



ROOSEVELT HIGH SCHOOL

FALLS SPORTS INFORMATION NIGHT

Wednesday, August 9th, 2023 6:00pm - 8:00pm

AGENDA

- ★ **Opening/Welcome**
 - Opening Statement / Roosevelt Athletic Director / Adam Flanders
- ★ **Introductions**
 - Building Principal / Christian Ledesma
 - Assistant Athletic Director (6:12pm)
 - Athletic Trainer (6:13pm)
 - School Based Clinic Staff (6:14pm)
- ★ **Paperwork Requirements for Student-Athletes (6:15pm)**
 - MSHSL and MPS Registration
 - Current Sport Physical
 - Participation Fee = Uniform Fee
- ★ **Eligibility Requirement (6: 21pm)**
 - Grades (Credit and GPA Requirements)
 - Attendance
 - Participation Fee = Uniform Fee = 100% goes directly to RHS Athletics
- ★ **College Athletics**
- ★ **MSHSL**
- ★ **Closing Remarks (6:27pm)**
- ★ **Introduction of Fall Head Coaches (6:39pm)**
- ★ **Head Coaches - Lead Breakout Sport Sessions (6:43pm - 8:00pm)**

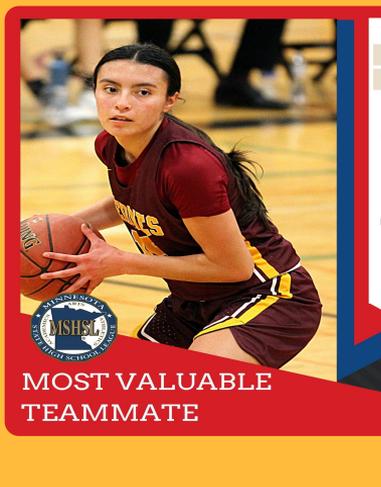


TEDDY NATION ATHLETICS

MY "WHY"

I lead with love, empathy and passion to help foster a desire for participation and competition in multiple extra curricular activities and athletics while developing meaningful and positive relationships with our student-athletes, families and community.

Adam Flanders
Athletic Director



WEEK 19
MAYA
REICHERT-GIRON
Minneapolis Roosevelt/



**MOST VALUABLE
TEAMMATE**



WEEK 11
WILL
JANZEN
*Minneapolis Roosevelt/
Heritage Academy
Senior, Cross Country*



**MOST VALUABLE
TEAMMATE**

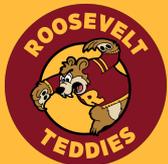
Presented by
**WELLS
FARGO**



PRINCIPAL (AND ATHLETE) LEDESMA



ASSISTANT ATHLETIC DIRECTOR & GIRLS BASKETBALL HEAD COACH TY WRIGHT



ATHLETIC TRAINER SONYA EIKUM



- ★ New office this year: **Door 3A** (outside), **159** (inside)
- ★ Office hours after school for practices
- ★ Available for injury prevention and rehabilitation
- ★ Present at home games
- ★ New Process:
 - **TRIA Call Ahead Program**
 - To get an orthopedic injury evaluated, contact me sonya.eikum@tria.com
 - I'll call ahead so you can be roomed first in our orthopedic urgent care (at any TRIA location)
- ★ Gatorade Protein Shakes & Bars \$1



MSHSL RETURN TO PLAY

MSHSL & School board policy govern our activities



- ★ If your son/daughter is seen or treated by a physician for an injury or serious illness, **they must bring a written note from the physician before they can return to practice or play in a game**
- ★ This is for the student's protection as well as to keep everyone informed as to the student's readiness to return to participation
- ★ Post Concussion Graduated Return to Play process



ROOSEVELT SCHOOL BASED CLINIC



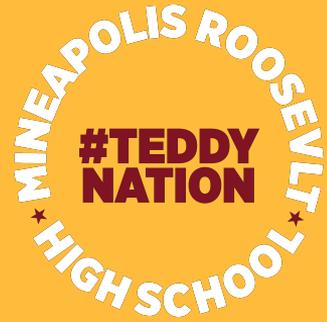
- ★ Sport Physicals and more
- ★ Location: **Room 143**
- ★ Contact Us: Call us 612-668-4834 or text us at 612-599-7290

**We may not reply after 4pm or over weekends.
For medical emergencies, please call 911.*



TEDDY NATION ATHLETICS

MISSION & VISION



MISSION: At Roosevelt, we strive to ensure all our students feel welcomed and able to participate in any **purpose based** activity we have to offer and will consistently encourage our students to regularly engage in **competitive** school based activities.

VISION: The Roosevelt High School Athletic Department strives to offer our student-athletes an elite experience with all of their chosen **purpose based** and **competitive** athletic endeavors and will support all areas of the student-athletes' development and high school experiences.



PURPOSED BASED & COMPETITIVE ATHLETIC PROGRAMS

- ★ We are an extension of the school day
- ★ Our coaches are teachers; the learning continues!
- ★ *We hear you & we will get better*
- ★ We prepare the person, not the path.
- ★ Our athletes are human beings first and human doings second.
- ★ We **PREPARE, PLAN** and **PLAY TO WIN**, but **MISTAKES** are part of the learning process.
- ★ We define success in **ALL** of our Programs beyond the scoreboard
Although we, ***Play to WIN the game.***
- ★ *Competition breeds excellence*
- ★ Evaluations vs Tryouts



COMMUNICATION CHAIN

PROGRAM SPECIFIC GUIDELINES

IN ADDITION:

- ★ Message delivered vs Message received
- ★ 24-hour rule (includes sending an email)
- ★ Meeting procedures/sequence
 - Athlete & Coach
 - Athlete, Parents & Coach
 - Athlete, Parents, Coach & A.D.
 - Athlete, Parents, Coach, A.D. & Assistant Principal/Principal



SCHOOL ATTENDANCE

MSHSL & School board policy govern our activities



- ★ Athletes must be in school all day to be eligible for practice or game (NO Unexcused/U's in attendance)
- ★ Dr. Appt/Parent Excusal is allowable but **student must produce a note** to the activity office upon return
- ★ School sponsored field trips are allowable



ATTENDANCE/EARLY DISMISSAL

MSHSL & School board policy govern our activities



- ★ If your student-athlete needs to be dismissed early from class to attend a competition or ride the team bus:
 - the **COACH** will send a list of students to the attendance office
 - only those students participating in the competition will be excused
 - Parents do not need to call the attendance office or send a note to excuse their student early for competition
 - Any students who leave early who are not on the coach's roster will be marked as unexcused absence



ACADEMIC REQUIREMENTS

MSHSL & School board policy govern our activities



- ★ Athletes are eligible for 12 consecutive semesters starting with day 1 of 7th grade
- ★ Athletes must be **on track to graduate** with their peers **AND** have a **MINIMUM 2.0** Cumulative GPA

Grade	Completion of First Quarter	Completion of Second Quarter	Completion of Third Quarter	Completion of Fourth Quarter	Total Credits
9 th	1.00	2.5	3.75	5	6
10 th	6.25	7.5	8.75	10	12
11 th	11.25	12.5	13.75	15	18
12 th	16.25	17.5	18.75	Graduate	Graduate

- ★ Grade checks at mid-terms may result in academic contracts and loss of playing time
- ★ **FINAL GRADE** reports may result in loss of eligibility



TO BE ELIGIBLE TO PLAY:

MSHSL & School board policy govern our activities



- ★ **MUST HAVE** a 2.0 GPA AND be on track to graduate (credits)
- ★ **MUST** be Registered and PAY Participation/Uniform Fee
- ★ **MUST HAVE** a current Sport Physical (good for 3 years)
- ★ **MUST** attend school 100% of the time (ZERO Unexcused absences to participate)



COLLEGE ATHLETICS NCAA CLEARINGHOUSE, HUDL & RECRUITING



- ★ **NCAA CLEARINGHOUSE:** <https://web3.ncaa.org/ecwr3/>

- ★ **HUDL:** Our programs have THE BEST programming HUDL has to offer. **PLEASE USE!**
 - Automatic Stat Upload
 - Highlight Film development
 - Much More.....

- ★ **RECRUITING**
 - Our Coaches are knowledgeable & experienced in communicating with college coaches
 - College Coaches call & ask about **players**
 - College Coaches call & ask about **parents**



MSHSL OFFICIALS



- ★ Officials are part of a team that helps keep activities safe, fair & fun.
- ★ Contests can only happen when we have eligible officials.
- ★ Officials strive to give their best effort at every contest.
- ★ **Spectators at Roosevelt are expected to respect officials at every contest.**



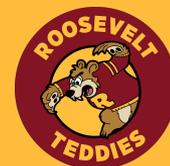
- ★ 91% of officials say their officiating experience has been “Good or Great”
- ★ 40% of MSHSL Officials officiate 2 or more sports
- ★ Top 3 reasons Officials get into Officiating:
 - Recruited by a fellow official
 - Officiated at a lower-level
 - Looking for extra income
- ★ More info:
<https://www.mshsl.org/who-are-you/officiating>



RHS FALL SPORT HEAD COACHES:



- ★ **VOLLEYBALL** Liz Larson / elizabeth.larson.1@gmail.com
- ★ **CROSS COUNTRY** Dave Sharp / sharp017@umn.edu
- ★ **GIRLS TENNIS** Jack Nelson / jack@jacksartwork.com
- ★ **GIRLS SOCCER** Rosie Crossley / rosiecrossley.rhs@gmail.com
- ★ **BOYS SOCCER** Akey Jumale / akeyjumale@hotmail.com
- ★ **GIRLS SWIMMING** Jeff Sanders / Jeff.Sanders@mpls.k12.mn.us
- ★ **FOOTBALL** Tom Krambeer / Thomas.Krambeer@mpls.k12.mn.us
- ★ **ULTIMATE FRISBEE** Kristin Green / ratigangreen@gmail.com (Club)



THANK YOU! QUESTIONS? COMMENTS? CONCERNS?

Adam Flanders

Roosevelt HS/Heritage Academy Athletic Director
612.668.4859 / adam.flanders@mpls.k12.mn.us



RHSathletics.com

- ★ Athletic News
- ★ Athletic Calendar
- ★ Specific Sports webpages
 - Game schedules
 - Coach contact info
 - Season details
 - Rosters



MEET WITH COACHES GET REGISTERED



Problems Registering?
rSchool Helpline: 612.605.1623