



2019–20 Activities Report to the School Board

Mankato East High School Activities Department
Mankato West High School Activities Department

April 20, 2020



Strategic Direction E: Developing our staff's capacity, skills and accountability

MANKATO EAST AND WEST DISTANCE COACHING

- A. 1x week AD/HC Google Hangout or Zoom meeting
- B. 1x week HC & AC staff Google Hangout or Zoom meeting per sport
 - a. Prep student messages & workouts for following week
 - b. Post on team website and/or apps by Sunday evening
- C. 1x week team meeting per sport and/or level via Google Hangout or Zoom
 - a. Set context for the week
 - b. Review optional workouts for the week (physical, mental)
 - i. Consider Team Google Hangout or Team Challenges
- D. 1x week individual athlete contact by coaches
 - a. Phone call, email, or Google Hangout or Zoom
 - i. Split this up among your coaching staff



Strategic Direction E: Developing our staff's capacity, skills and accountability

MANKATO EAST AND WEST DISTANCE COACHING

WEEKLY THEMES

- E. 1x week post a team lesson based on the weekly theme
 - a. Record video or post article to team website or app
- F. Weekly coach's professional development – each HC leads 1week
 - a. Send or post article/podcast/video related to theme of the week
 - b. Provide reflection, discussion prompts
 - c. Send or post by Thursday morning, prior to your assigned week

April 13 Grit

April 20 Service Leadership

April 27 Sense of belonging

May 4 Growth Mindset

May 11 Building Culture

May 18 Teamwork

May 25 Fun/Gratitude



Vision Card

Mankato East

Mankato West

Strategic Direction C: Increasing student readiness for life options after graduation

- In September, the 5th year of the Big 9 Conference hosting a SuperFan conference in Rochester
 - Brought together approximately 10–12 students from each school who are prominent at athletic events – worked with everyone on good spectator sportsmanship
- Both schools continue to run Positive Leadership Council (PLC) meetings on late-start dates
 - Leadership
 - Guest speakers



Core Value: Collaboration - Community Partnerships

- East/West Boys and Girls Hockey at the Verizon Center
- East/West Football game at MSU
- East/West Boys and Girls Basketball at MSU
- Vex Robotics Tournament at MSU
- Various home baseball and swimming events at MSU
- East and West Softball tournaments at Caswell Park in North Mankato
- Pack the Stands Soccer Event at Thomas O. Anderson Fields
- West Baseball playing at the Franklin Rogers Park
- Thomas Fields Development Committee



Core Value: Collaboration - District

- Echo Food Shelf Tackle Hunger
- Coaches Against Cancer – Basketball
- Project for Teens – “We Know, They Lied”
- String Fest – East/West Orchestra
- Cougar Cards/Scarlet Savers
- Donation for Waseca Police Officer – East/West Hockey



MSHSL Update

- New Technology Platform
- COVID-19 Updates (Winter/Spring)
- MSHSL Foundation Grants
- Rep Assembly Proposals
- Coaches Clipboard/Education Cycle
- Inside Out Coaching Initiative/Why We Play
- Additional Classes of Participation (CC/VB/T&F)



Thank You for Your Support!

Questions?