



# **FREDERIC EXTRA CURRICULAR MEETING**

**July 28th 2025**

# 2024-2025 Achievements

- Sent individuals/relay teams to state in Cross Country and Track/Field with the Girls 4x200 earning 2nd place in Division 3.
- The Boys Wrestling team won the Conference championship.
- Boys Basketball reached the regional championship game (first time since 2015).
- Baseball won their most games since 2012. 2nd most in the co-op history.
- Boys Golf won the Conference Tournament.
- Implementation of Scoreboard in Gym
- Weekly Meat Raffle at the Friendly
- New Portable AED- through WIAA Grant

# FALL COACHES

- **Head HS Football: Henry Fitzpatrick**
  - **HS Assistant Football: Josh Fredericks, Ryan Strenke, Chris Bartlett, Lars Erickson**
  - **MS Football: Rick Anderson and Ryan Schmidt**
- **HS Volleyball: Rob Lillehaug**
  - **HS Assistant Volleyball: Briena Jensen**
  - **MS Volleyball: Cassie McKenzie and Hannah Ovik**
- **HS Cross Country: Marcus Cornelius**
  - **HS/MS Assistant Cross Country: Leah Tesch**
- **MS Cross Country: Tamara Johnson**
- **Girls Golf (Co-op w/ Luck and Unity: Dave Hill**

# **WINTER COACHES**

- **Head HS Boys Basketball: Joe Draxler**
  - **Assistant HS Boys Basketball: Trent Kuechenmeister, John Anderson and Michael Tesch**
  - **MS Boys Basketball: Kyle Olson and Josh Moreau**
- **Head HS Girls Basketball: Johanna Stieber**
  - **Assistant HS Girls Basketball: Nick Skow**
  - **MS Girls Basketball: Dawn Owens**

# **WINTER COACHES (Co-op Sports)**

- **Boys Hockey (WSFLG): Robert Drake**
  - **Assistant Hockey: Matt Daniels**
- **Wrestling (LFGS): Tristen Brewer**
  - **Assistant Wrestling: Chris Bartlett**
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- **MS Wrestling (LFGS): Ryan Karsten**

# **HS SPRING COACHES (Co-Op Sports)**

- **Head Track (Co-op w/ Luck): Zach Anderson**
  - **Assistant Track: Al Tomlinson, Jeff Brenizer, and Nicole Richter**
- **Head Softball (Co-op w/ Luck):**
  - **Assistant Softball: Nikki Carter**
- **Head Baseball (Co-op w/ Luck): Tony Carter**
  - **Assistant Baseball: Jeremy Jensen, Trent Buck, Travis Pilz**
- **Boys Golf (Co-op w/ Luck):**

# **MS SPRING/SUMMER COACHES**

- **Middle School Track (Spring)– Leah Tesch**
- **Middle School Baseball (Summer) –**
- **Middle School Softball (Summer) – Karli Bartlett and Ashley Schmidt**

# KEY PARTNERSHIPS

- Youth Sports Unlimited
- WINGS
- Inter-County Leader
- Booster Club
- St. Croix Health/Concussion Management
- Sunday Meat Raffle at the Friendly



# ACADEMIC ELIGIBILITY GUIDELINES

- Eligibility will be assessed every three weeks during each trimester of the school year.
- Eligibility for fall sports shall depend on the grades earned in trimester 3 of the previous academic year. 8th grade students are considered academically eligible unless otherwise determined by an administrator.
- Eligibility for winter sports will be based on Trimester 1 and Trimester 2(if applicable).
- Eligibility for spring sports will be based on Trimester 2 and Trimester 3(if applicable).
- Students who are under academic suspension are allowed to practice/travel/dress in uniform at the discretion and approval of administration.
- Students are responsible for any school work missed due to extracurricular activities. They are expected to make every effort to contact the instructor prior to the absence.

# ACADEMIC ELIGIBILITY CONSEQUENCES & PROCEDURES

- **One Failing Class**- Student will be ineligible for **10%** of the total games scheduled for that sport season. The individual must attend all practices and games and will be unable to dress in uniform for competitions. After the violation is served, the student must be passing all classes to regain eligibility.
- **Two Failing Classes**- Student will be ineligible for one-third of the maximum number of games/activities/meets. After the violation is served, the student must be passing all classes to regain eligibility.

# ACADEMIC ELIGIBILITY CONSEQUENCES & PROCEDURES

- **Two Failing Classes for FALL ATHLETICS:** Per the WIAA, when the earliest allowed competition/ performance takes place before the first day of classes, the rule will read as follows: The minimum ineligibility period shall be the lesser of (1) 21 days beginning with the date of the earliest allowed competition or (2) one-third of the maximum number of games/activities/meets allowed in that sport/activity as determined by the WIAA (rounded up if one-third results in a fraction).
- **C. Three or More Failing Classes(end of trimester)-** Student will be ineligible for the **next grading trimester**. The individual must attend all practices and games and will be unable to dress in uniform for competitions. After the violation is served, the student must be passing all classes to regain eligibility.

# ACADEMIC ELIGIBILITY CONSEQUENCES & PROCEDURES

- Grade checks are completed every three weeks. Student will be informed of failing grades on a Monday and suspension will begin on 3:00 p.m. on Friday of that same week if the student-athlete does not raise their grade.
- The coach will not allow the athlete to participate in competitions until they have received an academic reinstatement form to be filled out by the athlete and turned into the athletic director

# ATTENDANCE ELIGIBILITY

- A student must be present by 8:05 a.m. of the school day to participate in practice or a scheduled contest on that day unless approved by an administrator.
- If an athlete is marked for an unexcused absence during the school day at any time, then they are unable to participate in practice or attend scheduled contests.
- Attendance for student athletes at practices and games is mandatory, with the exception of injury or illness, or with the specific consent of the coach or advisor. Consequences will be determined by specific coaches and advisors.
- Students serving an in- or out-of-school suspension may not participate or attend practices, games, or events during the suspension and until they have resumed attending classes after completion of the suspension.

# PARENT CONCERNS

If parents have a concern to discuss with a coach the procedure you should follow:

1. Call the coach to set up an appointment.
2. If the coach can not be reached, contact the **Athletic Director**.
3. It is never appropriate for parents to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
  - The Next Step a parent can do if the meeting with the coach does not provide a satisfactory resolution.
  - Call and set up an appointment with the **Athletic Director** to discuss the situation.
  - Please begin with the coach and then work your way up to administrative channels only if you feel resolution hasn't been met by the **Coach** and/or **Athletic Director**. If you start at the top, they'll come right to me as **Athletic Director** and I appreciate having the chance to help create resolution.
  - Also note, that is never appropriate for a **Coach** or **Parent** to discuss athletes that are not the child of the concerned parent in these situations.

# COACHES

- **We believe the primary goal of our athletic programs is to provide valuable learning opportunities.**
- **At the MS level, coaches are to work on encouraging participation, developing basic skills, getting the athletes to better understand the game and trying to prepare each athlete for the next level of competition. All kids will play at this level but playing time is not necessarily equal.**
- **At the JV level, the main focus should be to develop players for the varsity level by working on the skills and knowledge they will need to be successful at the varsity level.**
- **The ultimate goal of a varsity team is to be competitive and give our program the best opportunity to win. Playing time is not guaranteed at the varsity level.**
- **Athletes will be encouraged by all coaches to be multiple sport athletes and coaches will be expected to support one another in all efforts to coordinate program development.**

# **NAME, IMAGE AND LIKENESS (NIL)**

The WIAA voted to approve name, image, and likeness (NIL) for high school athletes in Wisconsin. NIL went into effect at the end of May 2025. This means student-athletes can now engage in endorsement deals, appearances, etc. with specific restrictions. NIL for high school athletes in Wisconsin is very different from the NCAA.



# NAME, IMAGE AND LIKENESS (NIL) RESTRICTIONS

1. Student-athlete **cannot appear in a school uniform** or anything that shows their high school, conference, or the WIAA logo.
2. Student-athletes **cannot promote the following items:** gambling, alcohol, tobacco, cannabis, or related products, banned or illegal substances, adult entertainment products, or weapons of any kind.
3. Compensation **cannot be tied to athletic performance** or achievement.
4. Compensation **cannot be provided by the school** or persons associated with the school.
5. NIL activities **must not interfere with** a student-athlete's **academic obligations**.
6. NIL activities **must not interfere with** a student-athlete's **team obligations** such as practices and games.
7. A student-athlete **cannot utilize representation or contract an agent**. High Schools or their employees are not allowed to help facilitate deals for student-athletes.

# **NAME, IMAGE AND LIKENESS (NIL)**

If you, as an athlete or a parent of an athlete, are approached by someone about an NIL deal, please contact your coach and the Athletic Director before finalizing any type of deal. It is the job of the Athletic Director, to make sure all students comply with the WIAA and the new NIL regulations.

# Concussion and Head Injury Information

## What Is a Concussion?

A concussion is a type of head (brain) injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Consequences of severe brain injury (including concussion) include problems with thinking, memory, learning, coordination, balance, speech, hearing, vision, and emotional changes.

# **These are some SIGNS of concussion (what others can see in an injured athlete):**

- o Dazed or stunned appearance**
- o Unsure of score, game, opponent**
- o Clumsy**
- o Answers more slowly than usual**
- o Shows behavior or personality changes**
- o Loss of consciousness (even briefly)**
- o Repeats questions**
- o Forgets class schedule or assignments**

# **These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):**

- o Headache**
- o Nausea or vomiting**
- o Dizzy or unsteady**
- o Sensitive to light or noise or blurry vision**
- o Difficulty thinking clearly, concentrating, or remembering**
- o Irritable, sad, or feeling more emotional than usual**
- o Sleeps more or less than usual**

# Suspected Concussion...

Children and teens with a suspected concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it is **OK** to return to play. This means, until permitted, not returning to:

- o Physical Education (PE) class
- o Sports practices or games
- o Physical activity at recess

# **Suspected Concussion cont...**

**If you or your child or teen has signs or symptoms of a concussion  
Seek medical attention right away.**

**A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe to return to normal activities, including physical activity and school (concentration and learning activities).**

**After a concussion, the brain needs time to heal. Activities may need to be limited while recovering. This includes exercise and activities that involve a lot of concentration.**

# Sudden Cardiac Arrest Information

Sudden cardiac arrest (SCA), while rare, is the leading cause of death in young athletes while training or participating in sport competition.

Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at younger than age 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. Athletes should inform the healthcare provider performing their physical examination about their family's heart history.



# What is Sudden Cardiac Arrest?

Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs. Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes. Cardiac arrest is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest the heart stops beating.

# **What warning signs during exercise should athletes/coaches/parents watch out for?**

- o Fainting/blackouts (especially during exercise)
  - o Dizziness
  - o Unusual fatigue/weakness
  - o Chest pain/tightness with exertion o Shortness of breath
  - o Nausea/vomiting o Palpitations (heart is beating unusually fast or skipping beats)
- Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest.**

# Communicate!

**Speak up and tell a coach and parent/guardian if you notice problems when exercising. If an athlete has any warning signs of SCA while exercising, they should seek medical attention and evaluation from a healthcare provider before returning to a game or practice. The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.**

# ELIGIBILITY CHECKLIST

- Be sure to have the following signed off on
  - 1.** Physical/alternate year card
  - 2.** WIAA form (high school only)
  - 3.** Extra Curricular Code
  - 4.** Emergency Contact Form
  - 5.** Concussion Form
- Athletic Fee \$20 per sport/\$50 Family maximum

# WAYS TO BE SUPPORTIVE!!!

- Parent support is always appreciated and can happen in many ways!
- Trust that all coaches care about every athlete and want to see your child succeed as much as you do. Please support your child in putting forth their best effort, staying positive, and having discussions with their coaches themselves as well!
- Talk to your child's coaches and ask if there are any needs! Athletes love team meals and team building activities and all help with these goes a long way toward team and community development!
- Talk to the Booster Club! Our Boosters work hard and value help and great ideas!
- Most sports are in need of Officials (Varsity, JV, and Middle school levels) [www.wiaawi.org](http://www.wiaawi.org)
- Volunteers do have to be approved by the Athletic Director and School Board!
- Seek out the Athletic Director! Please feel free to talk to me about ideas you have to help and support our athletes!

# SPORTSYOU APP

- We will utilize the sportsYou app for all our athletic programs moving forward.
- Biggest additions are built in calendars, no limit on characters in messages and ability to schedule events out for the season better than when using Remind.
- Fall sports codes are on the info sheets given out. Please contact a coach if you need help accessing a team's page.

# FALL SPORTS START DATES

HS Football August 5th

HS Girls Golf August 11th

HS Volleyball August 18th

MS/HS Cross Country August 18th

MS Football August 18th

MS Volleyball August 25th

# **THANK YOU!!!**

Thank you for all your support of  
**FREDERIC ATHLETICS!**

If you have any questions contact me at...  
[draxlerj@frederic.k12.wi.us](mailto:draxlerj@frederic.k12.wi.us) or call 715-327-4223