

# 2023-2024 Pulaski High School Athletic Code/Informational Meeting

The Nuts and Bolts...



# Red Raider Athletics Mission Statement:

To impact the lives of our athletes by building a passion for excellence, emphasizing development of body, mind, and spirit by using the universal language of competition.

#RaiderStrong



**We are ALL in this together**

**#RaiderStrong**



# Who's who in PHS Athletics...



Janel Batten  
Pulaski Athletic Director  
jmbatten@pulaskischools.org



Jenny Olson  
Administrative Assistant  
jolson@pulaskischools.org



Melissa Gering, LAT  
Athletic Trainer  
magering@pulaskischools.org




Paul Ford  
PCMS Athletic Director  
paford@pulaskischools.org



#RaiderStrong



# Who's who in PHS Athletics... Head Coaches/Sports Page



PULASKI COMMUNITY  
SCHOOL DISTRICT

**High School Athletics**

- Official Red Raider Apparel
- Athletic Schedules
- Forms & Documents (REGISTER FOR ATHLETICS)
- Directions - Home/Away Games
- Links & Resources
- Athletic Boosters
- Red Raider Field of Dreams
- Prevea Sports Medicine
- PHS Build a Better Raider Program

**School News**

PHS Student Item Pick-Up and District Resource Return Plan

5-20-20 Message to Class of 2020 - Virtual Graduation Program Deadline

2020-2021 PHS Annual Mandatory

News

Events

Staff Directory

Employment

Quick Links

Online Apparel


Our District

Our Schools

Our Community

Why Choose Us

Home / Pulaski High School / High School Athletics / Home



**Fall Sports (F)**

- Cross Country
- Football
- Girls' Golf
- Girls' Swimming
- Girls' Tennis
- Girls' Volleyball
- Boys' Soccer

**Winter Sports (W)**

- Girls' Basketball
- Boys' Basketball
- Boys' Swimming
- Wrestling
- Boys Hockey
- Girls Hockey

**Spring Sports (S)**

- Boys' Baseball
- Boys' Golf
- Boys' Tennis
- Girls' Softball
- Girls' Soccer
- Track & Field

**Fall/Winter (Y)**

- Dance

#RaiderStrong

Parents sometimes have the toughest job...



Parents: Child's first coach...

A Sports

Parent's job:

Love, Support, Listen,  
Enjoy, Encourage, and  
Never Make Your Child's  
Performance the Focus  
of Your Love.

RAISING CHAMPION  
FAMILIES



# The Purpose of High School Sports...it's about the KIDS.





# Sportsmanship

Sometimes you **WIN**,  
Sometimes you *Learn...*

**BUT ALWAYS BE A  
GOOD SPORT!**



ETHICS • INTEGRITY • CHARACTER • CITIZENSHIP • SPORTSMANSHIP



# The Purpose of High School Sports/ Life Skills/ Expectations

teamwork, perseverance, responsibility, physical endurance, commitment, time management, and personal and emotional health

- Commitment involves dedicating yourself to something, like a person or a cause. A *commitment* OBLIGATES you to do something.
- Team: Together Everyone Achieves More
  - Change the “Me” to “We”...what’s in the best interest of the team, how can I help the team be successful
  - Teamwork is essential for success in life!
- Attitude and Leadership
  - In Classroom/Out of Classroom
  - On Field/Off Field

What it means to be a Pulaski Red Raider: Respect, Honesty, Wisdom, Fortitude, & Humility



# The Communication Chain

**Level Three:** Player, Coach, Parents, AD

**Level Two:** Player, Coach, Parents

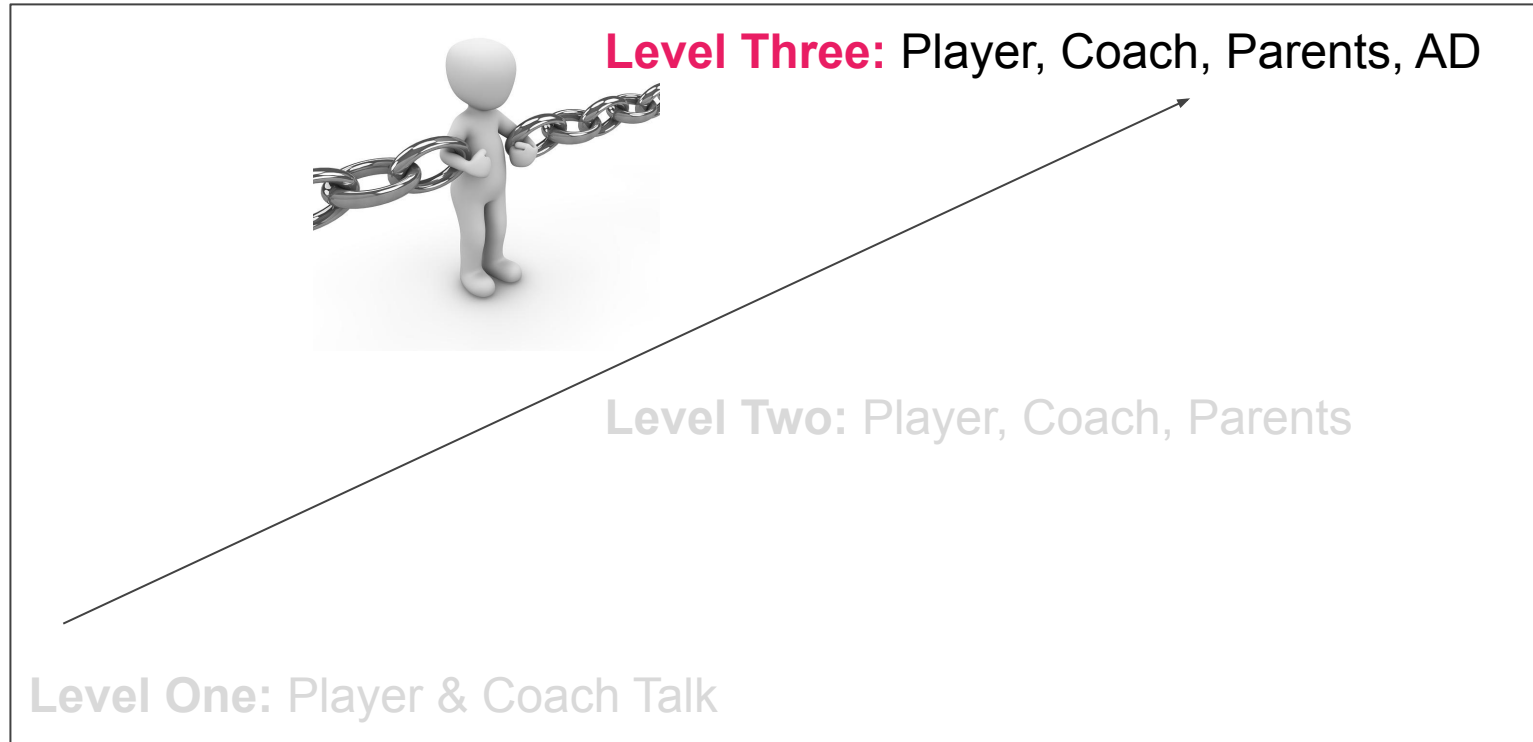
**Level One:** Player & Coach Talk



# The Communication Chain



# The Communication Chain



# Supportive Role

- Supportive Behavior in Stands
  - Keep it positive
  - Impact on your own child and the team
- Communication with Coaches
  - Athlete/Coach is first
  - 24 hour rule...
- Ask Your Athlete
- Raider Way: Not only for athletes, but **Parents** and **Coaches** as well

FOUNDED ON **TRADITION** AND **PRIDE**, FOCUSED ON **EXCELLENCE**

#RaiderStrong



# Pulaski Pride: How to get involved...

#RaiderStrong



# Be an Active Booster!



Navigation: News Events Staff Directory Employment Quick Links Online Apparel

Our District Departments Our Schools Our Community Why Choose Us

Home / Pulaski High School / High School Athletics / Home

## High School Athletics

- Official Red Raider Apparel
- Athletic Schedules
- Forms & Documents (REGISTER FOR ATHLETICS)
- Directions - Home/Away Games
- Links & Resources
- Red Raider Sports Booster Club**
- Red Raider Field of Dreams
- Prevea Sports Medicine
- PHS Build a Better Raider Program
- PHS Athletic Passes
- Covid-19 Protocol
- PHS Travel Release Form
- Fitness Center



### Fall Sports (F)

- Cross Country
- Football
- Girls' Golf
- Girls' Swimming
- Girls' Tennis
- Girls' Volleyball
- Boys' Soccer

### Winter Sports (W)

- Girls' Basketball
- Boys' Basketball
- Boys' Swimming
- Wrestling
- Boys Hockey
- Girls Hockey

### Spring Sports (S)

- Boys' Baseball
- Boys' Golf
- Boys' Tennis
- Girls' Softball
- Girls' Soccer
- Track & Field

### Fall/Winter (Y)

- Dance

#RaiderStrong





Actually do something...



#RaiderStrongVolunteer



Each year the RRSBC Supports PHS Athletics and student athletes by giving back a minimum of \$23,000 in needs and wants. Here are just some of the things that the RRSBC has supplemented the PHS Athletic Department with this year alone...

- HUDL camera access and support at nearly \$11,000 annually
- Equipment for each sport at a total of \$15,000 annually
- The RRSBC recently matched PCSD funds to afford a Fitness Center makeover totaling \$60,000 in upgrades to dumbbells, bumper plates, bands, and other necessary items for all of our student athletes.

THANK YOU TO ALL OF OUR RED RAIDER BOOSTERS!

#RaiderStrong



# Contact a RRSBC Officer to Learn About Open Positions

## OFFICERS

### RRSBC Co-Presidents:

Katie Wotruba

Phone: 920.609.1247

Email: [kwotruba@hotmail.com](mailto:kwotruba@hotmail.com)

Term Sept 2022-August 2024

Trista Dauk

Phone: 920.676.8933

Email: [tdauk@netnet.net](mailto:tdauk@netnet.net)

Term Sept 2022-August 2024

### Vice President:

Laura Ambrosius

Phone: 920.680.8121

Email: [rowelllaura84@yahoo.com](mailto:rowelllaura84@yahoo.com)

Term: Sept 2021 - August 2023

### Concessions Coordinator:

Amy Fischer

Phone: 920.373.0671

Email:

Term Sept 2021 - August 2023

### Treasurer:

Sam Rankin

Phone: 920.660.9132

Email: [srankin714@gmail.com](mailto:srankin714@gmail.com)

Term SEPT 2022- AUG 2024

### Secretary:

Angela Krueger

Phone: 920.819.0019

Email: [angkrueger@gmail.com](mailto:angkrueger@gmail.com)

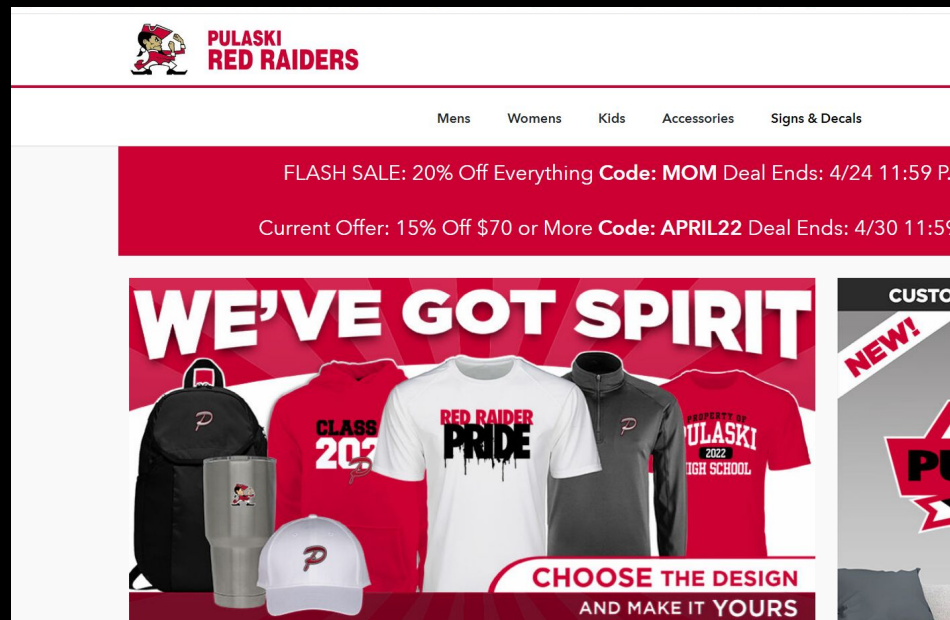
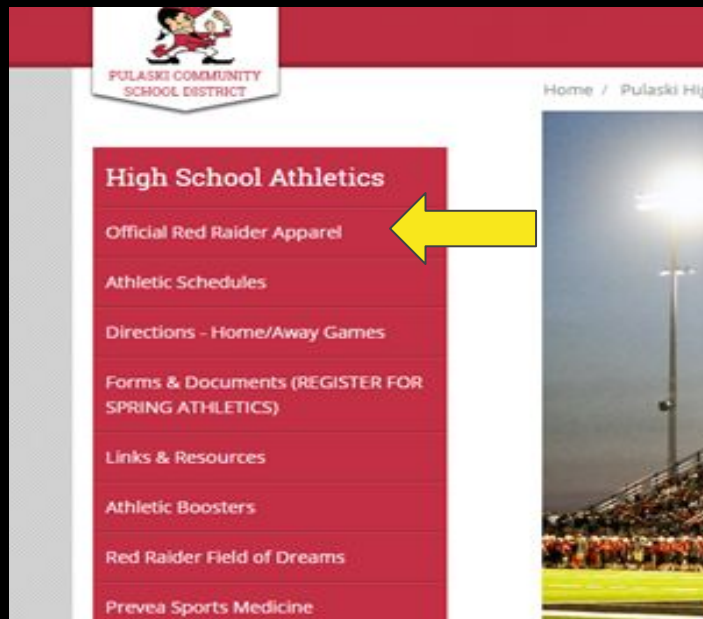
Term: September 2022 - August 2024



#RaiderStrong



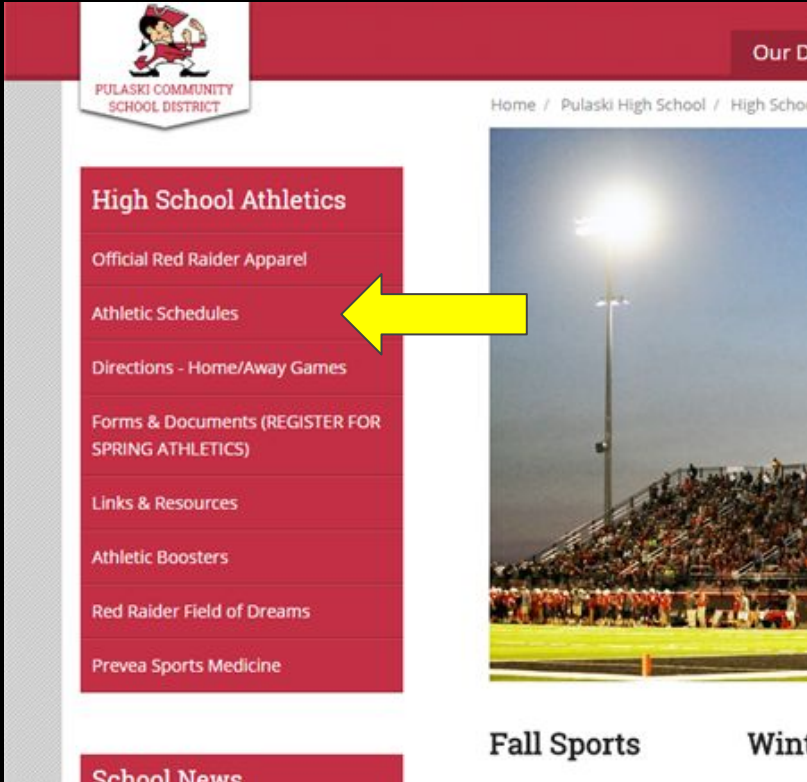
# Support the Red Raiders with Swag!



#RaiderStrong



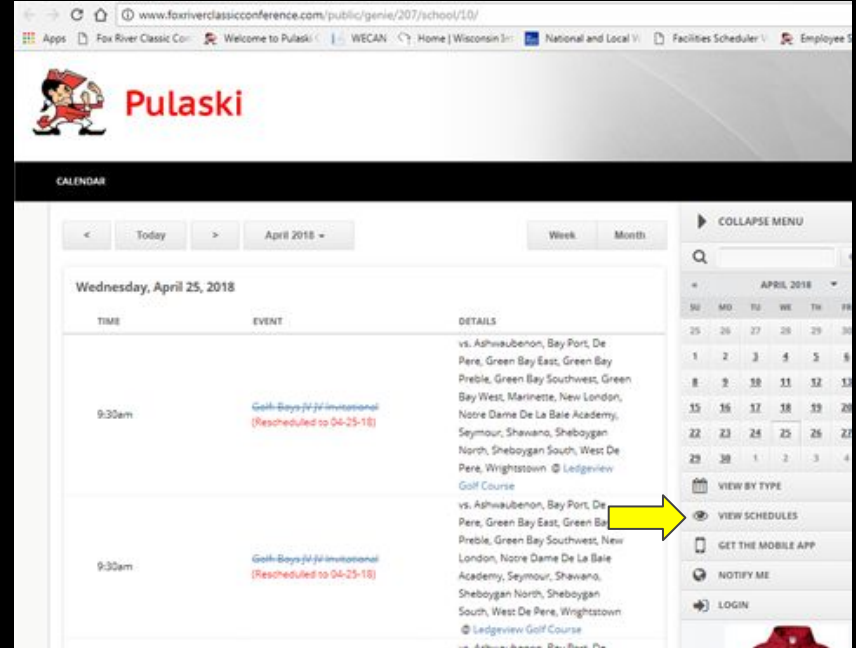
# Attend Events: [PHS Athletic Schedules](#)



The screenshot shows the Pulaski Community School District website. The navigation menu on the left includes the following items:

- High School Athletics
- Official Red Raider Apparel
- Athletic Schedules
- Directions - Home/Away Games
- Forms & Documents (REGISTER FOR SPRING ATHLETICS)
- Links & Resources
- Athletic Boosters
- Red Raider Field of Dreams
- Prevea Sports Medicine

A yellow arrow points to the "Athletic Schedules" link. The main content area features a large image of a football field at night with stadium lights and a crowd in the stands. The text "Fall Sports" and "Winter Sports" is visible at the bottom of the image.



The screenshot shows the Fox River Classic Conference website. The header includes the Pulaski logo and the text "Pulaski". The main content area displays the calendar for Wednesday, April 25, 2018. The schedule is organized into a table with columns for Time, Event, and Details.

TIME	EVENT	DETAILS
9:30am	Gosh-Boys JV JV Invitational (Rescheduled to 04-25-18)	vs. Ashwaubenon, Bay Port, De Pere, Green Bay East, Green Bay Preble, Green Bay Southwest, Green Bay West, Marinette, New London, Notre Dame De La Salle Academy, Seymour, Shawano, Sheboygan North, Sheboygan South, West De Pere, Wrightstown @ Ledgeview Golf Course
9:30am	Gosh-Boys JV JV Invitational (Rescheduled to 04-25-18)	vs. Ashwaubenon, Bay Port, De Pere, Green Bay East, Green Bay Preble, Green Bay Southwest, New London, Notre Dame De La Salle Academy, Seymour, Shawano, Sheboygan North, Sheboygan South, West De Pere, Wrightstown @ Ledgeview Golf Course

A yellow arrow points to the "VIEW SCHEDULES" link in the right sidebar. The sidebar also includes links for "GET THE MOBILE APP", "NOTIFY ME", and "LOGIN".

#RaiderStrong



# Become an Official... visit <https://www.wiaawi.org/Officials/Become-an-Official>



*Stay in the game!*  
**Become a licensed  
WIAA Official!**

**High School Students can  
become licensed officials for *free!***



**[www.wiaawi.org/Officials](https://www.wiaawi.org/Officials)**

## WANTED: WIAA SPORTS OFFICIALS



Become a licensed Wisconsin Interscholastic Athletic Association Official in any of the following sports:

### FALL SPORTS

Cross Country  
Football  
Volleyball  
Swimming (Girls)  
Soccer (Boys)

### WINTER SPORTS

Basketball  
Wrestling  
Gymnastics  
Swimming (Boys)  
Hockey

### SPRING SPORTS

Track & Field  
Softball  
Baseball  
Soccer (Girls)

The challenge of officiating can provide some great personal rewards. As an official you must make instantaneous decisions, resolve conflicts and deal with stress and pressure. You are in a position to be a positive role model around children and young adults.

**For INFORMATION on how to become a licensed WIAA official  
in any of the sports listed above visit the WIAA website...**

**[WWW.WIAAWI.ORG](https://www.wiaawi.org)**

### **Are you a current or former member of the Armed Services?**

The WIAA is offering individuals that have served or are still serving in the Armed Forces the opportunity to license as a WIAA sport official by waiving the basic licensing fee and the sport fee for two years. This offer is extended to those individuals that are licensing as a WIAA sport official for the first time or renewing their license for their second year.

### **Are you a high school student interested in becoming an official?**

Individuals in high school may apply for licensing and officiate contests up to and including the 9th grade level. High school students, classified as Limited/Restricted (L/R), are allowed to officiate subvarsity contests in all sports except hockey as long as they are assigned with a fully licensed, non-high school official. High school student officials are also able to be assigned as lines people for varsity contest in soccer. After two years experience as a L/R official there is opportunity for advancement to L2 upon graduation.



Connect With Us

#RaiderStrong







# #RaiderStrong







Pulaski High School Athletics



pulaski\_high\_school\_athletics



# Athletics Are A Privilege

#RaiderStrong



# The Co-Curricular Code of Conduct

## Pulaski Community School District Code of Conduct for Co-Curricular Activities



#RaiderStrong

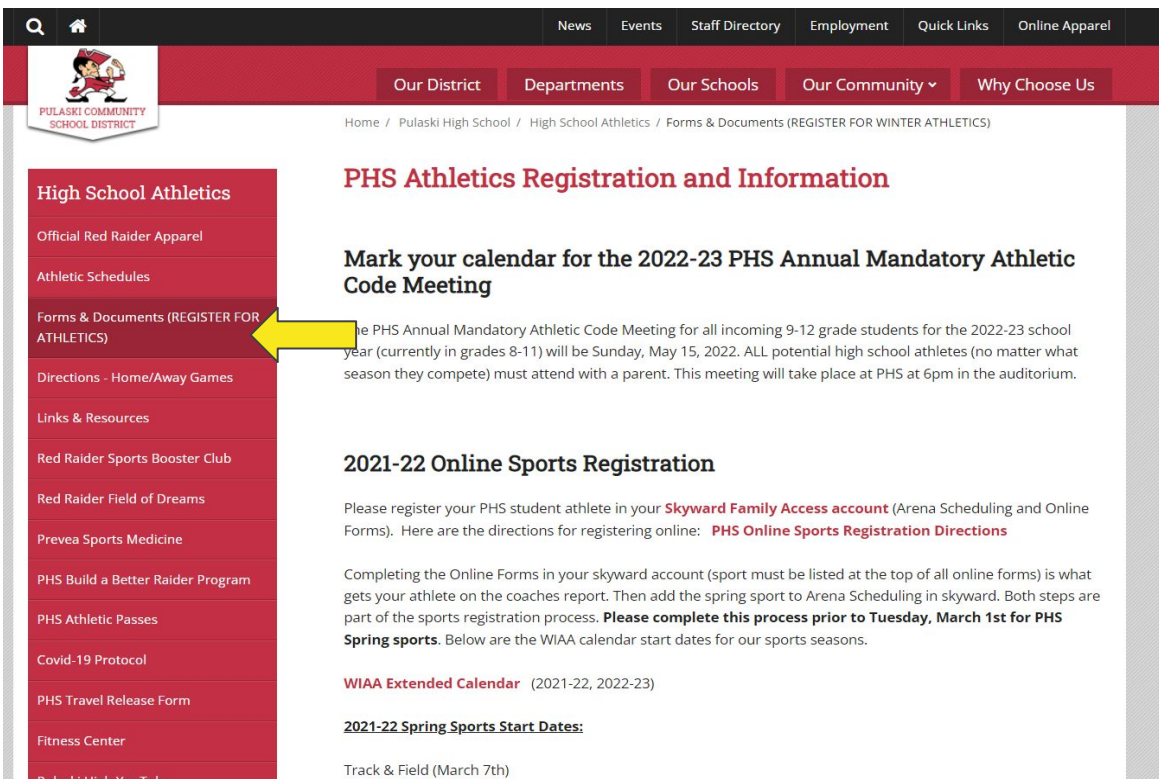


# The “Must Haves”

#RaiderStrong



# PHS Athletic Page: Forms & Documents/Online Registration



The screenshot shows the PHS Athletics website. The top navigation bar includes links for News, Events, Staff Directory, Employment, Quick Links, and Online Apparel. Below this is a red header with a search icon and a home icon. The main content area is titled "PHS Athletics Registration and Information". A yellow arrow points to the "Forms & Documents (REGISTER FOR ATHLETICS)" link in the left sidebar. The main content area contains the following text:

**PHS Athletics Registration and Information**

**Mark your calendar for the 2022-23 PHS Annual Mandatory Athletic Code Meeting**

The PHS Annual Mandatory Athletic Code Meeting for all incoming 9-12 grade students for the 2022-23 school year (currently in grades 8-11) will be Sunday, May 15, 2022. ALL potential high school athletes (no matter what season they compete) must attend with a parent. This meeting will take place at PHS at 6pm in the auditorium.

**2021-22 Online Sports Registration**

Please register your PHS student athlete in your **Skyward Family Access account** (Arena Scheduling and Online Forms). Here are the directions for registering online: **PHS Online Sports Registration Directions**

Completing the Online Forms in your skyward account (sport must be listed at the top of all online forms) is what gets your athlete on the coaches report. Then add the spring sport to Arena Scheduling in skyward. Both steps are part of the sports registration process. **Please complete this process prior to Tuesday, March 1st for PHS Spring sports.** Below are the WIAA calendar start dates for our sports seasons.

**WIAA Extended Calendar** (2021-22, 2022-23)

**2021-22 Spring Sports Start Dates:**

Track & Field (March 7th)

#RaiderStrong



# How to Register **EACH** season...

Click [here](#) for step by step written instructions.

Make sure to list the sport on the top of each of the online forms.

**High School Athletics - Concussion Form**

\* Sport Participating In?

**Student Acknowledgment**

**Pulaski High School Athletic Information Card**

THIS FORM MUST BE FILED EVERY YEAR BEFORE PARTICIPATION CAN BEGIN IN ANY ATHLETIC PROGRAM  
A physical examination is required every two years and must be on file in the athletic office.  
[Check Date / Physical Exam Form](#)

Student Name: BRYNN A SCHOENING Grade: 10 Gender:

\* Sport Participating In?

**Co-Curricular Student and Parental Agreement**

Student Name: BRYNN A SCHOENING Grade: 10 Date of Birth: 04/23/2002

\* Sport Participating In?

Parent Initials:  Student Initials:

WAA HIGH SCHOOL ATHLETIC ELIGIBILITY INFORMATION BULLETIN: I have read the WAA Bulletin

#RaiderStrong



# How to Register **EACH** season...



#RaiderStrong



# All students should have adequate insurance coverage.

All students should have adequate insurance coverage. Your initials signify that you have adequate insurance or will assume the cost of any injuries incurred in participation. Student Assurance Services makes available an insurance plan that is designed to partially cover the cost of medical treatment. For insurance details and costs, view the: [Insurance Brochure \(English\)](#) | [Insurance Brochure \(Spanish\)](#) in your skyward account under Co-Curricular Student and Parent Agreement form.

Co-Curricular Student and Parental Agreement			
Student Name: BRYNN A SCHOENING		Grade: 10	Date of Birth: 04/23/2002
* Sport Participating In? <span>Girls Swimming</span> <span></span> <span></span>			
Parent Initials	Student Initials		
<input type="checkbox"/> JS	<input type="checkbox"/> BS	<b>WIAA HIGH SCHOOL ATHLETIC ELIGIBILITY INFORMATION BULLETIN:</b> I have read the WIAA Bulletin distributed at the Training Rules Meeting and agree to abide by the rules and information found therein. I will contact the Athletic Director with questions or concerns. View the Form: <a href="#">WIAA Athletic Eligibility</a>	
<input type="checkbox"/> JS	<input type="checkbox"/> BS	<b>No athlete will be allowed to practice or participate in a contest</b> if he/she has not been in attendance 3 consecutive hours of any school day because of illness or unexcused absence.	
<input type="checkbox"/>	<input type="checkbox"/>	<b>Notice and Consent Statement:</b> We understand that participation in school sponsored extra-curricular activities is a privilege and that all such participation is voluntary. We are aware that playing or practicing to play/participate in any extra-curricular activity can be dangerous, involving <b>MANY RISKS OF INJURY</b> . We understand that some risk is assumed by the participant as a matter of participating. Because of the dangers or participating in such activities, We recognize the importance of following the coach's/advisor's instructions regarding playing techniques, training and other rules, etc., and agree to obey such instructions.	
<input type="checkbox"/>	<input type="checkbox"/>	<b>We have read the Notice and Consent Statement</b> , we are aware of the risks in extra-curricular participation, and we give consent for my son/daughter to participate in extra-curricular activities sponsored by the school.	
<input type="checkbox"/> JS	<input type="checkbox"/> BS	All students should have adequate insurance coverage. Your initials signify that you have adequate insurance or will assume the cost of any injuries incurred in participation. Student Assurance Services makes available an insurance plan that is designed to partially cover the cost of medical treatment. For insurance details and costs, view the: <a href="#">Insurance Brochure (English)</a>   <a href="#">Insurance Brochure (Spanish)</a>	
<input type="checkbox"/> JS	<input type="checkbox"/> BS	Equipment issued to an athlete is the property of the Pulaski School District and may not be purchased. If equipment is lost or not returned at the end of the season, the student-athlete will be responsible for the replacement cost of the item(s) before any post-season awards are given.	

#RaiderStrong





# PHS Athletic Page: Travel Release Form

PHS Athletic Page: Travel Release Form

Home / Pulaski High School / High School Athletics / Home

High School Athletics

- Official Red Raider Apparel
- Athletic Schedules
- Forms & Documents (REGISTER FOR ATHLETICS)
- Directions - Home/Away Games
- Links & Resources
- Red Raider Sports Booster Club
- Red Raider Field of Dreams
- Prevea Sports Medicine
- PHS Build a Better Raider Program
- PHS Athletic Passes
- Covid-19 Protocol
- PHS Travel Release Form**
- Fitness Center

Fall Sports (F)

- Cross Country
- Football
- Girls' Golf
- Girls' Swimming
- Girls' Tennis
- Girls' Volleyball

Winter Sports (W)

- Girls' Basketball
- Boys' Basketball
- Boys' Swimming
- Wrestling
- Boys Hockey

Spring Sports (S)

- Boys' Baseball
- Boys' Golf
- Boys' Tennis
- Girls' Softball
- Girls' Soccer
- Track & Field

Fall/W

• Dan

4/837026/2d9b34b8-ed41-11e6-884f-22000bd8490f/2140591/427a8fda-d8cd-11ea-884b-12194b307769/file/Travel Release form 2020.pdf

## APPENDIX G

### PHS Travel Release Form

Date: \_\_\_\_\_

This is to certify that \_\_\_\_\_ has my permission to not ride the bus  
(Student's Name)

\_\_\_\_\_ the \_\_\_\_\_ on  
(to-from-both) (Name of Sport and Level)

\_\_\_\_\_ at \_\_\_\_\_  
(Date) (Location of Event/Game)

- *Note: Please use the back of this sheet to add more dates and locations if needed. All dates and locations that apply must be listed. Thank you.*

I certify that I am personally transporting the above named student, or have arranged for transportation with \_\_\_\_\_ (an adult, non-student) of my choosing for this student.

The reason for not riding the bus is:

\_\_\_\_\_  
(Reason must be sufficiently urgent to family needs to justify not riding the bus)

I understand that the PHS Athletic Code and District policy requires that students ride the bus to and from all co-curricular events, and a departure from this will release the Pulaski Community School District from all liability for any adverse results that may occur.

I agree to release the Pulaski Community School District and its employees and officers from all liability with reference to the above stated transportation.

*This form must be submitted to the PHS Athletic Office at least 24 hours prior to the dismissal of the school day of the contest. You may email the form to [jtolson@pulaskischools.org](mailto:jtolson@pulaskischools.org). The Coach will be given a copy of this release.*

#RaiderStrong



# Prevea Sports Physical July Event

Pulaski Prevea Sports Physical Dates  
July 2023:

July 19, 2023 3-5pm Pulaski

July 27, 2023 3-5pm Pulaski

To schedule, call 822-5444.

If you have any questions, please reach out to  
Melissa Gering at [Melissa.Gering@prevea.com](mailto:Melissa.Gering@prevea.com).

Cost: \$20 - All proceeds are donated to your  
school's athletic department.

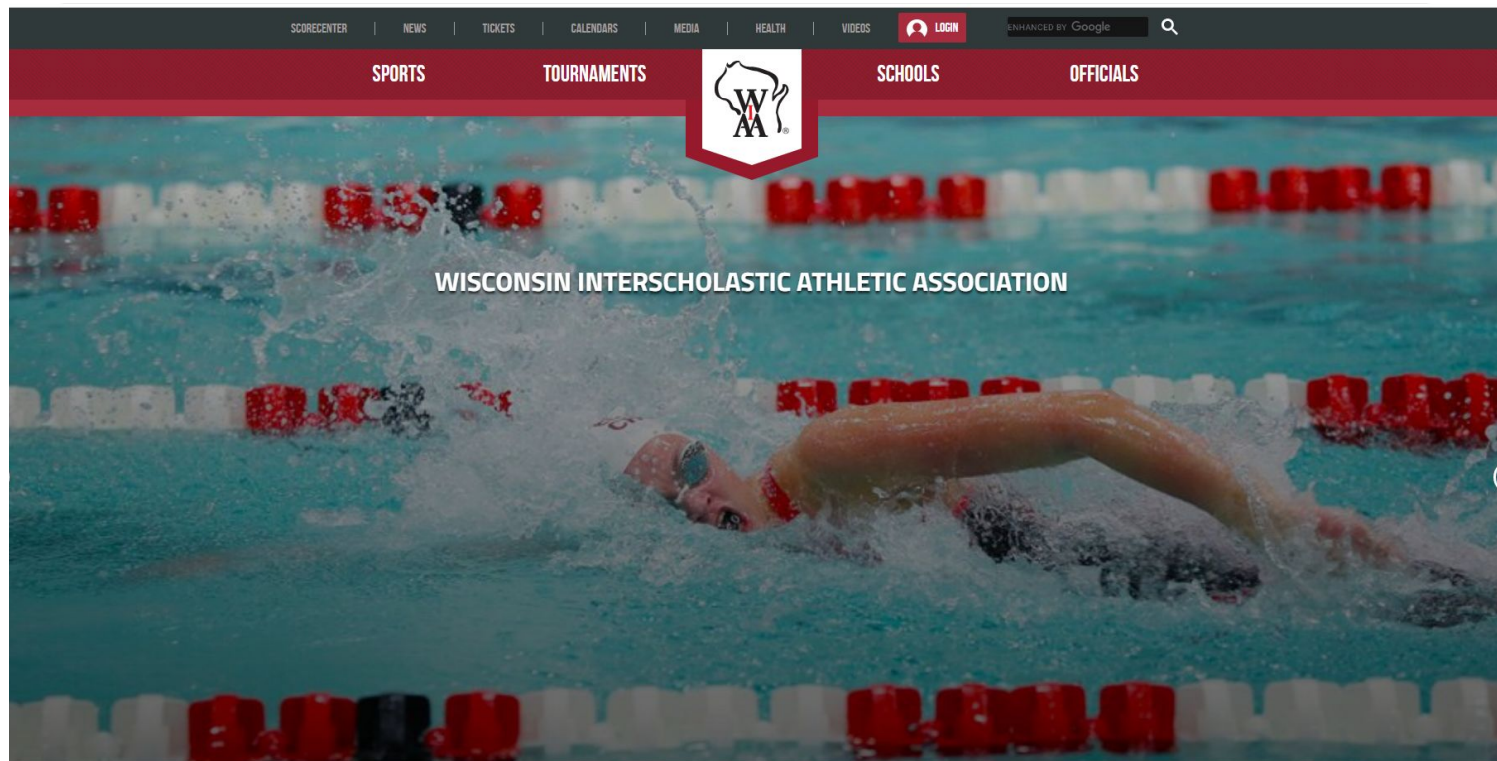
---

#RaiderStrong





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





#RaiderStrong




# WIAA HeadStrong Concussion Insurance

[SCORECENTER](#) | [NEWS](#) | [TICKETS](#) | [CALENDARS](#) | [MEDIA](#) | [HEALTH](#) | [VIDEOS](#) [LOGIN](#) [ENHANCED BY Google](#) [Q](#)

[SPORTS](#) [TOURNAMENTS](#)  [SCHOOLS](#) [OFFICIALS](#)



## CONCUSSION AND SUDDEN CARDIAC ARREST INFORMATION



[HEALTH](#) / [CONCUSSION AND SUDDEN CARDIAC ARREST INFORMATION](#)

[COVID-19 RESOURCES](#)[CONCUSSION AND SUDDEN CARDIAC ARREST INFORMATION](#)[DISORDERED EATING/RELATIVE ENERGY DEFICIENCY IN SPORT](#)

### WHEN IN DOUBT, SIT THEM OUT



# Final Reminders

#RaiderStrong



# PHS Athletic Registration:

## **PHS Fall Sports 2023-24 Athletic Online Registration Will Open Mid-July 2023**

A skylert message will be emailed mid-July when Arena Scheduling and Online Forms are turned on in your **Skyward Family Access** account. **High School Online Athletic Registration Directions** can be found on our website.

PHS coaches will be given a report for the first day of practice of who is eligible based on the online forms completed and a current physical listed in skyward. **Check for Last Athletic Physical date** in your skyward family access. PHS Athlete Physical forms can be dropped off at the PHS Athletics office or faxed to 920-822-6707 Att: PHS Athletics.

Friendly reminder, the one time yearly \$30 sports participation fee is due before the first competition. This fee can be paid online in your skyward family access account or send a check to the PHS Athletics office.

Any questions about the PHS sports registration process, please call the PHS Athletics office at 822-6705.



# PHS Fall Sports start dates:

Please register in your skyward family access account by July 24th.

## 2023-24 Fall Sports Start Dates:

Dance (register by Monday, July 24th)

Football (August 1st)

Girls Golf (August 7th)

Girls Tennis (August 8th)

Girls Swim (August 8th)

Cross Country (August 14th)

Girls Volleyball (August 14th)

Boys Soccer (August 14th)



# Uniforms

## ➤ Uniform

- Uniforms should be returned to the coach after each sports season.
- Thank you for your help with this process.

#RaiderStrong





# Fall Sport Coaches and emails

Auditorium	Football: Jerad Marsh
Fieldhouse (gym)	Boys Soccer: Jeff Schneider
LGI-1	Volleyball: Bethani Thibodeau
LGI-2 (upstairs)	Cross Country: Kim Noe
PLL1	Girls Golf: Sarah Kohls
Room 1413	Girls Tennis: Aaron Sperduto
Room 1415	Girls Swim: Nick Haydon
Library	Dance: Hanna Hedsand

jwmarsh@pulaskischools.org
jrschneider@pulaskischools.org
bathibodea@pulaskischools.org
khnoe@pulaskischools.org
sekohls@pulaskischools.org
aesperduto@pulaskischools.org
njhaydon@pulaskischools.org
hjhedsand@pulaskischools.org

**Please contact your coach directly if you have questions.**

**#RaiderStrong**



# 2023-2024 Pulaski High School May Code Meeting

#WeAreRaiderStrong



# After you have viewed the Athletic Code Meeting:

Then complete the form before August 1st to mark your  
attendance: <https://forms.gle/TkMSYR5Fp5Mcyxzi9>  
Thank you