

St. John's Lutheran School



Athletic Handbook

Athletics at St. John's Lutheran School

As a Lutheran elementary school, St. John's strives to apply and teach Christian attitudes in all school activities, including sporting events. Paul writes in 1 Corinthians 10:31, "**So whether you eat or drink or whatever you do, do it all for the glory of God.**" Co-curricular sports give student athletes the opportunity to use their God-given physical ability to reflect the love of their Savior. Through athletics, we strive to increase a student's self-esteem, work ethic, competitive drive, leadership behaviors, and understanding of teamwork. In addition, we strive to provide an enjoyable, vigorous, and safe experience in a Christian environment. We believe athletics is part of the total educational process at St. John's Lutheran School.

The purpose of the Athletics program at St. John's Lutheran School is to:

- Offer opportunities for the students to give glory to God on and off the court by their Christian conduct.
- Teach students the importance of Christian sportsmanship as they compete in various events.
- Give students an opportunity to develop their God-given skill in a particular sport.
- Teach students the various strategies related to the particular sport they are participating in.

The following sports are offered at St. John's Lutheran School. Every sport may not be available each school year due to numbers of athletes interested or availability of coaches.

Fall- Girls Volleyball (3-8), Boys Volleyball (4-8), Cross Country (4-8), Soccer (4-8)

Winter- Girls Basketball (3-8), Boys Basketball (3-8)

Spring- Track (5-8), Softball (4-8)

St. John's Lutheran School is a member of the Badgerland Lutheran Athletic Conference which is comprised of 22 area Lutheran schools divided into 3 divisions.

Expectations for Athletes

A. Absences- As an athlete you are responsible to a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. A player needs to be at all practices and games unless excused by a parent prior to the event, either verbally or by a note

1. Players missing a practice immediately prior to a game due to an unexcused absence will not be allowed in the starting line-up.
2. Unexcused absences from practice(s) or game(s) will result in the following:
 - A. First offense: A verbal warning and words of encouragement from the coach to attend practice and/or game.
 - B. Second offense: Player will receive limited playing time in the following game as decided by the coach and athletic director.
 - C. Third offense: Suspension from the following game. The player may NOT suit up or sit on the bench with the team.
 - D. Fourth offense: Removal from the team for the remainder of the season.
3. If a player misses part of a school day for an unexcused reason, the player may not start in the following game and could lose playing time, at the coaches' discretion.
4. If a child is absent from the entire day or just the second half of the school day due to illness, the child will not participate in practices or games that day.
5. If a player misses school on a game day for a non-illness related reason (excused) they may be able to play in that evenings games or participate in practice if okayed by the coach and the athletic director.
6. Be reliable. Players must be present at practices and games 75% of the time to receive recognition as being part of the team.

B. Display Christian conduct. In the event an individual fails to demonstrate Christian behavior as determined by the coach, he/she will receive a warning, and the parents/guardians will be contacted. After the second occurrence, the parents/guardians will be contacted, and the player will be suspended from the next game. On the third infraction, the child will no longer be part of the team. Other behavior which may cause removal from the team would include fighting, stealing, vandalism, and use of alcohol, drugs, or tobacco.

C. Put academics before sports. Children who faithfully work to their potential in their schoolwork and who regularly demonstrate proper conduct will be encouraged and welcome to participate in extra-curricular activities. Students not meeting academic requirements set by parents/guardians and teacher will be ineligible to participate in interscholastic sports until requirements are met.

1. Maintain a cumulative C- grade average or better and may not have any F's on a mid-term or quarter report.
2. Have no more than two late assignments per seven day period.
3. Have no detentions.
4. Have no incomplete work from the previous quarter. They will be ineligible until the work is completed.

Expectations for Parents

Just as coaches and players strive to reflect the love of our Savior in their words and actions, parents/guardians are encouraged to do the same. Parents/guardians participate in games by watching, cheering, and supporting the efforts of all participants of the game. The following guidelines are expected to be followed by all St. John's parents. Parents/guardians are expected to...

- Reflect the love of their Savior at all times, remembering that their words and actions may influence the behavior of children and other spectators.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and appreciate skilled performance, regardless of affiliation.
- Acknowledge officials as authoritative figures and be respectful of them at all times.
- Communication is the key in maintaining healthy relationships by all those involved in our sports programs. Any problems which do arise should be worked out in a God-pleasing way. Here are guidelines of how problems should be communicated between coaches and parents/guardians:
 1. Discuss the matter in private with the coach. In Matthew 18:15, Jesus says, **“If your brother sins against you, go and show him his fault, just between the two of you.”**
 2. Contact/meet with the athletic director along with the coach.
 3. Involve the principal along with all those previously involved.
 4. Meet with the Board of Education and all those previously involved.
- Volunteering is needed by the parents/guardians. To truly make the athletic program work, it requires parents/guardians to help out in many various ways. Each year, help will be needed keeping score at games, running the concession stand, transportation, and many other ways. Be sure to watch your School News to see ways you can help support our athletic program. If you choose not to sign-up to volunteer, it will be assigned to you.

Expectations for Coaches

Coaches and assistant coaches are expected to maintain a high level of Christian behavior, sportsmanship, professionalism, and integrity both on and off the playing field. Names of prospective coaches will be approved by the Board of Education. Coaching duties include keeping the “fun” in sports, developing God-given athletic abilities, teaching sport-specific skills, and instilling in the players an appreciation for the game. In detail, coaches are expected to...

- Have a knowledge of this handbook and the School Handbook.
- Uphold proper Christian conduct in the light of 1 Corinthians 10:31, “So whether you eat or drink or whatever you do, do it all for the glory of God.”
- Treat every player, opposing coach, official, parent, and administrator with respect and dignity.
- Have a general knowledge of the fundamental skills, rules, teaching and evaluation techniques, and strategies of his/her sport.
- Communicate to his/her players and their parents the rights and responsibilities of individuals on the team.
- Be regular in church attendance and the Lord’s Supper.
- Be informed about the handling of Bloodborne pathogens.

Paperwork and Fees

Physical/Waiver Forms

For students entering grades 5-8 in the fall, who want to participate in interscholastic sports representing St. John's Lutheran School, it is highly recommended that your child have a **physical examination** by your family health care provider **every two years (usually grades 5 & 7)**, before participating in any practices or games (same as WIAA requirements). For the **in-between years, (usually grades 6 & 8)**, parents/guardians are required to sign a **"WAIVER FORM."**

However, if you feel your child is in good health and elect not to have your child examined by a health care provider, you must sign a "WAIVER FORM" before your child can participate in any practices or games each school year. Please use the form that best pertains to your situation.

Completed forms are to be returned to the school office **before practice begins** for the particular sport your child plans to participate in.

Parent/Athlete Consent Form

This form verifies that the parent and athlete have read and agree to abide by the Athletic Handbook.

Concussion Forms

Effective April 16, 2012, under Wisconsin law, all students, parents, and coaches must be educated on the effects of head injuries to athletes and what will be done if a head injury occurs. At the beginning of the school year, all athletes, parents, and coaches must read a packet of information about concussions and then submit a form acknowledging that they have read and understand the information. No student may participate in an athletic event unless forms have been submitted.

Athletic Fees

The athletic fees for each child are already included in the tuition you are paying. The athletic fee will come out of the tuition and be put in the athletic account. The amounts each grade will pay are:

4K- \$5.00

K-2- \$15.00

3-8- \$30.00

All necessary forms must be signed and returned to the athletic director on Registration Night. Included in the list of forms would be the Physical Exam or Waiver Form, the Parent/Athlete Consent Form, and the Concussion Information form. The athlete will not be able to participate in practice until all forms are turned in.

ST. JOHN'S LUTHERAN SCHOOL
Pardeeville, Wisconsin 53954

ATHLETIC PARTICIPATION FORM

_____ Date of Birth: ____/____/____
Last Name First Middle Initial

Height: _____ Weight: _____ Grade: _____ Age: _____ Sex: _____

PART 1 - PHYSICAL EXAMINATION

(To be completed by a licensed health care provider)

List sport(s) this student cannot participate in: _____

The above named student has been examined, and there are no apparent contraindications to participating in interscholastic athletics except as follows: _____

SIGNATURE OF EXAMINING HEALTH CARE PROVIDER: _____

Type or print name of Licensed Health Care Provider: _____

Address: _____

Date of Examination: _____

PART 2 – PARENT/GUARDIAN PERMISSION

Parent/Guardian Name: _____

Address: _____ **City:** _____ **State:** ____ **Zip Code:** _____

Home Telephone: _____ **Work Telephone (Mom)** _____ **(Dad)** _____

Name of Insurance Carrier: _____

Family Dentist: _____ **Phone No.:** _____

I hereby give permission for the above named student to practice and compete and represent St. John's Lutheran School in approved interscholastic sports, excepting those restricted on this card. Also, as parent (or legal guardian) of the above named student, I agree to be financially responsible for the safe return of all athletic equipment issued to (him or her). I further grant permission for the student named above to be given immediate emergency medical care in case of injury as the result of athletic competition.

PARENT'S SIGNATURE: _____ **DATE:** _____

St. John's Lutheran School
505 E. LaFollette St.
Pardeeville, WI 53954

Telephone: (608)-429-3636

Fax: (608)-429-4876

WAIVER

**FOR PARTICIPATION IN
INTERSCHOLASTIC SPORTS**

My son/daughter, _____, (*student's name*) will not be having a physical examination by a licensed health care provider in order to participate in any sporting events during the current school year. To the best of my knowledge, my son/daughter is in good medical condition and should be able to practice and compete in the sporting events he/she has chosen to participate in without incident.

School year: 20____ -- 20____ **Grade:** _____

Student's Name: _____ **Date of Birth:** _____

Height: _____ **Weight:** _____ **Age:** _____ **Male or Female:** _____

Parents (or Legal Guardian): _____ **Phone No.:** _____

Street Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Home Phone: _____ **Work Phone:** _____ **or** _____

Insurance Carrier: _____

Health Care Provider: _____ **Phone No.:** _____

Family Dentist: _____ **Phone No.:** _____

1. I hereby give my permission for the above named student to practice, compete, and represent St. John's Lutheran School in interscholastic sports, except in any restricted activities I have listed on this form.
2. I further grant permission for any medical records pertaining to the health of the above named student to be made available as necessary to the appropriate health care providers including emergency personnel.
3. I further grant permission for my son/daughter, named above, to be given immediate emergency care in case of injury as a result of practice or competition in interscholastic athletic events.

PLEASE SPECIFY ANY ACTIVITY RESTRICTIONS: _____

SIGNATURE OF PARENT/LEGAL GUARDIAN: _____ **DATE:** _____

Parent/Athlete Consent Form

“So whether you eat or drink or whatever you do, do it all for the
glory of God.”

1 Corinthians 10:31

After reading the St. John’s Lutheran School Athletic Handbook, I will follow the expectations that are given. I will play my best and give glory to God in all that I do as a player, teammate, and competitor.

Player’s Signature

I have read the St. John’s Lutheran School Athletic Handbook and will follow the expectations as written. I give my child permission to participate in sports at St. John’s Lutheran School and will hold them to the guidelines that are expected of them as written in the handbook. I understand that I am expected to put in volunteer time assisting during games and tournaments.

Parent/Guardian Signatures