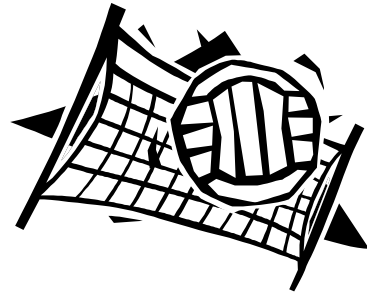


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SPORTS HANDBOOK
2003-2004



ST. JOHN LUTHERAN SCHOOL

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MISSION STATEMENT OF ST. JOHN LUTHERAN SCHOOL

The mission of St. John Lutheran School is to "make disciples of all nations" by providing the best possible Christian and academic education for students and their families, thus enabling them to live their lives as Christian witnesses.

The sole mission of St. John Lutheran School is to follow the Great Commission (Matthew 28: 19-20) in making disciples of all people that we meet. Our goal in making disciples is to equip people to live their lives as witnesses to Christ. This takes place in every aspect of our ministry at St. John.

One aspect that we use to make disciples is athletics. Through athletics we are able to use the physical bodies that God gave us. We are able to glorify God through the use of the talents He gives us. We are able to join with others in the thrill of victory as well as the agony of defeat. We are able to join together in prayer. We are able to be Christian witnesses to our classmates, our teammates, the referees, the fans and the members of the opposing team. In all of these ways, athletics are involved in the mission of St. John Lutheran School -- to "make disciples of all nations".

THE TOP SIX THINGS IN THIS HANDBOOK THAT YOU SHOULD READ:

- 1. The mission statement and how it applies to athletics**
- 2. Letter to Parents from the Athletic Director**
- 3. The "Ten Commandments for Parents with Athletic Children"**
- 4. Parent Information Night**
- 5. Academic Eligibility Policy**
- 6. Athletic Awards Policy**

LETTER TO PARENTS FROM THE ATHLETIC DIRECTOR

Dear Team Parents:

Welcome to the St. John Athletic program for the upcoming year! Please make sure that you have a copy of your son or daughter's practice sessions for the year. These schedules will be followed unless otherwise notified. We also would like to stress the importance of volunteering your time, when possible, to help us in the support and supervision of our programs.

As members of our athletic teams we expect all players to be on time and present at all planned practice sessions. We only accept illness as an excuse for missing practice. We also expect that if one is well enough to attend school, they can also be at practice. This is only common sense, since our practices are very important and, also, one takes on a new responsibility when joining our teams!

If there are any problems which result because of practice times or other related matters, we feel it is the player's responsibility to talk with the coaches about it and get the matter resolved. We do not expect the parents to have to worry about or try to solve those problems. All doctor or dental appointments should not be scheduled during these times.

Being on the athletic teams at St. John is not a right but a privilege. Only those players who have the ability to make a contribution to the team and are willing to work towards improvement and success will remain on the teams. They must also do well in their academic work and conduct themselves like fine young Christians both on and off the court/field. If at any time during the season, disciplinary action must be taken for any reason, both the player and parents will be made well aware of the causes for it and the resulting actions taken.

We are looking forward to a new and exciting year! There are many challenges before our teams and many goals, which we must strive to reach. We ask for your support and patience in this upcoming year. Please

feel free to call us at any time if you feel there is a problem or you have a question. We will strive to be honest and fair with you and your child. Enclosed you will find guidelines which we feel may help you and your child as they work, struggle and succeed throughout this upcoming year. Please read it and think about what it has to say.

It won't be long and our first games will be upon us. We thank you for your cooperation and willingness to help. See you at the games and let's fill the stands for all of our teams this year!

In Christ,

The Athletic Director

THE PARENTAL ROLE IN THE DEVELOPMENT OF THE STUDENT ATHLETE

The parents of a student are usually the determining factor in their child becoming interested in athletics. Because we encourage all athletes to be Christ-like, the responsibilities of the parents are vital to help the student become a total athlete at St. John. We see the following as being necessary in the parenting of your athlete:

1. Teach by example a Christ-centered attitude towards all.

- A.** Set priorities for church and Sunday School attendance; homework; peer relationships; family time; and appreciating each person as a creation of God.
- B.** Don't be critical of other coaches or participants.
- C.** Support the whole team verbally and physically.
- D.** Encourage and participate in the development of the student athlete's physical skills as God-given.
- E.** Encourage self-accountability and delayed gratification traits in your athlete.
- F.** Instill in the athlete good health habits towards food, sleep, and exercise, by your example. Demonstrate prudence in the use of all drugs, including alcohol and tobacco.

2. Practical items of support

- A.** Help your student maintain his or her commitment to the team by attending all practices and contests. Students may continue on the team with one unexcused absence per season; on the second unexcused absence the student will be dismissed from the team. All absences are unexcused unless the athlete is ill or a family emergency occurs. Tardiness will be dealt with individually, but habitual tardiness could result in dismissal from the team. An athlete, after missing a practice, should provide the coach with a written excuse. Reminder: 2 unexcused or 6 excused absences will be reason for dismissal from the team.
- B.** Help your student develop good time-management skills by picking him or her up within 15 minutes after a practice and promptly after a game. Coaches are usually able to give an arrival time for away games. Athletes not picked up by 15 minutes after the practice ends are sent to late room. No phone calling is allowed after a practice or game for transportation needs.
- C.** Attend some athletic contests.
- D.** Drive to some away games.
- E.** Help at the concession stand at some of the games.
- F.** Serve as a driving coordinator for a sport season.
- G.** Be aware of being over-zealous in your support.
- H.** Be sure your child has a current (within the past year) physical form on file at the school office. These forms can be brought to registration in August or turned in to the Athletic Director. A student cannot try out for or participate in a sport without a current physical form on file.
- I.** Practice & Game Schedules

Practice and game schedules will be made available to the parents and athletes as soon as they have been finalized.

TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and for having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc. with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his/her hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped. What a blessing that was!"

PARENT INFORMATION NIGHT

Coaches may periodically call an individual team parent meeting. When such meetings are called, parents are strongly encouraged to attend.

LETTER TO PLAYERS FROM THE ATHLETIC DIRECTOR

Dear Athlete,

Participation in athletics is not a right but a privilege. To enjoy this privilege a player must comply with the rules and conditions set up by the coaches and the school. To retain a player on the squad who violates the rules and conditions would be an injustice to the other members of the team who do comply and would lead to a breakdown of morale and result in chaos.

An area of vital importance is discipline. "Discipline" is; training that develops self-control, efficiency, to enforce obedience and have proper and orderly conduct. There are two kinds of discipline: team and individual. Do not mistake discipline for sacrifice. You will make sacrifices in order to play. You will give up your free time to practice, which is hard work. Discipline is imposed on the team and individual to promote success. If you discipline yourself no one will have to.

The practice of loyalty, honesty and respect for the rights of others is necessary for the development of proper team spirit. Jealousy, envy, egotism and selfishness are certain to prevent or destroy team spirit.

The Christian Attitude

When you play on any athletic team here at St. John you must also realize that you are playing the game to the Glory of Almighty God. Your conduct and attitude on and off the court should show your love for our Lord Jesus Christ. Your first priority in your life should be your Lord. If you play your sport well and keep your attitude in line, then you will be on your way to the kind of player which will show others what it is like to have the joy and love of Christ in your heart.

Always remember that there are many younger children here at school who look up to you players as something special. Don't let them down by doing things which are not good. Show them how to live and play by example. Give them something good to look up to. Someday they may be where you are now. Show them now, so that they have something good to look forward to!

PLAY TO THE GLORY OF GOD! . . . Learn to understand the meaning of this saying. We work hard in practice and during the games for the chance to give God glory through our play. It is our gift to God. Our saying thank-you for the many talents and gifts which He has given to us. Always striving for the best that is in us so that we might give God our best. What a joy to play that way!

In Christ,

Athletic Director

INTERSCHOLASTIC SPORTS

Interscholastic sports are designed for the 5th through 8th grades to provide interested students a voluntary, competitive program by playing on teams which play against other school teams. Approximately only 10% of any student body is prepared for this type of program. The rest of the students are encouraged to participate as spectators and supporters of the school teams. Having school teams provides an outlet for those students who have the ability and gives the student body events beyond the scholastic program to develop school spirit.

Objectives

1. To understand how the use of our physical skills can be a form of worship.
2. To practice Christian ethics.
3. To provide important social events for the school, both for parents and children.
4. To give students self-improvement techniques, correct physical skills training, physical conditioning, commitment to team concepts, establishment of priorities and goal attainment.

5. To provide an additional avenue for creating school spirit.
6. To use staff coaches due to their expertise in child development and synodical training. Other adult/parent coaches will be used when needed through the approval of the Athletic Director.

Scope

The St. John interscholastic athletic program is available to all 5th through 8th grade students. The degree to which children are challenged in sports varies from the 5th through 8th grades. The 5th and 6th grades are limited in the quantity of practices and contests. The student athlete grows in these two years, learning to cope with competitive situations with little pressure. The 7th and 8th grades require a much greater dedication on the part of the student athlete. The dedication is required because of the pressure put on the child not only in his or her athletic success and failure but also in that person becoming an important representative of the school.

Research shows that "burn-out" for students from athletic competition is a serious and mounting problem, particularly as children are competing at an earlier age. We wish to prevent students from leaving sports as they move on to high school or college. Because of this, a child is able to participate in only one St. John sport during any given season. For example, a child cannot participate in both soccer and cross-country in the Fall season. Also a child is not able to participate on two different teams in the same sport at the same time. For example, a child could not play basketball on the St. John team and at the same time be playing basketball for another team (RARA, YMCA, AAU, etc.). This is a Michigan High School Athletic Association (MHSAA) rule, and we, as members, adhere to it.

Activities

Fall Sports: 5th, 6th, 7th and 8th grade girls' basketball, 6th-8th grade boys' soccer and 5th-8th grade cross-country, for both boys and girls.

Winter Sports: 5th, 6th, 7th and 8th grade boys' basketball and 5th, 6th, 7th and 8th grade girls' cheerleading.

Spring Sports: 6th grade girls' volleyball, 7th/8th grade girls' volleyball, 5th-8th grade boys' and girls' track and 6th-8th grade girls' softball.

Special Points of Emphasis

1. Any athlete who does not participate in physical education due to sickness, injury, or no uniform may not participate in practices or games which occur on that day.
2. Any athlete deemed ineligible during the year is not allowed to attend any practices until they become eligible.
3. Reminder: All athletes must turn in their physical form, sports contract sheet and medical treatment consent form before they will be allowed participate on a team. This includes all practices & games!

INTERSCHOLASTIC COMPETITION AND ORGANIZATION

The Athletic Director administers St. John's interscholastic athletic program. The Athletic Director is responsible for all of the day-to-day operations of the sports program. The Athletic Director reports to the Principal.

St. John is a member of the North Suburban Lutheran Athletic Association (NSLAA). The league consists of the following teams: Our Shepherd, Birmingham; St. John, Fraser; St. Peter, Macomb; St. Luke, Clinton Township; Trinity, Utica; St. Peter, Eastpointe; St. Thomas, Eastpointe; Immanuel, Macomb; Peace, Utica; and St. John, Rochester. We also play occasionally against St. Stephen, Drayton Plains; Kensington Academy; Oakland Christian; Holy Family; and a few other schools. Maps are available for drivers to athletic contests.

St. John also participates in a small school league. This league consists of the following teams: St. Peter, Macomb; Trinity, Utica; St. Paul, Sterling Heights; Our Savior, Armada; Mt. Zion, Waterford; Warren Woods Christian; Bethlehem, Peace and St. John Rochester.

St. John is also a member of the Michigan High School Athletic Association (MHSAA).

ACADEMIC ELIGIBILITY FOR ATHLETICS

Extra-curricular activities are a valuable and enriching part of the St. John program. However, scholastic achievement retains priority over any extra-curricular activity. Students participating in extra-curricular activities before or after school must maintain minimum academic standards.

The following academic standards have been established for those students participating in extra-curricular activities at St. John:

1. Students must maintain a C+ (78-79.9%) grade point average, with no failing grades, in the following core subjects: religion, memory, science, social studies, math, English, reading or literature, spelling, academic enrichment, physical education, AND
2. Students must be currently receiving an Outstanding, Satisfactory, or Needs Improvement mark in the Accelerated Reader Program.

Eligibility for 5th graders will be checked whenever half-quarter slips and report cards are issued. Eligibility for 6th-8th graders will be checked whenever progress reports and report cards are issued. If a student does not meet these standards, he or she will be put on probation. The length (generally one to two weeks) and terms of this probation will be determined by the teacher and the administration. The Athletic Director will also be consulted regarding any athletes placed on probation. The student will not participate in any practices, games, or performances until all requirements have been met.

Any exceptions to the eligibility standard due to a student's level of academic capability will be made only at the discretion of the teacher and the administration.

ATHLETIC AWARDS

Team Awards

Chenille Letters: A chenille letter is awarded students the first time they letter in a varsity sport. Only one chenille letter is awarded to each person while at St. John. Generally, only the starting team of a varsity sport letters. Athletic letters will not be indiscriminately given to an entire team during one particular

season. If unusual circumstances arise where this is being determined by a coach, the Athletic Director must be consulted. However, if a participant does not start, yet plays frequently in games because he or she is an integral part of the team, meets all of the team obligations, portrays a good attitude, and shows good Christian character, the coach may award that participant a letter. Eighth graders who have not lettered previously will be given a letter and a pin for the last sport they participated in if they are on four of the five possible interscholastic teams.

A participant in our scored track meets who earns a total of the listed points, or sets a record, will earn a letter. The scoring is as follows: 1st place, 5 points; 2nd place, 4 points; 3rd place, 3 points; 4th place, 2 points; 5th place, 1 point. Totals needed at scored meets are as follows: five meets, 14 points; four meets, 12 points; three meets, 10 points; two meets, 8 points; one meet, 5 points.

Insignia Pins: Insignia pins are awarded to lettering varsity players who have been previously awarded a chenille letter.

Varsity Certificates: All 7th and 8th grade team participants will receive a varsity certificate suitable for framing. In addition, all team members are eligible to earn a chenille letter as explained above.

Certificates: All 5th & 6th grade team sports are considered junior varsity sports and participants all receive attractive certificates suitable for framing. However, 5th and 6th graders who participate in cross-country and track are able to letter because they are individual sports, as well as being team scored.

Season Awards

Each season the varsity sports may select recipients for the Hustler Award and Sportsmanship Award. There are no defined criteria, but selections are made by each coach as they feel the characterization applies to their team members. The Scholar Athlete Award is given to all students on the team who carried an A-GPA during the quarter(s) of their sport season. All season award winners receive an appropriate certificate.

Annual Awards

Scholar Athlete: One boy and one girl from the 8th grade class are selected to receive this award. They must meet the following criteria:

1. A minimum A- GPA through first semester of 8th grade.
2. Winner of at least two varsity letters (through the winter sports season).
3. Consideration may be given to an athlete in process of earning a second varsity letter in the Spring sports season.
4. One of the letters must be won during the 8th grade year.

The following point values are assigned: GPA x 10; each varsity letter (5 points) and each JV certificate (2 points).

Eagle Award: One boy and one girl from the 8th grade class are selected to receive this award. The primary emphasis of the Eagle Award is athletic achievement. The candidates must have been nominated by the head coach of a sport they participated in. Athletes considered for the Eagle Award must have at least a C+ GPA. Point values, as indicated below, are added up by the Athletic Director for the 6th, 7th, and 8th grade years. In the case of a tie, duplicate awards will be given. Any 8th grader who has been nominated but has not attended St. John for all three years will be awarded 40 points per year that they were not in attendance. The following point values are assigned: each varsity award (6 points); each JV award (3 points); starter on a varsity team (10 points); Hustler and Sportsmanship Awards (10 points); individual honors each year (5 points each): top 10 in cross-country league meet, top 8 in state track meet,

selected to an all-tournament team; personal characteristics (average of four categories): coach's nomination in leadership, coachability, dedication/enthusiasm, and integrity/character.

PRACTICE & GAME SCHEDULES

Practice and game schedules will be made available to the parents and athletes as soon as they have been finalized.

MAPS AND DIRECTIONS

Maps are distributed to the team participants and their families. Ask another parent for additional help.

ATHLETIC CONTRACT

PARENTS:

As parents, we will support the St. John Athletic Program. We will support our coaches and the entire team. We know that the physicals, medical consent, and this contract, must be turned in before any participation can be made. We will be willing to help with concessions, drive to games, or help coordinate team activities. We understand that our children cannot participate in the same sport outside the school at the same time he/she is participating in that sport here at St. John. We agree that if our child is in a different sport while participating in a sport here at St. John, that the St. John team takes priority. Most of all, we will help, encourage, and set a Christ-centered attitude for our children.

Parent Signature

Date

ATHLETES:

I understand that being part of the St. John Athletic Program is a privilege. I will support my team and coaches at all times. I will always give God the glory in all I do on and off the athletic field. I understand that my Christian attitude and academics comes first and if I fail to keep those standards as pointed out in the handbooks, I take the chance of being dismissed from the team. I understand that I may play on other teams of different sports, but that St. John will have priority. I also know that my physical, consent, and this contract must be turned in before I can participate on any team.

Athlete's Signature

Date

MEDICAL TREATMENT CONSENT FORM

I hereby give permission for any and all medical attention necessary to be administered to my child in the event of an accident, injury, sickness, etc., under the direction of the persons listed below until such time as I may be contacted. My child's name is

_____. This release is effective for the time during which my child is participating in the athletic program for the 2000/2001 season, including traveling to and/or from competition. I also hereby assume the responsibility for payment of any such treatment.

Parents
Names _____

Home Address (Street/City/State/Zip)

Home Phone _____ Work
Phone _____

Cell Phone _____ Beeper

Insurance
Company _____

Policy Number

Family Physician

Physician Address _____ Physician
Phone _____

My child's known allergies and
reactions _____

In case I cannot be reached, either of the following people is designated:

Coach's Name _____ Phone

Assistant Coach _____ Phone

Signature of Parent or Guardian _____ **Date**

This form will accompany your child to all athletic events both at St. John and to other schools.

