



St. Paul Lutheran School Athletic Handbook

Table of Contents

Mission Statement	2
Philosophy.....	2
Goals	2
Policies	3-5
Eligibility.....	3-4
Sports Offered.....	5
Parental Involvement.....	6
Roles and Responsibilities.....	6-8
Qualifications and Expectations of Coaches.....	8
Student Athlete Contract.....	9

Mission Statement

The St. Paul Lutheran School athletic program is an extension of its educational mission. St. Paul athletics is set up to serve the students of the school by providing participation in sports at a competitive level in a safe and Christian environment.

Philosophy

It is our belief at St. Paul to develop the whole child emotionally, academically, and spiritually. This is also true of physical development and participation in an organized sports program.

While it is good to want your team to win, the St. Paul philosophy keeps this goal of winning in perspective. The primary focus is on learning and developing skills in a safe and positive environment through sportsmanship, teamwork, and fair play.

Goals

- Develop an atmosphere where children learn and enjoy sports.
- Give every student in 5th- 8th grade an opportunity to participate;
- Teach the skills necessary to participate in and appreciate sports;
- Instill in the student a sense of responsibility by demanding consistently high standards of behavior and making the student aware and respectful of the needs of others;
- Nurture unselfishness in the student by requiring his/her actions on the playing field be consistent with the goals of the team as a whole and not be directed toward individual honors;
- To, at all times, have respect for teammates, referees, opposing players, coaches, and parents;

Through all this we hope every student, coach, and parent will use every opportunity to educate team members to model Christ on and off the field/court. Each competition and practice should be a learning experience for everyone involved.

Policies

Absences

If a student athlete is absent from school for an “unexcused reason”, he/she is not eligible to participate in any game or practice that may take place after school or evening of that day.

If a student athlete is absent from school for an “excused reason”, he/she may be eligible to participate with permission from the Principal and Athletic Director.

Attendance

Attendance at all practices and games is of great importance for the student and the team. For this reason, the student should meet all attendance requirements.

The student athlete is required to participate in all practices and games. If there is an illness or emergency, it is the responsibility of the parent to notify the Coach or Athletic Director so the student may be excused.

- First unexcused absence: the student athlete will not start the following game.
- Second unexcused absence: the student athlete loses up to 50% of his/her playing time.
- Third unexcused absence: student athlete and parents must meet with the Principal, Athletic Director, and Coach to determine status on the team.

Academics

The athletic program does not take precedence over the academic program; therefore each student athlete is expected to maintain the following minimum academic standards:

- Student athletes must maintain a grade point average of 2.0 or higher
- A student is ineligible if they are receiving 2 “D”s or a failing mark (“F”) in any subject regardless of overall grade point average
- Student athletes are required to have all assignments finished on time. The student will sit any practices or games until work is completed.
- Teachers will report any ineligible athletes to the Athletic Director.
- Should a student athlete become ineligible, an email, explaining what they are ineligible for, will be sent to the parents with the teacher, coach, and the principal attached from the Athletic Director. In extenuating circumstances the Principal may alter the term of ineligibility.

- Student athletes that are ineligible before the season may practice with the team until the first game but they may not play in that first game. After the first game ineligible players may not practice or play in any games until they become academically eligible again.
- Athletes that are found ineligible at the grading period will be unable to participate in any competitions or practices for a two week period of time after which their status will be reevaluated.

The Principal reserves the right to waive any athletic suspension for any student judged to be working at an ability level, but not maintaining a 2.0 or better average.

Transportation

Transportation to and from games and practices is the responsibility of the athlete. The team and coach may aid in this responsibility through frequent communication of the athletes transportation needs. Parents please let coaches know as soon as possible if your child needs transportation to an event. If a transportation need arises, it is vital that it be communicated to the coach or your child may not have a ride to the game.

Directions to the various games can be obtained on the St. Paul Lutheran website athletics link or in the school office.

After-school care

Any student athlete still at school 15 minutes after a practice is finished will be admitted into the after-school program at St. Paul.

Student athletes who are at school after 3:15 p.m. must be participating in a regular activity, have special permission to remain, or be in the supervised after school care program.

The ASC program is \$3.50 per hour and \$1.75 per half hour. Time in the ASC will begin when the student arrives after practice.

Athletic Fee Policy

Fee charged for athletic participation will cover the uniform expenses and transportation costs. Current fees are \$50.00 for the first sport and \$10.00 for each additional sport in an academic calendar year. Fees are due prior to a student athlete receiving their sport uniform.

Uniforms

Each player is responsible for his/her uniform until the season is completed. Care should be taken in washing the uniform. If the uniform is lost, the player will have to cover the

replacement cost. Uniforms must be washed and clean when turned in. Uniforms should be turned into the head coach at the completion of the season.

No uniform may be worn at any other time other than during games or under permission from a coach.

Concussion Policy

All student athletes and parents must sign a concussion form that verifies that both have read the information and understand concussion protocol. Forms can be obtained from the Athletic Director or found online at the St. Paul website or the WIAA website.

Waiver, Physical, and Insurance

Every parent must complete the Student Athlete/Parent contract form (see p.9) as well as an up-to-date sport's physical. A Physical card signed by a physician or the Alternate year card must be turned into the Athletic Director before that child can play or practice. This must be done every year. The physical card or alternate year card can be obtained on the St. Paul website athletics link, WIAA website, St. Paul school office or from your Doctor's office. Any special conditions or ailments must be made known to the coach prior to each season.

St. Paul Lutheran athletic program does not purchase insurance for athletes. All participants must have adequate insurance coverage.

Sports Offered

Volleyball

5th – 8th grade girls (possibly 4th grade girls depending on numbers)
Season starts the first week school and usually ends mid to late October.

Basketball

5th – 8th grade boys (possibly 4th grade boys depending on numbers)
5th – 5th grade girls (possibly 4th grade girls depending on numbers)
Season begins with practice starting the first week of November and games will begin the first week of December. Season will finish the middle of February.

Wrestling

K-8 boys and girls
Season usually starts with practice at the beginning of December and concludes with a tournament at the end of December.

“24 Hour Rule”

If a parent desires a meeting with a coach due to a disagreement, the meeting will not be scheduled until 24 hours have passed from point of disagreement. The meeting will be scheduled at the convenience of the coach, and will not take place before or after a game, or during practice time. If the issue is not resolved, an additional meeting with the Coach, Athletic Director, and Principal may be requested. (Please see Matthew 18)

Parent Involvement

Parental involvement is a vital to the success of St. Paul’s athletic ministry. In order to fulfill the purposes of this program, parents must teach and model a Christian attitude toward athletics and sportsmanship. They assist the child to establish proper priorities with the respect to church, family, peers, study and play. They participate in the development of the student’s abilities. They love, encourage, and build up the esteem and confidence of their child. There is no substitute for parental support.

Parents also show support for the athletic program through volunteer efforts. Every part of St Paul’s athletic ministry is made possible through volunteer efforts of faculty, parents, and supporters. To keep the program in operation many volunteers are needed. Parents are required to assist during each season their child participates with concession stand, gym set up, clean up, score keeping, etc.

Sign up forms for volunteer opportunities will be made available before each season and games.

Parents will also need to attend a parent meeting before each season.

Schedules

Every effort will be made to make the schedule available two weeks before the each season begins. All schedules will be subject to change.

Roles and Responsibilities

Student Athletes

- Have a positive attitude!
- Attend and actively participate in practice to be eligible to play in games.
- Act in a Christian way exhibiting good sportsmanship both on and off the court.
- Respect opponents, officials, coaches, teammates, and spectators at all times.

- Remember athletic participation is a privilege, not a right. Remember it is an opportunity to learn, have fun, and compete.
- Be gracious in both victory and defeat.
- Maintain grades. Always work to your full potential.
- Maintain good behavior in school and at events.
- No foul or abusive language will be used.
- Be a good teammate. No bullying!
- Listen and learn from the coach. Work hard to improve skills and help the team.
- Follow the rules and regulations set by the school, coach and sport.
- Attend all practices and games. If unable to attend, notify the coach in advance.
- Attend the full school day of a practice or game. Student athletes that are not in school by noon may not participate in games taking place after school.
- Wear clothing that is appropriate to practice in.
- Any player suspended or expelled from school is not allowed to practice or play in any game until reinstated in school.
- Return all school property, including uniforms that are cleaned and washed, to the coach in a timely manner. If the uniform is not returned or lost, the school will assess a fee to replace it.
- Sign and return all forms and waivers.
- Please be where you are supposed to be after school. Athletes who are at school after 3:15 p.m. must either be participating in a regular activity, have special permission to remain, or be in the supervised after school care program.

Parents

- Attend any parent meetings if the Coach or Athletic Director calls one.
- Be prompt when dropping off or picking up your child.
- Responsible for providing or finding transportation to all games and practices for your child.
- Encourage good sportsmanship, effort, and teamwork from student athletes, coaches, and spectators.
- Model Christian behavior for all students, spectators, and coaches.
- Respect the judgments of the officials and efforts and strategies of the coaches.
- Remember the athletic experiences are learning opportunities for the players. It is supposed to be fun for the student. Encourage, but don't pressure participation in sports.
- Keep winning in perspective; help your child do the same.
- Make every effort to attend the games.
- Help your child meet the responsibilities to the team and coach.
- Make academics the first priority; school work is still the primary task of elementary students.
- Let the coach guide and instruct your child during game and practices.

- Help volunteer when opportunities become available.
- Cheer for your team. Acknowledge the efforts and successes of the opponents.
- Sign and return all forms and waivers and pay all participation fees.

Qualifications and Expectations of Coaches

- Only persons approved by the Athletic Director and Principal may serve as coaches.
- A coach would be preferably a member of St. Paul and must be a positive Christian example.
- A head coach should be a minimum of 19 years of age.
- Coaches are to remain at school until all players have been picked up or escorted to after-school care.
- Coaches must pass a background check done by St. Paul Lutheran.
- Serve as a role model by providing Christian witness at all times on and off the court.
- Treat all players, opposing players and coaches, officials, parents, administrators, and all fans with respect and dignity.
- Show concern for athletes' academic progress and development.
- Make a concerted effort with all players' athletic progress and development, regardless of their athletic ability.
- Be available to athletes and parents for consultation in matters pertaining to team and players concerns.
- Respect the rules of the sport and officials who enforce them.
- Provide timely information concerning practice and game times, locations, and dates.
- Be responsible for the care and maintenance of all uniforms and school equipment. Please gather and turn in all uniforms to the Athletic Director.
- Give positive reinforcement and encouragement to all players.
- Be responsible for the supervision of players while participating in school sponsored athletic activities including practices and games.
- Insure appropriate attire is worn by players at practice, at all games, and during travel.
- Inform the Athletic Director of issues that arise.
- Read and become familiar with the St. Paul Athletic Handbook and School Handbook.

Student Athlete/Parent Contract

1. I have read and will abide by the St. Paul athletic handbook.
2. Attend all practices, games, and meetings.
3. Contact a coach or athletic director if I am unable to attend a practice or game.
4. Be a full time student at St. Paul Lutheran.
5. Maintain my eligibility and academic standing.
6. Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost item. Turn in all uniforms washed and clean to the head coach at the end of the season.
7. Turn in before the first practice all necessary forms issued to me by the coach or athletic director.
8. Report any injury to the coach.
9. Follow all reasonable requests made by the coaches, especially those involving practice, diet, rest, and games.
10. Be a great teammate by encouraging and building each other up.
11. Have a positive attitude!

Athlete's Signature

Date

Parent's Signature

Date

