



Highland Park Athletics

2021-2022

Athletic Department



Patrick Auran – Athletic Director

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Duggan Parks – Assistant Athletic Director

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- **Minnesota State High School League**



- **St. Paul City Conference**



2021-2022 Coaches Contact Information

Girls Tennis	Michael Shaw	Michael.shaw@spps.org
Boys' Soccer	Andi Bilani	Bilani10@gmail.com
Girls' Soccer	Chris Steenberg	Chris.steenberg@spps.org
Boys' & Girls Cross Country	Brad Moening	Brad.moening@spps.org
Volleyball	Nikki Mechelke	mechelke@comcast.net
Football	Jonathan Brown	coachjonathanbrown@gmail.com
Girls' Swimming and Diving	Sam Kendall	samleekendall@gmail.com
Adapted Soccer	Mary Bohland	Mary.bohland@spps.org
Cheerleading	Brittini Williams	hpscots.cheer@outlook.com
Dance Team	Sydney Franklin	highlandersdanceteam@gmail.com
Girls' Hockey	Tim Blase	Tim.blase@gmail.com
Girls' Hockey	Allie Duellman	Allie.duellman@isd197.org
Boys' & Girls' Alpine Ski	Tim Shasky	Tim.shasky@spps.org
Boys' & Girls' Nordic Ski	Brad Moening	Brad.moeing@spps.org
Girls' Gymnastics	Kathy Balzart	kathypriceisright@gmail.com
Girls' Basketball	Deb Williams	Deb.williams@ci.stpaul.mn.us
Boys' Hockey	Brandon Ferraro	Brandon.ferraro@spps.org
Wrestling	Wayne Otto	scotsheadwrestlingcoach@gmail.com
Boys' Basketball	Jesse McCann	Jesse.mccann@spps.org
Adapted Floor Hockey	Mary Bohland	Mary.bohland@spps.org
Co-ed Track & Field	Mike O'Connell	Michael.oconnell@spps.org
Co-ed Track & Field	Emily Klatt	Emily.klatt@spps.org
Girls' Badminton	Kathleen Kramer	Kathleen.kramer@spps.org
Adapted Bowling	Jesse Hoffman	Jesse.Hoffman@spps.org
Softball	Louie Neurer	Lneurer@gmail.com
Baseball	Chris Steenberg	Chris.steenberg@spps.org
Boys' Golf	Gary Podas	gpodas@gmail.com
Girls' Golf	Franco Zerna	ftzerna@gmail.com
Boys Tennis	David Stingley	David.stingley@fwtec.org
Boys' Lacrosse	Kieran Gallagher	Kieran_g_1@yahoo.com
Girls' Lacrosse	Courtney Boneillo	courtneyboneillo@gmail.com

2021-2022 START DATES

FALL SPORTS		WINTER SPORTS		SPRING SPORTS	
<i>SPORT</i>	<i>START DATE</i>	<i>SPORT</i>	<i>START DATE</i>	<i>SPORT</i>	<i>START DATE</i>
Girls Tennis	August 16	Girls Gymnastics	October 18	Adapted Bowling	February 28
Boys Soccer	August 16	Dance Team	October 25	Girls Badminton	March 7
Girls Soccer	August 16	Girls Hockey	November 1	Girls Softball	March 7
Girls Volleyball	August 16	Girls Basketball	November 8	Adapted Softball	March 7
Football	August 16	Boys Hockey	November 15	Boys & Girls Track	March 7
Boys & Girls Cross Country	August 16	Boys & Girls Nordic Skiing	November 15	Baseball	March 14
Girls Swimming and Diving	August 16	Boys & Girls Alpine Skiing	November 15	Boys Tennis	March 21
Adapted Soccer	August 30	Boys Basketball	November 15	Boys & Girls Golf	March 21
Cheerleading (Fall and Winter)	TBD	Wrestling	November 22	Boys & Girls Lacrosse	March 28
		Adapted Floor Hockey	November 22		
		Boys Swimming and Diving	November 29		

Athletic Registration Process

- **Complete the HP Online Registration Form.**
- **Upload a completed copy of MSHSL Eligibility Brochure to the online registration form.**
- **Have a sports physical within the past three years.**
- **Pay activity fee.**
- **Be Academically Eligible.**
- **You will receive a confirmation email upon completion.**

Online Registration Form

IMPORTANT INFORMATION

[Athletics Update | January 11, 2021](#)

[Winter Athletics Spectator Policy | 11/6/20](#)

[2021 Allina Health Orthopedics
Sports Medicine Scholarships](#)

[MSHSL Sports & Activities](#)

Winter Sports Online Registration is now OPEN!

[Winter Sports Registration Instructions](#)

- [Winter Sports Online Registration Form](#)
- [MSHSL Eligibility Brochure](#)
- [Sports Physical](#)

**All registrations should be completed online. For those who are unable to complete the electronic version, please contact Patrick Auran - patrick.auran@spps.org or Duggan Parks - duggan.parks@spps.org for further assistance.*



Athletics

WINTER SPORTS ONLINE REGISTRATION

Winter sports registration opens on October 19, 2020 and will take place electronically as a safety measure due to COVID-19.

Please follow the steps below to complete your registration for winter sports.

Step 1

A [Highland Park Athletics Online Registration Form \(Winter 2020-21\)](#) must be completed.

NOTE: *This online registration is required even if you played a fall sport this school year.*

Step 2

Upload Page 1, Page 7 (Eligibility Statement) AND Page 8 (Annual Sports Health Questionnaire) of the [MSHSL Eligibility Brochure](#) to the online registration form.

FALL ATHLETES: *If you uploaded a MSHSL Eligibility Brochure for fall registration, you do not have to upload another brochure for the rest of the 2020-21 school year.*

Step 3

A current [sports physical](#) must be on file in your Athletic Department. Sports physicals are valid for 3 years. Due to COVID-19, some of the MSHSL 3-year physical clearances have been extended. Please consult with your Athletic Director to see if it pertains to you.

Once these steps are completed, the student will receive email notification of participation eligibility. All registrations should be completed online. For those who are unable to complete the electronic version, please contact:

Patrick Auran | patrick.auran@spps.org or Duggan Parks | duggan.parks@spps.org

FEES: Athletic fees will be collected once the student athlete has been placed on a team. Please note that some teams may be eliminated and roster sizes decreased in accordance with COVID-19 [sports guidance](#) from the Minnesota Department of Health.



HIGHLAND PARK
HIGH SCHOOL

SPORTS

Highland Park Athletics Online Registration Form (Winter 2020-21)

In order to complete registration for winter sports, you must do the following:

1. Complete the Highland Park online registration form.
2. Have a 2020-21 MSHSL Eligibility Brochure on file or upload it to this registration form.
3. Have a current physical on file (good from the date of the physical for three years).
4. The athletic fee will be collected once the student-athlete has been placed on a team.

The name and photo associated with your Google account will be recorded when you upload files and submit this form.

MSHSL Eligibility Brochure



2020-2021 MSHSL ELIGIBILITY BROCHURE

Students: Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of Minnesota State High School League rules which govern your participation. Complete regulations are found in the MSHSL Official Handbook which is available at each member high school and which is also posted on the MSHSL Web site: www.mshsl.org. Please keep this brochure for reference, and if there is a question about any rule interpretation, CONTACT YOUR SCHOOL PRINCIPAL OR ATHLETIC/ACTIVITIES DIRECTOR.

I understand I must sign the consent eligibility statement prior to participation each school year.

I understand that once I sign the eligibility statement all eligibility rules apply:

- Twelve (12) months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement through the completion of my high school eligibility.

Parent/Guardian: REVIEW the following rules of the MSHSL. Your role in stressing the value of following these rules cannot be overstated. **General Student Eligibility Checklist must be completed by all students (if you cannot check all 8 items, see your athletic/activities director or principal)**

1. Making academic progress toward graduation.
2. Will not have turned 20 before the start of the season in which I participate.
3. Have not dropped out of school or repeated a grade beginning with the initial entrance in the 7th grade.
4. Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substances, including steroids, drug preparations or products containing or used to deliver nicotine, tobacco products and other chemicals.
5. Have not and will not violate the racial/religious/sexual harassment/violence and hazing bylaws of the MSHSL.
6. I agree to fully cooperate in any investigation honestly and truthfully.
7. Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.
8. Both the student and parent have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website: www.cdc.gov/headsup

Athlete Eligibility Checklist (must be completed by all athletes) (if you cannot check all 5 items, see your athletic/activities director or principal)

1. Physical exam within the last three (3) years on file with the school.
2. Have not transferred schools.
3. Will not participate in more than six (6) seasons in any sport in grades 7-12.
4. Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
5. Have not and will not compete in non-school events in my sport after reporting to the school team.

INFORMED CONSENT: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. Although serious injuries are not common, and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

GENERAL BYLAW REVIEW

All MSHSL eligibility determinations are based on bylaws found in the most current official handbook or online at mshsl.org/handbook

* Denotes rules applicable to cheerleaders

1. ***ACADEMIC** — (Credit Requirement) To be eligible, a student must be making satisfactory progress toward the school's requirement for graduation.
2. ***AGE** — A student who turns 20 during the 11th or 12th semester since first entering the 7th grade shall be allowed to participate through the completion of the 12th semester. Adapted athletes are eligible to participate until their 22nd birthday, provided they meet all other eligibility requirements.
3. **AMATEUR STATUS** — A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose her/his amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport. (Reference Bylaw 201 for further amateur provisions)
4. ***AWARDS** — Accrual of awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for participation in that activity.
5. ***ENROLLMENT, ATTENDANCE, AND REQUIRED SUBJECT LOAD** — Students must be fully enrolled in as defined by the Minnesota Department of Education and attending the school below they are eligible to represent that school in MSHSL sponsored activities. Students must be properly registered, attending school and classes regularly. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7th grade. For transfer eligibility purposes participation in a school program is considered full enrollment at that school.
6. **FOREIGN EXCHANGE STUDENTS** — Approved Foreign Exchange Students are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance. **INTERNATIONAL STUDENTS** — Students not participating in a CSEET approved foreign exchange program are eligible only at the B-level or JV level for one calendar year.
7. ***GENERAL ELIGIBILITY** — In order to be eligible for regular season and MSHSL tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide member of his or her high school in good standing. A student who is under penalty of exclusion, suspension or suspension, whose character or conduct violates the Student Code of Responsibilities and is not in good standing, shall be ineligible for a period of time as determined by the principal. **Student Code of Responsibilities**
As a student participating in my school's interscholastic activities, I



2020-2021 MSHSL ELIGIBILITY STATEMENT

All MSHSL eligibility determinations are based on the most current official handbook found at mshsl.org/handbook. This statement to be signed by the participant from a MSHSL member school and by the participant's parent or guardian each school year prior to participation in that year.

Please check all items:

- I have read, understood, and acknowledge receiving the 2020-2021 MSHSL Eligibility Brochure, which contains only a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official Handbook of the MSHSL is on file with the senior high school athletic director and principal and that I may review it, in its entirety, if I so choose. The Official Handbook and MSHSL bylaws are also posted on the MSHSL website: www.mshsl.org under Handbook.
- We, the student and parent, have reviewed Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and on the following website: www.cdc.gov/headsup

I understand that once I sign the eligibility statement all eligibility rules apply:

- Twelve (12) months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement through the completion of my high school eligibility.

Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.

I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletics/activities a school may sponsor and that local rules may be more stringent, and penalties more severe, than MSHSL rules.

STUDENT CODE OF RESPONSIBILITIES

- 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 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.
- A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty for MSHSL Bylaw violations.

Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. Although serious injuries are not common, and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WANT TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**

I consent to the athletic trainer or coach treating injuries and authorize them to discuss those injuries with and release any applicable medical information or records relating to those injuries to coaches, school staff and other qualified health care providers as deemed necessary within their scope of practice.

I further understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.

By signing this we acknowledge that we have read the information contained in the 2020-2021 MSHSL Eligibility Brochure and Statement.

I/we acknowledge the electronic signature confirms I/we have read and reviewed the information contained in the contents of the Eligibility Brochure and Statement. I/we also acknowledge this electronic signature has the same legal effect, validity, and enforceability as a signature in a non-electronic form.

The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student/parent understands and agrees that public information shall include names and pictures of students participating in or attending extra-curricular activities, school events, and High School League activities or events.

I am a home school student? YES NO I am an online student? YES NO

Student's Printed Name _____ Birth Date _____ Grade in School _____

Student's Signature _____ Date _____

Parent's or Guardian's Signature _____ Date _____

MSHSL ANNUAL SPORTS HEALTH QUESTIONNAIRE

DATE _____ / _____ / _____
 Name _____ Age _____ Birth Date _____ / _____ / _____
 Grade _____ School _____ Sport(s) _____
 Address _____
 Phone _____ Date of Last Sports Qualifying Physical Exam (SQPE) _____ / _____ / _____

Check Yes or No boxes for each question or Circle question numbers for which you cannot answer.

IN THE LAST YEAR, since your last complete Sports Qualifying Physical Exam with your physician or your Year 2 Annual Health Questionnaire, HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:

Athlete Health Questionnaire

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥3, please see your provider)

1. In the last year, has a doctor restricted your participation in sports for any reason without clearing you to return to sports? YES NO
2. In the last year, have you passed out or nearly passed out during or after exercise? YES NO
3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise? YES NO
4. In the last year, does your heart race or skip beats (irregular beats) during exercise? YES NO
5. In the last year, do you get light-headed or feel more short of breath than expected during exercise? YES NO
6. In the last year, have you had an unexplained seizure? YES NO
7. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason? YES NO
8. In the last year, has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including an unexplained drowning or an unexplained car accident)? YES NO
9. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning? YES NO
10. In the last year, has anyone in your immediate family had diagnosed with hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long or short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia? YES NO
11. In the last year, has anyone in your immediate family under age 35 had a heart problem, cardiac arrest, or implanted defibrillator? YES NO
12. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems? YES NO

Parents or Legal Guardians: Please note below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

Parent or Legal Guardian Signature _____ Athlete Signature _____ Date _____

Activities Director Notes: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)

SQPE Due _____ / _____ / _____ CLEARED FOR SPORTS: YES NO

Reference: Participating Physical Evaluation (Fourth Edition): AAPF, AAP, AMSSM, AGSSM, ADA/SM, AAP, 2010.

Revised 3/25/20

Eligibility Rules

ELIGIBILITY

The St. Paul School District passed eligibility rules for all St. Paul Public School students who participate in extra-curricular activities. The implementation of this policy is another expression of the District's commitment to improve the instructional program.

All students entering as ninth graders are eligible to participate. The following graph explains the minimum credits needed in order to continue participating in athletics.

Athletics will determine eligibility of student athletes using the quarter grades.

SEVEN PERIOD DAY – STUDENTS GRADUATING 2020 & 2021

A student must pass 4 classes during the previous quarter to remain eligible the following quarter, regardless of their total credits.

	Beginning of year	After 1st qtr.	After 2nd qtr.	After 3rd qtr.
Ninth Grade	0	4	8	12
Tenth Grade	21	25	29	33
Eleventh Grade	45	49	53	57
Twelfth Grade	70	74	78	82

SEVEN PERIOD DAY – STUDENTS GRADUATING 2022-2023

A student must pass 4 classes during the previous quarter to remain eligible the following quarter, regardless of their total credits.

	Beginning of year	After 1st qtr.	After 2nd qtr.	After 3rd qtr.
Ninth Grade	0	4	8	12
Tenth Grade	24	28	32	36
Eleventh Grade	52	56	60	64
Twelfth Grade	78	82	86	90

- On average, about 500 of our students participate in Athletics and we encourage you to get involved in some extra-curricular activities.
- We are here to help if you have any additional questions!



**Girls Nordic Ski
2020 MSHSL State Champions**



**Boys Nordic Ski
2020 MSHSL Third Place**