



We Are Prior Lake!

November 17, 2025

Winter PAC Meeting 2025-26

Activities Department



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Laker Purpose



*That's
Laker*



PERFORMANCE
CHARACTER



Laker Purpose

- Student-athletes should be MULTI-SPORT athletes. We encourage all students to be involved in at least two seasons of athletics, if not three. As a department, we will encourage all of our students to go out and participate in other educational athletic opportunities throughout the year.

Liz Cervenka
Certified Athletic Trainer
Prior Lake High School

LizCervenka@TCOmn.com

Cell: 952.270.6899

Team Physician: Neil Johnson, MD

Winter PAC Meeting

What is the role of the Athletic Trainer?

- Prevention
- Evaluation
- Treatment
- Rehab
- Return to Play

...of musculoskeletal injuries and concussions. My goal is to return the athlete back to play as soon as safely possible. Not to having them sitting out.

Athletic Training Room

- Winter Hours:
 - 3:00pm-5:30pm
 - Will close early for event coverage offsite
- Location
 - Hallway between boys/girls athletic locker rooms



TCO Burnsville

Contact Liz for help getting to the right provider for the specific injury.

Orthopedic Urgent Care (Walk-In Clinic)

- 8am-8pm; 7 days/week
- Burnsville, Eagan, Edina

MSHSL Bylaw 107.00



- If your son/daughter is seen or treated by a physician or chiropractor for an injury, serious illness, or surgery, they must bring a written note from the provider that clears them to return to participation.
- This is for student protection as well as to keep everyone informed as to the athlete's readiness to return to participation.

Concussion Testing

- Baseline testing
 - Tool used to determine brain function during normal conditions
 - Approx. 30 minute computerized test
 - Retake baseline every 2 years
 - Cost: Free



Concussion Testing

- Post Concussion Testing
 - Taken only if a concussion has been diagnosed by appropriate health care provider
 - Taken once symptom free
 - Not used to diagnose a concussion
 - Used to determine if athlete needs to be out of activity/contact longer. Not used to return athlete back faster.
 - Cost: Free

Return to Play Protocols

Graduated return to play progressions are followed after injury/concussion/significant illness including COVID.

Contact Info

plhsactivities.org

- Training Room tab
 - lizcervenka@tcomn.com
 - Cell: 952.270.6899
 - Training Room: 952.226.8694
- Effort is made to contact parent/guardian regarding student athlete injury and plan
- Communication is vital. Please contact me if you have any questions or concerns.

Chain of Communication



- Student-athlete to coach
- Parent & athlete to coach
- Parent & athlete to Head Coach
- Parent & athlete to AD
- Parent to Building Principal
- **Focus will be on the well-being of the student-athlete and the good of the team.**

Attendance



- In school all day, unless pre-excused by parent(s), in order to practice or play that evening.
- Pre-excused absences - doctor, dentist, funeral, college visit. Please notify **Attendance Office in advance. (Email please, phone call or online)**
- No “sleeping in” the morning after a game/event!
- Too sick to come to school = too sick to play!



Social Media

- Before I make a post, I pledge to ask myself:
- Who will see what I posted?
- Will anyone be offended, embarrassed or hurt by it?
- Am I proud of what I'm posting?
- How would I feel if someone posted it about me?

- Any types of posts that are related to school, harmful to students, or cause a disruption in school are subject to potential consequences.

Academic Eligibility



- *Coaches have access to each players' grades and attendance.
- *Failure at a marking period results in academic probation.
 - Mid-Term grade Check: **December 12th**
 - A failing grade will result in probation and confidential conversation
 - * If student is still failing a class after 2-3 weeks, they will be ineligible until passing all classes.
 - **Next Grade check: January 9th**
 - If student is still failing any class, they'll be ruled ineligible
 - *Student is encouraged to meet with teacher to develop a plan and timeline to address the failing grade.
- *Weekly progress from teacher.

WE WANT ALL STUDENTS TO BE SUCCESSFUL IN THE CLASSROOM. FEEL FREE TO ASK FOR HELP AT ANY TIME!

Chemical Eligibility



- Students shall not use or consume, have in possession, buy, sell, or give away tobacco, alcohol, other controlled substances, or drug paraphernalia.
- Possession – to have in locker, bag, car, on your person, or in residence.
- Applies 12 months a year.
- Applies continuously from the first signing of MSHSL Eligibility Form.
- Includes the use of any and all vaping devices.



PARENTS – They need you!

- Research shows parents are a leading influence when it comes to youth choosing not to use alcohol or drugs.
- Help your son/daughter with planning and thinking things through. Keep conversations going. Stay connected.
- Actions speak louder than words. Try to role model healthy, safe choices. Asking for help is a sign of strength.
- ilovetowatchyouplay.com



A mom is making eggs for her teenage boy for breakfast, as he walks in.

"Mom, don't burn them! Careful! Careful! Don't mess up, don't let them burn. You are going to mess up. Be careful! CAREFUL!"

Finally the mom snaps.

"I know what to do. I've cooked eggs before!"

"I know Mom, I was just trying to show you what it's like when I am playing soccer."

Unknown

WEGOTPLAYERS

Brad Stulberg - author - Rules for Parents



1. You can not make greatness, but you can absolutely break it:
 - a. If a kid is going to be a great athlete, it's going to happen on its own, not from your drills or yelling or pushing hard. The job of parents and coaches is to create supportive environments for kids to develop, flourish, and have fun. If pressure and stress are too high, kids stop wanting to play. Countless children who could have had great relationships with sports end up burning out because of parents and coaches. The number one goal should be kids wanting to play again next year.
2. The drive has to come from within:
 - a. Study after study on performance shows that intrinsic motivation is key. The best way to encourage intrinsic motivation is to let kids explore and find activities that align with their natural talents and temperaments. The same research shows the best way to kill intrinsic motivation is to turn everything into a high-stakes competition where the entire point is to win.
3. Love your kid, not what they do:
 - a. Kids want to be loved, supported, and cared for. If the only way to receive that is through a sport, they'll play that sport. It's great to connect with your kids over shared interests. But like most things in life, there's a balance to strike. Your job as a parent is to love and support your kid in whatever endeavors light them up. This sounds easy but it's actually quite challenging. I never played chess. My son loves chess. I need to try to be as excited and interested in his chess as I am in his sports. A healthy way for a kid to fall in love with something is because they want to, not because you want them to.

Brad Stulberg - author - Rules for Parents



4. Learning how to lose is a gift:
 - a. Anybody can win and keep going. But not anybody can lose and keep going. Youth sports get this backwards. The point isn't that you should intentionally try to lose. The point is that even when you try your hardest, sometimes things don't go your way. When this happens, it's a chance to teach kids about resilience, courage, showing up, persistence and grit. These lessons are probably the most important.

5. The car ride home is the most important part - focus on effort not results:
 - a. After a big win or a challenging defeat, your kid doesn't want to be coached or lectured or compared to others. Resist the urge to do this. Just be there and love them. Talk to them about how they are feeling. Compliment them on what went well. Ask them what, if anything, they are excited to work on. Decades of research shows the way to instill a growth mindset is by praising effort and not results.



- Based on psychological research, the three healthiest statements moms and dads can make as [kids] perform are:
- **Before the Competition:**
 - Have fun.
 - Play hard.
 - I love you.
- **After the competition:**
 - Did you have fun?
 - I'm proud of you.
 - I love you.
- - See more at:
<http://fulleryouthinstitute.org/blog/the-only-six-words-parents-need-to-say-to-their-kids-about-sports-or-any-per#sthash.5Lqnl6fa.dpuf>

ABW's 10 Proprietary Key Elements to Create Success

- Defined Strategic Plan
- Common Curriculum / Standards
- Common Understood Best Practices
- Common Nomenclature throughout School System
- New Employee Education
- Continuing Education / Professional Development Specifically for Athletics Personnel
- Defined Communications Standards
- Evaluation / Accountability Standards
- Ability to Administer & Track Progress
- Ongoing & Consistent Parent Training

A Better Way Sample Parent Video

<https://vt.lightspeedvt.com/trainingCenter/course/224366/chapter/1120454?parentCat=42883>

Break Out Sessions



- Boys' Basketball: meeting this week
- Girls' Basketball: Room G216 - multi-purpose room
- Girls' Hockey: already met
- Boys' Hockey: auditorium
- Wrestling: Stay in Gold Gym
- Boys' Swim/Dive: Room F211 (old lecture hall)
- Gymnastics: Cafeteria (far back wall near windows)
- Nordic Skiing: Room A201
- Alpine Skiing: Room G203 (Health classroom)
- Cheer - already met
- Dance - already met

Geno Auriemma - UConn women's
basketball coach



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