

CHS/CMS FALL ACTIVITIES 2020

Please read the following information on sports offered at Cloquet for student's grade 7 through 12 for the 2020 fall season. Most will begin prior to the school year starting, so it is crucial you get the right information so your student can take advantage of all the great opportunities we offer them. All papers required for participation are available on the Cloquet Public Schools web page (www.isd94.org) under the Activities Tab. If you have any specific questions, please contact the Coach for each sport (phone numbers/emails will be listed at the end of each description). For general inquiries, contact the Cloquet High School Activities Office at 878-3026 or email: mcarlson1@isd94.org.

GENERAL INFORMATION

1. Each student must have a current physical examination form on file before practicing. Athletic physicals are good for three years. Covid-19 Exemption for a student with a 3-year clearance that expires anytime from March 12, 2020 through the conclusion of the 2020-201 school year will have clearance extended through the end of 2020-2021. Local clinics have the form; inform them that you need an athletic physical and request that they use the MSHSL physical form. The physical form is also available online on the school website www.isd94.org or at CHS. If you already have a current physical form on file with us, then you do not need to do anything.
2. The MSHSL Eligibility form including the Cloquet High School and Cloquet Middle School Eligibility Policies are available from your coach, the Activities Office at Cloquet Senior High School or on the Cloquet Public Schools webpage. These forms must be filled out **once** each year. Forms can be submitted online. Link will be provided on the activities page of the website (Google Form: <https://goo.gl/forms/1tx7FlgtqXC5xfp2>). If you are unable to submit online, return the physical forms to the Activities Office where they will be on file.
3. All Middle School activities listed under **Section B** will be paid for at the **Middle School Office** according to the fee listed. All activities listed under **Section A** are considered High School activities and must be paid at the High School Activities Office according to the fee schedule listed. Please read the Activity Fee Policy attached to this letter carefully. All activity fees are reduced for families who are participating in the free and reduced lunch program. Fees can now be paid online with a credit card through the infinite campus parent portal. All fees must be paid by the first contest to be eligible to play.
4. Information about practices and games will be given to you during the first week of practice. Please read these carefully. If you or your parents have questions, please contact the coach. They should be able to answer more specific questions about practice length and times, bus departure/return times, etc.

COVID-19 GUIDELINES FOR ACTIVITIES

- All students should a self-assessment before arriving to practice. If any student experiences any of the following symptoms or anyone in their immediate household experiences these symptoms, then they should not show up. Please contact the coach to let them know the reason you are absent that day.
 - A fever of 100.4 or higher
 - A cough or sore throat
 - Shortness of breath
 - Chills or repeated shaking with chills
 - Muscle pain
 - Headache
 - New loss of taste or smell
 - Had direct household contact with someone experiencing undiagnosed symptoms
 - Diarrhea & or vomiting
- Students may be asked to return home if the coaches observe any symptoms
- Masks will be required to/from practice and must be worn in between any activities

CROSS COUNTRY RUNNING

Practice will begin on Monday, August 17th at Pine Valley at 8:00 AM for High School Runners and Middle School. Middle School runners that cannot start on August 17th will receive information during your first week of school. Please contact the coach if you plan to participate but are unable to attend on the first day. Masks are required to be worn this year for all athletes when they arrive at practice, during team meetings, and while waiting for rides at the end of practice. Any of the athletes that are driving themselves to practice may not have other athletes, not from the same household, in their vehicle at this time. We will have further updates as we get them regarding meets and participation as we get them. The primary method of communication for XC is through the Remind App. To be added to the Remind Group prior to August 17, please send your cell number and what grade your athlete will be entering in the fall. *Any questions please contact Coach Chandra Allen at 391-4312 or email: callen1@isd94.org.*

GIRLS TENNIS

Practice will begin on Monday, August 17th at 3:30 PM at the CHS tennis courts. Any Cloquet, Esko, Carlton girl in grades 7 - 12 interested in joining tennis should be present. Everybody should bring appropriate clothing, a racquet and a water bottle. *Any questions, please contact Coach Derek Johnson at 218-390-0580 or email: dirkjohnson22@aol.com.*

BOYS SOCCER

Tryouts for all boys in grades 8-12 will be on Monday, August 17th 8:00-10:00 AM & 12:30-2:30 PM and August 18th from 8:00 – 10:30 AM. Practice will be start on August 19th from 8:30 AM until 10:30 AM at the Hilltop soccer complex. Please come ready to play (water bottle, shin guards, appropriate socks, running shoes, and a soccer ball). *If you have any questions contact Coach Dave Bergan at 218-879-3393, Ext 1201 or email: dbergan@isd94.org.*

GIRLS SOCCER

Tryouts will be held at Hilltop Field #3 starting on Monday, August 17th from 8:00 AM to Noon. Please bring running shoes, soccer ball, shin pads, cleats, lots of water and a healthy snack. Remember to invite your soccer playing friends! *If you have any questions, please contact Coach Dustin Randall at 879-3393 ext. 1002 or email: drandal1@isd94.org.*

GIRLS SWIM & DIVE TEAM

First day of practice will be Monday, August 17th. Diving from 3:45 PM – 4:30 PM, swimming from 4:30 – 6:30 PM at the CMS Pool. Practice schedule after Monday will be communicated by the Coach and based off MSHSL guidelines. Bring a one-piece swimsuit, goggles & swim cap. Swim and dive team is open to all 7-12 grade girls from Cloquet, Esko & Carlton. All swimmers must have a current sports physical on file before they can practice. There will not be cuts unless it is deemed necessary by the coach. Join the CEC High School Girls Swimming on Facebook for important updates. Parent meeting will be held on Wednesday, August 19 at 7 PM in the CMS Parking Lot. *For questions, please contact Coach Rachel Peterson at 715-558-8463 or email: rachelraepeterson@yahoo.com.*

FALL 2020 CHANGES

Please note that **FOOTBALL & VOLLEYBALL** have been moved to the Spring due to a decision by the MSHSL because of Covid-19. There may be opportunities for fall practices for these sports, please stay posted for more details upcoming.

Volleyball questions: Coach Heidi Anderson at handers3@isd94.org or 879-3308 x 4114.

Football questions: Coach Tom Lenarz at 879-3328 (Ext 2103) or email: tlenarz@isd94.org.



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COVID-19 NOTICE

PLEASE READ CAREFULLY

In accordance with governmental directives, the MSHSL will offer certain activities subject to compliance with local, state, and federal laws, regulations, and guidelines. The Minnesota Department of Health, Minnesota Department of Education and the MSHSL have developed guidance and requirements related to youth sports, use of school facilities and modifications of MSHSL activities designed to keep participants safe and reduce the spread of COVID-19. Even with these measures, the MSHSL cannot guarantee that students or other individuals participating in organized athletic activities ("Participants") will not be exposed to COVID-19. Participants and their parents/legal guardians should consider the risks before participating in any MSHSL activities. It is a shared responsibility to protect everyone from COVID-19 and Participants should follow MDH/CDC guidelines to reduce the risk of exposure, including but not limited to the following:

- Stay home as much as possible;
- Stay at least 6 feet from other people if you are in public places;
- Avoid close contact with people who are sick;
- Wash your hands often, with soap and water. Wash for at least 20 seconds;
- Always wash your hands after being in a public place;
- Always wash your hands after blowing your nose, coughing, or sneezing;
- If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- Wear face coverings/masks that cover your nose and mouth and fit snugly against the sides of your face.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student participants, it is imperative that students and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID-19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities and MSHSL guidelines for notification and return to participation.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Additional information regarding Activity Participation and COVID can be found at:

- health.state.mn.us/diseases/coronavirus/sportsguide.pdf,
- health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf
- www.mshsl.org
- www.nfhs.org