

PEACE LUTHERAN SCHOOL



ATHLETIC HANDBOOK

2010 - 2011

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ATHLETIC PROGRAM MISSION STATEMENT

The mission of the Peace Lutheran athletic program is to assist students in developing their God-given athletic abilities while teaching life skills such as cooperation, self-sacrifice, leadership, fair play, good sportsmanship, and a common concern for others.

ATHLETIC PROGRAM PHILOSOPHY

Peace Lutheran's athletic program is an extension of the school's academic program. The program is a shared partnership of teachers, coaches, athletic director, assistant athletic director, administrators, and parents. The goal of their efforts is to ensure that participants have a positive experience in their physical, mental, emotional, social, and spiritual development. The program offers a unique setting where players, coaches, and families can witness the blessings of a gracious God and in return reflect His love through their participation and conduct.

SPORT LEVEL PHILOSOPHIES

"C" Team: Participation at this level is developmental. The fundamentals of the sport are strongly stressed. Winning is not overemphasized. Instead, the emphasis is placed on the development of team play and individual skills. Coaches are encouraged to involve all team members. Therefore, playing time is generally equal among team members.

"B" Team: Participation at this level is again developmental. The fundamentals of the sport continue to be emphasized with greater attention to technique and team skills. Team success is a priority but not the number one emphasis. Student-athletes must be willing to discover and accept their role on the team, which may include unequal playing time. However, coaches are encouraged to involve all players. Playing time is based on the athlete's attitude, practice presence, and skill levels. Absence from games, practices, and arriving late or leaving early may result in loss of playing time. As a need arises, students at the "B" level may be asked to participate at the "A" level. This is done only under agreement with the parent(s), coach, and athletic director.

"A" Team: While individual and team skills continue to be developed, participation at this level is more competitive. Team success and winning are two of the primary goals. Student-athletes must be willing to discover and accept their role on the team, which may include unequal playing time. Playing time is based on the athlete's attitude, practice presence, and skill levels. Absence from games, practices, and arriving late or leaving early may result in loss of playing time. As a need arises, students at the "B" level may be asked to participate at the "A" level. This is done only under agreement with the parent(s), coach, and athletic director.

ATHLETIC PROGRAM

GENERAL INFORMATION

Peace Lutheran School teams are nicknamed the "Panthers." The school colors are Columbia blue, navy, and white.

GOALS OF THE ATHLETIC PROGRAM

Athletes will:

- learn to glorify Christ on and off the playing field/court and grow in their faith.
- develop and use their God-given talents and abilities to their fullest.
- develop a team attitude. A team attitude is defined as "an attitude of placing group goals above self-desires and of working to develop individual skills in order to aid the group."
- experience the physical and mental conditioning that a game situation provides. Competition, gracious winning, and losing attitudes and participation are an integral part of training.
- realize his/her teammates, coaches, parents, and talents are gifts from God.
- develop a lifelong enjoyment for sports and athletic activities.

GUIDELINES FOR ATHLETES

When given the privilege to represent Peace Lutheran School as a member of an athletic team/squad, athletes will:

- remain committed to the team regardless of the amount of playing time they receive.
- cheer their teammates on in victory or defeat.
- conduct themselves as team members and not as individuals.
- treat everyone with respect.
- take care of themselves spiritually, physically, and mentally.
- remember they are representatives of Peace Lutheran School.
- give 100 percent effort at practices and during games.
- be present for every practice or game unless prior arrangements have been made with the coach.
- refrain from using any illegal substance or committing a misdemeanor or felony crime.
- remain sexually pure.
- be responsible for the care of their uniform.
- develop their skills outside of practices and games.

ATHLETIC PROGRAM ORGANIZATION

The Athletic Director administers the Peace Lutheran interscholastic athletic program. The Athletic Director is responsible for day-to-day operations of the athletic program. The Athletic Director reports to the Principal and Peace Lutheran School Board.

INTERSCHOLASTIC COMPETITION AND ORGANIZATION

Peace Lutheran School is a member of the Tri-County Lutheran League (T.C.L.L.). Currently, we compete in the Central Division of the T.C.L.L. and play the North and South divisions in non-divisional games.

Central

Bethlehem, Saginaw
Christ the King, Sebawaing
Peace, Saginaw
St. Lorenz, Frankenmuth
St. Paul, Flint
St. Paul, Millington

North

Faith, Bay City
Holy Cross, Saginaw
Immanuel, Bay City
St. Lorenz, Frankenmuth
St. Paul, Saginaw
St. Peter, Hemlock

South

Christ the King, Sebawaing
Immanuel, Frankentrost
St. Michael, Richville
St. Paul, Flint
Trinity, Reese

**Note: Christ the King will only field Central Division teams in girls' "A" volleyball and basketball.*

ATHLETIC BOOSTER CLUB

The Peace Lutheran School Athletic Booster club exists to promote family involvement in the Peace Lutheran athletic department and to support the athletic department of Peace Lutheran School through fundraising, donations, assisting with hosting athletic events, and volunteerism. Membership is open to any Peace Lutheran Church and/or School adult. More information regarding the athletic booster club, including its by-laws, and be found on the athletic department's website.

GAMES/PRACTICES/SCRIMMAGES

The majority of practices at Peace will be held immediately after school. However, some practices may be held later in the evening, Saturdays, or at the Adams Campus. Schedules will be given to athletes at their first practice. The practice times and sites will vary to accommodate all Peace teams and the coaches' availability. Practices will be limited to 1 hour and 45 minutes and must end before 8:00 p.m.

Practices cannot conflict with Advent or Lenten services and must end 1 hour before the services begin. Practices will not be held before school or on Sundays.

Special Points of Emphasis

- Any athlete who does not participate in physical education class due to sickness or injury may not participate in practices or games which occur on that day. A student who is not present in school before 10:00 a.m. will not be allowed to participate in a practice or game on that day. Extenuating circumstances, such as a funeral, etc., should be brought to the Athletic Director for consideration. If a student is absent from school on a Friday and an event is scheduled for the next day, the student will be allowed to participate.
- Students, who are or will be absent, arriving late, or leaving early from practices, must notify the coaches in writing or by a phone call. If students will miss a game, they need to notify the coach either by phone call or a note prior to the missed game.
- All athletes must hand in their physical form, athletic contract, hold harmless and indemnification agreement, and medical treatment consent form before they will be allowed to participate in any tryout, practice, or game.

TRYOUTS

Tryouts are held for each sport except track and Saturday morning basketball. All students interested in participating must attend tryouts. In case of sickness or absence, arrangements will be made with the coach for the child to exhibit the necessary skills to try out for the team. Students who try out for teams will be notified of making the team or being cut via a sealed envelope.

SPORTS AND ACTIVITIES

The following sports and activities are offered to students at Peace Lutheran School:

<u>SPORT/ACTIVITY</u>	<u>GRADES</u>	<u>SEASON</u>
Girls' "A" Volleyball	7-8	September – October
Girls' "B" Volleyball	6-7 (5)	September – October
Boys' Soccer	5-8 (girls)	September – October
Girls' "B" Basketball	6-7 (5)	November – December
Boys' "B" Basketball	6-7 (5)	November – December
Girls' Pom Pon/Cheerleading	6-8 (5)	November – March
Girls' "A" Basketball	7-8 (6)	January – March
Boys' "A" Basketball	7-8 (6)	January – March
Boys' & Girls' Track	4-8	April – May
Girls' Soccer/Boys' Volleyball	6-8	One-day Tournament (April)
Boys' & Girls' Sat. Morning Basketball	4-5	February – March

**grades/genders in parentheses are as necessary*

The "A" and "B" teams for boys' and girls' sports are comprised primarily of 6th through 8th grade students. If numbers allow and the student(s) exhibit the skills necessary for the "A" or "B" level, lower grade students may be brought up to the team at the discretion of the coach and athletic director.

Students who participate on the "A" or "B" basketball team may not participate in the Saturday Morning Basketball League. All students that participate in the Saturday morning league must attend Peace Lutheran School to be able to participate in the league.

ATHLETIC DRESS CODE

Athletes are encouraged to dress with modesty when practicing. Therefore, spaghetti strapped tank tops worn by athletes are not allowed. Athletes will wear shirts at all times. Shorts that are worn should not be shorter in length than mid-thigh.

Coaches may ask athletes to "dress-up" on game days. This is strongly encouraged to promote team spirit, unity, and a positive image for the school.

ACADEMIC ELIGIBILITY

Athletic representation of Peace Lutheran School is a privilege. Student-athletes must maintain certain academic levels and demonstrate appropriate behaviors in and outside of the classroom. Therefore, academic and behavior monitoring will begin at the start of each sport season and run the duration of the season.

Students who are earning an "F", "INC," or two or more grades lower than a "C-" will be ineligible for participation in athletics and abide by the two-step process. Additionally, students must hand in assignments in a timely fashion, adhere to the "Student Rules of Conduct," and abide by classroom rules and procedures.

Athletic eligibility will be evaluated by the athletic director and teachers approximately every two weeks throughout the school year. A schedule of eligibility checks is available on the athletic calendar on the athletic website. Student-athletes who fail to meet these standards will be subject to the following cumulative two-step process:

- Step One: The student is placed on athletic suspension for a period of not less than one calendar week.
- Step Two: The student has athletic privileges revoked for the remainder of the sport season.

This process does not begin at step one with each academic or behavioral infraction. Once they have reached step one (suspension), the next infraction will result in step two (revocation). Parents will receive notification of an eligibility infraction via a note sent home with the child.

A student is placed on suspension for earning an "F", "INC," or two or more grades lower than a "C-" in all subject areas. Grades are re-evaluated at the next eligibility check (approximately two weeks after the beginning of the suspension period). The student must show satisfactory improvement in the deficient subject area(s) while maintaining at least a 70% average in all other subject areas. After being placed on suspension, the student's grades will be monitored biweekly. Any "D" or "F" earned in Art or Computer will count as an infraction.

During the suspension period, the student-athlete may not participate in practices or play in athletic contests for the first week only. Students should use the suspension period to improve the deficient subject area(s) in order to refrain from reaching step two.

A student will also be placed on suspension for failure to demonstrate appropriate behavior inside and outside of the classroom, to hand in assignments in a timely fashion, and to adhere to the "Student Rules of Conduct."

Should the student fail to show improvement in grades and/or behavior at subsequent eligibility checks, Step Two would be applied. After earning suspension, a student will have athletic privileges revoked for the remainder of the season if he/she does not meet the eligibility requirements.

Players who are injured can attend the game and should not dress in their uniform for the game, but sit on the bench. Players who are declared ineligible should not attend at any game until the ineligibility period is over.

The two-step eligibility process begins anew each sport season.

Any modifications to the eligibility standard due to a student's level of academic capability may be at the discretion of the teacher, athletic department, and the school administration.

TRAINING RULES

A good athlete is not developed overnight. An athlete's development takes years and many hours of preparation. A dedicated Christian athlete will observe training rules year round, not just during the sport season.

Individual coaches may have different rules above and beyond training rules. Each student-athlete is expected to follow these rules.

1. Student-athletes should strive to strengthen their personal walk with God. This includes active participation in church and chapel services, Peace's youth program, as well as classroom, family, and private devotions.
2. Student-athletes should eat a well-balanced diet. Eat breakfast and limit candy, soda, and junk food consumption.
3. Student-athletes should get plenty of rest. Each individual requires a different amount of sleep. As a student-athlete, you will require more rest than if you were not involved with athletics. Individuals should try to receive at least eight hours of sleep a night.
4. The possession or use of alcohol, tobacco, narcotics, or other undefined controlled substances is not allowed. In addition, the misuse of prescription drugs will not be tolerated. Students found in violation may be dismissed from the team by the athletic director and face possible school disciplinary action.

SCHOOL SUSPENSION

Student-athletes suspended from school will not participate in or attend any practice, game, or team function for the duration of the school suspension.

SPORTS PHYSICALS

Peace Lutheran School requires a yearly physical be on file for any potential student-athlete. A yearly physical is defined as one given on or after April 15 of the previous school year. The physical examination form must be on file with the athletic director before an athlete will be allowed to participate in tryouts, practices, or games. The student-athlete's family must make all other arrangements.

Peace Lutheran School may host physician-performed sports physical examinations on a specified day prior to the beginning of the school year. Student-athletes are encouraged to attend.

INCLEMENT WEATHER

If school is cancelled due to inclement weather, practices, games, and/or performances scheduled for that day will also be cancelled.

UNIFORMS

Uniforms must NOT be worn during school or after an athletic contest.

Any athlete who permanently stains, does not return, or loses a uniform will be subject to a financial penalty not to exceed the cost of replacement. Uniforms must be turned into the athletic director ***within one week*** following the last game/performance. Athletes will be fined at a rate of \$5.00 per week and \$1.00 per day for each week/day uniforms are late.

At the end of the sports season, all uniforms must be cleaned according to manufacturer's specifications before turning the uniform into the Athletic Director.

Coaches may decide to order additional sweatshirts, T-shirts, or other articles of clothing during the season. Full participation is not required, but is encouraged to promote team unity and spirit. Prices and size selections will be decided at that time.

SEASON PASSES

Season passes can be purchased at home athletic contests or from the athletic director. Individual and family passes are available. Complimentary season passes are also given to members of the Peace Lutheran Athletic Booster Club.

CUT POLICY

All people have been blessed by God with certain talents. We realize that God has blessed certain people with athletic abilities. Therefore, it has been determined by the School Board and faculty to establish cuts at the "A" and "B" levels.** We believe that as student-athletes prepare for a higher level of competition, the players who have been gifted in the area of athletics should be given the opportunity to develop those skills to a higher level. When a student is cut from a team, the decision may allow the student the opportunity to discover and use other talents with which God has blessed them.

*** In accordance with Tri-County Lutheran League rules, 8th grade student-athletes may only participate on the "A" team.*

WARM-UP MUSIC

All team music will need to be approved by the coach and athletic director before it can be played at games, performances, or competitions.

GUIDELINES FOR PARENTS OF ATHLETES

In order to teach, by example, a Christ-centered attitude towards all, parents will:

- set priorities for church, Sunday school, and Bible study attendance, homework, peer relationships, family time, and appreciating each person as a creation of God.
- make sure the child knows that a person's value comes from the fact that God loves him/her.
- support the coaches.
- support the whole team in a Christian manner.
- foster an attitude of service to others within the child.
- be honest about his/her capabilities, level of skill, practice habits, and competitive spirit.
- be supportive of his/her child. Allow the child to experience the whole-range of emotions involved in competition and helping him/her to deal with them in a God-pleasing manner.
- be accepting of final decisions made by school faculty/administration, etc.

In order to assist the athletes and the program, parents will:

- help the child maintain his or her commitment to the team by attending all contests.
- model good time-management skills for the child by picking him or her up promptly after practice or game.
- attend athletic contests.
- participate in carpooling for away games.
- be aware of becoming over-zealous in their support.

Your child learns most from observing your actions. If you demonstrate a positive, active role in all you do, your child will learn to be a positive, active member of God's kingdom on earth!

PARENT INFORMATION NIGHT

Periodically, the athletic director or coaches may call a team/athletic meeting. When such meetings are called, parents are expected to attend.

TRANSPORTATION

Transportation to and from athletic contests and practices is the parents' responsibility. If parents are unable to drive, student-athletes are encouraged to carpool with parents of teammates. Maps are available from the athletic director or from the athletic department's website (www.peacesaginaw.net/athletics).

LATCHKEY

If a practice is not held immediately after school, students are not allowed to stay in the school building or grounds unsupervised. ***Coaches and teachers are not responsible for the students before and after practices and games.*** Therefore, all athletes must go to Latchkey or leave the premises before practices and games. The only exception to this policy is if the coach is a teacher at the school and has agreed to monitor the student(s) after school.

INSURANCE

Insurance coverage for the student-athlete is the sole responsibility of the student-athlete's family.

GAME RESPONSIBILITIES

Parents of student-athletes will be assigned duties during home games throughout the season. These duties include: serving as linesmen, working the gate, helping with the concession stand, keeping the scorebook, operating the scoreboard, and cleaning up after the contest.

CONCERNS

If a situation arises that necessitates voicing a concern, parents will follow the guidelines indicated in Matthew 18. This means that parent should use the following chain of communication:

1. Coach
2. Athletic Director

At no time should talking to other parents about private concerns be considered acceptable.

24-HOUR POLICY

Parents and student-athletes are encouraged to wait 24 hours following a game to speak with a coach regarding playing time or other game related concerns.