298	\$8,

ii. Software used for rosters, eligibility determinations

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. For eligibility record keeping purposes, we use a student information system call Synergy (formerly Genesis). This program contains all student information such as address information, attendance information, class schedules, grade history, extra-curricular involvement history, discipline history, etc. Our coaches even have access to their entire rosters listed the same way a class of students would be. Through this, the coaches have the capability to send group e-mails to parents as well as access grades and attendance records, etc. Below is the link for this web-based program:

<https://sis.alexandria.k12.mn.us/sis/Login.aspx>

iii. Software used for equipment inventories

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. The majority of our teams' equipment and uniforms are purchased by the individual booster clubs. It is mainly the responsibility of the Head Coaches of the individual sports to keep track of their equipment and uniforms.
2. Equipment inventory for all activities with an example of football on an excel spreadsheet.

	A	B	C	D	E	F	G	H	I	J
21	Footballs	49								
22	Kickoff Tees	9								
23	Placeholder Tees	6								
24	Weather Coats	99								
25	Game Ball Bags	9								
26	Kicking Nets	2								
27	Rib Protectors	11								
28	Game Score Clock	2								
29	Girdles	7								
30	Mouth Guards	57								
31	White Practice Jersey	98								
32	Black Practice Jersey	98								
33	Red Practice Jersey	5								
34	Neck Roles	11								
35	Masks	47								
36	Cardinal decals	1 Box								
37	Ear Pads	1 Box								
38	Hand Warmers	3								
39	Shoulder Pad Lifters	12								
40	Individual Shoulder Pad Lifters	9								
41	Old Knee Braces	48 Pairs								
42	White Boards	2								
43	Socks	4 Pair								
44	Cones	22								
45	Weight Balls	2								
46	Self Kicking Stand	1								
47	Headsets	2								
48	Medkits	2								
49										
50										

Ready | Tennis | Boy's Basketball | Volleyball | Cross Country | **Football** | Girl's Soccer | Boy's Soccer | Clothes Closi

iv. Software used for scheduling of contests

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. The majority of schools in Minnesota use the rSchoolToday Athletic Scheduler. We are a member of the Central Lakes Conference and we were pioneers in the use of this software. The links to our Conference and School websites are listed below:
2. Menu page of the rschoolstoday software

<http://www.centrallakesconference.org/g5-bin/client.cgi?G5genie=55>

http://www.centrallakesconference.org/g5-bin/client.cgi?G5genie=55&school_id=2

Alexandria - David Hartmann

Visit your Web site Calendar: [Click Here](#)

[Main Menu](#) [Permissions](#) [Site Usage](#) [Policies](#) [Committees](#) [Other Schools](#) [Help](#)

You are here: [Control Panel](#) > Content

Login as: [David Hartmann](#)

Edit	Buttons	Public View
	Calendar	View Staff Only Events Preview
Edit	Conference Schedules	
Edit	School Only	
Edit	Non-Conference Schedules	
Edit	Postpone Events Globally for a day	
Edit	Transportation	
Edit	Rosters	<input checked="" type="radio"/> Public View <input type="radio"/> Private Only Preview
Edit	Scores and Standings	<input type="radio"/> Public View <input checked="" type="radio"/> Private Only Preview
Edit	Address Book	
Edit	Coaches	<input type="radio"/> Public View <input checked="" type="radio"/> Private Only Preview
Edit	Game Contracts	
Edit	Student Eligibility & Information	
Edit	Officials Contracts	
Edit	Game Workers	
Edit	Notify Me - email notifications	
Edit	Set-Up	

Friday, Mar 15, 2013

Time	Event
TBD	Basketball:Girls Varsity

v. Software used for scheduling of contest officials

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. The majority of schools in Minnesota use the rSchoolToday Athletic Scheduler. Contracts are sent to officials electronically and a record is shown of the approved contract.
2. We also use the arbitrator to schedule hockey officials as we hire an association to provide these officials. The link is shown below:
www.arbitersports.com

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Officials Contracts: Contracts

Officials Contracts

My Officials

Officials Directory

Set-Up

Choose a Season: Winter 2012-13

Showing Month of: All

Choose an Activity: Basketball: Boys Varsity

<< Previous Month

Next Month >>

Show Away

Event @ Location	Event Date	Choose Officials	Contracts	Contract Sent	Contract Returned	Fees
Moorhead - Game @ Alexandria - Jefferson HS	11-30-12	Johnson, Matthew P.	Change	View/Send	01-12-12	01-13-12
Fergus Falls - Game @ Alexandria High School	12-11-12	Dengerud, Steve W.	Change	View/Send	01-12-12	01-13-12
Sartell - Game @ Alexandria High School	12-13-12	Westby, Phillip O	Change	View/Send	01-12-12	01-30-12
New Prague - Game @ Alexandria - Jefferson HS	12-14-12	Mills, Bill	Change	View/Send	01-27-12	01-27-12
Detroit Lakes - Game @ Alexandria - Jefferson HS	12-20-12	Mackedanz, Mark	Change	View/Send	01-27-12	01-27-12
Willmar - Game @ Alexandria High School	01-17-13	Gloege, John	Change	View/Send	01-12-12	01-17-12
St. Cloud Tech - Game @ Alexandria High School	01-26-13	Mulder, John T	Change	View/Send	01-12-12	01-13-12
St. Cloud Apollo - Game @ Alexandria High School	01-29-13	Johnson, Matthew P.	Change	View/Send	01-12-12	01-13-12
Brainerd - Game @ Alexandria High School	02-08-13	Dengerud, Steve W.	Change	View/Send	01-13-12	01-13-12
Bemidji - Game @ Alexandria - Jefferson HS	02-09-13	Mulder, John T	Change	View/Send	01-12-12	01-13-12
Sauk Rapids-Rice - Game @ Alexandria - Jefferson HS	02-14-13	Evert, Charles	Change	View/Send	01-12-12	01-13-12
Rocori - Game @ Alexandria High School	03-01-13	Mills, Bill	Change	View/Send	01-12-12	01-13-12
TBD, TBD - Section Final @ SCSU Halenbeck Hall	03-14-13	Select Officials				

Total Fees for the Whole Season: \$:

vi. Software used for scheduling of transportation

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. Alexandria uses the rSchoolToday Athletic Scheduler for all departure and dismissal times.
2. The district transportation software is called TOM and we must enter the information from the rschoolstoday scheduler to reserve the buses. It is our hope in the future that these two products will communicate with each other so duplication would not be necessary.

Activity Type: **Conference/Non-Conference** Show: ☒ Away ☐ Home+Away

Activity: **Basketball** Level: **All** ☒ This School Year (through June 15) ☐ Next School Year

Gender: **All**

Save & Exit Save & Continue Clear All << Back Page: 1 of 6 Go to page: 1

Date	Time Type	Gender Level	Home Opponent	Location	Transportation	Leaves	Dismissal	Return	Notes	Bus Company
10/22/12	Start of Season	Girls 8th	Alexandria							--Please Select--
10/22/12	Start of Season	Girls 7th	Alexandria							--Please Select--
11/08/12	3:00pm Game	Girls 7th	Alexandria Discovery Middle School	Alexandria - Discovery MS						--Please Select--
11/12/12	3:00pm Game	Girls 7th	Alexandria Discovery Middle School	Alexandria - Discovery MS						--Please Select--
11/12/12	4:00pm Game	Girls 8th	Sauk Rapids-Rice Middle School Alexandria	Sauk Rapids Rice Middle School		2 : 00 PM	1 : 45 PM	Return: 7 : 45 PM		--Please Select--
11/12/12	4:00pm Game	Girls 7th	Sauk Rapids-Rice Middle School Alexandria	Sauk Rapids Rice Middle School		2 : 00 PM	1 : 45 PM	Return: 7 : 45 PM		--Please Select--
11/15/12	3:00pm Game	Girls 7th	Alexandria Discovery Middle School	Alexandria - Discovery MS						--Please Select--
11/19/12	Start of Season	Boys Varsity	TBD Alexandria							--Please Select--
11/19/12	3:00pm Game	Girls 7th	Alexandria Discovery Middle School	Alexandria - Discovery MS						--Please Select--
11/19/12	4:15pm Game	Girls 8th	Willmar Alexandria	Willmar Junior High/Middle School		2 : 15 PM	2 : 00 PM	Return: 8 : 15 PM		--Please Select--
11/19/12	4:15pm Game	Girls 7th	Willmar Alexandria	Willmar - Roosevelt Elementary		2 : 15 PM	2 : 00 PM	Return: 8 : 15 PM		--Please Select--
11/24/12	Jamboree	Boys Varsity	TBD St. Cloud Apollo, Fergus Falls, Rocori, Sartell, Sauk Rapids-Rice, St. Cloud Tech, Alexandria, Brainerd, Willmar	SCSU Halenbeck Hall		8 : 45 AM		Return: 6 : 00 PM		206
11/27/12	3:00pm Game	Girls 7th	Alexandria Discovery Middle School	Alexandria - Discovery MS						--Please Select--
11/27/12	4:30pm Game	Girls 8th	New London-Spicer . Discovery Middle School	Prairie Woods Elementary School		2 : 45 PM		Return: 8 : 05 PM		--Please Select--
	4:30pm	Girls	New London-Spicer .			2 : 45 PM		Return: 8 : 05 PM		

vii. Software used for awards records

20 points

POINTS CLAIMED: 20

DOCUMENTATION PROVIDED:

1. The software we use for awards include Synergy for the academic recognition, excel for letter and participation recognition as well as records and we have an Award Maker software to make special awards.

viii. PowerPoint or similar program used for public presentations

a. 1-2 different presentation forums

20 points

b. 3 or more different presentation forums

40 points

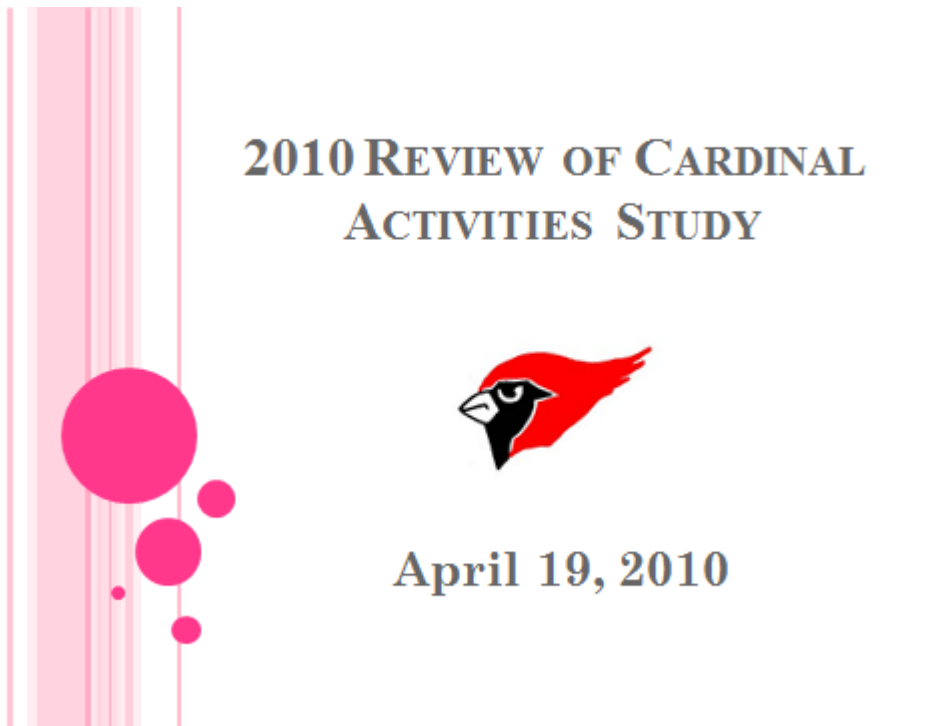
POINTS CLAIMED: 40

DOCUMENTATION PROVIDED: I have used power point and prezi presentations for staff, students, parent and school board presentations.

1. Power Point presentation for school board meeting Activities Study Review
2. PowerPoint presentations are used for preseason all-school Player/Parent Meeting.
3. Power Point presentation for activities staff information night
4. Presi presentations

POINTS CLAIMED: 20

School Board Presentation Power Point



ACTION PLAN STRATEGIC GOALS

- Build and Promote the Culture of “Cardinal Pride”
- Improve Internal and External Communications.
- Recruit, Select and Train High Quality coaches/Advisors and Teachers.
- Develop a Short and Long Term Financial Plan that Addresses Affordability and Sustainability.
- Develop a Multi-Purpose High School Campus

BUILD AND PROMOTE A CULTURE OF “CARDINAL PRIDE”

- Community Service Projects
 - Think Pink- Volleyball over \$2,160
 - Kicks Against Breast Cancer-Boys Soccer over \$2,000
 - Toys for Tots- JHS Cheerleaders
 - Tom Vickerman Work Day- Softball Team
 - Christmas Gifts for Families in Need-Girls Hockey
 - Ice Fishing Challenge- Nordic Ski Team
 - Chain of Lakes Triathlon- Boys & Girls Swimming
 - Regional Special Olympics- Girls Soccer



CARDINAL NATION PROMOTION

9 th Graders	94
10 th Graders	97
11 th Graders	95
12 th Graders	<u>81</u>
Total	367



Promoting this Spring with next years 9th graders

Many students said they will buy it next year

BUILD AND PROMOTE A CULTURE OF “CARDINAL PRIDE”

- Community Service Projects
 - Think Pink- Volleyball over \$2,160
 - Kicks Against Breast Cancer-Boys Soccer over \$2,000
 - Toys for Tots- JHS Cheerleaders
 - Tom Vickerman Work Day- Softball Team
 - Christmas Gifts for Families in Need-Girls Hockey
 - Ice Fishing Challenge- Nordic Ski Team
 - Chain of Lakes Triathlon- Boys & Girls Swimming
 - Regional Special Olympics- Girls Soccer



BUILD AND PROMOTE A CULTURE OF “CARDINAL PRIDE”

- Greg Dale of Duke University –August 2009
 - Professor of Sport Psychology and Sport Ethics
 - Forty coaches/advisors/directors attended a session titled: “Developing the Credible Coach” that had an emphasis on effective communication and motivational tactics.
 - Training for 80 athletes included leadership skills, embracing the pressure, goal setting and perseverance in difficult situations.
 - For 700 parents the workshop encouraged parents to analyze the type of environment they are creating for their children. Parents left with specific strategies they can use to be more effective sport parents.

IMPROVE INTERNAL AND EXTERNAL COMMUNICATIONS

Cardinal Classic Fan Tickets Increase

• Year	Fans
• 09-10	62
• 08-09	61
• 07-08	30
• 06-07	23
• 05-06	20

Points of Pride -Identified students and staff who have received Awards and recognition.

IMPROVE INTERNAL AND EXTERNAL COMMUNICATIONS

- Met with booster groups during the year to begin building relationships with Alexandria youth groups.
 - Shared Alexandria Activities Philosophy
 - Discussed the possibility of forming one unified booster group
 - Discussed ways we can work together to benefit all students of Alexandria.

ALEXANDRIA ACTIVITIES PHILOSOPHY

- We want what is best for all kids in Alexandria
- Our mission and goals are to provide educational opportunities for students through activities-we teach more than just the activity, but thread real life learning experiences into the activity
- **97% of students in high school sports are having a terminal experience**
- We encourage each activity to support each other and work together
- We build relationships through face to face connections
- The school activity in season is top priority
- **We encourage multi-activity participation to develop well rounded future leaders**
- Specialization causes burnout and overuse injuries
- Students need to experience other things
- Concerns for overuse injuries, no time to rest and a greater chance of injury because of the number of contests
- **We value the middle school philosophy of participation**
- If ability levels are near equal, reward the student who has been in the program
- We don't want students to put all their marbles into one activity that may not work out so they have nothing
- We are looking out for the greater good of everyone

RECRUIT, SELECT AND TRAIN HIGH QUALITY COACHES/ADVISORS AND TEACHERS

- Coaches have attended over 30 clinics and workshops to grow professionally so far this year
- Head directors/advisors /coaches have had three meetings
 - Reviewed Activity Study points of emphasis
 - Above the Line Thinking
 - Confirm multi-activity philosophy and how to live it
 - Establish strength training philosophy
 - Anyone Can Save a Life
 - Reviewed MSHSL Rules and Policies
- Continue staff evaluation process-that is reviewed annually



PROCESS FOR ELIMINATING A PROGRAM IN DISTRICT 206 ACTIVITIES DEPARTMENT

CRITERIA FOR DETERMINING IF AN ACTIVITY IS TO BE ELIMINATED

- A. Student Interest** – If student interest declines to an unsatisfactory level of participation
- B. Coaches** – If we can't hire competent/qualified coaches or advisors.
- C. Facilities** – If adequate facilities do not exist.
- D. Scheduling** – If scheduling of contests at local and regional levels becomes difficult.

PROCESS FOR ELIMINATING A PROGRAM IN DISTRICT 206 ACTIVITIES DEPARTMENT

IF ELIMINATION OF A PROGRAM IS DETERMINED, THE FOLLOWING STEPS WILL BE TAKEN

If criteria B, C, or D cannot be met, we may proceed to Step 2 – suspension.

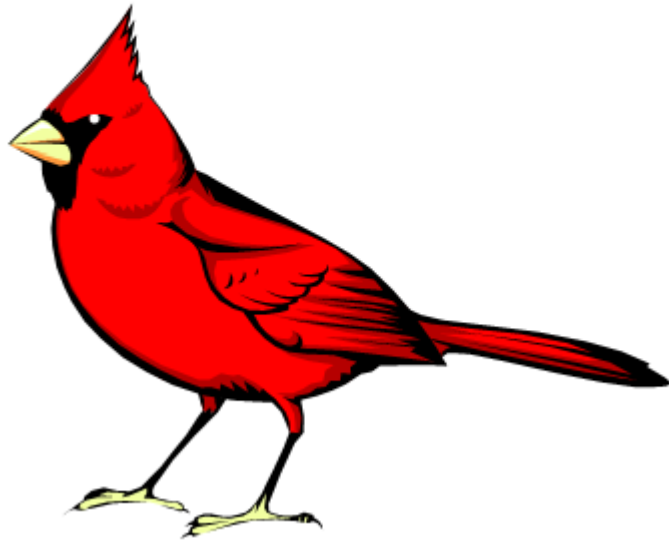
- 1. Probation** – one year notified by the Activities Director
Criteria lacking must be remedied for the next season to go off probation.
- 2. Suspension** – no activity for one year
Criteria must be met to show justification of having this activity reinstated.
- 3. Elimination** – the program no longer exists – all avenues have been exhausted

If and when the school board decides to eliminate an activity, students and parents have the option of creating an independent provider program for this activity.

ACTION ITEMS FOR 2009-2010

- Planning committee for community service ideas
- Building relationships between activity and club programs
- Continue the Mentor /Mentee program
- Cardinal Athletic Foundation continue to explore licensing of Cardinal athletic merchandise
- Develop a program deletion and reduction process.

ALEXANDRIA CARDINAL ACTIVITIES **PRIDE OF OUR COMMUNITY**



Pre-Season Parent Meeting Power Point

Cardinal Information Night August 13, 2007



Agenda

1. Welcome
2. Cardinal Athletic Foundation
3. Issue Resolution Process
4. World of Cardinal Activities Review
5. Yes Committee
6. Eligibility Rules and Policies
7. Sportsmanship
8. CAAC
9. Team Breakout Sessions



Cardinal Athletic Foundation

- What is the Foundation?
- Golf Tournament Saturday August 25th
Honoring Mark Nelsen our CC Coach
- Tailgate Party Friday October 5th
- Holiday Sampler at Elden's November 13th
- Other items



ISSUES RESOLUTION PROCESS

- Students to Coach
- Students and Parent to Coach
- Student/Parent/Coach to AD
- Student/Parent/Coach/AD to Principal
- Student/Parent/Coach/AD/Principal to Superintendent
- Student/Parent/Coach/AD/Principal/Superintendent to School Board



We ask that there be a **24 hour** cooling off period before contacting the coach/advisor.

Playing time/team selection/strategy can be discussed at the coach and AD level, but not beyond.

World of Cardinal Activities

Responsibilities

Internet Information

Transportation

Athletic Training

Inclement Weather



Code of Conduct



- Respect: be considerate of self, others, their beliefs and property.
- Honesty: be truthful.
- Kindness: be caring, friendly and helpful.
- Responsibility: be dependable & accountable.
- Fairness: be committed to the just treatment of others.

YES COMMITTEE

Vote on September 25th

Elementary School

Land for High School and Fields

Early Childhood Center

Administrative Offices



Eligibility Rules and Policies

- 4th Hour Attendance
- NCAA athletes-Guidance
- Leadership Position
- Questions: www.mshsl.org
- Responsible to read, discuss, and sign
- If violation report immediately to me



MSHSL Rules

Mood –Altering Chemicals-12 months

- *Use or consume, possession alcohol, tobacco & drugs
- *Sell or give away any other controlled substance
- *Penalties-2 weeks or 2 events whichever is greater
 - 3 weeks or 6 events whichever is greater
 - 4 weeks or 12 events whichever is greater

Transfer Rule-1 year varsity, first day of 9th

Cardinal Athletic Advisory Committee

Suzanne Allen	Ena Ludwig
Chris Boraas	Dean Olson
Gary Christianson	Brett Paradis
Bill Finley	Jay Sieling
Greg Huss	Nancy Thul

One male and one female coach

- **AD Hoc Rep. from each activity**
- **Activity Directors and Principals**



MEETING AREAS

Cross Country-Band Room

Football-Large Gym

B. Soccer-Cafeteria

G. Soccer-Media Center

G. Swimming-Room 110

G. Tennis-Choir Room

Cheerleaders-Room 106

Volleyball-Small Gym



Activities Staff Information Night August 31, 2009

Introduction

Welcome

Bruce Johnson – MS Activities Director

Sheree Oberg —Activities Secretary

Theme for 09-10

“What is the legacy you want to leave?”

Agenda

1. Introduction New Staff
2. Issue Resolution Process
3. Review Top 20
4. Greg Dale Message
5. Anyone Can Save a Life
6. Other Information
7. Cardinal Athletic Foundation
8. Staff Picture



People Don't Care What You Know Until They Know You Care

Introduction New Staff

Matt Amundson-Fall Play/Assistant Speech
-JHS English

Kevin Engebretson-Asst. Football/MS Baseball
-DMS and JHS Math

Brent Fassett-MS Soccer

Sarah Hendrickson-MS Volleyball & Softball

Nate Hoelscher-9th Football

Nick Larson- MS Football & Baseball, JHS Math

Beth Melrose- 9th Volleyball, Carlos Elementary

Introduction New Staff

Paula Olson- Student Council, JHS Sp. Ed.

Megan Orgeman- Asst. Strength, JHS Guidance

Jason Plowman - MS Soccer

Kayla Richards- Student Council, JHS Sp. Ed.

Kali Schmitz- MS Strength

Cassie Schulke- Asst. Cheerleading

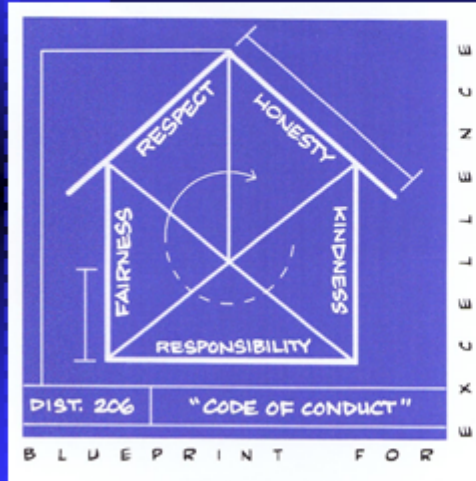
Sarah Sigdahl- MS Softball, Carlos Elem.

Kim Stender-MS Swim, Garfield Elem.

David Vinie- Head B. Soccer, Harvard of Midwe

**You Won't Just
Make a Difference
You Will Be The
Difference**

Code of Conduct



- Respect: be considerate of self, others, their beliefs and property.
- Honesty: be truthful.
- Kindness: be caring, friendly and helpful.
- Responsibility: be dependable & accountable.
- Fairness: be committed to the just treatment of others.

Teamwork Makes Dreams Work

ISSUE RESOLUTION PROCESS

- ▣ Students to Coach
- ▣ Students and Parent to Coach
- ▣ Student/Parent/Coach to AD
- ▣ Student/Parent/Coach/AD to Principal
- ▣ Student/Parent/Coach/AD/Principal to Superintendent
- ▣ Student/Parent/Coach/AD/Principal/ Superintendent to School Board
- ▣ We ask that there be a **24 hour** cooling off period before contacting the coach/advisor.
- ▣ Playing time/team selection/strategy can be discussed at the coach and AD level, but not beyond.

Review Top 20 Training

- Above The Line (ATL) --Our Thinking Governs our Experience
- Let kids know if you are below the line
- Honor the Absent
- $\text{Success} = \text{Physical Power} \times \text{Personal Power} \times \text{People Power}$
- Leadership the Power of One
- Dream Making
- How 'd Ya Do?

Character Is Who You Are When No One Is Watching

Adults Attending Greg Dale Presentation on August 13th

*Jerry Amundson	Steve Haug	*Becky Schlichting
*J'nell Amundson	*Keith Hoeschen	*John Schmidt
*Chris Biegner	*Wendy Kohler	*Sarah Sigdahl
Mike Bouressa	*Aaron Korynta	*Tom Smith
*Paula Davis	Hal Miller	*Mark Storhaug
*Mike Donahue	*Tom Miller	*Sue Thelen
Tom Ellison	Mark Nelsen	*Greg Toivonen
*Mike Empting	Christine Reilly	David Vinje
Carol Feldmann	Steve Reishus	*Jane Wicklander
*Shirley Hartmann	*Tom Roos	*Forrest Witt
*Julie Hatlestad		*Tim Zupfer

*District 206 Teachers

(Several more attended the evening session for Parents)

*Matt Aker	Chad Duwenhoegger
*Wayne Elton	Brent Nelson
*Sheree Oberg	David Hartmann

Greg Dale Message

- 1. The elements of credibility. 1) Do what you say you are going to do 2) Respect 3) Knowledge 4) Believe in what you are doing 5) Trust 6) Integrity 7) Good motivator.
- The seven “C’s” Character, Competent, Committed, Caring, Confidence Builder, Communication, Consistency
- Remove “Don’t” from vocabulary, enter and sustain the “Significant Stage”, and look inward at yourself and how others perceive you.

“If you don’t know where you are going you might end up somewhere else.”

Activity Study Recommendations

1. Continue Building a Culture of Cardinal Pride
 - Launch Cardinal Nation Campaign 9-12
 - Each head coach will identify a parent liaison.
 - Coaches will stress fan etiquette at parent meetings and work with parent liaisons to monitor behavior.
 - Parents will assist in reminding others of appropriate behavior.
2. Build Relationships with School and Club Organizations
 - Facilitate meetings of head coaches and club sport reps.
 - Identify and Share the common values for Alexandria youth
3. Develop Student Leadership Training Program
 - Replace Cardinal Leaders with trainings throughout the year
 - Greg Dale Session in August, Top 20, Character Education, etc.

“If you lead, but no one is following you are just out for a walk.”

Communication

Cardinal Athletic Advisory Committee

Kevin Becker

Tim Iverson

Kris Ann Carlson

Kristy Langenfeld

Lynne Cosmano

Greg Serum

Kevin Gorhuber

Greg Toivonen

Mark Illies

Val Trumm

- One male (Tom Ellison) and one female coach/advisor
- Activity Directors

“It’s not what
you say, but
how you say it.”

Other Information

- Cardinal Connection- 8:30 AM
- Media Responsibilities-Tera Bitzan
- Lions Invite Workers – Saturday October 10th
- Activity Openings--MS BA

Other Information

- Kevin McMenimen– District Transportation
- Steve Reishus– Strength Program
- Tera Bitzan– Media Relations all activities
- Paul Westerberg-Training Services and Blood Pathogens
- Bruce Johnson – DMS Update

Cardinal Athletic Foundation

- **Become a Friend of the Foundation**
- **Very Successful Phone-a-thon**
- **Tailgate Party Saturday September 26th**
- **Holiday Sampler at Elden's in November**



**What is the
legacy you want
to leave?"**

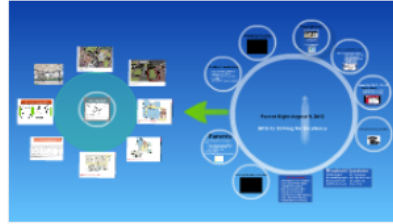
**Thanks to the
A Club for
root beer floats**

Presi Presentations



Activities Staff 2012

by [David Hartmann](#) on 27 August 2012



Parent Night August 2012

by [David Hartmann](#) on 27 August 2012



School Board Presentation April 16, 2012 Student Activities

by [David Hartmann](#) on 16 April 2012



Fall Activities Staff Meeting 2011

by [David Hartmann](#) on 30 August 2011



Student Leadership That Makes a Difference

by [David Hartmann](#) on 25 August 2011



Parent Night

by [David Hartmann](#) on 12 August 2011



School Board Presentation

- i. Athletic department website developed

50 points


POINTS CLAIMED: 50

DOCUMENTATION PROVIDED:

1. Our District web-page has a section titled “High School Activities”, this link connects to our activities page. All of our schedules are posted on the Calendar link off of our activities web-page. In addition, we have a Sports Zone link off of our main school web-page that serves as our main sports web-page, and off of which our individual sports have links to their pages listed.


2. The Activities web-page includes: Cardinal Connection (daily updates and schedules), Parent Resources (registration information, risk warnings, insurance), Coaches Corner (Staff handbook, projected schedules, forms, resource links), Community Service Projects, weather related announcements, sports by season, media links, streaming of events calendar, Cardinal Athletic Foundation link and contact information.


3. Screen shots of website.





Alexandria School District 206

"Rich Tradition, Bright Future"

 Staff EMail


 Family Access

 Directory


 Calendars

Home | Our District | District Services | Teaching & Learning | New High School Project | Community Education | Employment | Staff

Announcements

 **SCHOOL CLOSED**

District 206 schools are closed Friday, March 15th due to extremely icy road conditions. As a reminder, preschool classes are cancelled and the District School Age Care Compass program is closed.



Site Shortcuts

- New High School Project
- Volunteer In Our Schools
- School Supply Lists
- School Calendars
- Closings & Delays
- School Menus
- Enroll in our schools
- Early Learners
- Middle School Activities
- High School Activities
- Education Foundation
- Summer Meals

Annual event showcases students' talents and creativity


Mark your calendar and join us for the fourth annual **Student Showcase Celebration** on **Thursday, March 14, 5:30-8:00 p.m. at Discovery Middle School**. The purpose of the event is to showcase the artistic, musical and academic talent of District 206 students in a public open house format. [Click here to view the Event Program!](#)

The talent will include vocal, strings, instrumental, speech and drama performances (individual and groups); Destination ImagiNation team performance; and academic displays including Community Education Adult Enrichment, Community Education Youth Enrichment, Elementary Science Fair Projects, Jefferson High School First Robotics Team, District 206 Service Learning, Student Video Productions, and Teacher Innovation Grant Projects. A variety of student art and writing exhibits will also be on display.

Headlines and Features

The District Link Newsletter - Winter 2013 Issue

News that connects our community with School District 206.



NEW Online Payment System for Meal Accounts and Activity Fees

Click on the headline for instructions and links to the ePayTrak online service.

March 28, 2013
End of Third Quarter (Grades 7-12)

March 29, 2013
Easter Break No School PreK-12

April 1, 2013
Easter Break No School PreK-12

April 11, 2013

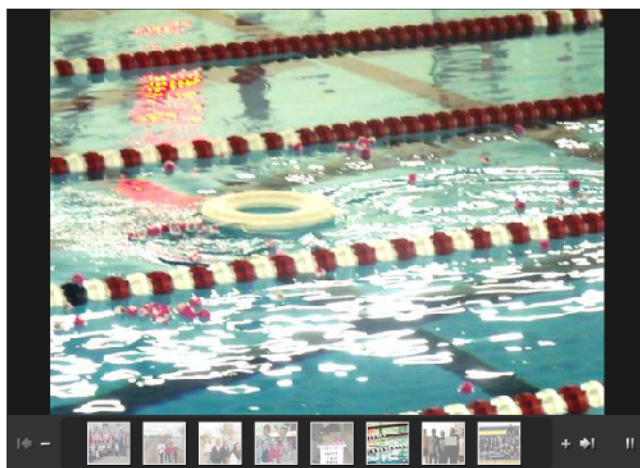
Athletics & Extracurricular

- Athletics & Extracurricular
- Cardinal Connection
- Parent Resources
- Coaches' Corner
- Community Service Projects
- Weather Related Announcements
- Fall Sports
- Winter Sports
- Spring Sports
- Fine Arts
- Clubs/Organizations
- KXRA Cardinal Sports Reports
- Echo Press Sports Page
- JHS Streaming Event
- Cardinal Athletic Foundation
- Contact Us



Jefferson High School (10-12) ▶ Activities ▶ Athletics & Extracurricular ▶ Welcome

Welcome to Jefferson High School Activities HOME OF THE CARDINALS



Check out these photos of Cardinal Activities "Community Service Projects" and our "students in action"

More than 50 student activities include the full complement of Minnesota State High School League (MSHSL) offerings, featuring varsity sports, fine and performing arts, and numerous school clubs and organizations. These activities have continually excelled in regional and state competitions.



NEW Online Payment System for Activity Fees

Click [here](#) for information, instructions, and links to the ePayTrak online service.

OR if you prefer to register in person at the Activities Office

follow these steps

click here for [Activities Registration Forms 2012-13](#)

INSTRUCTIONS:

1. Please bring the completed forms along with the participation fee to the Activities Office.
2. Make check payable to: School District 206
3. Both parents and student signatures are required on the registration forms where indicated.
4. A physical exam is required every 3 years. A sports qualifying physical dated on or after June 15, 2010 must be on



Alexandria High School

Basketball Boys Varsity Schedule (as of 03-15-13)

Type	Time	Opponent	Location	Bus	Return
Monday, Nov 19, 2012					
Start of Season	TBD	TBD			
Saturday, Nov 24, 2012					
Jamboree	TBD	Away vs. Brainerd, Fergus Falls, Rocori, St. Cloud Apollo, Sartell, Sauk Rapids-Rice, St. Cloud Tech, Willmar, TBD	SCSU Halenbeck Hall	8:45AM	6:00PM
Friday, Nov 30, 2012					
Game	7:30PM	Moorhead	Alexandria - Jefferson HS		
Tuesday, Dec 4, 2012					
Game	7:30PM	Away vs. Sauk Rapids-Rice	Sauk Rapids-Rice High School	3:30PM	11:00PM
Tuesday, Dec 11, 2012					
Game	7:30PM	Fergus Falls	Alexandria High School		
Thursday, Dec 13, 2012					
Game	7:30PM	Sartell	Alexandria High School		
Friday, Dec 14, 2012					
Game	7:30PM	New Prague	Alexandria - Jefferson HS		
Tuesday, Dec 18, 2012					
Game	7:30PM	Away vs. Little Falls	Little Falls HS	Bus Times	
Thursday, Dec 20, 2012					
Game	7:30PM	Detroit Lakes	Alexandria - Jefferson HS		
Thursday, Jan 3, 2013					
Game	7:30PM	Away vs. Brainerd	Brainerd High School - Main Gym	3:05PM	11:00PM
Friday, Jan 11, 2013					
Game	7:30PM	St. Cloud Tech	Alexandria High School		
Saturday, Jan 12, 2013					
Game	3:00PM	Away vs. Big Lake	Big Lake High School	9:15AM	11:00PM
Thursday, Jan 17, 2013					
Game	7:30PM	Willmar	Alexandria High School		
Tuesday, Jan 22, 2013					
Game	7:30PM	Away vs. Rocori	Rocori High School	3:45PM	11:00PM
Thursday, Jan 24, 2013					
Game	7:30PM	Away vs. Fergus Falls	FF Kennedy School - Gold Gym	4:00PM	10:30PM



Jefferson High School

"Home of the Cardinals"



Staff Email



Family
Access



Directory



Calendars

[Home](#) [Our School](#) [Programs](#) [Departments](#) [News](#) [Guidance](#) [Media Services](#) [Activities](#) [Booster](#) [Teacher Pages](#)

Winter Sports

- [About Us](#)
- [Cardinal Connection](#)
- [Weather Related Announcements](#)
- ✦ [Boys Basketball](#)
- ✦ [Boys Hockey](#)
- ✦ [Boys Swimming/Diving](#)
- ✦ [Girls Hockey](#)
- ✦ [Girls Basketball](#)
- ✦ [Dance Team](#)
- ✦ [Nordic Ski](#)
- ✦ [Wrestling](#)
- [Alpine Ski](#)
- ✦ [Gymnastics](#)

Jefferson High School (10-12) ▶ [Activities](#) ▶ [Winter Sports](#) ▶ [About Us](#)

Winter Sports Information

Click here for

[SCHEDULES, STANDINGS, MAPS AND DRIVING DIRECTIONS](#)

Select the link above for the most current schedule, standings, and maps.

Subscribe to the "Notify me" section for all the up to the minute schedules and changes for the activities you choose. You will be notified the minute any changes occur.

[Central Lakes Conference Website](#)

[Minnesota State High School League Website](#)

[2012-13 Winter Pocket Calendar](#)

Last Modified on October 29, 2012

1401 Jefferson Street
Alexandria, MN 56308

(320) 762-2142
fax (320) 762-7749

- | | |
|---|-----------|
| x. Utilization of electronic coaching playbook and communication software | |
| a. Less than 50% of the athletic programs | 30 points |
| b. More than 50% of the athletic programs | 60 points |

POINTS CLAIMED: 30

DOCUMENTATION PROVIDED:

1. Several of our coaches have an app called “Coaches Eye installed on their phones and i-pads. Our department has reimbursed them for this app. The app allows coaches to video the activity, skill or technique do an audio analysis, diagram body position changes and e-mail it to the student for their viewing at a later time.
2. Our football team uses a software called “Huddle”, which allows them to edit plays from previous games or the games of opponents and access is provided for players to view from their homes.
3. The boys and girls swim teams use a program called HyTek to management meets, create entries of each event and complete all the scoring. This information can be accessed with a mobile device anywhere in real time.
4. These are just some of the examples of electronic software and communication software used to post results on web-sites. Our staff is constantly looking for ways to enhance our programs with new technology and software.