



2024-2025 Pierz Pioneers Activities Meeting





Purpose of Educational-Based Activities

The purpose is the human growth and development of student-athletes and connecting them to caring adults whose priority is to utilize sports in their growth and development.



All Sports Meeting

All athletes and parents of athletes (grades 7-12) will be required to attend a mandatory online meeting before activities begin. Students will not be allowed to participate unless parents attend the meeting online and fill out the Google Form with signature confirming that all information was received.

This meeting is set up to open better channels of communications between parents and individual programs, to provide information, take care of paperwork and fees associated with their son's or daughter's participation in activities and to deal with issues of sportsmanship. By working together we can make things run more smoothly and stop most miscommunication before it starts.

Activity Parent Meetings



Each advisor or head coach has his or her own way of communicating with parents.

Please make every effort to attend the parent meeting that the coach or advisor schedules for your son or daughter's activity.

In the case that there is lack of communication or a parent meeting, please contact the coach or advisor. If they fail to respond, please let Activities Director Dave Rocheleau know.



Impact Testing

We have been doing the Impact Testing for several years. This needs to be done every three years. All incoming 7th graders as well as anyone who has never taken the Impact test should plan on taking it regardless of your grade level.

More information will follow with the testing schedule. The school nurse will be handling the administration of the testing.



<https://dtwmn.com/>

Training Services



School Visits



Kelsey Meyer, PT, DPT - CEO, CFO
Dynamic Therapy and Wellness, LLC
221 Main St N Pierz, MN 56364
Cell: 320-630-2776
Fax: 320-310-0254
www.dtwmn.com

Free Screening by Appt. at Clinic --- call (320) 468-7199



Services we provide at Pierz:

- Injury Prevention
- Evaluation
- Care & Treatment
- Rehabilitation & Progressive Return to Play
 - Concussion protocol (ImPACT, assessment, RTP)
 - Injury protocol
- Access to orthopedic provider typically in 48 hours
 - Help to coordinate referrals: MD, PT, ImPACT, ETC.
 - Patient advocacy



Concussions and Return to Play



- An ImPACT test does not treat a concussion and is not a final diagnosis of a concussion, but is one tool that helps assess the readiness for return to play. The post-injury test is compared to a pre-injury baseline or against societal norms for age and gender to determine if a patient is ready to begin the return-to-play process.
- 5-step process to further ensure a safe return. This process was mandated by the Minnesota State High School League in 2011. Each step requires a minimum of 24 hours before proceeding to the next step. This is to ensure that symptoms do not return when the body is placed under stress and with increased heart rate. The document can be found here:

<http://www.mshsl.org/mshsl/news/ConcussionInfo.pdf>



Concussions and Return to Play

● A summary, specific to the return to play steps, is as follows:

- Step 1A: Must be **symptom free with cognitive exertion and return school.**
- Step 1B: Pass Impact Test, Perform Light aerobic activity such as a Stationary Bike Workout as directed by the AT.
- Step 2: Perform Moderate aerobic activity such as a Jog workout as directed by the AT.
- Step 3: Perform Heavy aerobic activity such as a sprint workout as directed by the AT, and if this goes well a non-contact practice can be conducted.
- Step 4: Perform a contact practice, but no games.
- Step 5: Game play
- **STEP 6: RETURN TO PLAY WITH NO RESTRICTIONS: Athlete must be cleared by Select Therapy with a written clearance or a medical provider for full return to play.**

Should symptoms return during one of the steps, the patient will need to rest a minimum of 24 hours and return to the prior step and complete that step again before attempting the symptomatic step again.

Any questions email or call **Dr. Kelsey Meyer, PT, DPT, CMTPT**

320-468-7199 | 221 Main St N Pierz, MN 56364 | Mon - Fri: 7:00 am - 6:00 pm



Participation



Participation in activities is a privilege that must be earned. There is a common misconception that as a student-athlete gets older, the amount of playing time they will experience will increase. This is far from true and many times just the opposite. The amount of playing time a student enjoys will reflect his/her skill level and the continual work they put in to improve those skills and abilities.



Participation

1. **JH Team Sports:** Learning skills is the priority here and not winning. Playing time should be as equal as possible. Students should have opportunities to play various positions as their skill level allows. Unexcused absences from practices as well as poor attitude toward coaches and teammates will affect playing time. Please note that equal playing time will not be guaranteed at tournaments.

Participation



2. C Squad/Junior Varsity Team Sports: Playing time is not guaranteed at these levels of competition and is not based on grade level. The coach will decide what position will allow a player the greatest success and which will best benefit the team. Playing time is not distributed on an equal basis and again absences from practices as well as a poor attitude toward coaches and teammates will affect playing time and could cause dismissal from the team. While winning should not be considered the primary goal at this level, it is a goal!

Participation



3. Varsity Team Sports: A high priority is placed on winning at this level. Coaches will control who plays, how much they play, and what position they play. Practices are mandatory and unexcused absences will have consequences that are explained at the beginning of the season.



Participation

Individual Sports and Activities: In sports such as Wrestling or Golf and activities such as Speech, teams are established on the basis of an individual's trials and performances through competitions with fellow participants (i.e.: wrestle-offs). Practices and playing time would be treated similarly to those of the various levels of team sports.

Team Placement



Teams will be determined by the individual player's skill level, not limited to players according to their grade level.

Attitude and work ethic do come into play as well. There are always talented kids that may not get the playing time they feel they deserve. This is most times due to attitude and/or level of effort given at practices.



Communication

Parenting and coaching are both tough jobs! We need to communicate and work together.

Expect from your son/daughter's coach:

- Coach's Philosophy and team handbook
- Locations and times of all practices and contests and cancellations

Communication continued...



Expectations from parents:

- Be a good fan! Cheer for our team: not against the other team.
- Please show officials respect. Do not get down on them: instead take all that energy you have and cheer for our team!
- Notify the coach of any schedule conflicts in advance. Be prepared when absences are not considered excused. Vacations are not excused!
- Understand procedures when there are conflicts
- If you attempt to contact a coach or advisor and they do not return your calls, emails, etc. please contact AD Dave Rocheleau. This is not acceptable.

Communication continued...



Each coach/advisor should inform parents of office hours or good ways to communicate if there is a need. Do not:

- approach a coach before or after an event or a practice to discuss a conflict.
- approach a coach in a public setting with other parents or participants nearby.
- approach your son or daughter during an event. This includes halftime or between sets, etc.

Emotions run high, please wait until they are under control.

Conflict between School Activities



The students at Pierz are involved in lots of different activities. Communicate with your coaches or supervisors!

When conflicts arise, be prepared to make a decision and accept the outcomes that come with that decision.

Eligibility



In order to participate in extracurricular activities – Students, Parents and Coaches/Advisors need to fully read and be aware of the contents contained in the **Athletic Eligibility Brochure** issued by the Minnesota State High School League at the onset of each new school year.



Academic Eligibility

Academic Eligibility refers to academic standards that students must uphold to be eligible to participate in extracurricular activities. These activities are in the areas of **fine arts, athletics and academic extensions**.

NOTE: In order to be placed on the individual activity Master Eligibility List of the local School District (required by the MSHSL), the Activities Director must be able to answer Yes to this question, “Is the student making satisfactory progress toward the school’s graduation requirements?” If the Activities Director is unable to answer yes to that question – the student cannot not be placed on the Master Eligibility List and therefore not eligible to participate.

Academic Eligibility continued...



In addition to the MSHSL conditions listed above , the following Pierz School District policy of academic conditions have also been established and pertain to academic eligibility:

- To be eligible to participate in extra-curricular activities at Pierz Healy High School students must pass all classes. Grade checks will be made on the dates coinciding with the academic performance reports. If a student is not passing all classes at this time, he/she will be ineligible for contests for one week (Monday – Saturday following the grade check) and will not be eligible again until they are passing all their classes. Checks will be made on a weekly basis (every Friday or the last day of the school week) for the ineligible person to regain eligibility.
- **2024-25 Grade Checks Dates are: Oct 8, Nov 22, Jan 17, March 5, April 17, May 30**
- **Grades will be pulled at 8:15am on all those dates except on May 30 they will be pulled at 4:00pm**

Academic Eligibility continued...



- For calculation of the ineligible time period, a student will become ineligible the first day of the academic week following the end of the grading period. Example: If grades come out on a Wednesday and a student is deemed ineligible due to their grades would become ineligible on Monday of the following week through that Saturday and must get signed off to become eligible again.
- In consideration of the MSHSL requirement of making “satisfactory progress towards graduation”, should a student incessantly struggle with academic eligibility, continued efforts to remain in extracurricular activities may need to be reconsidered.

Insurance



School District #484 - Pierz has no provision for medical insurance coverage for participants and it is the responsibility of each participant to provide his/her own coverage. School District #484 does provide the option for the participant to purchase their own coverage through Student Assurances Service Incorporated. School District #484 is covered by the MSHSL catastrophic insurance program.



Medical Policy

- The general rule is that incoming seventh graders, tenth grade students, as well as transfer students will need physical examinations.
- Physical examinations are required at least once every three years and medical forms must be on file in the Pierz high school athletic office before participation can be allowed.
- Participants are responsible for their own physical examinations at their own expense.
- The **MSHSL Parents Permit and Health Questionnaire** must also be fully completed, signed by the participant and parent/guardian, and on file in the athletic office before participation can be allowed.
- After any surgery or serious illness/injury, the attending physician must verify **in writing** the student's readiness for participation. This physician's verification must also be on file in the high school office.



Activity Fees

There will be an activity fee assessed **for each participant for each activity** in which they participate. The fees are as follows:

9-12 Sports

- 1st sport \$80; 2nd \$80; 3rd \$30

7-8 Sports

- 1st sport \$50; 2nd \$50; 3rd Free

Weight Room if not in season - \$50

** If financial hardship cases exist, please check for information on fees with the Activities Office at 320-468-6458 x1914.



Season Passes:

- Family \$105.00
- Single Adult \$ 65.00
- Single Student \$ 25.00

Regular Season Ticket Prices:

- Adult Ticket \$6.00
- Student Ticket \$3.00

Family Passes are intended for a family of husband, wife, parent, guardian, and children that are in K-12 grade or in college (student must show a college ID). Children under K receive free admission. Senior Citizens that live in Pierz AND are 65+ receive free admission. Staff (Pierz ISD #484 staff, excludes subs and excludes Midstate Employees) and their families receive free admission.



NO ACTIVITY BUS FOR 2024-25

Online Payment/Registration




To pay and complete forms online, go to our webpage: www.pierzschoools.org

Note: If it is your first time paying online, you will need to contact the District Office for a Family Key Code. Please contact Terri @ tkrych@pierzschoools.org

Find the Activity/Lunch Fees Icon located on every page of the new website:



 Pierz Public Schools #484
Community of Caring, Center for Success

DISTRICT HOME

Home Our District Our Schools Departments Student Activities Community Ed District News

Have a great summer!

Summer break

ACTIVITY/LUNCH FEES ACTIVITIES CALENDAR DISTRICT CALENDAR STUDENT LINKS CHECK MY GRADES STAFF DIRECTORY LUNCH INFORMATION ENROLL AT PIERZ SCHOOLS

Click 'High School'

PIERZ PUBLIC SCHOOLS

Basket Login

Search

HOME ADVANCED SEARCH HELP

Categories

- High School
- Pierz Gearz (School Store)
- Elementary
- Community Education
- Donations
- Pierz School Garden



My Recent Orders

Welcome to the Pierz School District Online Payment Portal

Featured Items



2020 Pierz Power Program

SKU: CEY_S20_PPP

Price: \$0.00

Add To Cart

STUDENT DRIVER

20-21 Behind the Wheel

SKU: CEY_20-21_BTW

Price: \$250.00

Add To Cart



Process Credit Cards

Home Search

From here you can select the item(s) and checkout.
The Parent Permission form will be completed before checkout can be completed.

Look for a confirmation email and this will complete your registration.

PIERZ PUBLIC SCHOOLS

[Basket](#) [Login](#)

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Categories

- High School
- Pierz Gearz (School Store)
- Elementary
- Community Education
- Donations
- Pierz School Garden



High School

Displaying items 1 - 4 of 4

Sort:

**ATHLETIC/ACTIVITY
FEES**

Athletic/Activity Fees



Late Activity Bus
Sku: LateActBus_2020-21

**CHROMEBOOK
REPAIRS**

Chromebook Repairs
Sku: ChromeRepair_2020-21

Ready High School
Athletic Season Fees

For families who are unable to register/pay online paper forms can be found on the Student Activities page.

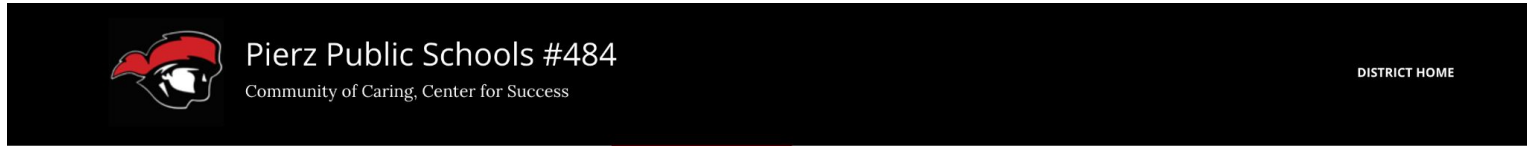
The screenshot shows the website for Pierz Public Schools #484. The header features the school logo and name, with the tagline "Community of Caring, Center for Success" and a "DISTRICT HOME" link. A navigation menu includes Home, Our District, Our Schools, Departments, Student Activities (highlighted in red), Community Ed, and District News. A breadcrumb trail reads: Home | Student Activities | Healy Student Activities | Activity Forms. The main content area is titled "HEALY STUDENT ACTIVITIES" and is divided into three columns. The left column lists navigation options: Healy Student Activities Home, All Schedules and Results, Weekly Wrap Up, and Activity Forms (highlighted in red). Below these are links for Fall Sports, Winter Sports, Spring Sports, Arts, Organizations, and Clubs. The middle column, titled "Student Forms" with a "Collapse All" link, lists: "Make sure all forms and fees are submitted before the season starts." followed by "2022-23 Parent Permission Form - Required once per year", "2022-23 MSHSL Sports Physical Exam Form - Required once every 3 years", "2022-23 MSHSL Eligibility Brochure", "Coming soon: 2022-23 Pioneers Activities Meeting & Online Form Required once per year", and "Transportation Waiver Form". The right column, titled "Activities Forms and Links", is divided into "Advisor Forms" (with a "Collapse All" link) listing "Account Funds Transfer Form", "Fundraiser Approval Form", "Approved Fundraisers", "Student Activity Deposit Form", "Student Activity Requisition", "UFARS Manual", and "LG555 Government Approval or Acknowledgment"; and "Other Links" (with a "Collapse All" link) listing "Minnesota State High School League", "Rick Grammond's You Are There Sports and SFMSports Channel 3 Podcasts", and "Impact Test". A small "#Pioneer24" logo is visible in the bottom left corner.



Viewing Schedules



From our webpage click on 'Student Activities', then click on 'Healy Student Activities' and 'All Schedules and Results'



Home | Student Activities | Our District | Our Schools | Departments | **Student Activities** | Community Ed | District News

Home | Student Activities | Healy Student Activities | Healy Student Activities

- Healy Student Activities
- Wall of Fame
- Pierz Gearz

Edit Page

HEALY STUDENT ACTIVITIES

Healy Student Activities Home

All Schedules and Results

Weekly Wrap Up

Activity Forms

+ Fall Sports

+ Winter Sports

+ Spring Sports

+ Arts

+ Organizations

2022-2023 PIERZ PIONEER SPORTS PRESS RELEASE

The virtual All Sports meeting for parents, athletes and coaches will be available on our webpage after August 5th, 2022. This meeting is for all 7-12 graders involved in any MSHSL sport in any season. This meeting will need to be completed before an athlete can compete.

All forms and fees should be completed online. Required forms and fees are available online at <https://www.pierzschoolsponline.org/High-School-C232.aspx> or in the Pierz High School Activities/Business Office. All forms, physicals, and fees are required before athletes begin practice. If you have any question, please contact David Rocheleau (Activities Director) at drocheleau@pierzschoools.org or 320-468-6458 ext. 1914 or Tia Schlichting (AD Secretary) at tschlichting@pierzschoools.org or 320-468-6458 ext.1903.

Parents are asked to complete online or bring the following forms to the district office:

- Physical Information Form (Only required once every three years)
- MSHSL Eligibility form (Parent Permission Form)
- Payment of activity fees will be online

On August 8th fall sport teams will meet with parents and students at 7:00PM in the following locations:

- Cross Country- Pioneer Gym - enter at Main Elementary entrance

Click 'View Schedules'



Pierz

CALENDAR

SCORES AND STANDINGS

< Today > July 2020 ▾

Week Month

Wednesday, July 29, 2020

Thursday, July 30, 2020

Friday, July 31, 2020

Saturday, August 1, 2020

Sunday, August 2, 2020

Monday, August 3, 2020

Tuesday, August 4, 2020

COLLAPSE MENU

Q GO

« JULY 2020 ▾ »

SU	MO	TU	WE	TH	FR	SA
28	29	30	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	8

VIEW BY TYPE

 VIEW SCHEDULES

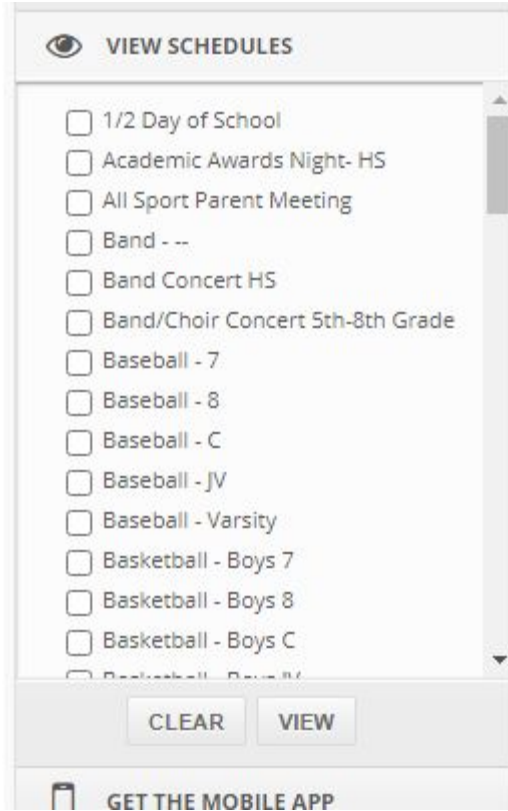
 GET THE MOBILE APP

 NOTIFY ME

 LOGIN




From here you can click on schedules that you would like to view.



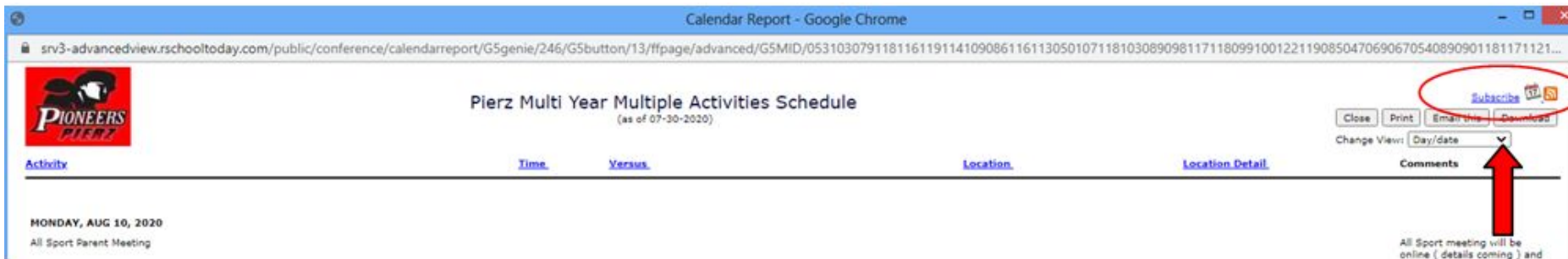
VIEW SCHEDULES

- 1/2 Day of School
- Academic Awards Night- HS
- All Sport Parent Meeting
- Band - --
- Band Concert HS
- Band/Choir Concert 5th-8th Grade
- Baseball - 7
- Baseball - 8
- Baseball - C
- Baseball - JV
- Baseball - Varsity
- Basketball - Boys 7
- Basketball - Boys 8
- Basketball - Boys C
- Basketball - Boys M

CLEAR **VIEW**


 **GET THE MOBILE APP**

You can also link schedules to your Outlook, iCal, and Google Calendars by clicking on 'Subscribe'.



Calendar Report - Google Chrome

srv3-advancedview.rschooldtoday.com/public/conference/calendarreport/G5genie/246/G5button/13/ffpage/advanced/G5MID/0531030791181161191141090861161130501071181030890981171180991001221190850470690670540890901181171121...

 **Pierz Multi Year Multiple Activities Schedule**
(as of 07-30-2020)

Close Print Email this Download

Change View: Day/date

Activity Time Versus Location Location Detail Comments

MONDAY, AUG 10, 2020
All Sport Parent Meeting

All Sport meeting will be online (details coming) and



Am I ready?

Let's review eligibility requirements.....

- Parent Permission Form completed
- Fee paid
- Sports physical on file in the activities office
-

NOW YOU'RE READY!

Coaches Favorite - Gotta Have the Name

Definition of Coaches Favorite / Gotta Have the Name:

- On time
- never has an unexcused practice
- is coachable
- is a good teammate
- hard worker
- puts time in during the off season
- 100% effort at all times
- in the weight room

Questions...



If you have questions concerning any of the information in this presentation, please feel free to call Colleen or Dave at the activities office. Email works as well!

- David Rocheleau drocheleau@pierzschoools.org
- Colleen Pittman cpittman@pierzschoools.org
- Activities Office 320-468-6458 x 1903