



# Fall Sports Night Waconia High School

# WACONIA HIGH SCHOOL

## Introductions of Activities Staff

Bucky Mieras – 952-442-0665

[bmieras@isd110.org](mailto:bmieras@isd110.org)

Murph Schwirtz – 952-442-0683 (until Thursday)

[lschwirtz@isd110.org](mailto:lschwirtz@isd110.org)

Nick Perrin – 952-442-0683

[nperrin@isd110.org](mailto:nperrin@isd110.org)

# WACONIA HIGH SCHOOL

## FALL SPORTS HEAD COACHES

**Monday 8-4 6 pm**

<b>Girls Tennis</b>	<b>–</b>	<b>Jeff Bessire</b>	<b>PAC</b>
<b>Volleyball</b>	<b>–</b>	<b>Taylor Iten</b>	<b>Gym - East</b>
<b>Girls Soccer</b>	<b>–</b>	<b>Ivan Woyno</b>	<b>Gym - West</b>

**Monday 8-4 7:30 pm**

<b>Football</b>	<b>–</b>	<b>Corey Shea</b>	<b>PAC</b>
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# WACONIA HIGH SCHOOL

## FALL SPORTS HEAD COACHES

**Tuesday 8-5 7:00 pm**

**Boys Soccer**

–

**Tyrel Seim**

**PAC**

**Monday 8-11 6:00 pm**

**Girls Swim and Dive**

–

**Ashley Westphal**

**Gym East**

**Boys Cross Country**

–

**Mark Bullis**

**PAC**

**Girls Cross Country**

–

**Christian Gilbert**

**PAC**

# WACONIA HIGH SCHOOL

## TCO Services

Athletic Trainer – Jeff Chrest --- [JeffChrest@tcomn.com](mailto:JeffChrest@tcomn.com)

Strength Coach - Josh Anderson --- [JoshAnderson@traininghaus.com](mailto:JoshAnderson@traininghaus.com)

**TCO Flyer**

WACONIA HIGH SCHOOL

Neubauer Chiropractic Health Center

Dr. Matt Neubauer

**Neubauer Chiropractic Health Flyer**

# WACONIA HIGH SCHOOL

## **Sport Registration Requirements**

All paperwork must be in to practice and attend practice

Physicals are most important, must have completed and on file to attend tryouts

# WACONIA HIGH SCHOOL

## Sport Registration Requirements

### Steps to Register:

1. Go to <https://1913a.cf.wordwareinc.com/>
2. Once familiar, click the “soccer ball” icon at the top of the page
3. Registration **must be complete** before your student will be eligible to participate.
4. You will be asked for doctor, dentist, and insurance information as part of the registration process - you may want to have the information with you when registering



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**Welcome back!**  
Log in to begin managing your account

 [Log in with OmnID](#)

or

Login with your EduTrak Software login below

**Username**

This is typically your email address.

**Password**

**Don't have an account yet?**

[Click here to begin our setup process](#)



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# WACONIA HIGH SCHOOL

Chrome File Edit View History Bookmarks Profiles Tab Window Help Tue Aug 6 2:17 PM

Metro West Conference x | Inbox (1,382) - bmieras@... x | Staff Directory x | EduTrak Software x | Home - Google Drive x | how to screen print on a n... x | +

https://1913a.cf.wordwareinc.com

Waconia Activities | Metro West Confer... | OmnID Portal | Registry.Insight | Sec. 121A.03 MN... | EduTrak Software | Home - Google Dri... | Web Financial Man... | All Bookmarks

## Please read instructions below and watch video

If you haven't used this site before, you must first create a PARENT User Account and then connect to your student record(s) by their Student ID# and Date of Birth.

**Note, your Wordware Lunch login will work on this website!**

Please view this video which provides instructions on how to create a parent User Account and then connect to your students.

[Video Link to Instructions on How to Setup a New User Account](#)

[User Account Setup Instructions](#)

If you still require help creating a parent User Account and connecting to your Student Account please contact our support center at 1-800-934-2621. For all other questions, contact your child's school.

## Scholarship information

If requesting a scholarship, please register for Special Consideration instead of the sport name. Your request will be reviewed and you will be contacted regarding scholarship options.

## Documents

[2024-25 Eligibility Brochure](#)

[2024-25 Sports Qualifying Physical Form](#)

Free/Reduced Lunch Application [Cafe #110 Meal Benefit Application](#)

## Our Sponsors

# WACONIA HIGH SCHOOL

**Most important part of the registration is to have an updated MSHSL Required Physical Form on file. Physicals are good for 3 years.**

**You can find a copy of the physical form at this link:**

**[https://ss-resource.wordwareinc.com/resources/1913/files/2024-25\\_SQPF\\_English.pdf](https://ss-resource.wordwareinc.com/resources/1913/files/2024-25_SQPF_English.pdf)**

# WACONIA HIGH SCHOOL

## ***Student Assurance Services***

Our School District has partnered with Student Assurance Services to give families the opportunity to purchase accident insurance for their student(s). When enrolled, this coverage provides financial assistance with your out-of-pocket medical expenses should your student sustain an accidental bodily injury.

## ***Student Assurance Services***

Reasons to consider coverage for your student:

1. Your primary health insurance has a high deductible - copay / coinsurance.
2. No other insurance on your student.
3. Your student participates in a sport where unexpected injuries commonly occur.

WACONIA HIGH SCHOOL

# ***Student Assurance Services***

Student Assurance Services Document

# WACONIA HIGH SCHOOL

## **New Students, Home School Students, & Exchange Students**

- ▶ Please see/contact Mr. Mieras immediately. Call or stop in this week.
- ▶ If coming into 9<sup>th</sup> grade no paperwork with MSHSL – if later, will need to get paperwork completed for MSHSL

# WACONIA HIGH SCHOOL

## Conference-Section Information

- ▶ **Metro West Conference**

[www.metrowestconference.org](http://www.metrowestconference.org)

- ▶ Waconia teams Section and Class placements can be found at

[www.mshsl.org](http://www.mshsl.org)

*Football participates in Districts all other sports participate in conference!*

# WACONIA HIGH SCHOOL

## Websites for Information

### Waconia High School Website

- ▶ <https://isd110.org/>
  - ▶ Departments
  - ▶ Activities

# WACONIA HIGH SCHOOL

## Websites for Information

### **Rschool – Metro West Conference**

- ▶ <http://www.metrowestconference.org/>
  - ▶ All schedules – Waconia and all conference teams
    - ▶ Notify Me! and APP links are very useful!
    - ▶ Subscribe

# WACONIA HIGH SCHOOL

Chrome File Edit View History Bookmarks Profiles Tab Window Help Tue Aug 6 10:41 PM

Inbox (1,386) - bmieras@isd1 x Home - Google Drive x 2024 Fall Sports Meeting.ppt x Waconia x +

https://www.metrowestconference.org/public/genie/726/school/6946/

Waconia Activities Metro West Confer... OmnID Portal Registry.Insight Sec. 121A.03 MN... EduTrak Software Home - Google Dri... Web Financial Man... All Bookmarks

Waconia

CALENDAR ROSTERS SCORES AND STANDINGS COACHES

< Today > August 2024 Week Month

Color Key: ● Home ● Away

**Tuesday, August 6, 2024**

**Wednesday, August 7, 2024**

**Thursday, August 8, 2024**

**Friday, August 9, 2024**

**Saturday, August 10, 2024**

**Sunday, August 11, 2024**

COLLAPSE MENU

SEARCH [ ] GO

AUGUST 2024						
SU	MO	TU	WE	TH	FR	SA
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

VIEW SCHEDULES

GET THE MOBILE APP

NOTIFY ME

LOGIN

# WACONIA HIGH SCHOOL

## **MSHSL Policies**

- ▶ Bylaw 205 Use and possession of illegal chemicals
- ▶ Bylaw 206/209 Code of Conduct
- ▶ Bylaw 207/208 Non-School Competition
  
- ▶ Policy infractions may lead to denial of captaincy or award nominations

# WACONIA HIGH SCHOOL

## MSHSL Policies

### **Bylaw 205** - Chemical Eligibility

Use and possession of illegal chemicals

- ▶ 1st - 2 weeks/2 games the greater
- ▶ 2nd - 3 weeks/6 games the greater
- ▶ 3rd - 12 contests/4 weeks
  - ▶ Treatment Option - 6 week certified program (2nd or more)
- ▶ 9 week additional MSHSL penalty - denial penalty

# WACONIA HIGH SCHOOL

## MSHSL Policies

### Bylaw 206/209 Code of Conduct

**206 - Good Standing and General Eligibility Requirements**

**209 - Sexual/Racial/Religious Harassment - Violence/Hazing**

# WACONIA HIGH SCHOOL

## MSHSL Policies

- ▶ The consequences are real, loss of scholarships, honor/academic clubs disqualify, information finds it way online and to the schools
- ▶ Photos, Spring Break (other countries), Parties
- ▶ 691 Report (State Statute)

# WACONIA HIGH SCHOOL

## MSHSL Policies

**Bylaw 207 National Team and ODP - Team and Individual**

**Bylaw 208 Non School Competition and Training - Team and Individual**

***PAPERWORK NEEDS TO BE COMPLETED - IN-SEASON vs OUT-SEASON  
ARE DIFFERENT - WE WANT TO HELP AND SUPPORT WITH THIS***

# WACONIA HIGH SCHOOL

## MSHSL Recognition

- ▶ ***JUNIORS - ExCEL Award - Completed by end of November***
- ▶ ***SENIORS - Triple "A" Award - Completed by start of January***

*Nomination process, Selection process, Announcement*

*Many qualified students - choose one boy and one girl*

# WACONIA HIGH SCHOOL

## Waconia Recognition

### *Athena Award - Spring Recognition*

*Senior Female Student-Athlete - Recognized at the Metro level with other schools.  
One Senior Girl for this award.*

# WACONIA HIGH SCHOOL

## Waconia Policies

- ▶ Attendance - Get to school! Must be in school to participate
- ▶ Transportation School transportation or Parent Transportation
- ▶ Academics 1.67, F Grades, and Probation –
- ▶ School Cancellation, Delay, or Early Out

# WACONIA HIGH SCHOOL

## Inclement Weather

- ▶ We will try to have a plan by 1:30 pm.
- ▶ We will update schedules asap
- ▶ We will get word out to the program using coach communication, school communication, Metro West Conference scheduling

# WACONIA HIGH SCHOOL

## **Sportsmanship**

- ▶ Hold yourself and others accountable
- ▶ MSHSL point of emphasis - stands and competition
- ▶ Be a difference maker
- ▶ Not fair to students and programs
- ▶ Treat others the way you want to be treated!

# WACONIA HIGH SCHOOL

## **Communication You Should Expect From Your Child's Coach**

1. The philosophy of the coach
2. Rules and eligibility - MSHSL and Waconia Schools
3. Team determination procedures
4. Locations and times of all practices, contests and team functions

# WACONIA HIGH SCHOOL

## **Communication You Should Expect From Your Child's Coach**

5. Team requirements, such as fees, special equipment, off-season conditioning, and team rules/procedures
6. Procedures to be followed should your child be injured
7. Discipline procedures that may result in period of ineligibility
8. Sportsmanship expectations

# WACONIA HIGH SCHOOL

## Chain of Communication

- ▶ We encourage the students to directly communicate problems/concerns with coaches.
- ▶ If a problem still exists, the student and parent should address the problem/concern with the coaches.
- ▶ If the problem/concern still exists, the student and parent should address the situation with the activities director.

# WACONIA HIGH SCHOOL

## Issues Not Appropriate to Discuss With Coaches From Parents

1. Playing time
2. Team strategy
3. Play calling
4. Lineups
5. Substitutions
6. **Other members of the team**

# WACONIA HIGH SCHOOL

## Appropriate Concerns to Discuss with Coaches

1. Concerns about the behavior of your child
2. Family concerns that may have an impact on your child's participation
3. Specific medical conditions that could impact your child's performance and/or safety
4. Notification of any schedule conflicts well in advance
  - MEA and College Visits

# WACONIA HIGH SCHOOL

## **Appropriate Concerns to Discuss with Coaches**

5. Academic support systems
6. College opportunities

# WACONIA HIGH SCHOOL

## Appropriate Concerns to Discuss with Coaches

Student's role on the team - **conversation starts with the player to the coach**

Ways to help student improve - **conversation starts with the player to the coach**

# WACONIA HIGH SCHOOL

## **Unacceptable Contact with Your Child's Coach**

1. Prior to and during team practice
2. Prior to and during any contest
3. Immediately following any contest or practice
4. Late night emails, texts, and phone calls

WACONIA HIGH SCHOOL

# NCAA Participation

CBSA.pdf

NCAA Clearinghouse (Eligibility Center)

WACONIA HIGH SCHOOL

# NAIA Participation

- No recruiting calendar restrictions of any kind
- Ability to freely communicate with NAIA coaches directly
- Direct interaction with NAIA coaches
- \$1.3 billion in scholarship dollars

[www.PlayNAIA.org](http://www.PlayNAIA.org)

[NAIA College Bound Student Guide](#)

# WACONIA HIGH SCHOOL

**NJCAA** (National Junior College Athletic Association)

<https://www.njcaa.org/governance/handbook/index>

**NCCAA** (National Christian College Athletic Association)

Schools are NAIA/NCAA affiliated, mostly follow NAIA

WACONIA HIGH SCHOOL

***Have a great fall season!***