

**ATHLETICS POLICIES AND OFFERINGS HANDBOOK**  
***St. Anthony Village High School***  
**2008-2009**



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**[www.stanthony.k12.mn.us](http://www.stanthony.k12.mn.us)**

**Minnesota State High School League Website**

**[www.mshsl.org](http://www.mshsl.org)**

***Mission Statement***

*St. Anthony Village High School is committed to an interscholastic athletic program based upon excellence, positive student interaction and the promotion of athletics as part of a complete and well-rounded education program.*

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**Athletics and Activities**  
**St. Anthony Village High School**

**STUDENT ATHLETICS POLICIES AND OFFERINGS HANDBOOK**

**I. Introductions**

St. Anthony Village High School and Middle School offers a variety of athletic activities designed to meet the interests of I.S.D. #282's students. The student programs offered are an opportunity and a privilege afforded in the St. Anthony – New Brighton School District.

**A. To the parent/guardian:**

This material is presented to you because your student has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that promote personal growth.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program meets with the students' needs for self-expression, mental alertness and physical development. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline. For this reason we stress good training habits. We are striving for excellence and want athletes who are willing to make a commitment.

Parents/guardians are expected to encourage their student(s) to perform to the best of their abilities. Parents/guardians should be a source of support for the athlete and the program in which their student(s) participate. Please model good sportsmanship and respect for the rules, procedures, participants and officials. Set realistic and reasonable expectations for athletes, coaches, and programs while reinforcing the discipline, training, and commitment required to excel. Keep sports in perspective and encourage and monitor academic performance.

**B. To the athlete:**

Being a member of a St. Anthony Village athletic team is something of which to be proud. Participation carries with it certain traditions and responsibilities that must be maintained. A strong athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of St. Anthony Village High School, you have inherited a rich tradition, a tradition you are challenged to uphold.

When you wear the colors of our school, we assume that you not only understand our traditions, but are also willing to assume the responsibilities that go with them. In addition, the contributions you make should be a satisfying accomplishment.

Athletes are expected to show commitment to their sport and strive for academic success. Demonstrate good sportsmanship. Stay healthy and chemically free. Show respect for coaches, peers and equipment. Set realistic goals for yourself. Keep sports in perspective and set a good example for your community. Remember you are a leader in the community. Get the most out of your high school experiences.

**Statement of Philosophy**

The basic philosophy of the interscholastic athletic program of St. Anthony Village High School is to provide competitive athletic opportunities for boys and girls under the competent leadership of qualified coaches.

St. Anthony Village High School will strive for a winning tradition through developing pride, excellence, participation and community support in our athletic programs. The programs will be based on organized competitive sports which afford students the opportunity to develop valuable human skills necessary for SUCCESS in life.

### ***The Purpose of Student Co-Curricular Activities***

*Student activities provide youth of all ages with opportunities to explore interests, demonstrate capabilities and benefit from personal growth in areas beyond those provided in the classroom.*

*Student co-curricular activities focus on the areas of academics and athletics, student leadership, arts, and student interests.*

## **Building Character Through Activities**

After school activities provide a superb medium for developing character in a young person's life. A competitive contest represents a challenge that involves planning, preparation, practice, facing the ordeal, winning or losing, reasoning, and finally, regrouping, a process we repeat over and over in our lives.

## **Tri-Metro Conference**

St. Anthony Village High school is a voluntary member of this conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union effort.

The conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates, the arranging of schedules, equalizing competition, and conducting league meets, and determining league championships. The conference provides St. Anthony Village the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy.

Membership implies abiding by conference schedules, rules and regulations.

Other member schools are:

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1. The Blake School      | 7. Mounds Park Academy               |
| 2. Breck School          | 8. St. Agnes Schools                 |
| 3. Brooklyn Center       | 9. St. Bernard's                     |
| 4. Concordia Academy     | 10. St. Croix Lutheran High School   |
| 5. DeLaSalle High School | 11. St. Paul Academy & Summit School |
| 6. Minnehaha Academy     | 12. Visitation School                |

## **II. Requirements for Participation**

### **St. Anthony High School Athletic Registration Information**

All participants at St. Anthony High School must be fully registered prior to the individual's first practice.

Registration forms can be picked up in the athletic office at St. Anthony High School.

#### **A. Physical examination:**

A physical exam is required the 1st year of participation and every three years thereafter. The physical form must be completed by a physician and submitted to the athletic office **prior** to participation. The form will be kept on file in the nurse's office.

#### **B. Emergency medical authorization:**

Each athlete's parents shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parent(s) are not available. The card will be kept in the medical kit for availability at all practices and contests.

#### **C. Parental permit and MSHSL health form:**

These signed documents will be filed in the Athletic Director's office each year.

#### D. Insurance:

The school district does not carry insurance to cover student athletic injuries, participants must carry their own insurance.

#### E. Scholastic eligibility:

In order to participate on an athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation. Please see the credit requirements for participation on the center page.

#### F. Financial obligations and equipment:

1. Fees must be paid before athletes will be allowed to participate.
2. Refund of Athletic Fees - Athletic fees will be refunded in full to students who drop the activity before the first official contest in that sport. One-half of the fee will be refunded if the student drops before the 3rd official contest. No refund will be given following the 3rd official contest. Students who drop the activity for medical reasons will be handled on an individual basis. Refunds will not be given until an equipment clearance is issued by the coach in charge of the sport. Refund checks will always be issued to the parent/guardian of the athlete.
3. Equipment - All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

### III. Athletic Offerings and Fee Schedule

Sports	Grades	Season Begins	Fees	Coach & Contact Information
Boys/Girls Cross Country Middle School	7-12	August 11	95.00 70.00	Travis MacLeod, (612) 706-1124
Football	9-12	August 11	120.00	Todd Niklaus, (612) 706-1117
Girls Swimming & Diving Middle School	7-12	August 11	95.00 70.00	Amy Croonquist (651) 343-1633 acroonquist@yahoo.com
Girls Tennis Middle School	7-12	August 11	95.00 70.00	Celine Pederson, (612) 706-1135
Boys Soccer	9-12	August 11	95.00	Jake Smothers, (763) 785-5549
Girls Soccer	9-12	August 11	95.00	TBD
Volleyball Middle School	7-12	August 11 September 3	95.00 70.00	Michelle Helfrey mhelfrey@hotmail.com Jenny Severson, (612) 706-1121
Boys Basketball Middle School	7-12	November 24 January 5	120.00 70.00	Dave Bratland, (612) 370-4892 Eric Kronback (612) 706-1043
Girls Basketball Middle School	7-12	November 17 November 3	120.00 70.00	Mary Jo Hadler, (612) 232-2720 Eric Kronback, (612) 706-1043
Gymnastics Middle School	7-12	November 17	190.00 95.00	Jill Kraemer Jill.Kraemer@nemetro.k12.mn.us
Boys Hockey	9-12	November 17	270.00	Jeff Martin, (651) 483-6635 x2882
Girls Hockey Middle School	7-12	November 3	270.00 135.00	Tom Kulenkamp, (651) 768-4645
Boys/Girls Nordic Skiing Middle School	7-12	November 10	95.00 70.00	Mike Miller, (763) 786-5648
Wrestling Middle School	7-12	November 24	95.00 70.00	Eric Anderson eander@district16.org
Baseball	9-12	March 16	95.00	Troy Urdahl, (612) 706-1105
Boys Golf Middle School	7-12*	March 9	95.00 70.00	Michael Hinton, (763) 521-4912
Girls Golf Middle School	7-12*	March 9	95.00 70.00	Roger Johnson, (612) 706-1103
Softball Middle School	7-12	March 9	95.00 70.00	Lamar Brendemuehl, (612) 280-6215
Boys Tennis Middle School	7-12	March 23	95.00 70.00	Celine Pederson, (612) 706-1135
Boys/Girls Track & Field Middle School	9-12	March 9 Late March	95.00 70.00	Don Fineran, (763) 783-5618 Troy Urdahl, (612) 706-1105

\*\*\*There is a maximum total fee of \$530.00 per family per school year. Fees may be waived for students who qualify for free or reduced lunching. Contact the District Office to request a free and reduced application.

\* MS students may try-out for varsity teams. Only if they are varsity level will they be allowed to compete.

Season Ticket Prices			Event Ticket Prices	
Family - \$210 (4 tickets)	Adult - \$70	Student - \$40	Adult - \$6.00	Student - \$4.00

#### IV. Athletic Code of Conduct & Eligibility

**A. Conduct of athletes:** A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics.

All athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to hazing, theft, vandalism, harassment, disrespect, immorality or violations of the law, tarnish the reputation of everyone associated with athletic programs and not be tolerated and are subject to penalty.

**B. MSHSL Eligibility**

Age: Must be under 20 years old

Seasons: No more than four seasons in a sport (grades 9-12)

Semesters: May not participate after the 8<sup>th</sup> semester

Suspensions: No participation while a student is suspended from school.

**C. Substance Abuse:** The use of alcohol, tobacco, and controlled substances is not permitted under any circumstances and is a violation of Minnesota State High School League policies. Policies governing chemical use, harassment, and hazing are established by the Minnesota State High School League.

**D. Mood Altering Chemicals Violations Under the Minnesota State High School League**  
(During the calendar year, regardless of the quantity)

**POLICIES GOVERNING CHEMICAL USE (tobacco/alcohol), HARASSMENT, AND HAZING FOR MINNESOTA STATE HIGH SCHOOL LEAGUE (MSHSL)**

Class 1 Activities and Athletics (co-curriculars which have a regular schedule)

**1<sup>st</sup> VIOLATION**

After confirmation of the first violation, the student will lose eligibility for the next **two consecutive interscholastic contests** or **two weeks** of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the school year. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

**2<sup>nd</sup> VIOLATION**

After confirmation of the second violation, the student will lose eligibility for the next **six consecutive interscholastic contests** or **three weeks** of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the remainder of their high school career. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

### 3<sup>rd</sup> VIOLATION

After confirmation of the third violation, the student will lose eligibility for the next **12 consecutive interscholastic contests** or **4 weeks** of a season in which the student is a participant, whichever is greater.

Student is ineligible to be a captain of an athletic activity.

#### PRACTICE:

While serving any penalty, the student must follow team rules and regulations governing practice. If these rules and regulations are not followed the penalty will not be considered served.

No student would be eligible for All-Conference honors or post-season awards after serving a suspension for a Minnesota State High School League violation that season.

Under this policy, in order for a penalty to be considered satisfied, the student must complete the entire season of the activity in which he/she participates and serves the violation's penalty. If a student fails to participate for the entire season, his/her penalty will not be considered served and must be served in its entirety in any subsequent activity in which the student participates.

Penalties incurred under this policy will be cumulative beginning with the student's first participation in a Minnesota State High School League sponsored activity or St. Anthony Village High School co-curricular activity and will continue throughout the student's high school career, including when school is not in session.

Any violations may be appealed through the Minnesota State High School League.

## V. Scholastic Eligibility Requirements

In order to participate on an athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

## VI. Fundamentals of Good Sportsmanship

- A. Show respect for the opponent at all times**
- B. Show respect for the officials**
- C. Know, understand, and uphold the rules of the contest**
- D. Maintain self-control at all times**
- E. Recognize and appreciate skill in performance regardless of affiliation**
- F. Show a positive attitude in cheering**

## VII. Basic Athletic Department Policies

- A. Participation:** An athlete may participate in only one sport per season. Any exception requires the agreement of both coaches, the athletic director and the principal.
- B. Dropping or transferring sports:**
  - 1. Consult with your immediate coach and then the head coach.
  - 2. Report your situation to the Athletic Director.
  - 3. Check in all equipment issued to you.
- C. Transfer:** All transfer students should discuss their eligibility with the Athletic Director to make sure they meet all guidelines/rules of the St. Anthony Village High School and Minnesota State High School League.

- D. Equipment:** School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.
- E. Missing Practice:** An athlete should always consult his/her coach before missing practice. Missing practice or a game without a good reason will be dealt with in accordance with team policy.
- F. Transportation:** There may be times when the school will not provide transportation to athletic contests and/or practices. Each athlete should check with his or her coach at the beginning of the season for the scheduled events when transportation will not be provided so that individual plans can be made. Students are expected to ride the bus when provided and school rules apply when on a bus. Under special circumstances, a coach may release a student directly to the athlete's parent.
- G. College recruitment policy:** In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information is available in the office. NCAA standards are available in the Counselor's office.

If you are planning to play college athletics at a Division I or Division II school, you must be certified by the NCAA Initial Eligibility Clearing House. Eligibility requirements are based on a 2.0 GPA in 13 core classes and a 17 ACT score. Forms and additional information are available in the guidance office.

- H. Attendance:** Students must be in school the entire day in order to participate in after school activities. Students tardy to first hour will also be ineligible to play a contest or practice on that date. Exceptions to this policy will be:
1. Administratively approved absence.
  2. Previous school permission to miss school, due to a school sponsored event (e.g. fieldtrip)
  3. Any absence due to a medical (doctor, dental, eye) must have a note from the medical office to participate for that day.

Final authority for infractions of this rule will rest with the Athletic Director or Principal. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is an excused absence in the eyes of the Athletic Director or Principal.

- I. Release from class:** It is the responsibility of athletes to see their teacher the day before the classes they miss because of an athletic contest. All work shall be made up at the convenience of the teacher.
- J. Grooming and dress policy:** A member of an athletic team is expected to be well-groomed.
- K. Vacations policy:** Vacations by varsity athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event an absence due to a vacation is unavoidable, an athlete must
1. Contact the head coach prior to the vacation.
  2. Be willing to assume the consequences related to their status on that squad.
- L. Squad selection:** In accordance with our philosophy of athletics and our desire to see as many students as possible participate in athletic programs while at St. Anthony Village, we encourage coaches to keep as many students as they can without compromising the integrity of their sport. Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular sport.
- M. Cutting policy for varsity only:** Choosing the members of teams is the sole responsibility of the coaches.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extent of try-out period
2. Criteria used to select the team
3. Number to be selected

4. Practice commitment if they make the team
5. Game commitments

When a squad cut becomes a necessity, the process will include two important elements. Each candidate shall have:

1. Competed in a minimum of 3 practice sessions.
2. Been personally informed of the cut by the coach, including the reason for the action.

Coaches will discuss alternative possibilities for participation in the sport, or other areas in the activities program.

**N. Reporting of injury:** All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, an injury report form must be completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity.

#### **O. Athletic Awards**

Letter awards are presented in each varsity sport. Lettering criteria is unique to each activity. Each coach should distribute this information to students at the beginning of the season. Each sport awards a most valuable player plaque. All-Conference Awards are presented based on points accumulated or voting by the conference coaches.

1. First letter in your sport, athlete has not previously lettered in any other sport:
  - Athlete receives a certificate and a chenille "STA" letter.
2. First letter in your sport, athlete has previously lettered in another sport:
  - Athlete receives a certificate.
3. Previously lettering in your sport:
  - Athlete receives a certificate.
4. The First Varsity letter is worn on the left side front on official letter jacket only.
5. A Most Valuable Player award is furnished for each sport by the athletic department.
6. Coaches may institute special awards tailored to the various sports.

#### **P. Senior Athletic Awards:**

St. Anthony Village High School emphasizes participation on a continuing basis and encourages participation in more than one sport. The Senior Athletic Award will be presented to athletes who letter in three sports their senior year.

### **VIII. Participation and Playing Time**

The amount of playing time per participant in high school athletic programs is always a concern for players, parents, coaches, the Athletic Director, and the school administration. The athletic guidelines are as follows:

**Middle School:** No cutting. The emphasis of Middle School athletics is learning and exposure to the game. All participants will play in each contest if possible, but not necessarily on an equal basis with all other players.

**9th Grade Teams/C-Squad:** No cutting. Athletic teams at St. Anthony Village High School are competitive, not primarily recreational as in the Middle School. The purpose of 9th grade/c-squad athletics is to continue to develop players for varsity play. There are no guarantees of (equal) playing time at the 9<sup>th</sup> grade / C Squad level. Players have different skill levels, attitudes, and levels of commitment, and these factors will be considered in earning playing time. In some cases a "B" game, an extra quarter, or other extended play will be added to a contest in order to allow less skilled players to develop and have a chance at competition.

**JV/B-Squad Teams:** No cutting - same philosophy as 9th grade/c-squad.

**Varsity Teams:** A program for our most elite athletes. Cutting is permissible. (See cutting policy on page 8.) Playing time is given to those with the most athletic skills, the most determined attitude toward athletic endeavor, and the most consistent and demonstrable commitment to the sport.

## **IX. Participation of Middle School Athletes on H. S. Teams**

Use of 7th and 8th grade athlete on Varsity teams is discouraged whenever possible. However, if a coach at the varsity level feels that there is an athlete in the 7th or 8th grade program who could participate on his/her team, each case shall be handled individually.

## **X. Coaches Pre-Season Meeting**

A pre-season meeting will be held by all coaches to discuss rules and review the policies. Parents and are expected to attend this meeting.

## **XI. Communication**

Communication is very important. Parents/Guardians should discuss all issues with your athlete first, and then contact the team's coach if necessary.

- No player or parent should approach coaches before, during, or after a game to discuss an issue.
- Parents should discuss any issue with their child before contacting a coach or the Athletic Director.
- Parents may request to talk to a coach the following day.
- If the issues have not been resolved, then the Athletic Director will intervene.
- If the issues are still not resolved, then the Principal will be consulted.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child, mentally and physically.
- Ways to help you child improve.
- Concerns about your child's behavior

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling
- Other students / athletes

## **XII. Expectations**

### **A. Athletes:**

1. Committed, dedicated and determined
2. Honest and cooperative
3. Enthusiastic / motivated
4. Academic commitment
5. Communicates appropriately with teammates, coaches, officials, parents, fans, and opponents
6. Respectful of peers, coaches and equipment
7. Willingness to learn and develop skills necessary for the sport
8. Positive attitude
9. Healthy and chemically free
10. Demonstrates good sportsmanship
11. "Team player"
12. Set team and personal goals

### **B. Parents/Guardians:**

1. Supports athletes through:

- attending events and informational meetings
  - helping them set priorities
  - encouraging and modeling a positive attitude
  - facilitate the athlete's commitment to that sport
  - willingness to listen to athlete's comments and concerns
2. Realistic and reasonable expectation for athletes, coaches and programs
  3. Communicate personal concerns appropriately
  4. Model good sportsmanship and respect for rules, procedures, participants and officials
  5. Become familiar with athletic requirements and support rules and expectations for athletes and parents
  6. Keep sports in perspective
  7. Encourage and monitor academic performance

**C. Fans:**

1. Be an exemplary role model by positively supporting teams in every manner possible including content of cheers and signs.
2. Respect other fans, coaches, and participants. Recognize outstanding performances on either side of the playing field or court.
3. Respect decisions made by contest officials. Refrain from crowd booing, foot stomping, or making negative comments about officials, participants, or coaches.
4. Realize that a ticket is a privilege to observe a contest and support high school activities, not a license to verbally assault others or be generally obnoxious.
5. Avoid offensive gestures or language.
6. Be modest in victory and gracious in defeat.
7. Show respect for property and equipment at home and away contests.
8. BE A FAN...NOT A FANATIC.

**XIII. 2006-2007 St. Anthony Village High School – Site/Field Locations – Home**

Cross Country – Running	all levels	St. Anthony Village High School
Football	all levels	St. Anthony Village High School
Boys & Girls Soccer	all levels	Spring Lake Park High School
Girls Swimming & Diving	all levels	St. Anthony Village High School
Girls Tennis	all levels	St. Anthony Village High School
Volleyball	all levels	St. Anthony Village High School
Boys Girls Basketball	all levels	St. Anthony Village High School
Gymnastics	all levels	St. Anthony Village High School
Boys Hockey	all levels	Irondale High School
Girls Hockey	all levels	Spring Lake Park High School
Nordic Skiing	all levels	Spring Lake Park High School
Wrestling	all levels	Spring Lake Park High School
Baseball	all levels	Central Park
Boys & Girls Golf	all levels	Francis Gross Golf Course
Softball	all levels	Central Park
Boys Tennis	all levels	St. Anthony Village High School
Boys & Girls Track	all levels	Spring Lake Park High School

**Directions To/From St. Anthony Village High School**

**Phone: 612-706-1100**

**3303-33<sup>rd</sup> Avenue NE, St. Anthony MN 55418**

**Benilde-St. Margaret's – 2501 Highway 100 South, St. Louis Park**

694 west to Hwy 100 south, to Cty Rd 40 (Glenwood Ave), to Xenia Ave S, turn left, will become Park Place Blvd, to 16<sup>th</sup> St W, turn right.

**Blake High School – 110 South Blake Road, Hopkins**

394 west to Hwy 169 south to Excelsior Blvd and turn left (east). Follow to Blake Road, turn right (south). School will be on your right.

**Breck School – 123 Ottawa Avenue North, Minneapolis**

394 west to Hwy 100 (turn north on Hwy 100 S) to Glenwood Ave. Turn left on Glenwood Ave, turn left on Ottawa

**Brooklyn Center – 6500 Humboldt Avenue North, Brooklyn Center**

694 west, exit 252 north, get in your left lane immediately-turn left at the lights, which is 66<sup>th</sup> Ave-follow 66<sup>th</sup> which turns into 65<sup>th</sup> Ave-go about ½ mile and the school is on the right.

**Cambridge-Isanti High School – 430-8<sup>th</sup> Avenue NW, Cambridge**

35W north, exit onto US-10 west, exit onto Hwy 65 and go north. Take the MN-95 exit toward Cambridge. Turn left onto 1<sup>st</sup> Ave (east), continue to Cypress St., turn right (north). Continue to 8<sup>th</sup> Ave, turn left (west) and school will be on the left side.

**Columbia Ice Arena – 7011 University Avenue NE, Fridley**

694 west, exit onto University Ave and go north. Turn left on 73<sup>rd</sup> Ave and take a right onto the frontage road (just behind Holiday gas station) arena will be on the left side.

**Columbia Heights High School – 1400 49<sup>th</sup> Avenue NE, Columbia Heights**

Silver Lake Road north to Cty Rd E and turn left. Turn right onto Stinson Blvd and then left on Fairway Dr and the school will be on your left side.

**Concordia Academy – 2400 North Dale, Roseville**

Hwy 36 east to the Dale St exit and turn left. School will be on the right side.

**De LaSalle – 25 West Island Avenue, Minneapolis**

35W south and take the 4<sup>th</sup> St SE exit toward University Ave. Turn right onto 4<sup>th</sup> St, turn left onto 3<sup>rd</sup> Ave, turn right onto Main St., turn left onto Merriam St, which becomes West Island Ave.

**Fogerty Ice House – 9250 Lincoln Avenue NE, Blaine**

35W north, exit onto US-10 west, exit onto Hwy 65 north. Immediately get into the left lane and turn left at Cloverleaf Parkway (1<sup>st</sup> stop light). Turn left at Lincoln Ave. and arena will be on your right side.

**Foley High School – 621 Penn Street, Foley**

35W north, exit onto US-10 west. Take the 169 exit going north toward Rogers/Princeton (keep right on the ramp). Turn left onto Central Ave South. Turn left onto MN-23.

**Fridley High School – 6000 West Moore Lake Drive NE, Fridley**

694 west, exit onto Central Ave north. Immediately get into the left lane and turn left at Medtronic Parkway, and take your first right, which is W Moore Lake Drive and school will be on the left side.

**Holy Family Catholic High School – 8101 Kochia Lane, Victoria**

Take Hwy 694 west to 494. Take Hwy 5 west through Chanhassen (approx 7 miles) to Bavaria Rd. (just west of U of M Landscape Arboretum). Proceed south on Bavaria Rd. To Cty Rd 18. Go west on 18 to Kochia lane and north on Kochia Lane to the campus location.

**Irondale High School – 2425 Long Lake Road, New Brighton**

35W north, exit onto CR-10 west. Turn left onto Cty Rd H and left onto Long Lake Road. School will be on the left side.

**Mahtomedi High School – 8000 75<sup>th</sup> Street North, Mahtomedi**

35W north, exit 694 east to Hwy 36 east (Stillwater exit). Take your first left (Holton Trail). Follow Hilton Trail to the stop light (Stillwater Road). Take a right. The school will be on the left side.

**Milaca High School – 23 West, Milaca**

35W north, exit onto US-10 west to Hwy 169 north. You will need to be in the left lane as you get closer to Milaca. You will turn left at Central Ave and the school will be on the right side.

**Minneapolis Edison High School – 700 22<sup>nd</sup> Avenue NE, Minneapolis**

Cty Rd 88 south, turn slight right onto 18<sup>th</sup> Ave, turn right onto Central Ave. north and then left onto 22<sup>nd</sup> Ave and school will be on the left.

**Minneapolis Washburn High School – 201 49<sup>th</sup> Street West, Minneapolis**

35W south to the 46<sup>th</sup> St exit (west), to Nicollet Ave. south, to 49<sup>th</sup> St west

**Minnehaha Academy (North Campus) – 3107 47<sup>th</sup> Avenue South, Minneapolis**

35W south to 280. Exit at University Ave. (The 2nd through street after you exit will be University) Take a left to Vandalia. Take a right and cross over the freeway. As soon as you cross the freeway the street name changes to Cretin. Follow Cretin about 2 blocks to the stop light at Marshall Avenue. .Take a right on Marshall and cross over the Mississippi River on the Marshall/Lake Street Bridge. As soon as you cross the river, there is a stoplight.take a left and angle down about a quarter of a block to West River Parkway. MA North Campus is one block on the right and the South Campus is about a mile further at 42nd Street and West River Parkway.

**Mound Westonka – 5905 Sunnyfield Road East, Mound**

394 west-Hwy 12 past Wayzata to Cty Rd 15 west. Continue for approximately 15 miles (through Navarre, Spring Park, and into Mound). At the “T” intersection (Commerce Ave & Cty Rd 110) turn right on Cty Rd 110. The school will be on the left side.

**Mounds Park Academy – 2501 Larpenteur Ave East, St. Paul**

35W south, merge onto 36E, turn right onto McKnight Road, turn right onto Larpenteur Ave. and go about 1/3 mile and the school will be on the right hand side.

**Mounds View High School – 1900 Lake Valentine Road, New Brighton**

35W north, exit at Cty E2 and turn left. Turn right at 2<sup>nd</sup> Ave NW, turn right onto 6<sup>th</sup> St NW. 6<sup>th</sup> St NW become 1<sup>st</sup> Ave NW. Turn right onto Lake Valentine Road.

**New Life Academy – 6758 Bailey Road, Woodbury**

35W north. exit onto 694 east then onto 494 south. Take the Bailey Road (Cty Rd 18) exit and turn left. At the top of hill stop sign stay left to continue on Bailey Road (Cty Rd 18). Turn left on Lydia Lane then enter 2<sup>nd</sup> driveway on left of the school. Most parking is on the west side.

**North Branch High School – 38175 Grand Avenue, North Branch**

35W north to MN State Hwy 95. Turn right (east) and continue to 1<sup>st</sup> Ave. Turn right (south) and continue to school (1<sup>st</sup> Ave turns into Grand).

**Orono High School – 95 Old Crystal Bay Road, Long Lake**

394 west-Hwy 12 through Long Lake to Old Crystal Bay Rd (3/4 miles west of Long Lake). Right on Old Crystal Bay Road (stoplight) to Orono High School, which is on the left side.

**PACT Charter School – 7250 Ramsey Parkway East, Ramsey**

35W north, exit onto US-10 west. Turn right onto Ramsey Blvd. (Holiday Gas & Burger King). Go about ½ mile and the school will be on your left hand side.

**Princeton High School – 807 8<sup>th</sup> Avenue South, Princeton**

35W north, exit onto US-10 west to Hwy 169 north. Take the LaGrande Ave exit and turn right. Turn left on 6<sup>th</sup> St, then turn left on 8<sup>th</sup> Ave and school will be on your right.

**Roseville High School – 1240 County Road B-2 West, Roseville**

Cty Rd 88 south, turn left onto 29<sup>th</sup> Ave, which becomes Cty Rd C. Turn right onto Hamline Ave. and left onto Cty Rd B-2. School will be on the left side.

**Rockford High School – 7600 County Road 50, Rockford**

694 west, merge onto I-94 west toward St. Cloud. Take the 95<sup>th</sup> Ave. N (Cty Rd 30) exit and turn left onto 95<sup>th</sup> Ave north. Turn right onto 95<sup>th</sup> Ave north (Cty Rd 30) and continue to follow Cty Rd 30. Turn left onto Cty Rd 19 and turn right onto Cty Rd 50, which becomes Rebecca Park Trail and the school will be on the right.

**Rush City High School – 51001 Fairfield Ave, Rush City**

35W north which then becomes I-35. Take the ramp toward W 4<sup>th</sup> St and turn right. Turn left onto Cty Rd 54 and the school will be on your right side.

**St. Agnes – 530 LaFond Avenue, St. Paul**

Cty Rd 88 south and turn left onto St. Anthony Blvd, which becomes Industrial Ave. Turn left onto Broadway St. Turn right onto MN-280 south and merge onto I-94E. Take the exit toward Dale St and stay straight to go onto Old Rondo Ave/Concordia Ave. Turn left onto Dale St and right onto LaFond Ave.

**St. Bernard's – 170 Rose Avenue West, St. Paul**

35W south to MN-36 east. Take the Rice St exit and turn right. Then turn right onto Rose Ave. west.

**St. Croix Lutheran High School – 1200 Oakdale Avenue, West St. Paul**

35W south to Hwy 36 east to 35E south. Exit onto I-94 east then exit onto US-52 south. Take the Butler Ave. exit and turn right (east). Turn left onto Oakdale Ave and the school will be on your left.

**St. Michael-Albertville High School – 11343 50<sup>th</sup> Street NE, Albertville**

694 west and merge onto I-94 west toward St. Cloud. Take the Cty Rd 37 exit toward Albertville. Turn left onto Cty Rd 37 (60<sup>th</sup> St), Turn left onto Cty Rd 35 (Main Ave), Turn right onto 50<sup>th</sup> St and the school will be on your right.

**St. Paul Academy – 1712 Randolph Avenue**

Cty Rd 88 south and turn left onto St. Anthony Blvd, which becomes Industrial Ave. Turn left onto Broadway St. Turn right onto MN-280 south and merge onto I-94E. Take the exit toward MN-51 (Snelling Ave) and stay straight to go onto Concordia Ave. Turn right onto Snelling and turn right onto Randolph Ave. Go three blocks to Wheeler and turn left to access parking, Drake Arena, Briggs Gymnasium, tennis courts and Lang Field.

**Simley High School – 2920 80<sup>th</sup> Street E, Inver Grove Heights**

35W south to Hwy 36 east to 35E south. Exit onto I-94 east then exit onto US-52 south. Take the 80<sup>th</sup> St East exit and turn left. The school will be on your right.

**South Saint Paul (Central Square) –**

35W south to Hwy 36 east to 35E south. Merge onto US-52 south and take the Southview Blvd. exit. Turn left onto Southview Blvd.-continue to follow Cty Rd 14. Turn left onto 7<sup>th</sup> Ave, turn right on Marie Ave and take the first immediate street on the left, which should be 7<sup>th</sup> Ave. The Central Square building will be on the left side. It is directly behind the South St. Paul High School.

**Spring Lake Park High School-8000 Highway 65 NE, Spring Lake Park**

694 west, exit at Central Ave and turn right (north). Go to 81<sup>st</sup> Ave and turn left. Take an immediate left onto the frontage road and follow around to access the pool and football/soccer fields. From 81<sup>st</sup> Ave, if you continue going straight the baseball field will be on the left and tennis courts and softball field will be on your right. You may also continue on 81<sup>st</sup> to the stop sign (81<sup>st</sup> and Able St) and turn left. Parking will be on your left side and just beyond that is the football/soccer fields from the home side.

**Super Rink (National Sports Center Schwann's) – 1700 105<sup>th</sup> Avenue NE, Blaine**

35W north, exit onto US-10 west, exit onto Hwy 65 north (Central Ave) and turn right onto 105<sup>th</sup> Ave. The rink will be on your right side.

**Totino Grace High School – 1315 Gardena Avenue NE, Fridley**

Silver Lake Road north to 16<sup>th</sup> St NW and turn left. 16<sup>th</sup> Street become Gardena and the school will be on the left.

**Trinity School at River Ridge – 2300 East 88<sup>th</sup> Street, Bloomington**

35W south, exit onto MN-62 east. Then take the MN-77 south exit and then exit onto Old Shakopee Road and turn left. Turn right on 88<sup>th</sup> Street east and the school will be on the left.

**Visitation School – 2455 Visitation Drive, Mendota Heights**

35W south, merge onto Hiawatha Ave/MN-55E and then onto MN-55E. Turn left onto Mendota Heights road, turn left onto Visitation Drive.

**West Lutheran High School – 3350 Harbor Lane North, Plymouth**

694 west and merge onto 494 south. Merge onto Olson Memorial Hwy (MN-55). Turn right onto Fernbrook Lane and turn left onto Harbor Lane north and the school will be on the right.

**Zimmerman High School – 25900 4<sup>th</sup> Street, Zimmerman**

35W north, exit onto US-10 west to Hwy 169 north. Turn left onto Fremont Ave. Turn left onto 128<sup>th</sup> St and the school will be on the right.

**St. Anthony Village High School Athletics Office**

Troy Urdahl, Activities Director – 612-706-1105

High School Office – 612-706-1100

Athletics Fax – 612-706-1140

Sports Hotline – 612-706-1025

FOR THE MOST UP-TO-DATE SCHEDULES:

[www.trimetro.org](http://www.trimetro.org)

and click on St. Anthony Village High School (member schools)