



Student Activities Handbook

2023-2024

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NOTICES

All policies within this handbook apply to athletics. Most also apply to non-athletic activities. Non-athletic activities may have additional or differing policies. Non-athletic activities are overseen by the Activities Coordinator, in collaboration with the Activities Director.

PHILOSOPHY AND MISSION

Spectrum believes that participation in student activities enriches a student's school experience. Student activities are an extension of our educational program and as such are treated as an educational component of learning. In addition to developing character and integrity, Spectrum believes that participation in co-curricular activities leads to increased leadership, teamwork, self-discipline, and academic achievement (see Spectrum Belief Statements below).

Spectrum believes that ...

S	<p><u>Small schools/class sizes</u> meet individual needs, foster relationships, and provide a safe and supportive learning environment.</p> <p><u>Staff who are trained, caring, and effective</u> are essential to meeting the unique needs of our students.</p>
P	<p><u>Parents/guardians</u> are the students' primary educators.</p> <p><u>Participation in co-curricular activities</u> leads to increased leadership, teamwork, self-discipline, and academic achievement.</p>
E	<p><u>Engagement in learning and challenging coursework</u> lead to increased self-confidence and high academic achievement.</p>
C	<p><u>College and Career readiness</u> is achieved through rigorous coursework, targeted support, and individual determination.</p>
T	<p><u>Technological competency</u> is vital to students' future success.</p>
R	<p><u>Reaching the community</u> through service creates positive change in oneself and others.</p>
U	<p><u>Upholding high expectations</u> builds self-discipline, self-respect, and self-reliance.</p>
M	<p><u>Modeling collaboration and continuous improvement</u> leads to a healthy and sustainable organization.</p>

OBJECTIVES AND BELIEFS (SUPPORTING SPECTRUM'S VISION AND MISSION)

The Activities Department believes:

- Participation in student activities is a privilege, an opportunity, and not a right.
- Sportsmanship is critical and needs to be present in all student activities. This includes student participants, coaches/advisors, fans, and any other stakeholders in the school.
- Ethical behavior, integrity, character, dignity, and respect are essential and are non-negotiable.
- Respect must be displayed for opponents and officials before, during, and after contests.
- Academics must come before participation in student activities.
- The success of the team/group is more important than individual honors.
- Students should have an equal opportunity to participate in all activities offered by the school.
- Compliance with school, community, and Minnesota State High School League rules is essential for all participants in activities.
- Development of the whole student to achieve full mental, emotional, and physical potential while cultivating the concept of health and physical fitness should be encouraged.

OPPORTUNITY TO PARTICIPATE

Student participation in a variety of activities will be encouraged and supported by the staff and administration. Each participant must accept the responsibility of representing Spectrum in the best possible way (personally, academically, behaviorally, etc.). Each student is given an opportunity, if eligible, to try out for any activity. Continued participation depends upon the coach or advisor's perception of the individual's adherence toward the rules and regulations governing participation. Frequent displays of an uncooperative attitude, including unexcused absences from classes, practices, meets and contests, or displays of unsportsmanlike conduct, may result in removal from the activity. All rules and regulations of Spectrum and the Minnesota State High School League (MSHSL) concerning academic eligibility, prohibitive use of drugs and tobacco, hazing, and harassment will be followed and enforced.

GUIDELINES FOR STUDENT AND PARENT/GUARDIAN INVOLVEMENT AND SUPPORT OF STUDENT ACTIVITIES

We encourage our parents/guardians, participants, and advisors/coaches to recognize that student activities require a spirit of cooperation and mutual understanding as well as an appreciation for the experience offered.

The following guidelines are important for participation in all student activities:

1. Be aware of the time demands and commitments of the activity and accept the responsibility for being prompt and in regular attendance at practices, meetings, and performances.
2. Demonstrate a sincere interest and consistent effort to improve skills commensurate with ability.
3. Demonstrate an attitude of cooperation and concern for the total group or team.
4. Take proper care of and have respect for equipment, uniforms, instruments, props, etc. used in the activity.
5. Parents/Guardians must be prepared to accept the responsibility for helping their student attain the lessons learned through participation in student activities.
6. Parents/Guardians must be positive supporters of the program, the participants, the coaches/leaders, and the officials.
7. Parents/Guardians must support the student's academic achievement while participating in student activities.
8. Parents/guardians must ensure students are picked up and dropped off on time.

EXPECTATIONS AND PHILOSOPHY OF A COMPETITIVE PROGRAM

1. In each program, coaches/leaders are hired by Spectrum to be responsible for team selection and playing time. The head coach/leader establishes criteria for selection, possibly with input from the entire coaching staff. This may be a highly subjective process. Team selection, practices, and decisions regarding game/performance situations are the responsibility of the coaching staff.
2. Spectrum seeks to remain highly competitive in all student activities. As the competitiveness of our programs increases and student numbers increase, we may not be able to place every child on the team with which they wish to participate (Junior Varsity, Varsity, etc.).

When a student tries out for a team/program, both the parent and the student understand there is a possibility of not being selected. If selected, both the parent(s) and the child should be prepared to accept placement at any team level (e.g., C-squad, Junior Varsity, and Varsity). It is our desire to place students at their skill level and size to the degree possible.

Leaders often have a very short amount of time to make selections. They do their very best to place students on the appropriate team/level and fill positions for performance. It is the leaders' responsibility to make the team selections.

3. Based on our experience, we know there are many off season teams/activities sponsored by different organizations. Each coach looks for something different in his or her players. Participation on one of these teams does not guarantee any player a spot on a school team. While students can gain valuable experience outside of the school activities program, neither parents nor students should count on this type of participation to guarantee a spot on a school team/program.
4. In order to make a varsity team, students must be outstanding players and also fill a role the team needs. Students possessing these qualities have the same opportunity to make a team regardless of their grade in school. At selection time, the make-up of the team/performers will be the leader's decision.
5. A main goal of a competitive program is to put the most skilled members of the team in competition to win the contest. Starting positions and playing time are not guaranteed to anyone. Each member of a team is valuable to the team's overall progress. Some members may play much more time in a contest than others. Each student should have personal improvement as one of his or her goals. Players should talk to the coach directly if they have questions about playing time. Coaches will gladly discuss skill development with parents/guardians, but are unable to discuss playing time.
6. Good sportsmanship is expected at all Spectrum events. Good sportsmanship is expected of players, coaches, advisors, faculty, students, and adult spectators. Promotion of good sportsmanship at Spectrum events shall include a demonstration of respect for all participants and officials. All involved in an event shall maintain self-control throughout the event. Rules of the event shall be understood and skill performance should be recognized regardless of team affiliation.

Note: Occasionally, schools compete against significantly less skilled programs, which can create lopsided team competitions. This is the nature of competition and can be driven by many factors (often outside of the school's control). If, or when, this happens, coaches/leaders need to work with their team to plan their approach in advance. This may include utilizing lower level players to a greater degree, slowing down the game, and/or working on skill development and/or team work/plays. This is considered part of good sportsmanship.

Good sportsmanship is the cornerstone of a quality activities program!

STUDENT ACTIVITY POLICIES/PRACTICES

Note: All policies apply to high school student athletics. Middle school athletics and all other student activities (6-12) may have differing policies more applicable to their programs. These will be laid out in more detail in activity specific handbooks or documents.

Academic Awards

MSHSL Spotlight on Scholarship applies to students participating high school activities (C squad, JV, or Varsity) with a cumulative GPA of 3.0 or above.

Attendance/Absence

1. Any student not in attendance at school for at least half a day, whether a block or 8-period day, may not participate in student activities (including practices) for that day unless pre-excused by administration for an acceptable reason.
2. Any student who has been suspended (in school or out of school) from Spectrum for any reason shall also be suspended from attendance at or involvement in, any student activity during the full period of the suspension, including any non-school days spanned by the period of suspension. They must also miss at least one contest.
3. Any student who is absent because of a family emergency or a traumatic event (i.e., funeral) may participate in an event that day.
4. Any absence from a scheduled practice will be considered unexcused unless the individual received prior approval from the coach/leader.
5. Any late arrival or unexcused absence from a scheduled practice, game, or match will result in a consequence in line with the team rules as established by the coach.

Behavior Expectations and Discipline (Violations, Penalties and Expected Student)

1. Students are to abide by the rules and policies that are in effect while attending school and/or school related functions.
2. Leaders will notify administration of violations of the rules. Consequences may include suspension from the team, the activity, or school for a period of time.
3. Suspensions will follow the Spectrum guidelines when necessary. Please refer to the *MSHSL Eligibility Standards Form* that you signed prior to the start of the season. These can also be found at www.spectrumhighschool.org.

Coach Training

Coaches for activities affiliated with the MSHSL establish a coach account with the MSHSL and complete all MSHSL requirements, including attending all rules meetings and maintaining current certification in CPR-AED. Head coaches also attend all conference coach meetings and the school sport meeting prior to their season or have administrative approval for another team coach to attend in their place.



Code of Responsibilities – SPECTRUM (MSHSL Bylaw #206)

Participation in interscholastic activities is a privilege, which is accompanied by responsibility. As a student participating in Spectrum-sponsored student activities, I understand and accept the following responsibilities:

- A. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- B. I will be fully responsible for my own actions and the consequences of my actions.
- C. I will respect the rights and property of others.
- D. I will respect and obey the rules of my school and the laws of my community, state, and country.
- E. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.

Penalty

A student who is dismissed from school or who violates the student Code of Responsibility is not in good standing and is ineligible for a period of time as determined by the Minnesota State High School League guidelines and Spectrum's Activities Director.

Communication

This procedure has been developed for the purposes of establishing and maintaining the lines of communication between the school, parents/guardians, and the student for the resolution of concerns related to student activities. This procedure is a means by which concerns/problems can be resolved.

In order to maintain a positive atmosphere and assure that the proper channels of communication will not be circumvented, a procedure has been outlined for the use of the student, parent/guardian, coach/advisor, and administrators. All participants should adhere to the following guidelines.

Note: This process is not intended to provide grievance of a rule(s) of the Minnesota State High School League. There is a separate process established by Spectrum. See the school website for a copy of the [Spectrum Grievance Policy](#).

Communication Procedure

Step 1:

If a student and or parent/guardian has a concern they should:

- A. Schedule a meeting to speak personally with the coach/advisor at a time convenient to both parties, preferably within one week, with the intent to solve the problem. This should not be done immediately before or after a contest, event, or practice. Coaches/Leaders have been instructed not to address a problem directly before or after a contest. We request that parents wait 24 hours after a contest before scheduling a meeting. If the problem involves an assistant coach, the head coach should be involved in the meeting. The student may be asked to attend this meeting.
- B. Parents/students should only address problems or concerns related to themselves or their student(s). In order to protect the privacy of other students, problems or concerns related to other students will not be discussed (unless directed toward their student). *Note: Problems or concerns related to violation of bullying, harassment, or Title IX are addressed under separate policies.*

Step 2:

If either party has not been satisfied by the proposed resolution of the problem or concern during Step 1, they should request a continuation by contacting the Activities Director (High School Athletics) or the Activities Coordinator (Middle School athletics and all other student activities).

Step 3:

If either party has not been satisfied by the proposed resolution of the problem or concern during Step 2, they should request a continuation by contacting the Executive Director.

Directions to Schools

You may find directions on the MSHSL website at www.MSHSL.org or the Spectrum activities website at www.spectrumhighschool.org/athletics.

Eligibility Requirements (Scholastic/Academic)

1. Academic Eligibility Policy

Bylaw 108.01 of the Minnesota State High School League (MSHSL) states that, in order to maintain scholastic eligibility, a student is to be making satisfactory progress toward graduation as defined by Spectrum. Students, parents/guardians, and faculty at Spectrum place a high value on academic achievement. Students are students first and must prioritize student activities in a secondary role. While students have varying levels of academic ability, it is expected that each one will work to his or her potential. The goals of Spectrum's Academic Eligibility Policy are to (1) meet the MSHSL requirements, (2) promote, hold students accountable for, and assist students in their academic success, and (3) help students to self-advocate.

2. Ineligibility Guidelines

- a. Students will maintain a 2.0 grade point average and must not be failing any classes. Students in 7th-12th grades, playing a high school level sport or other MSHSL sponsored activity, shall not have any more than one D during grade checks.
- b. Grade checks will be done on a regular basis. Once given a warning, the student will have two week to meet the minimum academic eligibility requirements or get an agreed upon plan for an extension in place. If the student does not meet the minimum academic eligibility requirement after two week of warning, the student will become ineligible for competition/participation and immediately begin serving their suspension.
Notes: Theater will have a grade check during auditions. Band and choir will check eligibility prior to MSHSL contests. The Activities Director and Principal may use discretion when determining eligibility at the end of 1st semester.
- c. Students found to be ineligible will not attend or participate in contests until they have raised their grade(s) to meet the minimum academic eligibility requirements or get an agreed upon plan for an extension in place. They may continue to practice at the coach's discretion. Teachers are not required to extend assignments and homework deadlines due to participation in athletics and/or activities.
- d. A *Request for Extension* for suspensions will be presented to the school principal for further review. Requests should be accompanied by a completed plan for improvement. If a student has an active Individualized Education Plan (IEP), his or her case manager may be consulted to determine whether an extension to the academic warning should be granted. The Principal will make the final determination about whether to grant an extension to meet the minimum academic requirement.
- e. It is the student's responsibility to meet the minimum academic eligibility requirements. A student who is suspended must present documentation directly to the Activities Director to demonstrate that they meet the minimum academic eligibility requirements. The Activities Director will notify the coach when the student may return to athletic competition.
- f. Teachers will address work in a timely manner, but are not required to make special considerations to assist the student to achieve his or her academic eligibility as part of their choice to participate in athletics and other extracurricular activities.
- g. Students and parents/guardians are responsible to understand and agree to the academic eligibility policy.

Equipment/Uniforms

1. All uniforms, equipment, and supplies are the property of Spectrum and are to be checked out and in with the coach/leader and/or Activities Department according to the schedule established by the coaching staff and Activities Department.
2. All athletes **MUST** return their uniform in undamaged condition within two weeks of the end of the season. Failure to return the uniform will result in a fine of \$100 or the actual cost of the uniform (whichever is higher), which must be paid before the student will be allowed to participate in any further student activities.
3. Uniforms are the property of Spectrum and are not for sale.
4. Game uniforms are to be worn for games and matches only. Uniforms should not be worn as physical education uniforms. Uniforms should not be worn as attire unless authorized by the coach/activity leader.
5. Shirts/tops must remain on at all times while participating in practices or competitions and/or while on school property, including while traveling on Spectrum provided transportation to and from activities.



Event Confirmation/Cancellation (Athletics)

Parents/Guardians and students should check the MCAA Conference website [here](#) and click on the “Sports Schedules” link. Parents are encouraged to connect the Spectrum Activities Calendar to their personal electronic calendar.

When cancellations occur due to inclement weather, students will be notified as soon as possible. Students are expected to notify parents with details.

Fees (Student Activity) – Athletic (non-athletic activity fees will have a separate schedule)

The purpose of the student activity fee is to reduce the direct costs of activities and to assure the continuation of the programs for the benefit of the students. Standard activity fees (including the family maximum) will be established by the School Board on an annual basis. Fees for non-athletic student activities do not count toward the athletic program fees or toward the family maximum per year.

Fee Guidelines

1. Fees are due before the student begins practice.
2. Participation in athletic programs not sponsored by Spectrum will not be applied to the Family Maximum.
3. Cooperative (with other schools) athletic fees are payable as directed by the host school.
4. All payments for Spectrum-sponsored activities will be handled through the online payment system located within the student’s parent portal/IC under the “Fees” tab. Following payment, please make sure that you either receive an email message confirming your payment or a confirmation page ready for printing.
5. Payment plans may be available through the Activities Department. You will need to complete and turn in an Activities Scholarship/Payment Plan Form.
6. When funds are available, a discount may apply for all athletic activity fees for students who qualify for free and reduced lunch. This discount only applies to the athletic activity fee for Spectrum sponsored sports, and may not be applied toward apparel, camps, uniforms, and other athletic program expenses. This will require written permission to access information related to the parents free and reduced lunch application for verification.
7. If a student joins a sport after the initial start of the season, all fees for the season will apply, there will be no discounted fees due to a shortened season.

8. Additional miscellaneous fees, as determined by activity, may be needed. Examples would be socks, shoes, green fees, admission fees to events, etc.
9. A student may not sign up for a new activity until all previous activity fees have been paid in full.

Fee Refunds

After the time of the first game or match, or by the end of the second week of the season (whichever comes first) no refunds will be made for any reason.

Refunds may only be issued using the following guidelines:

1. When a student is cut from an activity for reasons other than violation of training, team rules, or Spectrum policies.
2. When injury or illness prevents continuation in the activity, a refund will be made, provided medical documentation is presented to the Activities Department, up until the time of the first game or match, or by the end of the second week of the season (whichever comes first.).
3. When a transfer is made out of Spectrum up until the time of the first game or match, or by the end of the second week of the season (whichever comes first).
4. When a student quits an activity, up until the time of the first game or match, or by the end of the second week of the season (whichever comes first).
5. Any student dismissed or asked to leave a student activity due to disciplinary reasons or infractions of the eligibility rules, will not receive a refund. Also, this student will not be able to participate in another activity for that particular season or semester.

Grade/Age Eligibility Requirements

Students in grades 7-12 at Spectrum are eligible to participate in any high school activity (unless specified otherwise). Students under the age of 20 are eligible to participate in any high school activity. This includes managers, game workers, statisticians, etc. 6th graders may be eligible to participate middle school athletics or other high school non-athletic activities when specified by the Activities Coordinator.

Harassment Policy

Spectrum does not tolerate harassment. Students, parents/guardians, and staff should refer to the Harassment and Violence Policy found within the Spectrum Student/Family Handbook. It is also found on the school website [here](#).

Violation of this policy also falls under MSHSL Bylaw 206 – Code of Responsibilities

Injuries

Students who have received medical attention for an injury must provide the Activities Department with a medical release signed by the physician, stating that the student is cleared to participate before the student will be allowed to resume participation in practices, games, matches, or other competitions.

Note: If an injury affects other aspects of the student's education, a doctor's note should be provided to the Health Clerk.

Lettering Requirements for Athletics

1. Athletes must participate in all required practices. Any absence from practices or contests must be pre-excused by the coach.
2. Athletes must consistently compete at the varsity level. For most sports this means participating in at least 50% of varsity periods, quarters, halves, or games.
3. Athletes must compete to the best of their ability in all practices and meets.
4. Athletes must participate in all team events; or be pre-excused by the coach.
5. Athletes must display consistent high standards and support for teammates.

6. Athletes must be recommended by their coach for demonstrating the commitment of a varsity level student-athlete.
7. Athletes may not have violated any Minnesota State High School League rules.
8. Athletes may not have been suspended from school during the season.
9. Athletes may not be found academically ineligible twice during the season.
10. Athletes must finish the season as a member in good standing with the team.
11. Athletes will follow other schools' lettering policies when participating in a coop sponsored by the other school.
12. Students who are not varsity eligible may not receive a varsity letter until they have become varsity eligible.
13. By agreement with the Activities Director, some sports may have additional lettering requirements.
14. Spectrum will not award varsity letters for student activities not sponsored by Spectrum (or that take place outside of Spectrum).

Note: Non-athletic activities may have their own lettering requirements detail in a separate activity-specific handbook.

Locker Rooms

1. Lockers are provided for students involved in athletics and it is the students' responsibility to ensure that the locker rooms are kept clean and orderly.
2. No rough housing or harassment will be tolerated.
3. Any device(s) capable of capturing images ARE NOT permitted to be used in locker rooms. If a person is found to have used one of these devices, it will be confiscated, and disciplinary action will be taken. This could include suspension from the activity in which they are participating or other consequences as detailed in the Student Handbook.

Minnesota State High School League or MSHSL (Membership)

All schools participating in the MSHSL are voluntary members. As a member, Spectrum agrees to abide by and enforce all rules and regulations endorsed by the MSHSL.

The primary role of Spectrum is to maintain rules and regulations that ensure equity in competition for the student participants and a balance with other educational programs. The MSHSL solicits input and is responsive to requests for rule modifications from member schools, appointed committees, and coaches' associations.

Spectrum attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

Please visit the Spectrum website for further information and policies in their entirety at www.spectrumhighschool.org or www.spectrumathletics.org.

National Collegiate Athletic Association (NCAA) & National Association of Intercollegiate Athletics (NAIA) College Bound Athlete Scholarships

1. Interested students should seek information on the NCAA website at www.ncaa.org
2. Interested students need to complete the NCAA Clearinghouse Application.
3. There are certain scores on the ACT/SAT, a minimum GPA, and specific coursework that must be passed in order to be eligible for scholarship money. Please find out more on the web at www.ncaaclearinghouse.net
4. The corresponding website for student athletes interested in a NAIA affiliated college is www.playnaia.org.

Out-of-Season Practice

Out-of-season practices are not sponsored nor supervised by Spectrum staff. These practices are arranged by the team captains and are optional practices for students to attend. Spectrum assumes no liability for participants involved in these practices. These practices must be supervised by an adult to ensure safety and building supervision. The supervising adult must be at least 18 years old, pass a background check, and agree to all adult supervisor requirements.



Participation Requirements

In order to participate in athletics, the student must have the following on file in the Activities Department:

1. The current *Minnesota State High School Eligibility Form* signed by both student and his/her parent or guardian. This includes a *Concussion Management Form*.
2. A *Physical Examination Form* signed by a physician within the last three years.
3. Payment of the appropriate fees.
4. *Athletic Emergency Contact Card* filled out each sport season.
5. An *Academic Eligibility Policy Form* signed by both student and his/her parent or guardian.
6. *Family Maximum Application Form*, when applicable.
7. Students transferring to Spectrum from another school must complete the appropriate transfer form.
8. Foreign exchange students **MUST** clear participation (whether on a Spectrum team or with a coop) with the Activities Director in advance. The MSHSL has very specific guidelines that dictate when and where foreign exchange students are eligible to participate at the varsity level.

Policies (School/Important)

It is the responsibility of all Spectrum students, parents/guardians, and staff to become familiar with policies and expectations. The following policies are especially important as they relate to how people interact and treat one another. Questions regarding school policies related to activities should be directed to either the Activity Director (high school athletics) or the Activities Coordinator (middle school athletics and non-athletic activities).

1. Spectrum Harassment and Violence Policy can be found on the school website [here](#).
2. Spectrum Bullying Policy can be found on the school website [here](#).
3. Spectrum Title IX Sex Nondiscrimination Policy, Grievance Procedure, and Process Policy can be found on the school website [here](#).

Transfer Students (including Foreign Exchange Students)

Transfer students' eligibility will be determined by their placement in the appropriate grade and semester level upon entering Spectrum. They will then adhere to the same guidelines mentioned under Eligibility. Prior to participation, all paperwork with the Spectrum Admissions' Office and Athletic Department must be completed. This eligibility procedure includes Foreign Exchange Students and International Students. Bylaw 111 under the MSHSL will be strictly enforced.

Transportation/Student Pick-Up

1. Transportation
 - a. Unless announced, transportation to designated practice sites will be offered by Spectrum when Spectrum sponsors the activity. Parents should pick students up at the practice site.
 - b. Transportation to home contests will be the responsibility of the athlete.
 - c. Student drivers may drive themselves to practices, but will not transport other students unless they are siblings.



- d. Transportation to high school away contests will be arranged by the Spectrum Athletic Department. It is expected that students will ride to and from the event as assigned. Any changes made to those assigned must be cleared with the coach.
 - e. If a parent/guardian is going to give their child a ride home, they should sign the student out with the coach before the student gets on the bus to leave. *Under no circumstance will a coach/advisor release a student to someone other than his/her parent/guardian without prior approval from student's parent or guardian.*
 - f. The only way a student would be released to someone else under extreme circumstances. This type of request should be made to the Athletic Department as soon as possible prior to the day of the contest. A written request to do this should be on file with the Athletic Department.
 - g. Upon removing the student from the care of the school district, the school district will no longer be liable for the student.
 - h. Failure to follow these procedures will result in a disciplinary action as determined by the coach/advisor and Athletic Department.
 - i. Spectrum is responsible for arranging rides to away games, matches, competitions for the players and managers on the team unless pre-approved by administration. Students not on the team will be responsible for establishing their own means of transportation to and from games, matches, and events.
2. Student Pick-Up
 - a. Coaches/leaders are responsible for the students participating in the activity until they are picked up. Please be respectful of their time. Parents will be contacted if late pick-up becomes a problem.
 - b. If a problem of late pick-up persists after parents are contacted, it may be necessary for that student to drop from the activity.

Sportsmanship Expectations

The Minnesota State High School League and Spectrum emphasize proper behavior and great sportsmanship. From our coaches, to our players, to our fans, Spectrum seeks to be known as a school with high standards and set an example of great sportsmanship through our actions, our reactions, our interactions, and our language choices. This is the case during practices, in the locker room, at games or matches, during the regular season, sections, or at a state tournament. The enthusiasm displayed and support provided by our fans is appreciated by the members of our teams and reflects well on our school and community.

Spectrum will use the following guidelines regarding sportsmanship at our events.

1. If spectators behave inappropriately (e.g., swearing, chanting negative cheers, taunting, throwing items, etc.), they will be warned and possibly removed based on the situation at hand.
2. If spectators have been previously asked to leave a game or match and are asked to leave another game or match they will not be permitted to attend any games or matches for the next 2 weeks.
3. If inappropriate behavior occurs again and the spectator is asked to leave the game or match, they will not be permitted to attend any extracurricular activities for the remainder of that season.

Please help Spectrum set the standard for sportsmanship. CHEER FOR OUR TEAM AND NOT AGAINST OUR OPPONENT!

Two Sports/Activities in the Same Season

Once per academic year, an athlete may compete in two (2) high school sports/activities during the same season.

The athlete must:

1. Obtain consent from both coaches/leaders.
2. Obtain consent from the Activities Director.
3. Pay the full activity fee for each activity (*Note: Family maximum does not apply to non-athletic activities.*)