

# **Grace Lutheran Warriors**



WARRIOR  
MINISTRIES

## **2009-2010 Athletic Handbook**

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## Introduction

Students who desire to participate on athletic teams at Grace Lutheran School should be aware of the responsibilities placed upon them by accepting the privilege of participation, and showing the love of Christ in all they do.

## Purpose

### School Mission Statement:

Grace Lutheran School will partner with parents to make disciples of Christ for here and eternity while providing a high quality education, and competitive athletic program that gives all glory to God for the children's gifts and talents.

Our purpose for athletics and this handbook is to give the student-athlete an understanding of:

- 1) the Christ-centered philosophy of Grace Lutheran School,
- 2) his/her responsibility in the athletic program, and
- 3) school procedures relating to athletics
- 4) emulating Christian attitudes at sporting events

## Philosophy

The mission of Grace Lutheran is to assist parents in preparing their children to be leaders, use their gifts and show conduct of becoming a young.

***"I can do everything through him who gives me strength." – Philippians 4:13***

Thus, through the operation of the Holy Spirit, God's Word is the vital force and determining standard of all instruction; its injunctions and principles permeate all activities. Athletics is one part of the total educational experience. All aspects of athletic training and competition also find their purpose in God's Word that commands us to preserve our bodies, the temples of the Holy Spirit...

***"Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" – I Cor. 3:16***

...and to do "all things to the glory of God."

***"So whether you eat or drink or whatever you do, do it all for the glory of God."  
– I Cor. 10:31***

## Process

We will teach student-athletes to develop self-discipline, commitment, motivation, honesty, humility, loyalty, cooperation, fair play, good sportsmanship, and sanctification as young Christians.

## Sports offered at Grace

### Fall Sports (August-December)

**Girls:** Cross Country, Volleyball, Softball

**Boys:** Cross Country, Softball, Soccer

### Winter Sports (January-March)

- *Boy's and girl's A-Team travels to Reformation Tournament in San Diego, CA.*
- *Every other year teams travel to San Carlos to play Reservation teams one Friday in January or February*

**Girls:** Basketball

**Boys:** Basketball

### Spring Sports (April-May)

**Girls:** Track & Field, Club Soccer (*depending on interest and coaches*)

**Boys:** Track & Field, Club Flag Football (*depending on interest and coaches*)

## Participation Requirements

Based on the report and recommendations of the Athletic Department and the Athletic Director, the Board has adopted the guidelines that **“as long as there are enough to field a team plus one as the minimum number of participants needed in order to offer a sport”**. There are no cuts made at A or B levels. We will not go below 5<sup>th</sup> grade for A-Team sports if there are no B-Teams able to follow the guidelines. If the minimum number is not met and no coaching volunteers for the sport are found, the athletic director along with the principal will make determination as to whether the sport will be offered.

## **Student Athlete Responsibilities**

Athletic participation is a privilege offered to all students who meet team requirements and are willing to assume the responsibilities of team membership. As redeemed children of God and as an expression of his/her faith, the student-athlete will strive to:

- 1) **Witness his/her love for his/her Lord by representing Him, his/her parents, school, community and himself/herself properly at all times.**
- 2) **Display Christian behavior at all times.**
- 3) **Display respect for rules, officials, coaches and all in authority.**
- 4) **Display a spirit of cooperation and teamwork.**
- 5) **Follow the rules and regulations.**

## **Injuries**

In the case of injury the coach should be notified immediately. A note should be given from an attending physician.

In sport injuries will be administered by the proper resources that are in place.

All coaches must have medical kits available for all sports, at all times.

## **Insurance**

Grace Lutheran School has accident insurance that covers all students while involved in school related activities on and off campus. However, this coverage is secondary to any health/accident coverage a parent or guardian has for his family. If an accident occurs, the claim for coverage should first be made against the family accident coverage that applies. Any balance that remains could be claimed against the school's insurance coverage.

Forms will be distributed at Registration with waivers signing off on the fact that you are aware that your child will be riding with parents to the games.

## Playing Time

The ideal situation in team sports would be to have all the team members participate the same amount of time in every contest. Coaches will have to balance their responsibility to teach the fundamentals and to field a competitive team. The talents and abilities of athletes will differ, and consequently, so does the amount of time they will participate especially during tournament play.

**NOTE:** *Every effort will be made to give all student-athletes as much participation as possible, but the athletes must be willing to sacrifice their own goals in favor of the goals of the team.*

At the B Team (5<sup>th</sup>-6<sup>th</sup> Grade) level, the primary goal is to teach the athletes the fundamentals of the game. Teaching is to be the coaches' primary objective.

At the A Team (7<sup>th</sup>-8<sup>th</sup> Grade) level, coaches will continue to emphasize the objectives (self-discipline, honesty, humility, etc.) taught at the B Team levels and to provide additional opportunities for those athletes whom the Lord has uniquely gifted and have demonstrated dedication, desire, and discipline to be successful, in athletic competition. *Where possible 8<sup>th</sup> graders should get precedent regardless of ability level, contingent on effort and following the rules.* This will be left at each coach's discretion, but this should be considered during the regular season where applicable.

**Disclaimer:** *Playing Time can automatically be affected by the following and in each case will vary:*

- Missing or skipping classes
- Unexcused absences
- Getting a detention
- Being late, continually for practices
- Questioning authority
- Doing what you are not supposed to be doing at the start of practices/not following the rules
- Lack of effort or use of all of your God-given talents

## **Player Support of Athletic Programs**

An athlete supports his/her team by demonstrating his/her commitment to the TEAM. When an athlete accepts a position on a team, he/she makes a commitment to his/her team. That commitment includes, but is not limited to:

- \_ Demonstrate loyalty to the team
- \_ Respect for officials, coaches and others in authority
- \_ Honor all team rules established by the coach
- \_ Represent Christ and Grace in an appropriate manner

The nature of team sports requires that all members of the team work together toward a common goal or purpose. This cannot be accomplished when team harmony has been disrupted by one team member criticizing the efforts of another, or by being jealous of the participation of another team member. If an athlete makes a mistake or performs poorly, criticism by his fellow teammates will not correct the mistake nor will it likely improve his effort.

Criticism of coaching decisions or second-guessing of strategy does nothing for the confidence of the team as far as their coaches are concerned, nor does it help the concentration of the coaching staff. Open and public criticism may lead to larger consequences not just for the individual, but in the end for the team as a whole. Support and encouragement, helpful suggestions and reminders to fellow teammates will help the entire team and keep a God-pleasing focus and a positive attitude. Out of love for the sacrifice our Savior made for us in his death and victorious resurrection, the Christian is motivated to live a pure and decent lifestyle. The code of conduct established gives guidelines for how we handle the times when sin overcomes us. The Christian is armed with the needed battle gear by keeping in the Word.

- Strive for academic excellence
- Prompt and regular in classroom attendance
- Faithful attendance at scheduled events and practices
- Stay healthy, do things that would not make you sick, or injured
- Strive each practice to use his/her God-given abilities to the fullest

The athlete should understand that his/her success on the court/field begins with their success off the court/field. Faithful and diligent study in the classroom is an essential component for each athlete. It is also a requirement to carry at least a GPA of above 2.0 to continue playing in their given sport. Accepting responsibility in the classroom carries over to accepting responsibility on the court or field.

Absences from practices and games, not only negatively affects the progress of the individual athlete, but more importantly, the team. Athletes should not put personal

activities above the good of the team. Extended absences from a team may impact the athlete's role on the team. Individuals planning to be absent should meet with their coach prior to leaving. Consequences for missing practices/games will be addressed on an individual basis. Being at practice is not an option, if you made a commitment, you made a commitment, you must hold to that commitment. In the event that a practice or game conflicts with some family event, the athlete (or parents) should notify the coach as soon as possible.

*“But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.”*

– 1 Corinthians 12:24b-27

## **Parental Support of Athletic Programs**

Parental support of the athletic program at Grace Lutheran School is an important part of its success. Parents are encouraged to support all members of the team as they work toward a common goal and purpose. Parent support comes in many forms: prayers for God-pleasing use of all talents showered on athletes and coaches, volunteer help throughout the season, words of encouragement to players and coaches, God-pleasing procedures in dealing with problems.

There will be times when issues arise that may cause concerns among parents. When this occurs, the following principles are to be our guide:

**DO:** Pray for God's blessings on all of our activities; for those who lead them and for those who participate in them.

**DO:** Pray for God's guidance in tactfully raising concerns.

**DO:** Speak directly with the coach or offending party. Open, forthright discussion will often lead to a complete understanding from both sides.

**DO:** Find an appropriate, non-threatening time and place to address your concerns.

**DO:** Feel confident that coaches will listen and react in a God-pleasing manner to any issues raised.

**DON'T:** Write letters anonymously. They are not constructive and will be discarded without being read.

**DON'T:** Relay your concern to a coach at the conclusion of a game.

**DON'T:** Feel that your concern will not be addressed

**DON'T:** Remain silent for fear of retribution. Problems, whether perceived or real, are only solved through prayer and open discussion.

If, after speaking with the coach, you feel that a particular situation has not been addressed appropriately, please bring that concern to the athletic director and then to the principal.

Please know and do all issues with Matthew 18 in mind.

Parents can also support their athlete's commitment to the team by:

- Encouraging their athlete to demonstrate a team loyalty in all they do.
- Showing respect to the coaching staff in all circumstances. If disagreements or concerns arise, deal with them quickly and in a God-pleasing manner (See *above*)
- Looking for ways to support your athlete, other team members, other parents, and the coaches throughout the season.

Accepting responsibility of helping to support the sports program if called upon, through officiating, working the scoreboards, or even helping with concessions.

## **Athletic Fee**

All students participating in a sport are required to pay an athletic fee. This fee is to be paid prior to the first scheduled event. Participation may be withheld if payment is not made.

**\$ 7.00 per sport**

**\$ 35.00 individual maximum**

**\$ 50.00 family maximum**

## **Attendance**

**A student-athlete must be in school all day** in order to practice or participate in athletic contests on any given day of school. Real medical appointments, attendance at funerals, and emergencies at home are excuses acceptable for not being at school the entire day and still being permitted to participate. Other excuses must be approved by the school administration and the coach or advisor. All excuses must be given notification to the coaches in writing or by phone.

## Awards

We will be planning an awards night in the future. All athletes from every sport will receive an award of some kind.

## Eligibility - Academic

- A student becomes academically ineligible with a failing grade in any class at the end of the first, second or third quarter and at mid-term progress reports.
- A student may regain eligibility by getting his/her GPA to the level of acceptability by their classroom teachers or principal.
- A student who falls back to ineligibility after regaining eligibility status will be removed from the team.

## Eligibility - Conduct

In order to carry out the conduct code of eligibility, the following procedures are representative of the process used for disciplinary purposes”

- First offense:** As referred to previously - ½ game suspension (quarter)  
**Second offense:** As referred to previously - 1 game (½ game) suspension  
**Third offense:** Suspended from sport  
**Fourth offense:** No longer eligible for any sport participation

*(At points three or four your sports fee may be refunded, unless there is no cooperation on the part of the parent or athlete to understand why they received the appropriate consequence.)*

- These are suggestions - not set in stone
- All of these offenses and ramifications are always under the coaches' discretion, but must be presented to Athletic Director as well as principal.
- More severe misconduct could lead to third or fourth consequence sooner.

### Disclaimers:

- Athletes will remain part of the team and must practice while under the athletic discipline, steps one and two.
- Post-season tournament games or matches may be part of the suspension.

- Students, who in good faith, refer themselves, or parents who refer their son or daughter for help in dealing with these conduct code violations may have their penalty reduced as deemed appropriate by the administration.

We also need to realize from the outset that bringing the student to the cross of Christ is the only power and strength that can change the heart, and secondly, that God has placed parents in the role of authority for nurturing and disciplining His children. Since these sins adversely affect the praise that is due God alone and are sins of our society that are currently receiving much attention, Christ-centered disciplinary measures may need to be administered in order to point out the seriousness of the sin. Proper disciplinary action, which could lead to expulsion, will be enforced for the welfare of each student and the student body

### **Eligibility - Detentions**

Athletes may be declared ineligible for accumulating two detentions during the sport season.

**Parental Permission to Participate-Student Athlete Consent**

- Parental permission to participate in sport is required each year.
- Both consent forms will available from the Athletic Director as of August 1<sup>st</sup>. It must be completed, signed and filed with the athletic director before any physical participation will be allowed.
- If you have signed one in the past, the same child is participating again in the sport, and it is on file with the Athletic Director, there is no need to fill another form out unless it is a different child.

### **New this year:**

A physician must sign off on whether the child is able to participate in sports. This too will be filed with the Athletic department, and only needs to be done the first year and if it is a child that has not participated before.

## **Transportation Issues**

### **Practice Transportation**

Upon the request of the athletic director, no one should pick their child up after 5 pm from practice. If you are not able to pick your child up before this please speak with the child's coach. Otherwise, at 5 pm your child will be sent to after care.

### **Game Transportation**

Transportation will be arranged for student-athletes by their coaches to all off-campus contests. I understand that Grace Lutheran athletic rules require riding to and from games with volunteer drivers. I understand that the driver's have all given insurance information to the appropriate people. I understand that Grace Lutheran will not be held liable for any adverse results that occur.

Games are an exception and will be subject to traffic. If you are unable to meet your child at the game, you and your child must make arrangements to be picked up at school, children are encouraged to call parents with a cell phone (borrow one if you do not have one), once the game is over. Transportation will be arranged for student-athletes to all off campus contests.

## **Quitting Policy**

Commitment to the team is an important aspect of sport. With this in mind, any athlete who quits, and wants to come back may do so, after repentance has been established, and forgiveness granted. They will then be eligible to practice at the next day practice, understanding that any conduct consequences may be applicable and at least a one game suspension will be enforced.

## Uniforms and Equipment

- The student-athlete is responsible for the care, safekeeping, and return of all uniforms and equipment assigned to him or her.
- Students will be responsible for the full replacement cost of school equipment or uniforms that are not returned or returned damaged. **This is new this year & will be acted upon by athletic director.**
- At the conclusion of the season each coach will expect all uniforms to be returned washed.
- Parents of athletes who have not turned in uniforms / equipment at this time will be sent a letter requesting the return of uniform / equipment or payment for replacements.
- Athletes will not be allowed to participate in their next season until all uniforms and equipment are returned or payment has been made. **This applies to basketball only.**
- Uniforms are not to be used as personal apparel. Uniform tops may be worn on game days only.