

Bylaw 208.02

Submitted on Fri, 10/13/2023 - 2:31 PM

Submitted by: Thayne Johnson, New London-Spicer

Authors of the Proposal

Joni Reitmeier, Worthington; Kaitlyn Helmbrecht, Maple Lake; Wendy Rooney, Cambridge-Isanti; Jon Wynia, Champlin Park; Cindy Jacobson, New London-Spicer; Katie Masog, Melrose Area

Activity/Activities (Check all that apply)

Gymnastics, Girls

Current Rule/Policy

State the rule/policy as it appears in the current MSHSL Handbook or Activity/Sport Specific Rules and Policies.

Current Rule/Policy: (State the rule/policy as it appears in the current Rules and Policies Manual.)

Bylaw 208: During the school year, prior to and following the high school sports season:

A. Coaches shall not influence or direct a student to participate as a member of a team or as an individual competitor in a non-school league, camp, clinic, or to take private or group instruction or lessons.

B. A student who has been a member of a high school team (B-squad, junior varsity or varsity) may not receive coaching, training or private lessons from a salaried or non-salaried member of the school's sophomore, B-squad, junior varsity or varsity coaching staff in that sport.

Proposed Recommendation

Submit your proposed change to the above-stated rule/policy.

Year-Round Coaching Waiver Proposal: Gymnastics coaches may have contact with their gymnasts year-round with the following stipulations. During regular competitive season set by the Minnesota State High School League, there would be no limitations for practice days and times except those set by the league. From the conclusion of the State gymnastics meet until the summer waiver period, Coaches may have contact with their athletes a maximum of 3 days per week or 6 hours total. During the Summer Waiver period coaches would follow the Minnesota State High School League Guidelines for limitations if any. From the end of the summer waiver period to the beginning of the competitive season, coaches may have contact with their athletes for a maximum of 3 days per week or 6 hours total. Coaches must apply for a coaching waiver to be eligible for year-round coaching.

Include any other policies that are impacted by this proposal.

None

Rationale

What is the history of the proposal?

See Below

How does your proposal benefit education-based opportunities and MSHSL Mission and Beliefs for all Minnesota students?

1. This would allow the opportunity to have more time to physically prepare our gymnasts with conditioning workouts and season readiness. With only a couple weeks of practice prior to the first competitions of the season, majority of the focus falls to routines and skill work and we lack on our physical strength/conditioning. With a year-round waiver we would be able to help our athletes become comfortable with skills and incorporates more strength and condition to keep our athletes safe and better prepared for gymnastics work outs at the beginning of the official start date of the competitive season.

2. Safety plays a major role in the proposed change for a year-round coaching waiver. Athletes would be able to work with their own coach to learn new skills and safely adapt them to their home gym. By allowing coaches to have this contact with their athletes we minimize risk of injury as coach and athlete have worked together to build the skills in a safe environment.

3. Trust. We are in the business of putting the gymnasts' needs above everything else, and their safety is the number one need. Gymnastics is a sport built on trust. A gymnast must trust her coach to catch her while she is flying and flipping up to 10 feet in the air. It is impossible to build that kind of trust in a short amount of time. Limiting the amount of time, the coaches and athletes can work together in the off-season would make it next to impossible for the gymnasts to feel safe at the start of their competitive season. One of the most important aspects of the summer practices is to start building a foundation of trust that can be improved upon during the competitive season. Once gymnasts have been on our team there is a certain level of trust gained and strong relationships are built. Many times, the coaches are the most positive role models these athletes have. We do not want to take away from athletes any positive relationships, especially at a time in their lives when they are going through the most changes and need the most support and guidance.

What other policies are significant in this proposal?

N/A

Provide evidence of support for the proposal from other groups

The following Activities Directors are in support of this proposal:

Thayne Johnson - New London-Spicer
Derek Abrahams - Fergus Falls
Dan Ohlgren - Rogers
Josh Dale - Worthington
Anita Woodrow - Chaska
Mike Bailey - Chanhassen

Impact

How does your proposal affect this activity, including its impact on all classes, areas of the state, and variety of schools

This would allow for regular season practice to start out safer, as our gymnasts will be stronger from conditioning and will allow them to be more successful and confident in all aspects of gymnastics.

Administration

How does your proposal impact section and state tournaments?

No impact

Length of Tournament

How does your proposal impact the needed competition time for section and state tournaments?

No impact

Participants

How does your proposal impact the number of participants/teams?

No impact

How does your proposal impact the percentage of participants/teams that would qualify for the state tournament?

No impact

Facilities

How does your proposal impact the facilities needed to accommodate your recommendation at both the section and state level?

No impact

Awards

How does your proposal impact the number of awards at both section and state?

No impact

Other

Provide any other pertinent information not included in this proposal

This proposal was discussed at Multiple section representative meetings and survey by Head Coaches and was supported by both groups.

Primary Author and Contact for Proposal

Proposal submitted by

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Position

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