



# **Athletic Handbook**

## **Lions Athletics**

**Sharing Christ's Love; Centered in God's Word**

## Introduction and Philosophy

The athletic program at Our Savior Lutheran School was established to facilitate the total Christian education experience of the student. The purpose of interscholastic athletics is for the athlete to improve his/her God given skills and abilities, and to have the opportunity to use those skills in competition against other teams. The sports program gives the student an opportunity to experience Christian learning, growth, and development beyond the normal school day.

As a Lutheran elementary school, Our Savior Lutheran School applies Christian principles to all activities. 1 Corinthians 10:31 tells us, "So whether you eat or drink or whatever you do, do it all to the glory of God." We ask that students, parents, teachers, and coaches apply this verse to all athletic practices and events, always using these opportunities to reflect the love of their Savior and conduct themselves in a Christ-like manner

Because many of the teams our students compete against have the same general attitude toward interscholastic athletics, we look forward to enjoyable, competitive contests.

## Sports Available at Our Savior

The athletic program at Our Savior Lutheran School consists of the following sports when student population allows (when short on numbers, we participate with neighboring Lutheran schools if they have teams):

Coed Soccer (5 <sup>th</sup> -8 <sup>th</sup> )	Aug-Oct
Girls' Volleyball (5 <sup>th</sup> -8 <sup>th</sup> ; A & B)	Aug-Oct
Coed Cross Country (K-8 <sup>th</sup> )	Aug-Oct
Girls' & Boys' A-team Basketball	Nov-Jan
Girls' & Boys' B-team Basketball	Jan-Mar
Coed Track (5 <sup>th</sup> -8 <sup>th</sup> )	Apr-May

Fourth graders will be allowed to participate if more players are needed to complete a team.

The A-Team consists of 6<sup>th</sup>-8<sup>th</sup> graders and competes in the Lutheran Small School League. The policy at Our Savior Lutheran School is to allow any interested athlete, regardless of skill level, a place on the team. This gives all athletes a chance to learn the game, improve their skills, and enjoy being a part of a team. However, players and parents alike should keep in mind that this is a competitive league. Although the goal is to give each athlete at least some playing time in every game, it is not guaranteed. Each athlete needs to remember that he/she is part of a team, whether on the court or on the bench.

The B-Team consists of 4<sup>th</sup>-6<sup>th</sup> graders. As this is a participatory league, playing time will be fairly equal during league games. During tournaments, however, the coach has the prerogative to put the strongest team out on the court and substitute as the competition allows.

For both A and B-Teams, an athlete who misses practices or games, exhibits a lack of effort, or conveys a poor attitude could find his/her playing time reduced at the discretion of the coach.

## **Our Savior Lutheran School Athletic Policy**

Our Savior Lutheran School is a member of the St. Louis Lutheran Athletic League and follows the policies as stated by MSHSAA and the league. The following guidelines have been established for Our Savior Lutheran School. If there are any questions, contact the athletic director.

1. All practices and games should be attended unless excused prior to the event, either verbally or by a note. If absent during the school day for more than 2/3 the day, the individual cannot attend that day's game or practice. (Homeschool students may attend as long as they haven't been sick that day.) The coach would appreciate to be contacted if the student is absent or leaves school early.
2. Injured and/or athletes recovering from an illness should attend practices/games even though they cannot participate. Hearing and seeing what is practiced/learned is important upon return to full strength.
3. Two unexcused absences may result in suspension from participation in the next game or practice. The individual is still expected to attend the game and or practice.
4. To show the desire to learn skills of any extracurricular activity, the student must be willing to cooperate with the coaches and/or assistants. This includes a willing, enthusiastic attitude during practices and games, and an active respect for those in authority based on the 4<sup>th</sup> Commandment.
5. To reflect the love of our Savior, any athlete, spectator, or coach should portray Christian sportsmanship at all times toward players, coaches, officials, and other spectators.
6. As Christians, all athletes and coaches should respect the property and facilities of others, including personal property, gyms, and locker rooms.

If an individual fails to show cooperation or Christian conduct, he/she will receive one warning. After the second occurrence, he/she will be placed on suspension for one game. This will result in an unexcused absence.

All major disciplinary actions will be reported to the Athletic Director and Principal.

### **\*\*\*Policy from St. Louis Lutheran Athletic League\*\*\***

Schools are not permitted to play in an outside league (of the same sport) during the Lutheran League season. The penalty is suspension from the league for the next season. The League limits the number of students from a school team that can play simultaneously for the same outside team during off-season. In order to help us stay within the League's policy, please inform the Athletic Director if your child is going to be playing on an outside team.

## **Academic Policy**

Students are to maintain at least a 70% average in every subject and/or make acceptable progress toward an individual education plan or service plan. Grades will be checked every Monday. If a student does not meet eligibility requirements he/she may be ineligible to participate in games. Students will still be required to attend practices. If a student is ineligible for 3 weeks in a sport season they will be dismissed from the team.

## **Detention Policy**

Athletic participation at Our Savior Lutheran School is a privilege. We expect our student athletes to put their primary focus on their academics and classroom conduct. Listed below is the policy for detentions within a sports season:

1<sup>st</sup> detention: Warning

2<sup>nd</sup> detention: Suspended one game.\* Player is still expected to attend game.

3<sup>rd</sup> detention: Suspended one game.\* Player is still expected to attend game.

4<sup>th</sup> detention: Student will be asked to leave the team.

\* (The athletic director will notify the athlete when he/she will serve the one game suspension.)

## **School's Expectations of the Parents**

Parents play a vital role in the total sports program at Our Savior. A Christian attitude during a sports event leaves a positive impression on everyone attending a game. This display of Christian conduct, through both words and actions, is important to the enrichment of Our Savior's families, the Fenton area, and surrounding communities. The parents, with the Holy Spirit working in their daily lives, are expected to:

1. Show a Christian attitude toward all players, coaches, and officials.
2. Demonstrate self-control and Christian sportsmanship during all games.
3. Support student athletes and encourage them to develop athletic skills.
4. Pick up their student within 10 minutes after practice. A student staying longer will be taken to the Extended School Care Program at its current rate.
5. Actively participate in such areas as concession stand, score keeping, ticket sales, and other tasks to be determined when games are held at Our Savior.

## **Objectives and Expectations of Athletes**

Students participating in the athletic program at Our Savior, through the Holy Spirit working in their daily lives, are expected to:

1. Be prompt in attending sports practices and games.
2. Display self-control and demonstrate Christian sportsmanship as representatives of Our Savior Lutheran School.
3. Develop skills to the best of their abilities.
4. Play to win games, but not at the expense of Christian sportsmanship and teamwork.
5. Always address the coach by proper title (Coach...Mr....Mrs....Miss...with name or initial).
6. Follow directions and respect coaches and officials.

## **Resolving Conflict**

If a conflict arises during the sports season, follow the guidelines Jesus gives in Matthew 18:15-17: *"If your brother sins against you go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or*

*two others along, so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church.”*

1. Talk to the coach first, keeping in mind that immediately before or after an athletic contest is not the best time to discuss conflicts.
2. Discuss the problem with the coach and Athletic Director next.
3. If necessary, meet with the coach, Athletic Director/Principal.

## **Criteria for Coaches**

Our Savior Lutheran School uses the following criteria when selecting coaches. Coaching candidates are expected to:

1. Be active members of Our Savior Lutheran Church or another Christian church.
2. Express faith which displays Christian values.
3. Be able to discipline athletes with proper Law and Gospel.
4. Abide by the policies that have been set up by the faculty, Athletic Director, and Our Savior Lutheran School.
5. Submit to a background check prior to coaching.

The Principal/Athletic Director, based on these criteria and faculty input, will make all decisions on volunteer coaching positions.

## **Registration Fee**

A sports registration fee of \$50.00 is charged for participation in soccer, volleyball, and basketball. A \$20.00 fee is charged for participation in cross country and track. Registration fees need to be paid before a student can participate. The fees are used to offset the expenses of the athletic program.

## **Uniforms**

Each student receives a game uniform and has the responsibility of:

1. Bringing the uniform to all games.
2. Keeping the uniform laundered and in good condition.
3. Replacing the uniform if it is lost or destroyed.

## **Caring for Your Student during the Sports Season**

Parents enrolling their student in the athletic program need to be aware that additional child care is required for those who stay after school for staggered practice and/or games. Siblings of athletes are not to attend practices or games unless under parental supervision. Athletes who are not under parental care while waiting for practice/games are expected to enter the Extended School Care Program (ESC) at its current rate.

**If your child is enrolled to go to ESC following the practice time, please inform the ESC.** The ESC staff needs to know to expect your child.

## Athletic Handbook Sheet

I have read the Athletic Handbook and agree to accept the policies and the procedures of Our Savior Lutheran School and Athletic Program. *Please sign this form and return to the office or coach.* **Athletes will be eligible to play in the games when:**

- form has been signed by player(s) and both parents
- athletic fee has been turned in
- academic requirements are met
- his/her parents have signed up for at least one volunteer slot per season (volleyball, A Basketball, B Basketball)

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Player's Signature

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Sports

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Player's Signature

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Sports

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Parent/Guardian Signature

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Date

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Parent/Guardian Signature

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Date

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