

## **ADA-BORUP HIGH SCHOOL ACTIVITIES HANDBOOK**

Welcome to Ada-Borup Cougars Activities. We trust that your participation will be a valuable and memorable experience. It is our belief that your involvement in extra-curricular activities is a vital part of your education.

This booklet provides information regarding your responsibilities as an Ada-Borup competitor. We ask that you, as well as your parents or guardians read it carefully and sign the appropriate forms before returning them to the high school office.

Kelly Anderson  
High School Principal/Activities Director

## FOREWORD

Helping to establish a desirable atmosphere for activities is the duty of parents, students, and school personnel. To enhance this atmosphere the following guidelines should be utilized.

### I. Parent's Responsibility

Good discipline originates in the home because the parent is the first teacher. It is a parent's obligation, by teaching and example, to develop in the pupil good habits of behavior as well as proper attitudes toward the school. To help your student's progress in school, a parent should:

- A. Recognize that the teacher/coach takes the place of the parent while the student is in school.
- B. Teach and require of the student respect for law, for authority, for the rights of others, and for private and public property.
- C. Share with the student an interest in school activities and in their general progress.
- D. Arrange for prompt and regular school attendance and comply with attendance rules and procedures.
- E. Arrange for a time and place for homework and see that the student makes use of the time.
- F. Encourage and guide wholesome friendships, interests and activities.
- G. Understand and comply with the rules of the school concerning pupil conduct and cooperate with the school in carrying out disciplinary action taken by the school.
- H. Instill in students that academics are the prime concern of the school.
- I. Be aware of the eligibility/participation rules of the Minnesota State High School League, Ada-Borup Schools, and those of the coach of your daughter's/son's activity.

### II. Student's Responsibility

A student attends school in order to develop their individual capacities to their fullest potential and become, for their own benefit and that of others, the best person possible. To do this, the student should:

- A. Make a sincere effort to do his/her best work.
- B. Accept responsibility for his/her own actions and respect the rights of others.
- C. Obey school rules and regulations, those made both by the school authorities and by the student governing body.
- D. Help maintain school property free from damage and defacement.
- E. Be aware of the eligibility/participation rules of the Minnesota State High School League, Ada-Borup Schools, and the coach of your activity.

### **III. Coach's Responsibility**

Coaching involves providing a stimulating and effective program of instruction, establishing and maintaining an atmosphere conducive to learning, and the development of sound social attitudes and habits. This is a cooperative effort in which the coach, with the assistance of the administration, should:

- A. Approach his/her assignment with enthusiasm and regard each pupil as a worthy individual.
- B. Plan and conduct a program of instruction, which will make each child eager to learn, and enable each pupil to achieve his/her full potential.
- C. Teach the student what is expected of him/her in terms of conduct in and about the school.
- D. Enforce the rules of the school system and of the school courteously, consistently, and justly.
- E. Distinguish between pupil misconduct, which should be handled by the coach and that which requires the assistance of the administration.
- F. To make the participants in the activity and their parents aware of the eligibility/participation rules of the Minnesota State High School League, Ada-Borup Schools, and any rules pertaining to the activity.

### **IV. Terminology**

For use in this handbook the term coach shall be synonymous with director, advisor, or supervisor.

### **PHILOSOPHY**

The educational program at Ada-Borup High School will provide the opportunity and the incentive for each student athlete to develop mentally, physically, morally and socially to the fullest of his/her abilities. The educational program shall be directed toward the welfare and the best interest of the student athletes.

Ada-Borup High School is of the belief that extra-curricular activities are an integral part of the educational system. It is believed that extra-curricular activities contribute to the educational process of developing well-rounded individuals and young adults. Through the combined support and efforts of the community, school district and activities staff, students are given the opportunity to participate in the extra-curricular programs as spectators and competitors.

These educational experiences allow students to benefit in such areas of development as: interpersonal relationships, group interaction and cooperation, self concept and character, goal setting and values, leadership, initiative, self-discipline, loyalty, sportsmanship, physical skills and growth, and the personal pride and satisfaction of participation and competition.

Since life demands many of the same qualities developed through extra-curricular activities, this opportunity will assist in preparing our students to meet life's challenges as contributing, worthwhile citizens.

## **GENERAL POLICIES FOR ALL EXTRA-CURRICULAR ACTIVITIES**

### **I. Application of the Rules**

Some of the regulations in this Activities Handbook exceed the regulations of the Minnesota State High School League. The MSHSL establishes minimum rules and the local Board of Education has the authority to adopt rules that exceed the MSHSL rules. The rules that will apply to all students at Ada-Borup Schools will be the MSHSL regulations and all locally adopted rules that exceed the rules of the MSHSL. These regulations will apply uniformly to all MSHSL activities and extra-curricular performances of any type offered at Ada-Borup Schools for grades 7-12.

### **ADA-BORUP COUGARS SCHOOL SONG**

**HAIL TO OUR SONS AND DAUGHTERS  
HAIL TO OUR ALMA MATERS  
HAIL, HAIL THE FIGHTING COUGARS  
HAIL TO OUR TEAM!**

**HAIL TO OUR SONS AND DAUGHTERS  
HAIL TO THE STRONG AND MIGHTY  
HAIL, HAIL THE FIGHTING COUGARS  
ADA-BORUP HIGH!**

## SPORTS OFFERED AT ADA-BORUP HIGH SCHOOL

<u>Season</u>	<u>Boys/Girls</u>	<u>Sport</u>	<u>Grades</u>
Fall	Girls	Volleyball (Coop)	7-12
	Girls	Cross Country (Coop)	7-12
	Boys	Football (Coop)	7-12
	Boys	Cross Country (Coop)	7-12
Winter	Boys	Basketball	7-12
	Girls	Basketball (Coop)	7-12
Spring	Girls	Track (Coop)	7-12
	Girls	Softball (Coop)	7-12
	Girls	Golf (Coop)	7-12
	Boys	Track (Coop)	7-12
	Boys	Baseball (Coop)	7-12
	Boys	Golf (Coop)	7-12

## SPORTSMANSHIP CODE OF ETHICS

Courtesy, fairness and respect characterize sportsmanship. It is interpreted by the conduct of the participants, coaches, cheerleaders, school administrators and spectators. We at Ada-Borup High School are continually striving to maintain and improve these qualities.

The Ada-Borup School District has adopted the following Sportsmanship Code:

1. We will be courteous in speech and action at all times.
2. We will respect our opponent at all times.
3. We will be loyal to our own team but also applaud the abilities of players on all teams.
4. We will obey instructions given by schools and those in charge.
5. We will play according to the rules of each game.
6. We will respect the decisions of game officials.
7. We believe that in order to have a successful team we must have a will to win, but we will enjoy each game; win, lose or draw.

## CURFEW

The uniform curfew for all activities is 10:00 p.m. on weekdays and evenings proceeding the day of a game, as well as 12:30 a.m. on weekends. There will be an exception for students who are attending school activities. Those times will be set at the discretion of the head coach. The penalty for missing curfew is a one event suspension.

## **PHYSICALS**

The MSHSL requires physicals every three years when you participate in any league activity involving competition and/or physical contact. It is the student's responsibility to schedule and pay for the physical.

## **ATHLETIC INJURY**

Students that are injured in an athletic event or practice and require doctor care must provide the Head Coach and Athletic Director with a signed statement by the doctor or trainer granting permission to resume practice or participation in the event. This should be on the standard Minnesota State High School League form.

## **INSURANCE**

The only insurance the school provides for students is catastrophic accident and disability coverage with a \$25,000 deductible. This covers students who suffer catastrophic injuries in interscholastic and intramural activities, transportation to activities, physical education classes, classroom and laboratory activities, and most other extra-curricular activities.

No coverage is provided for the first \$25,000 of medical, dental or disability expenses. A number of insurance plans are available to families who wish to purchase such coverage. Information on them is sent home with students at the beginning of the school year.

## **ELIGIBILITY INFORMATION**

Before any student can participate in an activity, the following must be completed:

- A. A current physical (every 3 years).
- B. All MSHSL forms.
- C. Participation Fee
- D. Insurance waiver or purchase of insurance.

## **ACADEMIC ELIGIBILITY**

Participation in any school activity, including sports activities, concerts, dances, and the like is contingent upon the student's attendance in school on the day of the school activity involved. A student must be in school for at least half (3 hours and 26 min- 11:42) of the school day in order to be eligible. An exception can be made for those students who have prearranged an absence with the High School Principal. A student who has one or more unexcused periods during the

school day will be ineligible for any activities on that day or the following day depending on the circumstances.

All students are eligible to participate in extra-curricular activities except those who receive an “F” or “I” (incomplete) on their report card or mid-term grade report. Those students receiving an “F” will be ineligible for one (1) week to earn a passing grade. If it has not been raised to a passing grade, the student will be ineligible until the next report card or mid-term grade report is given. Those students receiving an “I” will be ineligible until the incomplete work is done and the student is passing the class(es).

Specific regulations apply to all student activities governed by the Minnesota State High School League. Supervisors of these activities will discuss these regulations with their groups. Papers listing the regulations will be sent home and a parent signature acknowledging and accepting the regulations must be returned to the supervisor before students can participate in the activities.

## **CHEMICAL VIOLATIONS**

SUBSTANCE ABUSE AND THE STUDENT: The school is prepared to assist with student chemical abuse problems whether or not disciplinary action is appropriate. Parents will be involved and are urged to be supportive across the full range of the school's efforts to deal with chemical abuse.

Possession or use of mood-altering chemicals by students not participating in League-sponsored activities will be recorded and counted as violations if a student later participates in such activities.

All confirmed instances of student use or possession of alcoholic beverages, tobacco, or illegal substances will be reported to the principal.

A Memorandum of Understanding between law enforcement agencies and the schools permits the exchange of information when there has been a violation of laws concerning alcohol or other illegal substances.

Pursuant to Minnesota Statute Annotated 126.035, Subdivision 2, the Principal shall mail or personally deliver to the child's parent or guardian having custody over the child and to the child, written notification of any violation as stated in the Memo of Understanding. Such notification shall be sent no later than 5 days after the violation. The written notification shall consist of the child's name, parent's name, address, school attended, date of violation, place of violation, a brief description stating a factual basis for believing a violation exists, the date notice is sent, and an explanation as to what activities will be effected.

The Minnesota Legislature passed a Drug-Free and Weapon-Free School, Park, and Housing Zones Law. The Law calls for tough penalties for anyone caught selling or possessing illegal drugs, or possessing or using a dangerous weapon within one city block or 300 feet of any Minnesota school, park, public housing project, or school bus carrying students. Juveniles

convicted of these crimes who are at least 14 years old can be treated as adult and sentenced in an adult court.

### Penalties: Category 1 Activities (Athletics, Speech)

First Violation: The student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of the season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

Second Violation: The student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three weeks, whichever is greater. No exception is permitted for the student who becomes a participant in a treatment program.

Third and Subsequent Violations: The student shall lose eligibility for the twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.

### Category 2 Activities: (Band, Choir, One-Act Play, Three-Act Play) and Other Events: (FFA, FLA, Intramurals, Close-Up, Spanish, Honor Society, Student Council, School Play, Knowledge Bowl, and some class activity field trips and recreational events not under MSHSL rules)

First Violation: The student shall lose eligibility for the next one (1) activity or two (2) weeks whichever is greater.

Second Violation: The student shall lose eligibility for the next two (2) events.

Third and Additional Violations: The student shall lose eligibility for the next four (4) events. Alternatively; loss of eligibility for the next six (6) weeks/two (2) events if the violator has participated six (6) weeks in a chemical dependency program and is certified by the treatment center official.

## **STUDENT RESPONSIBILITIES**

Student Code of Responsibilities: The member schools of the Minnesota State High School League believe that participation in interscholastic activities is a privilege which is accompanied by responsibility.

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.



- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the rights and property of others.
- I will respect and obey the rules of my school and the laws of my community, state and country.
- 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.
- Assault on any person will not be condoned by the League and will be dealt with by the school administration and the local authorities.

NOTE: Any allegation of sexual, racial, religious harassment violence and/or hazing may also constitute a violation of the Student Code of Responsibilities.

Penalty: A student who is dismissed or who violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the school principal, acting on the authority of the local board of education. The League specifically recognizes by this policy that certain conduct requires penalties that may exceed those penalties typically imposed for first violations.

## **PROCEDURES FOR ADMINISTRATING CODE OF CONDUCT FOR STUDENT ACTIVITIES**

All allegations and complaints relative to a student's violation of the rules and regulations shall be channeled through the Activities Director. The Activities Director shall make a thorough inquiry and investigation of all reasonably substantial charges received from the responsible source. The Activities Director will conduct a preliminary inquiry to determine whether there is adequate evidence to warrant an official action. At this time the student and parent will be notified in writing if official action is taken.

### **I. School District Appeal Procedure**

Students/Parents who do not agree with the official action may appeal to the Ada-Borup Superintendent of Schools. The appeal must be made within five working days of notification of the violation by the student/parent in writing to request a hearing. The request shall contain the administrative action and reason(s) why the appeal is being made.

### **II. State Appeal Procedures**

The Minnesota State High School League Constitution (Section 211.02.8, page 44) provides a Fair Hearing Procedure for the student or parent contesting a school's failure to certify the eligibility of a student. The procedure will be made available upon request.

**REPORTING GRIEVANCE PROCEDURES FOR  
STUDENT SEX AND DISABILITY NONDISCRIMINATION**

- A. Any student who believes he or she has been the victim of unlawful sex or disability discrimination by a teacher, administrator or other school district personnel, or any person with knowledge or belief of conduct which may constitute unlawful sex or disability discrimination toward a student should report the alleged acts immediately to an appropriate school district official designated by this policy or may file a grievance. The school district encourages the reporting party or complainant to use the report form available from the principal of each building or available from the school district office, but oral reports shall be considered complaints as well. Nothing in this policy shall prevent any person from reporting unlawful sex or disability discrimination toward a student directly to a school district human rights officer or to the superintendent.
- B. In Each School Building. The building principal is the person responsible for receiving oral or written reports or grievances of unlawful sex or disability discrimination toward a student at the building level. Any adult school district personnel who receives a report of unlawful sex or disability discrimination toward a student shall inform the building principal immediately.
- C. Upon receipt of a report or grievance, the principal must notify the school district human rights officer immediately, without screening or investigating the report. The principal may request, but may not insist upon a written complaint. A written statement of the facts alleged will be forwarded as soon as practicable by the principal to the human rights officer. If the report was given verbally, the principal shall personally reduce it to written form within 24 hours and forward it to the human rights officer. Failure to forward any report or complaint of unlawful sex or disability discrimination toward a student as provided herein will result in disciplinary action against the principal. If the complaint involves the building principal, the complaint shall be made or filed directly with the superintendent or the school district human rights officer by the reporting party or complainant.
- D. The school board hereby designates Shawn Yates as the school district human rights officer to receive reports, complaints or grievances of unlawful sex or disability discrimination toward a student. If the complaint involves a human rights officer, the complaint shall be filed directly with the superintendent.
- E. The school district shall conspicuously post the name of the human rights officer, including mailing address and telephone number.
- F. Submission of a good faith complaint, grievance or report of unlawful sex or disability discrimination toward a student will not affect the complainant or reporter's future employment, grades or work assignments.
- G. Use of formal reporting forms is not mandatory.

- H. The school district will respect the privacy of the complainant, the individual(s) against whom the complaint is filed, and the witnesses as much as possible, consistent with the school district's legal obligations to investigate, to take appropriate action, and to conform with any discovery or disclosure obligations.

## **INVESTIGATION**

- A. By authority of the school district, the human rights officer, upon receipt of a report, complaint or grievance alleging unlawful sex or disability discrimination toward a student shall promptly undertake or authorize an investigation. The investigation may be conducted by school district officials or by a third party designated by the school district.
- B. The investigation may consist of personal interviews with the complaint, the individual(s) against whom the complaint is filed, and others who may have knowledge of the alleged incident(s) or circumstances giving rise to the complaint. The investigation may also consist of any other methods and documents deemed pertinent by the investigator.
- C. In determining whether alleged conduct constitutes a violation of this policy, the school district should consider the surrounding circumstances, the nature of the behavior, past incidents or past or continuing patterns of behavior, the relationships between the parties involved and the context in which the alleged incidents occurred. Whether a particular action or incident constitutes a violation of this policy requires a determination based on all the facts and surrounding circumstances.
- D. In addition, the school district may take immediate steps, at its discretion, to protect the complainant, pupils, teachers, administrators or other school personnel pending completion of an investigation of alleged unlawful sex or disability discrimination toward a student.
- E. The investigation will be completed as soon as practical. The school district human rights officer shall make a written report to the superintendent upon completion of the investigation. If the complaint involves the superintendent, the report may be filed directly with the school board. The report shall include a determination of whether the allegations have been substantiated as factual and whether they appear to be violations of this policy.

## **SCHOOL DISTRICT ACTION**

- A. Upon conclusion of the investigation and receipt of a report, the school district will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, transfer, remediation, termination or discharge. School district action taken for violation of this policy will be consistent with requirements of applicable collective bargaining agreements, Minnesota and federal law and school district policies.

- B. The result of the school district’s investigation of each complaint filed under these procedures will be reported in writing to the complainant by the school district in accordance with state and federal law regarding data or records privacy.

**REPRISAL**

The school district will discipline or take appropriate action against any pupil, teacher, administrator or other school personnel who retaliates against any person who reports alleged unlawful sex or disability discrimination toward a student or any person who testifies, assists or participates in an investigation, or who testifies, assists or participates in a proceeding or hearing relating to such unlawful sex or disability discrimination. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

**RIGHT TO ALTERNATIVE COMPLAINT PROCEDURES**

These procedures do not deny the right of any individual to pursue other avenues of recourse which may include filing charges with the Minnesota Department of Human Rights, initiating civil action or seeking redress under state criminal statutes and/or federal law.

**DISSEMINATION OF POLICY AND EVALUATION**

- A. This policy shall be made available to all students, staff members, employee unions and organizations.
- B. The school district shall review this policy and the school district’s operation for compliance with state and federal laws prohibiting discrimination on a continuous basis.

***Legal References:*** Minn. Stat. Ch. 363 (Minnesota Human Rights Act)  
20 U.S.C. §§ 1681-1688 (Title IX of the Education Amendments of 1972)  
34 C.F.R. Part 106 (Implementing regulations of Title IX)

***Cross References:*** MSBA Model Policy 102 (Equal Educational Opportunity)  
MSBA Model Policy 413 (Harassment and Violence)

Shawn Yates  
Human Rights Officer  
Ada-Borup Public Schools  
604 West Thorpe Avenue  
Ada, MN 56510  
Phone: (218) 784-5310

## **PRACTICES**

- A. No practice of any kind will be authorized or allowed on Sunday or after 6:00 p.m. on Wednesday during the school year.
- B. Practices may be scheduled during vacations. Absences must be cleared in advance with the director/coach.
- C. Detention shall take priority over any scheduled practice or activity.
- D. Students should not attend morning practices prior to school unless they are well enough to attend morning classes.
- E. In the event school is released early due to inclement weather or other emergencies, there shall be no after school activities. School facilities will be closed.

## **DRESS CODE FOR PRACTICE/TRAVEL TO GAMES**

The coach will establish, and make known to their team, their expectations for dress at practice and travel to contests/games.

## **WELLNESS**

When a snack or treat is brought in for other students (during the school day or at an extracurricular activity) it must be store bought or prepared in a commercial grade kitchen. This is done to help prevent the spread of food-borne illness. When bars are homemade and sold at school for fundraisers, the school district encourages no bake bars such as rice krispie or special K bars.

## **SQUAD RULES**

The coach will establish, and make known to their team, any eligibility/participation rules that exceed those of the MSHSL and/or Ada-Borup Schools.

## **UNIFORM CARE**

Student-athletes are expected to wash and care for their school issued uniform(s). Uniforms are to be washed on a regular basis. If a uniform is returned dirty, stained (from not washing in a timely manner) or ruined, a fee will be charged.

Care instructions:

- Pre-treat any stains (grass, mud, blood, sweat, etc). Do NOT use bleach or fabric softener.
- Wash inside-out in cold water. Remove promptly from washer when complete.
- Line dry or hang to dry. Do NOT dry in the dryer.

## PLAYING TIME PHILOSOPHY

Elementary – Equal playing time for all participants.

Jr. High – Playing time will be shared by all participants, **but not on an equal time basis. All players will play in the same number of quarters in a game or games in a match if there are no other unusual circumstances, such as absences from practices.** Only exceptions will be for tournaments where everyone will get in the game, but not receive equal playing time. In football, our number one concern is the safety of the athletes. If an athlete's physical stature could put him/her at risk of an injury, the coach could limit his/her playing time. No cuts are made at this level.

C-Team, 9<sup>th</sup> Grade, Jr. Varsity – Coaches will make every effort to get all kids into the game, teams will strive to be competitive.

Varsity – Play to win. Majority of the playing time will be limited to a few. There may be kids that won't get in the game.

For all levels above junior high, coaches shall have the sole discretion to determine playing time. Coaches, participants, and parents at these levels are expected to agree that the primary values of participation are in learning skills and teamwork. The amount of time played in games is not the sole measurement of a participant's value to the team.

**Any discussion regarding playing time decisions or performance opportunities with any coach, advisor, or administrator by anyone other than the student involved, could have repercussions as determined by administration.** Students only are encouraged to discuss playing time or performance opportunities with their coach or advisor.

## CONTACTING COACHES

The Ada-Borup coaches have been instructed by the Ada-Borup School Board and the administration that they are asked not to address concerns from parents during their off duty hours. This includes phone calls at home, out in the public, etc. Parents with concerns are to contact the: Coach, Activity Director, or High School Principal at school during normal working hours. A meeting will be set up during a time that is convenient for all parties. The Activity Director or High School Principal, Coach, parents, and athlete will meet as a group.

### **Appropriate concerns to discuss with a coach**

- **The treatment of your child, mentally and physically.**
- **Ways to help your child improve.**
- **Concerns about your child's behavior.**

### **Issues not appropriate to discuss with a coach**

- **Playing time.**
- **Team strategy.**

- **Play calling.**
- **Other student-athletes.**

### **24 Hour Rule**

We ask that there be a 24 hour cooling off period before contacting the coach or advisor. Failure to follow this rule could have repercussions as determined by administration.

## **LETTERING AND PARTICIPATION AWARDS CRITERIA**

The following guidelines for earning a letter have been established at Ada-Borup. In addition, the participant must complete the season to be eligible to letter and not have any chemical violations during the season.

### **Football**

- Lettering criteria:
- 1) Play in one quarter for each varsity game played.
  - 2) Be a contributor to the varsity team.
  - 3) Coaches discretion.

Participation criteria:

- 1) Be a member of the varsity team and not letter.

### **Volleyball**

- Lettering requirements:
- 1) Play in at least one-half of the varsity matches.
  - 2) Give 100% all the time and make a positive contribution to the team.
  - 3) Advance into post-season play, practice with the varsity, and travel to sub-sections. This will require at least seven games.
  - 4) Abide by the practice and training rules.

Participation requirements:

- 1) Give 100% all of the time and make a positive contribution to the team.
- 2) Turn in all equipment.
- 3) Abide by practice and training rules.
- 4) Practice at the varsity level, but unable to meet the playing time eligibility for lettering.

### **Cross Country** -

- Lettering requirements:
- 1) Participate in  $\frac{3}{4}$  of the varsity meets or
  - 2) Place in the top 20 in the sub-section meet.
  - 3) Give 100% all the time and make a positive contribution to the team.
  - 4) Turn in all equipment.
  - 5) Abide by the practice and training rules.

Participation requirements:

- 1) Give 100% all the time and make a positive contribution to the team.
- 2) Turn in all equipment.
- 3) Abide by practice and training rules.
- 4) Attend all varsity practice unless excused.

## **Basketball**

- Lettering requirements:
  - 1) Play in 25% of the varsity games.
  - 2) Coaches discretion.

### Participation requirements:

- 1) Be a member of the varsity team.

## **Track**

- Lettering requirements:
  - 6) Score at least seven points in varsity meets during the season or participate in every varsity meet.
  - 7) Score one point or more in the sub-section meet.
  - 8) Give 100% all the time and make a positive contribution to the team.
  - 9) Turn in all equipment.
  - 10) Abide by the practice and training rules.

### Participation requirements:

- 5) Give 100% all the time and make a positive contribution to the team.
- 6) Turn in all equipment.
- 7) Abide by practice and training rules.
- 8) Attend all varsity practice unless excused.
- 9) Unable to score at the varsity level.

## **Baseball**

- Lettering requirements:
  - 1) Play in at least one inning for every regular season game played.
  - 2) Coaches discretion.

### Participation requirements:

- 1) Be a member of the varsity tournament roster and not letter.
- 2) Coaches discretion.

## **Softball**

- Lettering requirements:
  - 1) Play in at least one inning for every regular season game played.
  - 2) Coaches discretion.

### Participation requirements:

- 1) Be a member of the varsity tournament roster and not letter.
- 2) Coaches discretion.

## **Golf**

- Lettering requirements:
  - 1) Participate in two or more varsity golf meets.
  - 2) Attend all scheduled practices unless excused.
  - 3) Coaches discretion.

### Participation requirements:

- 1) Actively participates in all scheduled practices unless excused.
- 2) Participates in at least one varsity meet.
- 3) Coaches discretion.



- Volleyball Mgrs.** - Lettering Criteria:
- 1) Attend practices when needed.
  - 2) Attend all matches and tournaments.
  - 3) Do odd jobs for the coaches such as statistics, write-ups, locker motivations, etc.
  - 4) Help to get equipment out and ready to clean when needed.

- Track Mgrs.** - Lettering criteria:
- 1) Attend practices.
  - 2) Attend all varsity meets and possibly some junior high meets.
  - 3) Abide by the training rules.
  - 4) Time, keep splits, and record height and distances for athletes at meets for both boys and girls.
  - 5) Help to get equipment out and ready, as well as put equipment away each night.

- Band** - Lettering criteria:
- 1) Students in the 3<sup>rd</sup> quarter of their 8<sup>th</sup> grade year or older who have earned 200 progress points are eligible to receive his/her band letter. Each additional 100 points will earn a gold bar to be worn on the letter. Students who earn 500 progress points will get an instrument pin for his/her band letter.

- Choir** Lettering criteria:
- 1) Students must participate in solo and/or ensemble contest
  - 2) Earn 26 points/year. Points can be earned through a variety of performance opportunities.

- FCCLA** - Lettering criteria:
- 1) Meets the chapter criteria for participating involved in chapter activities, fundraising and service projects, as well as meets the point system criteria.

- Speech** -
- 1) Advance to the section meet.
  - 2) Earn 300 points/season. Points can be earned by attending practices/meets and making finals and/or placing in a meet.

### **BEGINNING DATES**

The following list contains the start dates for MSHSL activities for 2017-18 school year.

<b>Volleyball</b>	-	<b>8/14/17</b>	<b>(JH – 8/21/17)</b>
<b>Football</b>	-	<b>8/07/17</b>	<b>(JH – 8/21/17)</b>
<b>Cross Country</b>	-	<b>8/14/17</b>	
<b>Girls Basketball</b>	-	<b>11/13/17</b>	<b>(JH – app. 10/16/17)</b>
<b>Boys Basketball</b>	-	<b>11/20/17</b>	<b>(JH – app. 11/30/17)</b>
<b>Track &amp; Field</b>	-	<b>3/12/18</b>	

**Softball** - **3/12/18**  
**Golf** - **3/19/18**  
**Baseball** - **3/19/18**

**PARTICIPATION FEES**

Athletic Fees for Grades 7 – 8: \$ 40.00 per sport  
Athletic Fees for Grades 9 – 12: \$ 60.00 per sport  
Non-Athletic Fees for Grades 7-12: \$ 25.00 per event  
(One Act Play, Fall Musical, Speech, & Knowledge Bowl)  
Family Maximum: \$220.00 per year

## CONFERENCES

<u>Sport</u>	<u>Conference</u>	<u>Teams</u>
Football	Northwest District	Ada-Borup/N.C. West, Bagley, BRMR, Blackduck, Cass Lake-Bena, Fertile-Beltrami, Fosston, Lake Park-Audubon, Mahnommen, Pine River-Backus, Polk County West, Red Lake, Red Lake County, Walker-Hackensack, Ackeley, Warroad
Volleyball	Pine-to-Prairie	Ada-Borup/N.C. West, Bagley, Climax/Fisher, Fertile-Beltrami, Fosston, Mahnommen, Lake Park-Audubon, NCE/UH, Park Christian, Waubun, Win-E-Mac
Cross Country	Northwest	Ada-Borup/N.C. West, Bagley, Clearbrook-Gonvick, Crookston, EGF, LOW, Roseau, Trek North, Warroad, West Marshall
Girls Basketball	Pine-to-Prairie	Ada-Borup/N.C. West, Bagley, Climax/Fisher, Fertile-Beltrami, Fosston, Mahnommen, LPA, NCE-UH, Park Christian, Waubun, WEM
Boys Basketball	Pine-to-Prairie	Ada-Borup, Bagley, Climax/Fisher, Fertile-Beltrami, Fosston, Mahnommen, LPA, NCE/UH, NCW, Park Christian, Waubun, WEM
Track	Pine-to-Prairie	Ada-Borup/N.C. West, Bagley/Fosston, Climax/Fisher/SH, Fertile-Beltrami, Mahnommen/Waubun, LPA, Park Christian, RLC
Softball	Pine-to-Prairie	Ada-Borup/N.C. West, Bagley, East Polk, Fertile-Beltrami, Lake Park-Audubon, Mahnommen-Waubun, NCE/UH
Baseball	Pine-to-Prairie	Ada-Borup/N.C. West, Bagley, Fertile-Beltrami, Fosston, Lake Park-Audubon, Mahnommen-Waubun, NCE/UH, Win-E-Mac
	NW Diamond	AB/N.C. West, BGMR, KCC, NCE/UH, Northern Freeze, Red Lake County, Sacred Heart, Tri-County, Win-E-Mac
Golf	Pine-to-Prairie	AB-N.C. West, Bagley, Climax-Fisher, Fertile-Beltrami, Fosston, LPA, Mahnommen-Waubun, Park Christian, Win-E-Mac

## SUB-SECTIONS

Football	Section 6 11-Man	Ada-Borup/N.C. West, Hillcrest Lutheran, Lake Park-Audubon, New York Mills, Ottertail Central, Pelican Rapids, Pine River-Backus, Walker-Hackensack-Akeley
Volleyball	8A West Sub-Section	Ada-Borup/N.C. West, BGMR, Climax-Fisher, Fertile-Beltrami, Grygla-Gatzke, Kittson Central, NCW, Northern Freeze, Red Lake Falls, Sacred Heart, Stephen-Argyle, Warren-Alvarado-Oslo
Cross Country	Section 8A	Ada-Borup/N.C. West, Bagley/Fosston, Clearbrook-Gonvick, Crookston, Crosby-Ironton, DGF, EGF, Frazee, Hawley, LPA, Laporte, LOW, New York Mills, Park Rapids, Pelican Rapids, Pequot Lakes, Perham, Pine River-Backus, Roseau, Trek North, United North Central, Wadena, Warroad, West Marshall
Girls Basketball	6A North Sub-Section	Ada-Borup/N.C. West, HLA, LPA, New York Mills, NCE-UH, Park Christian, Rothsay, Waubun and 2 more schools.
Boys Basketball	8A West Sub-Section	Ada-Borup, Climax-Fisher, Fertile-Beltrami, Grygla-Gatzke, Kittson Central, NCW, Northern Freeze, Red Lake Falls, Sacred Heart, Stephen-Argyle, Warren-Alvarado-Olso
Track	Sub-Section 30	Ada-Borup-N.C. West, Barnesville, DGF, Fertile-Beltrami, Frazee, Hawley-UH, LPA, Mahnommen-Waubun, Park Christian, Pelican Rapids
Baseball	Section 8A West	Ada-Borup/N.C. West, BGMR, Fertile-Beltrami, Kittson Central, LPA, NCE-UH, Red Lake County, Sacred Heart
Softball	Section 8A West	Ada-Borup/N.C. West, Cass Lake- Bena, Fertile-Beltrami, LPA, NCE/UH, RLCC, Sacred Heart,

Golf	Section 8A	Ada-Borup/N.C. West, BGMR, Climax-Fisher, Fertile-Beltrami, Fosston, Kittson Central, Lake of the Woods, Mahnomen-Waubun, Northern Freeze, Red Lake, RLC, West Marshall, Win-E-Mac
One-Act	Sub-Section 30	Ada-Borup, Fertile-Beltrami, Mahnomen, NCW, Fisher, Crookston
Speech	Sub-Section 30	Ada-Borup/N.C. West, DGF, Hawley, LPA, Mahnomen/Waubun Park Christian, Ulen-Hitterdal, Waubun
Music	Sub-Section 30	Ada-Borup, FB, Fosston, Mahnomen, NCE, NCW, Waubun, WEM
Visual Arts	Sub-Section 8A East	Ada-Borup, Blackduck, Cass Lake-Bena, Fertile-Beltrami, Fosston, Goodridge, Grygla-Gatzke, Kelliher, LOW., Mahnomen, Nevis, NCE, Park Rapids, TRF, Trek North, UH, Waubun, WEM

## GOOD SPORTS ARE WINNERS! WHAT IS SPORTSMANSHIP?

**Sports'man ship' (n.)** the practice of playing fair, of taking loss or defeat without complaint or victory without gloating, and treating opponents with fairness, generosity, courtesy, etc.

Sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

Sportsmanship is a blending of cheers for “your team” and applause for the “opponents,” observing the letter and spirit of the rules, and showing consideration for others.

Sportsmanship is the “golden rule” of athletics – treating others as you wish to be treated.

Sportsmanship is respect. Respect for others and for one’s self.

Sportsmanship is all this and much more.

For a coach, sportsmanship may be accepting a “questionable” call without protest.

For an athlete, it may be extending a helping hand to an opponent who is down.

For a general spectator, it may be cheering for his team when it loses, and applauding the opponent when it wins.

For an official, it may be showing restraint when verbally assaulted by coaches, athletes, and spectators.

For parents, it may be avoiding living their lives through their children’s sporting activities.

Sportsmanship encompasses all that which is good in human nature.

Sportsmanship is citizenship in action.

Sportsmanship is a way of life.

## **GOOD SPORTS ARE WINNERS! FUNDAMENTALS OF SPORTSMANSHIP**

Every year the MHSAA has been emphasizing the importance of good sportsmanship. Many people have not had good sportsmanship explained to them. The following six steps will help those people to understand their responsibilities at an athletic contest.

1. *Gain an Understanding and Appreciation for the Rules of the Contest.*  
The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on the officials, coaches, players, or administrative decisions. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of a given rule.
2. *Exercise Representative Behavior at All Times.*  
Good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies on everyone exhibiting behavior which is representative of sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.
3. *Recognize and Appreciate Skilled Performance Regardless of Affiliation.*  
Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents good sportsmanship, but reflects a true awareness of the game by recognizing and acknowledging quality.
4. *Exhibit Respect for the Officials.*  
The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contest are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on the officials. The rule of good sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later application in life.
5. *Display Openly a Respect for Opponents.*  
Opponents are guests and should be treated cordially, with thoughtfulness, be provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team and family. This fundamental is the Golden Rule in action.
6. *Display Pride in your Actions at Every Opportunity.*  
Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

## DEFINING GOOD SPORTSMANSHIP & POOR SPORTSMANSHIP

Simply, bad sportsmanship is the opposite of sportsmanship, which is defined as “playing fair and losing without complaint or winning gloating.” To expand on that definition, we believe sportsmanship can be further defined as “playing by the established rules of the contest, competing and losing without complaint, winning without gloating, and cheering in only a positive manner that does not disrespect, taunt, ridicule or attempt to intimidate anyone.”

It is difficult to attend an interscholastic athletic event without witnessing some acts of poor sportsmanship. And with any large group of people, there is a greater opportunity to have random and isolated instances of unfavorable behavior. However, peer pressure is a powerful thing among teen-aged students, and also with adults. Not supporting individuals who display poor sportsmanship and instructing them on good sportsmanship can also assist in sportsmanship efforts. Perhaps a definition of poor sportsmanship and examples displayed at numerous sporting events can help students, parents, competitors, coaches and support groups identify breaches in sportsmanship.

This this definition, here are just a few of the common problems with sportsmanship at interscholastic events.

### Action

Booing at official’s call or players action or the cheers “Nuts and Bolts, Nuts and Bolts, We Got...;” Competitors, coaches, fans making negative expressions in reaction to an official’s call

Cheering “Over-rated;” Referee, Winning Team, Losing Team (and pointing to the subjects); “Air Ball;” “You, You, You” (after a foul); “Sieve” (after a goal); “Nah, Nah, Nah, Nah, Heyyy-eyyy, Good Bye”

Waving arms or screaming during a foul shot in order to distract the attention of opponents

Throwing of ANY object

Competitors not shaking hands after a contest; degrading an opponent, before or after a contest, in the media; trash talking during a contest; criticizing teammates and coaches

Damaging bleachers or facilities of host schools, hotels, restaurants

Competitors pointing to the crowd, doing dances after scoring or making a positive play in excessive celebration; Spectators using excessive body paint and acting out in manners unrelated to the game.

Posting untrue and inflammatory information on Internet bulletin boards and chat rooms; especially when the real name of the person posting the information is not displayed

### Sportsmanship Infraction Interpretation

Disrespectful official’s judgments and/or the efforts of players competing. Both are doing their best to execute in a way they were trained. Everyone makes mistakes, we’re all human. We need to accept that.

These cheers are directed at the opposition to blatantly ridicule and taunt the opposition and their fans.

This is not playing fair, if it were, wouldn’t spectators do it when their own players are shooting?

Not only is this a more serious form of the losing or competing without complaint infraction, it is dangerous and could be considered a criminal act.

This is not winning or losing with dignity and it does not show respect for the opposition, teammates or coaches.

Disrespectful and criminal.

Disrespectful and drawing attention to yourself and not crediting teammates and coaches. Fans drawing attention to themselves do a disservice to the game, showing they are more interested in their own selfish interests than the efforts of their team and school.

Possibly the worst kind of poor sportsmanship – hurling insults without any kind of accountability. Hiding behind a screen name, or no name, is worse than hiding in a crowd at the game.

## THE CONCEPTS OF SPORTSMANSHIP

Sportsmanship is an oft-used word, yet no definitive explanation is readily available. We do know that it refers to some key concepts:

- Citizenship Values
- Competitive Integrity and Ethics
- Respect for Opponents and Officials
- Fair Play
- Understanding of the Rules
- Appreciation for all Performances
- Personal and Institutional Pride
- Gracious Acceptance of Results
- High Moral Character

All these concepts fall into the definition of sportsmanship. They all represent the standards which athletics, in the proper atmosphere, can teach our students.

Citizenship is a comparison of sportsmanship, reaching out beyond the playing field and stadium into the community. Citizenship can be defined as: “The quality of an individual’s response to membership in the community as evidenced by respect for self and respect for others. Sports provide not only the opportunity to teach and learn respect for self and respect for others, but it also places participants in a unique context – competition – that can further instill and hone values necessary for the development of respect for self and respect for others.”

Areas under the umbrella of citizenship include:

- Respect for Self
- Self-esteem
- Discipline
- Courage
- Responsibility
- Integrity and Honesty
- Ethics
- Pride
- Poise
- Respect for Others
- Teamwork
- Loyalty
- Compassion
- Tolerance
- Courtesy
- Fairness
- Integrity
- Humility

Good sportsmanship and citizenship are keys to public’s perception of interscholastic athletics and activities and their role in the educational system. Athletics and activities, which display good sportsmanship and citizenship, show a positive and productive part of the total educational program offered by a school, exhibit the justification for the financial expenditures necessary to run these programs.



# Ada-Borup Volleyball

2016 Schedules  
(Updated 6-28-16)

Day	Date	Opponent	A/B/C			Time	Bus
			Level	Location			
Fri	8/19	at Barnesville Scrimmage	A	Barnesville		3:30	2:00
Tue	8/23	DGF Scrimmage	A&B-	Moorhead, C-	Glyndon	9:00	7:30
Sat	8/27	at Concordia Scrimmage	A	Concordia		TBD	TBD
Tue	8/30	Barnesville	ABC I&II	Ada		5:00	3:30
Thu	9/8	at Win-E-Mac	ABC	Erskine		5:00	3:30
Sat	9/10	AB Tournament	A	Ada		9:00	
Tue	9/13	Frazee	ABC I&II	Ada		5:00	
Thu	9/15	Park Christian	ABC	Ada		5:00	
Sat	9/17	at Hawley Tournament	A	Hawley		10:00	8:30
Sat	9/17	at DGF JV Tournament	B	Glyndon		TBD	TBD
Mon	9/19	at Waubun	ABC	Waubun		5:00	3:45
Thu	9/22	Climax-Fisher	ABC	Ada		5:00	
Sat	9/24	at Moorhead Tournament	B/C	Moorhead		TBD	TBD
Tue	9/27	at Mahnomen	ABC	Mahnomen		5:00	3:55
Thu	9/29	Fosston ( <i>homecoming</i> )	ABC	Ada		5:00	
Sat	10/1	at DGF Tournament	C	Glyndon		TBD	TBD
Tue	10/4	Bagley	ABC	Ada		5:00	
Thu	10/6	Fertile-Beltrami	ABC	Ada		5:00	
Tue	10/11	at Lake Park-Audubon	ABC	Lake Park		5:00	3:30
Thu	10/13	NCE/UH ( <i>senior night</i> )	ABC	Ada		5:00	
Mon	10/17	at Hawley	ABC	Hawley		6:00	4:40
Tue	10/18	at Norman County West	AB?	Halstad		6:00	5:00
Fri	10/21	at Moorhead Tournament	AB	Moorhead		TBD	TBD
Sat	10/22	at Moorhead Tournament	AB	Moorhead		TBD	TBD
Mon	10/24	Section Pigtail	A	High Seed		7:00	
Thu	10/27	Section 8A Play-in	A	High Seed		7:00	
Mon	10/31	Section 8A Quarterfinals	A	NCTC		6:00 or 7:45	
Tue	11/1	Section 8A Semifinals	A	Bagley		6:00 or 7:45	
Fri	11/4	Section 8A Finals	A	UMC		7:30	
Nov.	10-12	State Tournament	A	Excel Energy Center			

<u>Junior High</u>							
Thu	9/8	at Win-E-Mac	7/8	Erskine		4:30	3:05
Sat	9/10	at Hawley Tournament	7	Hawley		TBD	TBD
Mon	9/12	at Hillsboro/CV	7/8	Hillsboro		4:30	3:25
Mon	9/19	at Crookston	7/8	Crookston		4:30	3:25
Tue	9/20	at NCE/UH	7/8	Ulen		4:30	3:25
Sat	9/24	at DGF Tournament	7/8	Glyndon		TBD	
Tue	9/27	at Mahnomen	7/8	Mahnomen		4:30	3:25
Sat	10/1	at Hawley Tournament	8	Hawley		TBD	TBD
Tue	10/4	at Climax-Fisher	7/8	Fisher		4:30	3:05
Thu	10/6	Fertile-Beltrami	7/8	Ada		4:30	
Mon	10/10	at Mahnomen Tourney	7/8	Mahnomen		4:00	3:00
<u>not updated:</u>							
Tue	9/8	at NCW	7/8	Halstad		4:30	3:40
Thu	10/1	NCW	7/8	Ada		4:30	
Thu	10/8	at Waubun	7/8	Ogema		4:30	3:20

\*Check the Activities Calendar on the Ada-Borup School website for any updates/changes.





# Ada-Borup FOOTBALL

## 2016 Schedules

(Updated 6/13/16)

<u>Varsity</u>						
Day	Date	Opponent/Event	Location	Time	Bus Time	Refs
Sat	8/27	at NCE/UH scrimmage	Ulen	TBD	TBD	
Thu	9/1	Warren-Alverado-Olso	Warren	7:00		
Fri	9/9	at Northern Freeze	Newfolden	7:00	3:50	
Fri	9/16	Goodridge-Grygla	Ada	7:00		
Fri	9/23	at Waubun	Waubun	7:00	4:45	
Fri	9/30	Win-E-Mac ( <i>homecoming</i> )	Ada	7:00		
Fri	10/7	at Norman Co East/Ulen-Hitterdal	Ulen	7:00	4:50	
Fri	10/14	at Norman County West	Halstad	7:00	5:10	
Wed	10/19	Cass Lake-Bena ( <i>senior night</i> )	Ada	7:00		
Tue	10/25	Quarterfinal Section 6 playoffs	High Seed			
Sat	10/29	Semifinal Section 6 Playoffs	High Seed			
Thu	11/3	Final Section 6 Playoffs	Fargodome	3:00		
	11/10-12	State Quarterfinals				
	11/17-19	State Semifinals				
	11/25-26	Prep Bowl				

<u>Junior Varsity</u>						
Mon	8/29	at NCE/UH	Ulen	5:00	3:45	
Tue	9/6	at NCW	Halstad	5:00	3:55	
Mon	9/19	Waubun	Ada	5:00		
Mon	9/26	at W-E-M	Erskine	4:30	2:55	
Mon	10/3	NCE/UH	Ada	5:00		
Mon	10/10	Park Christian	Ada	5:00		

<u>Junior High</u>						
Tue	9/6	NCW	Ada	4:30		
Thu	9/8	Northern Cass	Ada	4:30		
Tue	9/20	Waubun	Ada	4:30		
Tue	9/27	at WEM	Erskine	4:30	3:00	
Tue	10/4	at NCE/UH	Ulen	4:30	3:25	
Tue	10/11	at NCW	Halstad	4:30	3:40	

not updated:

Thu	9/10	RLCC	Ada	4:30		
Thu	10/8	Hillsboro/CV	Ada	4:30		

\*Check the Activities Calendar on the Ada-Borup School website for any updates/changes.



# Ada-Borup Girls Basketball

## 2016-2017 Girls Basketball Schedules

Updated 1/19/16

### Varsity/Junior Varsity

Day	Date	Opponent/Event	Location	Time	Bus	Refs
Sat	11/19	?Detroit Lakes Scrimmage	Detroit Lakes	9:15	7:30 a.m.	
Sat	11/26	?Hawley Scrimmage	Hawley	12:00	10:45	
Tue	11/29	<b>Dilworth-Glyndon-Felton</b>	<b>Ada</b>	<b>6:00</b>		
Fri	12/2	at Hillsboro/Central Valley	Hillsboro	6:00	4:45	
Tue	12/6	at Fosston	Fosston	6:00	4:15	
Fri	12/9	<b>Bagley (DH)</b>	<b>Ada</b>	<b>4:30</b>		
Tue	12/13	at Park Christian	Moorhead	6:00	4:15	
Tue	12/20	<b>Waubun (DH)</b>	<b>Ada</b>	<b>4:30</b>		
Thu	12/22	at Northern Cass	Hunter, ND	6:00	4:20	
Tue	1/3	at Hawley	Hawley	6:00	4:35	
Fri	1/6	at Lake Park-Audubon	Lake Park	6:00	4:20	
Tue	1/10	<b>NCE/UH (DH)</b>	<b>Ada</b>	<b>4:30</b>		
Thu	1/12	<b>Warren-Alarado-Oslo</b>	<b>Ada</b>	<b>6:00</b>		
Tue	1/17	at Pelican Rapids	Pelican	6:00	4:00	
Thu	1/19	<b>Fertile-Beltrami</b>	<b>Ada</b>	<b>6:00</b>		
Mon	1/23	at Red Lake Falls	RLF	6:00	4:15	
Tue	1/24	at Mahnomen (DH)	Mahnomen	4:30	3:15	
Thu	1/26	at Climax-Fisher	Climax	6:00	4:35	
Tue	1/31	<b>Win-E-Mac (DH)</b>	<b>Ada</b>	<b>4:30</b>		
Fri	2/3	<b>Park Christian (DH)</b>	<b>Ada</b>	<b>4:30</b>		
Tue	2/7	at Waubun (DH)	Waubun	4:30	3:15	
Thu	2/9	<b>Lake Park-Audubon</b>	<b>Ada</b>	<b>6:00</b>		
Mon	2/13	at NCE/UH	Ulen	6:00	4:35	
Thu	2/16	<b>Crookston(DH)</b>	<b>Ada</b>	<b>4:30</b>		
Sat	2/18	PTP Championship	Ada	TBD		
Tue	2/21	<b>Barnesville</b>	<b>Ada</b>	<b>6:00</b>		
Thu	2/23	at Frazee	Frazee	6:00	3:55	
March 16-18		State Tournament				
<i>Not updated:</i>						
Mon	2/29	Section Pigtail	High Seed	7:00		
Thu	3/3	Section Play-in	High Seed	7:00		
Sat	3/5	Section 6A Quarterfinals	Concordia	1:00 or 2:45		
Tue	3/8	Section 6A Semifinals	Concordia	TBD		
Fri	3/11	Section 6A Finals	UM-Morris	7:00		

### Junior High

Day	Date	Opponent/Event	Location	Time	Bus
Thu	11/10	at Northern Cass	Hunter, ND	4:30	3:05
Fri	12/2	at Hillsboro/CV	Hillsboro, ND	4:30	3:25
Sat	12/10	<b>Tournament</b>	<b>Ada</b>	<b>9:00 a.m.</b>	
Thu	12/15	<b>Climax-Fisher</b>	<b>Ada</b>	<b>4:30</b>	
not updated:					
Thu	11/5	at Moorhead	Horizon MS	4:30	3:05
Mon	11/9	<b>NCE/UH</b>	<b>Ada</b>	<b>4:30</b>	
Tue	11/10	at Hawley	Hawley	4:30	3:20
Mon	11/16	<b>Win-E-Mac</b>	<b>Ada</b>	<b>4:30</b>	
Thu	11/19	<b>Mahnomen</b>	<b>Ada</b>	<b>4:30</b>	
Mon	11/23	at Win-E-Mac	Erskine	4:30	3:00
Mon	11/30	<b>Fertile-Beltrami</b>	<b>Ada</b>	<b>4:30</b>	
Mon	12/7	<b>Waubun</b>	<b>Ada</b>	<b>4:30</b>	
Mon	12/21	at NCE/UH	Gary	4:30	3:40

\*Check the Activities Calendar on the Ada-Borup School website for any updates/changes.



# Ada-Borup Boys Basketball

## 2016-2017 Boys Basketball Schedules

Updated 1/28/16

### Varsity/Junior Varsity

<u>Day</u>	<u>Date</u>	<u>Opponent/Event</u>	<u>Location</u>	<u>Time</u>	<u>Bus</u>	<u>Refs</u>
Sat	11/26	?Barnesville Scrimmage	Barnesville	10:00	8:30 a.m.	
Mon	12/5	at Fosston	Fosston	6:00	4:15	
Fri	12/9	Bagley (DH)	Ada	4:30		
Mon	12/12	Norman Co West	Ada	6:00		
Tue	12/13	Hawley	Ada	6:00		
Thu	12/15	at Park Christian	Moorhead	6:00	4:15	
Mon	12/19	at Northern Cass	Hunter, ND	4:45	3:15	
Tue	12/20	Waubun (DH)	Ada	4:30		
Tue	1/3	at Hillsboro/Central Valley	Hillsboro, ND	4:30	3:25	
Thu	1/5	at Lake Park-Audubon	Audubon	6:00	4:10	
Tue	1/10	NCE/UH (DH)	Ada	4:30		
Thu	1/12	at Norman County West	Halstad	6:00	5:00	
Fri	1/13	Stephen-Argyle	Ada	6:00		
Fri	1/20	Fertile-Beltrami	Ada	6:00		
Tue	1/24	at Mahanomen (DH)	Mahanomen	4:30	3:15	
Thu	1/26	at Barnesville	Barnesville	6:00	4:20	
Fri	1/27	at Climax-Fisher	Climax	5:00	3:50	
Sat	1/28	<i>C Team Tournament</i>	Ada	<i>9:00 a.m.</i>		
Tue	1/31	Win-E-Mac (DH)	Ada	4:30		
Fri	2/3	Park Christian (DH)	Ada	4:30		
Tue	2/7	at Waubun (DH)	Waubun	4:30	3:15	
Fri	2/10	Lake Park-Audubon	Ada	6:00		
Tue	2/14	at NCE/UH	Twin Valley	5:00	4:10	
Thu	2/16	Crookston (DH)	Ada	4:30		
Sat	2/18	PTP Championship	Ada	TBD		
Tue	2/21	at Pelican Rapids	Pelican	6:00	4:00	
Thu	2/23	WAO	Ada	6:00		
Mon	3/6	Section Pigtail	High Seed	7:00		
Thu	3/9	Section Play-in	UMC or NCTC	6:00 or 7:45		
Tue	3/14	Section 8A Semifinals	REA in TRF	6:00		
Fri	3/17	Section 8A Finals	REA in TRF	7:00		
March	23-25	State Tournament				

### Junior High

Mon	12/19	Climax-Fisher	Ada	4:30		
Tue	1/3	at Hillsboro/Central Valley	Hillsboro, ND	4:30	3:25	(riding the JV/V bus)
Sat	1/21	Tournament	Ada	9:00		
Mon	2/6	Northern Cass	Ada	4:30		
not updated:						
Tue	12/21	at Win-E-Mac	Erskine	4:30	3:00	
Mon	1/4	NCE/UH	Ada	4:30		
Tue	1/12	at Fertile-Beltrami	Fertile	4:30	3:25	
Tue	1/19	NCW	Ada	4:30		
Thu	1/21	Win-E-Mac	Ada	4:30		
Mon	1/25	Hawley	Ada	4:30		
Thu	1/28	Waubun	Ada	4:30		
Mon	2/1	at NCE/UH	Hitterdal	4:30	3:25	
Thu	2/4	at Waubun	Ogema	4:30	3:20	
Mon	2/8	Mahanomen	Ada	4:30		

\*Check the Activities Calendar on the Ada-Borup School website for any updates/changes.

**Parent and student(s) must sign this form and return to the High School office before participation.**



**I the undersigned have received and read the Ada-Borup Activities Handbook for the 2017-2018 school year.**

Print student's name \_\_\_\_\_ Grade \_\_\_\_\_

Print student's name \_\_\_\_\_ Grade \_\_\_\_\_

Print student's name \_\_\_\_\_ Grade \_\_\_\_\_

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

The following is a check list of forms you need to turn in when registering for any extra-curricular activity.

	Current physical form on file – must be taken every 3 years
	Signed Minnesota State High School League Eligibility Form
	Attended rules meeting in August or had meeting with Activity Director
	Participation Fee
	This form – Signed
	Insurance Information Sheet
	Student Health Information Form
	Social Media Guidelines and Procedures Form