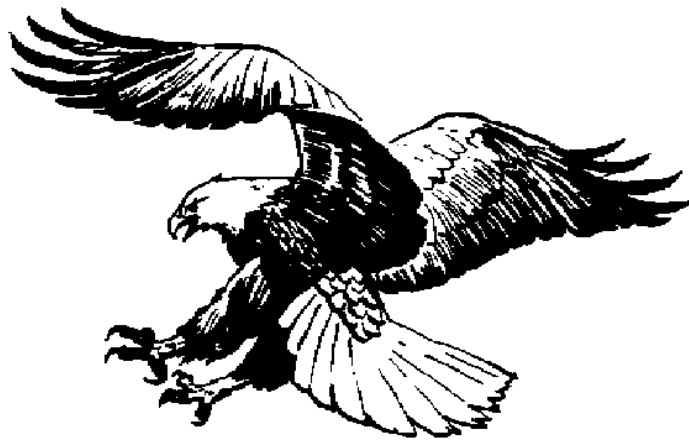


ATHLETIC HANDBOOK



ST. JOHN'S LUTHERAN SCHOOL

West Bend, Wisconsin

St. John's Lutheran School Athletic Handbook

Philosophy

Athletics can be an important tool in teaching children to make use of their God-given talents. Within the limitations of time, facilities, and coaches, we strive to provide an opportunity for all students in grades five through eight to make full utilization of their talents within the framework of a positive Christian attitude.

Our athletic program is an extension of our physical education curriculum as it provides additional team sport skill development and interscholastic competition. The fifth and sixth grade program provides an introduction to team sports with a focus on skill development and participation. The seventh and eighth grade program builds upon the skills of the fifth and sixth grade program and introduces the athlete to more competitive play.

Athletes, coaches, and spectators are encouraged to compete in a manner worthy of their calling as Christians. Our program is designed to help athletes develop sport-specific skills, strengthen their bodies, display sportsmanship, and work as a team through dedication and commitment.

Objectives of Athletic Program

1. To develop and maintain the highest level of Christian sportsmanship
2. To develop positive attitudes toward winning and losing, success and failure.
3. To encourage and develop respect for fellow athletes whether they are teammates or members of opposing teams.
4. To provide an athletic program for students that does not interfere with academic success.
5. To assist athletes in developing healthy habits and Christian citizenship.
6. To encourage competition not only for the tangible rewards but also for the development of positive attitudes that makes athletic competition valuable and worthwhile.
7. To orient all participants and fans to abide by the rules, regulations, and official decisions that govern each sport.
8. To maintain the highest standard of ethics, recognize each participant as an individual who will conduct him/herself in a manner befitting his/her responsibilities, and develop the kind of rapport with the broader school community that will improve the total educational program.

Eligibility

Participation in extra-curricular activities is a privilege granted to students who maintain satisfactory academic progress according to our eligibility requirements. Student athletes are expected to maintain Christian standards in word and deed during competition, practice, and school life.

Eligibility Requirements

Any student whose grade point average for any quarter or mid-quarter is below 2.0 or who receives an "F" in any subject for any quarter or mid-quarter will be ineligible for all extra-curricular activities listed above from the time report cards or mid-quarter reports are distributed until his/her grade(s) have been raised to the eligible level at the distribution date of a marking period.

Any student who receives an incomplete at the end of a quarter or mid-quarter in any subject will be ineligible for all extra-curricular activities listed above from the time report cards or mid-quarter reports are distributed until the principal has been notified by the teacher that the work has been completed satisfactorily.

A student who does not meet the grade point or grade requirements may remain eligible as a result of an individual variance granted by the faculty members involved.

This policy includes all four grading periods. Fourth quarter grades affect eligibility for the first quarter of the next school year.

Student Behavior

For the moment all discipline seems painful rather than pleasant; later it yields the peaceful fruit of righteousness to those who have been trained by it." Hebrews 12:11.

When infractions occur, they are handled in a Christian manner using the Law and the Gospel. The purpose of our discipline is to train our students to recognize their sin in a way that will lead them to repentance and forgiveness. Having been forgiven, our students are motivated to live their lives for the Lord. Christian love and concern is the guiding principle of our discipline.

Refer to the Parent Handbook for further details.

Illegal Activity

Students that engage in illegal activity (in or out of school) necessitating disciplinary or legal action may be suspended and/or dismissed from all athletic activities.

Physical Examination

- Prior to the first participation in interscholastic athletics, students shall undergo a medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical exam. This examination is valid for two years.
- Prepared forms are available from the school office and must be filled out by the physician. Forms will become part of student's permanent record.

Parent Information Meetings

Parents of student athletes must attend seasonal parent information meetings with the athletic director and coaches. Students may not participate in a sport unless their parents have attended the seasonal meeting.

Age Limitations

The Big Five Athletic Conference that includes St. Paul's Grafton, First Immanuel Cedarburg, St. John's Mayville and St. John's West Bend limits participation to those athletes who have not reached their fifteenth birthday by September 1 of the school year in which they desire to participate.

Attendance

- Athletes are to attend all scheduled practices unless directly excused by the coach prior to the practice. Students who are absent from school the day of a practice will be considered excused from that practice. Two unexcused absences is cause for dismissal from the team.
- Athletes must be in attendance at school in order to participate in practices or games on a school day. (Exceptions may be made for such things as doctor appointments and funerals.)

Insurance

- St. John's does not provide medical insurance for student athletes. The school, coaches, and athletic director assume no responsibility for such expenses. In the event that an athlete needs medical care, parents/guardians are responsible for the cost of such care.
- Athletes injured during practices or games are to bring the injury to the coach's attention the day of the injury.

Athletic Forms

The following forms must be signed and returned to the athletic director prior to student participation in the athletic program. These forms will be made available at the parent information meetings.

- Injury Awareness Form
- Medical Treatment Form
- Parental Consent Form
- Transportation Form
- Parent Code of Conduct Form

Sport Offerings

Fall

Co-Ed Soccer

Girls Volleyball

Cross Country (Girls & Boys)

Winter

Boys & Girls Basketball

Cheerleading

Spring

Boys & Girls Softball

Boys & Girls Track

Team Composition

- Squad size will vary according to the number of students participating. Every effort will be made to keep the squad size optimal for practice and participation.
- In some situations it may be necessary to bring players up from the grade below to complete a squad. Such action will only be done with the approval of the Athletic Director. Parents will be notified of such changes.

Quitting Teams

Students choosing to discontinue participation in a sport are expected to consult with their parents, their coach, and the athletic director before leaving the team.

Practices

- **Attendance** Athletes are expected to attend all practices and games as a demonstration of their commitment to the team. We encourage parents to schedule dental, doctor, and other appointments and activities so as not to conflict with practices and games. Athletes who do not attend practices should not expect to play in games. Students will not be penalized for missing optional practices during school vacations.
- **Clothing:** Practice clothing should be clean, in good repair, and reflect Christian modesty. Shoes should be of good quality, laced, and appropriate for the sport. Slip-ons are not acceptable footwear. No jewelry is to be worn during practices or games.
- **Siblings:** Siblings who are not a part of the team are not allowed to watch a practice unless they are under the direct supervision of their parents. After school care is available at Circle of Friends for parents who need a place for siblings during practices.

- **Pick-up Time:** Players are expected to be picked-up from practice on time. All athletes need to be picked up **no later than 10 minutes after practice ends**. We understand emergencies and delays can arise. Since our coaches have been instructed not to leave the students in the building unsupervised, parents, please respect our coaches by being prompt.

Weather Emergencies

If games or practices are cancelled during the school day because of inclement weather, students will be given permission to call their parents. Every effort will be made to make the decision by 1:30 p.m. Games and practices will be canceled whenever school is canceled due to the weather.

Playing Time

Students and parents who are involved in the athletic program need to understand that games are played not only to have fun and to learn skills, but also to win and be successful. Our philosophy is not to win at all costs, but our athletes and coaches will still play to win.

- At the fifth and sixth grade level more emphasis is placed on participation, skill development, and fundamental teamwork than on winning. Coaches will strive for equal playing time among players. However, players and parents must realize that poor attitudes, lack of cooperation, and unexcused absences from practices and games may affect playing time.
- At the seventh and eighth grade level more emphasis is placed on winning than equal playing time. As these athletes sharpen their individual skills, they will also be learning to put team goals ahead of individual goals. Although playing time may no longer be equal, coaches will strive to get all players into games. As difficult as this may be at times, it, too, is part of the character building process. We expect players and parents to be publicly supportive of our coach's decisions. Playing time is determined by such things as the skill of the player, the player's attitude, the player's effort, the skill level of the opponent, and the game situation.

Transportation

- Transportation to practices and games is a parent responsibility.
- Coaches are not expected to make transportation arrangements.
- Drivers need to make sure they have adequate auto insurance and that each rider wears a seat belt.

Uniforms

The school provides uniforms for all sport teams. Students may be asked to purchase basketball warm-up shirts.

Uniform Care: Take caution and extreme care when washing uniforms. Don't put the uniform in the dryer. Let it line dry. Uniforms are not to be worn for anything other than games.

Returning Uniforms: The uniform is to be returned in the same condition it was received. If not, parents will be billed the replacement cost of the entire uniform. Students who have not returned or replaced their uniforms are not eligible to participate in future extracurricular activities until they are returned or replaced.

Equipment: Parents and players will be notified in advance of any additional equipment deemed necessary by coaches. This might include mouth guards, kneepads, eyeglass straps, and cheerleading shoes.

Scheduling Practices and Games

The athletic director is responsible for the scheduling of all games and practices. Game schedules and tournament information will be made available as soon as possible. At times, conflict with other school activities is unavoidable. If a conflict arises, parents will need to help their children choose which activity they will participate in and inform those in charge of the activity of their decision prior to the events in conflict. We strive to avoid scheduling conflicts as much as possible.

No games or practices will be conducted during Advent and Lent mid-week services.

The athletic director will make every effort to keep parents, players, and school personnel aware of schedules and scheduling changes in a timely fashion.

Sportsmanship

Sportsmanship that models our Christian faith is what we strive to display. Whenever our teams take the field or floor for competition, they have the opportunity to make a bold witness of their faith in Jesus. We intend to maintain our tradition of good sportsmanship.

The coach is the standard-bearer of sportsmanship. As such, the coach is to help players and spectators do the right thing through self-control and dignity in the face of adversity. As long as there exists within us the drive to win and be successful, we will always need to check our sportsmanship. In this area we need each other. A positive, friendly reminder of our commitment to good sportsmanship may be just what we need to hear before we lose it. If poor sportsmanship becomes a problem, St. John's school personnel may intervene.

Coach's Role

Coaching elementary students is a challenging and time-consuming responsibility. Yet it can be extremely rewarding. Many volunteers have experienced the joys of developing young athletes at St. John's. The role of our coaches is that of coaching the whole person – body, mind, soul, and spirit.

Our coaches are expected to have a well-planned practice schedule that will make maximum use of the practice time to develop skill, strength, and endurance.

Our coaches are expected to know the rules of the game and pass on that knowledge to the players.

Our coaches are expected to model their Christian faith in all they do. Prayer is to be a part of each practice and game setting.

Our coaches are expected to be encouragers of each athlete so as to strengthen and defeat their spirit.

Parent's Role

1. Be positive with your son/daughter. Encourage them to be a team player in every situation.
2. Cheer for our athletes, not against any athlete.
3. Insist that your child respects and follows team rules, school rules, and game officials with good sportsmanship and self-control.
4. Respect the officials. Under no circumstances are parents to approach a game official to discuss or offer their opinions about how the game is being called.
5. Encourage your child to play for the love of the game.
6. Support the coach(es) in the presence of parents, fans, and especially your children.
7. You are an ambassador for our school and our Lord. Be a positive role model.
8. Be supportive of your children by attending their games, encouraging them when they lose, and keeping them humble when they win.
9. Remember, when you are in the stands you are a parent, not a coach. Let coaches do their job. If you really want to be involved with coaching, contact the Athletic Director.

Communication

Parents, when your children become involved in the sports program at St. John's, they will experience some of the most rewarding moments of their lives. Some of the memories will last a lifetime. However, there may be times when things do not go well for you or your child. If this happens, please talk with the coach privately to discuss your concern.

Please follow these guidelines.

1. Commit the matter to prayer.
2. Speak **directly and privately** to the coach to discuss the concern.
3. Do not criticize or run down coaches, players, or parents in the presence of others.
4. If your concern is not resolved after talking with the coach, contact the athletic director to arrange a conference between you, the coach, and the athletic director. The purpose of the athletic director's presence is to make sure open communication takes place.
5. Let scripture be your guide. Matt .7:1-5 and Matt. 18:15-17.

Appeals Process

In the event that the guidelines above do not help in resolving your conflict, follow the five step process below. You must begin at step one and follow each step as outlined. The principal, for instance, will not listen to your complaint if you have not carried out step one and step two first.

Step One- Make certain you have talked directly and privately with the parties directly involved in the conflict. Do not talk with others.

Step Two – If the complaint is not resolved in step one, provide the athletic director with written notice of your complaint. The athletic director will consider the matter again and attempt to help the parties involved resolve the issue.

Step Three – If the complaint is not resolved in step two, refer the matter in writing to the principal. The principal will work with the parties involved to resolve the conflict.

Step Four – If the complaint is not resolved in step three, refer the matter in writing to the senior pastor. The senior pastor will work with the parties involved to resolve the conflict.

Step Five – If the complaint is not resolved in step four, refer the matter in writing to the leadership board of St. John's Lutheran Church and School.

For years St. John's and its fans have had the respect and admiration of others schools as well as officials. This is due to the positive and supportive behavior of our coaches, players, and fans. In an era of taunting and disrespectful behavior in many sport venues, we need more than ever to display God-pleasing attitudes and behaviors as we seek to lead people to our Lord and Savior, Jesus Christ.