

Evansville Lutheran School Evansville, Indiana

Athletic Handbook

I. ATHLETIC PHILOSOPHY

We believe that each child is a child of God's and should be educated in the physical development of his/her body to use the physical talents the Lord has given to him/her to their fullest. In addition to the development of talents we believe our athletic program should also foster the development of character, respect, honesty, responsibility, sacrifice, and self-discipline. As Christ is the center of our lives so He is also in, with, under, and through our athletic philosophy.

II. JOB DESCRIPTIONS

DIRECTOR OF PHYSICAL EDUCATION AND ATHLETICS

FUNCTION

Plans, organizes and coordinates the curricular and extra-curricular athletic activities of the school; oversees supervision for all athletic activities; executes administrative functions of the athletic program.

RESPONSIBILITIES

1. Enforces policies established by the Board of Christian Education.
2. Establishes schedules and calendars for athletic events with the approval of the principal.
3. Appoints qualified coaches with the approval of the principal.
4. Recommends schedules for daily use of the gymnasium to the principal.
5. Formulates an annual budget request for athletics and physical education classes and submits it to the principal.
6. Secures qualified officials for all competitive athletic events.
7. Supervises transportation, using the coaches, principal, and vice-principal, for all away-from-school athletic events.
8. Attends the semi-annual South Wisconsin Lutheran Schools Athletic Conference coaches' meetings and represents St. Paul's at those meetings. Meetings are in September and April at St. John's Lutheran School in Jefferson.

9. Organizes and supervises the Flames' Cross Country Meet held in Janesville the first week of September.
10. Organizes and supervises the planning and operation of the Janesville Lutheran Invitational Basketball Tournament. Detailed procedures for whom to contact and what needs to be done when are kept in Athletic Director's file cabinet.
11. Organizes and supervises fall and spring athletic awards assemblies in the gym at school.
12. Organizes and supervises the annual Jump Rope for Heart event.
13. Organizes and supervises our participation in the conference track meet held each year in May.
14. Makes an annual inventory of all athletic related supplies and equipment and recommends replacement of or addition to the inventory...submitted to the principal.
15. Recommends and enforces proper use of all athletic equipment.
16. Informs faculty members of existing policies and rules regarding athletic equipment.
17. Establishes medical and safety programs, which includes viewing the bloodborne pathogen video, for physical education and extra-curricular athletic activities.
18. Approves all schedules for use of the gym through the Board of Trustees in conformity with school scheduled activities.
19. Makes annual assessment of progress of athletic program and suggests plans for future development to the Board of Christian Education at the April meeting.
20. Volunteers be organized by athletic director to help with the following: uniform distribution and collection, calling for JLIT housing (room mothers), typing and mailing, organizing work schedules for home games, arranging for drivers to out of town events.
21. The athletic director develops a system whereby teachers can communicate easily with coaches.

RELATIONSHIPS

The athletic director is directly responsible to the principal. He works with the coaching and janitorial staff for the advancement of the athletic program of the school. Members of the coaching staff are directly responsible to him in matters pertaining to their coaching duties.

EVALUATION OF PERFORMANCE

The performance of the Athletic Director is evaluated by the principal on the basis of responsibilities outlined above and reported as requested to the Board of Christian Education. The Athletic Director has a right to respond in writing to his/her evaluation.

QUALIFICATIONS

The Athletic Director must be a Christian, energetic and enthusiastic in his love for his Savior and eager and willing to let God's love be the dominant force in his life. He should be a teacher who has an avid interest in athletics who has demonstrated administrative capabilities with at least a college minor in Physical Education. He should be knowledgeable in all areas of athletics pertaining to the school curriculum and extra-curricular areas. He must be able to work with superiors and coaches. He must be able to instill in young people attitudes of Christian Sportsmanship and concern.

ASSISTANT DIRECTOR OF PHYSICAL EDUCATION AND ATHLETICS

FUNCTION

Assist the athletic director in the planning, organizing, and coordination of the girl's curricular and extra-curricular athletic program.

RESPONSIBILITIES

1. Enforce policies established by the Board of Elementary Education.
2. Appoint qualified coaches for girl's sports with approval of the athletic director.
3. Work with the athletic director to establish schedules and calendars for athletic events.
4. Formulate an annual budget request for girl's athletics and submit it to the athletic director.
5. Work with the athletic director in supervision of gym for all extra-curricular girl's events held at school.
6. Work with the athletic director in supervision of transportation for all away-from-school athletic events. The coaches of the teams are to ride on the buses with the athletes to supervise currently.
7. Attend the semi-annual South Wisconsin Lutheran Schools Athletic Conference coaches' meetings and represent St. Paul's girl's teams at those meetings. The meetings are held in September and April at St. John's, Jefferson.
8. Be responsible for all distribution and collecting of girl's uniforms during the year.
9. Work with the other schools' cheerleading and pom pon squads during the JLIT.

Welcome them, explain the cheerleading scoring sheets, and be responsible for the playing of necessary tapes or CD's during their routines.

10. Work with the athletic director in the awarding of certificates or other awards at the three award assemblies during the year.

11. Make suggestions and/or recommendations to the athletic director for improvement of the girl's athletic program.

12. Represent the school with Christian witness in any problems that may occur with coaches, students, parents, etc.

13. Assist, or recruit assistance, for the two track meets in May.

RELATIONSHIPS

The assistant athletic director is directly responsible to the athletic director. He/she would work with the coaching staff for the advancement of the athletic program of the school. Members of the girl's coaching staff are directly responsible to him/her in matters pertaining to their coaching duties.

EVALUATION OF PERFORMANCE

The performance of the assistant athletic director is evaluated by the athletic director on the basis of responsibilities outlined above and reported to the principal and/or Board of Christian Education. The assistant athletic director has a right to respond in writing to any evaluation done of him/her.

QUALIFICATIONS

The assistant athletic director must be a Christian, energetic and enthusiastic in his/her love for his/her Savior and eager and willing to let God's love be the dominant force in his/her life. He/she should be a teacher in our school who has an avid interest in girl's athletics and is able to handle administrative responsibilities. He/she must be able to work with superiors and coaches. He/she must be able to instill attitudes of Christian sportsmanship and concern in young people.

III. ATHLETIC DIRECTOR TIME LINE

July

- Line up Soccer, Volleyball, and Cross Country coaches (See Appendix C pg. 59 for a list of names)
- Update Athletic Code / Coaches Code (See Appendix A pg. 18-21)
- Update Athletic Director Duties
- Start calling for refs for conference basketball games (See Appendix C pg. 63 for a list of names)
- Get Flames Meet (pg. 8) info ready / mailed (See Appendix B pg. 36-37)

August

- Fall coaches meeting
- Prepare permission slips for Soccer, Volleyball, Cross Country (copy for meeting) (Appendix B pg. 34 for a sample)
- Copy extra Athletic Codes for meeting
- Copy fall sports schedules for meeting (if done)
- Athletic Code meeting (2 – reg. day and first day of school – 6:00 PM)
- Athletic Directors meeting (Jefferson)
- Get refs for fall sports (See Appendix C pg. 63 for a list of names)
- Find location for Soccer games and practices
- Copy Athletic Code for home visits (ask Lois Cook to do this)
- Call schools for Soccer and Volleyball games (See Appendix C pg. 60)
- Start fall practices (check with coaches)
- Send home letters for ineligibility from last year's 4th quarter (See Appendix B pg. 31)
- Print Fall practice / gym schedule
- Coaches view Blood Born Pathogens video

September

- Presidential Physical Fitness testing (grades 2-8) (PE teachers)
- Order Presidential awards
- Winter coaches meeting (late in month or early Oct.)
- Confirm / find Basketball, Cheerleading, and Poms coaches (See Appendix C pg. 59)
- Copy VB Score sheets
- Cheerleading / Pom permission slips / tryouts (Carla Cook handles)

October

- Confirm Basketball Concession Stand coordinator
- Permission slips for Basketball (near start of month) (See Appendix B pg. 34 for a sample)
- Collect fall uniforms (near end of month)
- Print certificates for Fall Awards assembly
- Fall Awards assembly (later or early Nov)

- Check report cards for Athletic Code violations / send home letters (Monday after report cards)
- Begin scheduling extra basketball games / send confirmation letters to schools **(Appendix C pg. 61)**
- Copy home basketball score sheets / home game announcements
- Get refs for non-conference basketball games (or early Nov) **(See Appendix C pg. 63 for names)**
- Send ref confirmation letters **(Appendix B pg. 35)**
- Print Winter practice / gym schedule

November

- Start winter practices (3 weeks after the Conference Volleyball season ends)
- Hand out parent helpers list for home games
- Give Happy Joe's home game lists, JLIT times, and Father-Son game date
- Order warm up shirts for A-teams
- Start JLIT preparations (send first letter) ****see separate sheet for all JLIT prep (pg. 11-13)**
- Line up home game helpers (clock, book, etc.)
- Home game parent helpers assigned (Denny Vierk handles)

December

- Cont. JLIT preparations
- Start **Lombard preparations (pg. 10)** (1st week) (Send home first letter to parents)

January

- JLIT preparations
- Lombard meeting – 1 ½ weeks before tournament (or early February)
- Check report cards for Athletic Code violations / send home letters (Monday after report cards)
- Print certificates for Winter sports / give to coaches to give team

February

- Father-Son game notice
- **Lombard Tournament (pg. 10)** (2 weeks before JLIT)
- **JLIT (pg. 11)** (last full weekend of February)
- Start collecting Winter uniforms
- Line up Track and Softball coaches (or early March) **(See Appendix C pg. 59 for list of names)**
- Find locations for Track and Softball practices

March

- Permission slips for Track and Softball **(See Appendix B pg. 34 for a sample)**
- Collect winter uniforms (have been doing as seasons end)
- Spring coaches meeting (after JLIT – maybe in April)
- Jump Rope for Heart

- Call schools for Softball games **(See Appendix C pg. 61 for list of names)**
- Check report cards for Athletic Code violations / send home letters (Monday after report cards)
- Print Spring practice / gym schedule

April

- Start spring practices
- Presidential Physical Fitness Testing (grades 1-8) (PE teachers)
- Board meeting to discuss any changes for following year
- Athletic Directors meeting (Jefferson)

May

- Next year surveys (student sport interests)
- Track meets and Softball games begin
- Hand out teacher PE requests / Gym time sign up for next year
- Spring Awards assembly (Friday before graduation)

June

- Update track records **(See Appendix B pg. 55)**
- Update Presidential records
- Order new athletic equipment
- Order new uniforms (if needed) (soccer socks included)
- Order new PE uniforms
- Restock **athletic first aid kits (pg. 15)**

IV. POLICIES

Following are policies passed by St. Paul's Board of Christian Education or followed by the Athletic Director. A brief description is given below.

Athletic Code (See Appendix A pg. 18-19)

The athletic code is an agreement signed by the student athlete, agreeing to behave in a certain manner and maintain high effort in all classes. This MUST be signed and kept on file before the athlete can participate in any sports for the year.

Eligibility Letter (See Appendix B pg. 31)

If a child is ineligible for effort grades, this letter is sent out on the MONDAY following the report card or midterm. Other actions resulting in ineligibility can be reported using this form as well.

Medical Form (See Appendix B pg. 32)

This form must be filled out by the athlete's parent and returned to the Athletic Director to be filed for the year. An athlete can not participate in sports without this form. The forms are then given to individual coaches during the year to keep in the first aid kits. They are then returned to the Athletic Director at the end of the season. Copies can be made if a child is in more than one sport in a particular season.

Coaches Policy (See Appendix A pg. 20-21)

This is given to the coaches at the start of each season. Coaches are expected to follow these guidelines.

Volunteer Form (See Appendix B pg. 33)

The Athletic Director may have coaches fill in this form to keep for future reference.

General Policies

Last year's coaches are asked back for the following season before new ones are sought (unless there has been a problem with the coach).

The Athletic Director or Assistant Athletic Director attempts to visit practices during the season

End of season parties are up to the coaches to schedule (if wanted). These should be cleared with the Athletic Director.

The Athletic Director and Assistant Athletic Director should attempt to schedule regular meetings.

Coaches have input when it comes to scheduling practices, but the Athletic Director will make the final decision.

V. INDIVIDUAL SPORTS OFFERED

FALL	WINTER	SPRING
Cross Country (both 4-8)	Basketball (both 5-8)	Track (both 5-8)
Volleyball (girls 6-8)	Cheerleading (girls 6-8)	Softball (both 7-8)
Soccer (both 7-8)	Poms (girls 6-8) - girls who do not make cheerleading can join poms	

a. Pre-Season Procedures (Delegated between AD and Asst. AD)

- Line up coaches **(See Appendix C pg. 59 for a list of names)**
- Permission forms **(See Appendix B pg. 34 for a sample)**
- Drivers for away games (done by coaches)
- Schedule non-conference games **(See Appendix C pg. 60-61 for a list of names)**
- Line up refs for home games **(See Appendix C pg. 63 for a list of names)**
- Line up home game helpers [Friday night basketball only] (concession, doors, tickets, sweeping floors, etc) – Principal assigns parents
- Concession inventory - [Friday night basketball only] done by head of concessions

b. Conference Rules **(See Appendix A pg. 23-28)**

Conference rules are discussed and updated on a yearly basis. Most rules follow the WIAA guidelines, but there are many rules special to the South Wisconsin Lutheran Schools Athletic Conference (SWLSAC). St. Paul’s participates in SWLSAC for volleyball, basketball, and track. **See Appendix C pg. 62 for names of conference schools and athletic directors.**

c. General Game Information

Home Games

1. No one should be on the gym floor before or after games.
2. No student athlete stays after school without prior parental contact with the AD.

Away Games

1. Athletes should ride with the same driver both ways.
2. Coaches take care of arranging drivers for the games (give a list to the Athletic Director, including who is riding with whom)
3. Non-athlete student fans need permission prior to being given a ride to games (if there is even room for them to go)

d. School Song

Let's go Flames, we've come here to score.
We're in the spirit and we'll cheer more.
Let them know we're roaring, soaring on to fame,
We've come here to win this game. U Rah!
Our St. Paul's School is ranked with the best
No matter East or West.
Come on, you heroes, Here's how our cheer goes:
Drive right on to VICTORY! Hey!
U Rah Rah, St. Paul's Lutheran School
U Rah Rah, St. Paul's Lutheran School
U Rah Rah, St. Paul's Lutheran School Yeh!

e. Coaches Gifts

1. Collect money from each child along with permission slip.
2. Gifts are given to coaches once money has been collected.
3. Follow this rotation: Denim Shirt, Sweatshirt, Wind Jacket, Polo Shirt

VI. FLAMES CROSS COUNTRY MEET

Each year, the annual Flames Cross Country Meet is held on the first (or second) Friday of September (depending on when school begins). It has traditionally been held at Craig High School. Following are lists of things that need to be done in preparation for this meet and following this meet.

a. Before meet

1. Confirm location with Craig High School's Athletic Director
2. Send letters to participating schools (and any new ones who may be interested) **(See Appendix B pg. 36-37)**
3. Order medals (1st, 2nd, and 3rd for 8 different races)
4. Line up helpers for day of event (table people, observers, timers, etc.)
5. Place flags and signals (paint on field) for the course (will need a substitute teacher - start this about 1:30 of the day)
6. Collect entry fee and rosters
7. Copy place sheets (handed to runner at end of race) and results tally sheet

b. After meet

1. Type final results for each race
2. Type certificates for each runner
3. Get results and certificates to each school (either by mail or at next meet)

VII. CROSS COUNTRY MEETS

St. Paul's participates in many more cross-country meets. Some are by mailed invitation, while the local Catholic schools set others up. For some out of town meets, the students are allowed to leave before the end of the day. These dates and times should be discussed with the principal for approval.

VIII. VOLLEYBALL

Conference games have no official start time, as some schools have longer distances to travel. The games are planned to start when the visiting school arrives after school. Non-conference games should have an official start time.

For away conference games, the girls are allowed to leave school 5 minutes early. One exception is the Beaver Dam game. For this game, the girls are dismissed at 2:30 to get to this game.

Scores for volleyball should be called in to the conference secretary on Monday morning.

IX. SOCCER

Soccer games are scheduled with local schools. It is the job of the athletic director to find a location to practice and play games. This can be done through Janesville Leisure Services. Field usage will depend on the schedules of other organizations.

X. CHEERLEADING / POMS

The girls have the opportunity to try out for the cheerleading squads (A and B). If they do not make the either squad, they may participate in poms. Tryouts are held after school in late September. Outside judges are asked to evaluate the girls.

Cheerleaders only attend Friday night conference games (home and away), the Lombard Tournament (which squad is determined by the athletic director), and JLIT. Poms attend Friday night conference games (home only), the Lombard Tournament, and JLIT.

XI. BASKETBALL GAMES

a. Home Games (Friday) (Delegated between AD and Asst. AD)

Confirm times at least the day before
Print announcement sheet / final score sheet
Print "programs" (sheets with players' names and numbers)

Get gym ready
Checks for refs
Admission table / signs / cash box / list of workers at table
Set up concession stand (DuWayne Nelson has done this in the past)
Assist with clean up after game (delegated to parents)
Call in scores to conference secretary on Monday morning

**b. Home Games (Non -Friday)
(Delegated between AD and Asst. AD or Coaches)**

Confirm times at least the day before
Get gym ready
Checks for refs
Free will offering table / box

c. Away Games (Delegated between AD and Asst. AD)

Get driver list from coaches
Coaches assign drivers / riders (list to AD)
Send maps home for drivers (either give to coach early in season or give to students that day) - conference games are in the PTL handbook

Approximate drive times

St. Stephen's Beaver Dam – 1 ½ hours
St. Paul's Ft. Atkinson – 30 minutes
St. John's Jefferson – 45 minutes
St. Paul's Lake Mills – 45 minutes to 1 hour
Eastside Madison – 45 minutes to 1 hour
St. John's Watertown – 1 hour
St. Mark's Watertown – 1 hour
TSL Watertown – 1 hour

XII. ST. JOHN'S, LOMBARD BASKETBALL TOURNAMENT

The St. John's, Lombard tournament is an annual basketball tournament attended by the boys and girls A basketball teams, the A (or B) Cheerleading squad, and the Pom squad of St. Paul's. The tournament has traditionally been held on the second weekend of February. A meeting is held approximately one week before the tournament for the parents and athletes. The following information is given to the students at the appropriate times during the basketball season.

Informational Letter (See Appendix B pg. 38-39)

This letter is sent to all students planning to attend the Lombard Tournament. It should be handed out in late November or early December.

Medical Permission Form (See Appendix B pg. 40)

All students attending the Lombard tournament must fill out this form and return it to the athletic director. This form is given to the students at the meeting prior to the tournament (approx. 2 weeks before).

Lombard Tournament Rules (See Appendix A pg. 22)

All students are expected to abide by these rules while at the Lombard Tournament. These are handed out and discussed at the meeting held before the tournament.

XIII. JANESVILLE LUTHERAN INVITATIONAL TOURNAMENT (JLIT)

JLIT is an annual basketball tournament for A boys teams, hosted by St. Paul's. The A and B Cheerleaders and Poms are also involved. The tournament has traditionally fallen on the last full weekend in February.

JLIT TO DO LIST (Update June 2001)

November

1st Week

- Send letter of invitation, entry form, motel list, and housing request to schools (See Appendix B pg. 41-44) (See Appendix C pg. 62 for schools invited)
- Begin checklist of school information

December

1st and 2nd Week

- Call Brody Trophy (Scott Hallahan or Jason Dezwarte – 754-5363)
“Same amount as last year, different style, change engraving (Year 2002 or 30th Annual)” [1st – 6th Bball, 1st – 4th Cheer, Part. Medals, 15 BB Ind., 10-12 Cheer Ind., 2 coach (BB and Chr), Sportsmanship]
- Check on person to do hot concessions for this year (Decker's - with Stiegman's help)
“Need menu with accurate prices by Jan. 15th”
- Begin working on ref schedule (See Appendix C pg. 63 for list of names)
- Collect entry fees and rosters (if not received by 1st week of Jan, call school)
- Call DeWars (Dick or Linda) for tickets and programs (\$50 enough?)
“Need programs by the Monday before JLIT, order 650 of each pass/large ticket”
Check with Lois to see if there are any left over from last year

- Remind yearbook people (Ruth Ann) that pictures are needed of A Team Boys, A Cheerleaders, and Poms by Jan. 15th
- Remind Art teachers (Lynne and Barry) of the cover competition – need entries by Jan. 15th
- Call cheerleading judges (Joset Scheer – UW – 608-262-6703) – need 4 judges for Fri. night – need to know by second week of January – pay \$20 a judge, plus \$20 to driver
- Get JLIT info in January newsletter (Stacy / Lois have copies)

January

1st Week back in school

- Send home housing and helping form with students (Lois Cook has copy)

1st Sunday (after school resumes)

- Information about sign-ups for helpers in church bulletin
- Place sign up sheets in church basement
- Get 6 sign up sheets from head of hot food concessions (Al Stiegman) for church basement

ASAP

- Confirm number of medals with Brody Trophy
- Begin assigning housing **(See Appendix B pg. 45 for a sample)**
- Get info for program ready and to Janet
- Get names to Deb for name tags

2nd Week of January

- Call schools for records
- Work with Denny to seed and bracket teams
- Confirm cheerleading judges and mail information to them
- Call Gary Neumueller to see about paying for trophies
- Call PTL officers to see about paying for medals
- Mail referee “tentative schedule”
- Choose winning cover

By end of January

- Program turned in to DeWar’s
- Send 2nd letter (information for coaches and fans) **(See Appendix B pg. 46-47)**
- Appear in church to ask for help (approx. 1 month before JLIT)

Goal for Lombard Tournament

- Try to have all the housing done before going to Lombard

February

Two weeks before tournament

- Verify rooms for teams, etc./pass out final rooms
- Sign up people for the book and table

- Mail housing? (hopefully)
- Get press release to WCLO/Gazette ready
- Get copy of brackets to staff
- Sign up sweepers (6th graders – free weekend pass) **(See Appendix B pg. 48)**
- Get ticket packages ready for all teams (Tim this year)
- Any students who want to sing national anthem? Solo/group? Acapella or with music? Time to practice?
- Find people for sportsmanship judging

Week of tournament

- Call DeWars to confirm delivery of programs
- Announce cover winner when programs arrive (at lunch)
- Get students to help fold programs (during day or after school)
- Get information into team packets (housing lists once finalized)
- Misc. work around school
- Prepare for pep assembly on Friday
- Kids practice for singing National Anthem
- Copy of Sportsmanship tally to Denny **(See Appendix B pg. 49)**
- Give cheerleading judging to Carla **(See Appendix B pg. 50)**
- Bring sign up sheets to office
- Prepare book for Friday night games
- Ask Lois about pop / water for referee room

Night before tournament

- Hang signs around school
- Copies of sportsmanship form to judges
- Copy of Sunday agenda to Denny **(See Appendix B pg. 51)**
- Help where needed
- Hang sweepers schedule near brooms

Friday

- Rearrange room
- Pep assembly
- Move computer to Barry's room
- Move cot to referees room (Room 108)
- Put copies of sportsmanship forms, file for finished forms, and schedule in referees room

Friday night

- Confirm with coaches / AD's that students are here and being housed
- Give lists (updated if need be) to people introducing the host families

Follow up

- Mail stats, letter, and "reservation" for next year. **(See Appendix B pg. 52)**
- Mail thank you's to dept. heads and other essential helpers
- Send \$50 to manager of hot foods

- Send \$20 to statistician

XIV. FATHER-SON GAME

The Father-Son basketball game is played the Friday following JLIT. All 8th grade boys are allowed to play on the team, and all 8th grade girls are allowed to cheer, even if they never did these sports while here at St. Paul's. The fathers, of both the boys and girls, make up the other team, while the mothers, of both the boys and girls, make up the cheerleading squad for the dads. A letter is sent home to confirm who is playing. **(See Appendix B pg. 53-54)**

Traditionally, the 8th grade class has attended Happy Joes' afterwards, and the athletic director or principal has made reservations for the large group.

XV. SOFTBALL

Softball games are scheduled with local schools. It is the job of the athletic director to find a location to practice and play games. This can be done through Janesville Leisure Services. Field usage will depend on the schedules of other organizations.

XVI. TRACK

St. Paul's only participates in two track meets in the spring. One is held in Ft. Atkinson at the high school. The other is held in Jefferson at the high school. Each school that participates is expected to provide helpers for the different areas at the meet.

XVII. UNIFORMS

Policies

1. Collect uniforms approximately one week after the season ends.
2. Send a note home about uniform return policy when they are first handed out and at the end of the season.
3. Any student not returning uniforms will not receive their report card.

Uniform Information

<u>Sport</u>	<u>Year updated</u>	<u>Consists of:</u>
Soccer	1999-2000	30 jerseys, 1 goalie shirt, student supplies socks and shorts
C Volleyball		Girls Bball uniform, student supplies shorts
B Volleyball		Girls Bball uniform, student supplies shorts
A Volleyball	1999-2000	Blue shirt, white sleeves, student supplies shorts
Cross Country	N / A	Gym uniforms
D Boys Bball		Blue jerseys, student supplies shorts
C Boys Bball	Old A Boys	Blue jerseys, student supplies shorts
B Boys Bball	1997?	Home and away jerseys and shorts, blue warm-up
A Boys Bball	2000-2001	Home and away jerseys and shorts, T-Shirt with last name bought by student
D Girls Bball		Blue jerseys, student supplies shorts
C Girls Bball	2000-2001	Reversible mesh jersey, student supplies shorts
B Girls Bball		Home and away jerseys and shorts
A Girls Bball		Home and away jerseys and shorts, T-shirt with last name bought by student
B Cheerleading	1998-1999	Sweater and skirt
A Cheerleading	2000-2001	Sweater and skirt

Poms		Sweater and skirt
Track	N / A	Gym uniforms
Boys Softball	N / A	Gym uniforms
Girls Softball	N / A	Gym uniforms

XVIII. CONTACT PEOPLE

Throughout the year, the Athletic Director will need to order a number of supplies and equipment. See **Appendix C pg. 64** for a list of people to contact for orders.

XIX. MEETINGS

Throughout the year, there are many meetings that the Athletic Director must lead or attend. Below are a brief description of each, and the approximate times of each.

ATHLETIC CODE

Two meetings are held at the beginning of the year, one on Registration Day and one on the first day of school. The student athletes and at least one parent must attend ONE of these meetings before participation in sports is allowed. At this meeting, the athletic code is discussed, as well as important information for the coming year of sports. If a child and parent can not attend either meeting, an audiotape is made for them to listen to before they can participate in sports.

WINTER COACHES

There are two meetings for the winter (basketball and cheerleading) coaches. One is before the season begins. At this time, a schedule of practices is established, as well as going over the major rules for the students and coaches.

The second meeting is after the season has ended. The coaches' input is needed on how to handle the next season, and to discuss any problems that arose during the season. This information is then shared with the Board of Christian Education, along with any recommendations made by the coaches or athletic director regarding policy changes.

It is not necessary to meet with the fall or spring coaches in a single meeting. There are fewer teams and coaches, so meetings can be on an individual basis.

CONFERENCE (SWLSAC)

The South Wisconsin Lutheran Schools Athletic Conference meets twice a year, once in August and once in the spring. Both meetings are to discuss season schedules, rules, rule changes, and other information important to athletics. Meetings are traditionally held in Jefferson. Times usually vary.

XX. FIRST AID KITS

St. Paul's provides first aid kits to the coaches. The Athletic Director restocks these during the summer. All injuries must be reported to the Athletic Director for documentation. An emergency plan is included in each kit, as well as posted in the gym **(See Appendix A pg. 29).**

The following items should be found in every first aid kit:

- Small and large Band-Aids
- Athletic tape / scissors
- Gauze bandages
- Elastic wraps
- Instant ice packs
- Anti-bacterial ointment
- CPR mask
- Tweezers
- Vaseline
- Vile for missing tooth
- Mole skin
- Hydrogen Peroxide

- Q-tips
- Student medical cards
- \$.35 for phone call
- Emergency plan

XXI. GYM RENTAL POLICY (See Appendix B pg. 56-57 for contract)

1. Activities scheduled by regular organizations of the congregation require some person or persons of the organization to be responsible for:
 - a. Making sure the facilities are properly used
 - b. Making sure that people in attendance do not go into unauthorized areas
2. Unscheduled activities can only take place when facilities are not otherwise in use. Private groups must have permission to use any of the athletic equipment or facilities from the Athletic Director. With rare exceptions, no private group not associated with the church will be allowed to rent the gym during the school year.
3. All persons who wish to make use of the gymnasium on a regular or temporary basis must make reservations for such use with the Athletic Director well in advance, minimum of one (1) week, at 754-4471.
4. During the school year:
 - a. No outside groups may rent the gym
 - b. If less than 1/2 are church members fee is \$25/hr
 - c. If more than 1/2 are church members there is no fee
 - d. Money must be paid at the time of use of the gym
5. During the summer:
 - a. Outside groups may rent the gym for \$25/hr
 - b. If less than 1/2 are church members fee is \$25/hr
 - c. If more than 1/2 are church members there is no fee
 - d. Money must be paid at the time of use of the gym
6. If an outside group or a group with less than half members of the church use the gym a supervising member of the congregation must be present. This supervisor must be appointed or approved by the Athletic Director.
7. The Board of Christian Education and/or Trustees have the right to cancel reservations or refuse to grant them; also, they have the right to ask groups to yield their rights temporarily so that tournaments may be conducted on consecutive days and nights.
8. St. Paul's Congregation always has the right to use the gym at anytime. All outside groups must yield to the congregation.
9. Regulation gym shoes must be worn by all that use the gym for all athletics. **NO SHOES THAT LEAVE BLACK MARKS ON THE FLOOR WILL BE PERMITTED.**
10. No smoking in gym, halls, restrooms, or locker rooms. Fire regulations do not permit smoking in the school building.
11. No food or beverages are allowed in the gymnasium.
12. No liquor is to be brought into or consumed in the building.
13. All athletic equipment belonging to the congregation must be put into proper storage space after use. Outside groups must provide their own equipment, if possible.
14. All gym equipment, such as volleyball posts, nets, and basketball backboards must be restored to the same position in which it was found when the group entered the building.
15. All youth and juvenile groups must have an adult supervisor on the premises while using the gymnasium. The name of this supervisor must be given to the Athletic Director for an official OK. Do not engage a supervisor until approval has been given.
16. All juvenile groups must be out of the building no later than 10:00 p.m. unless they are engaged in tournaments and athletic contests to which the public has been invited. In these latter cases, the building must be vacated one-half hour after the conclusion of the final contest.
17. Any persons or groups violating any of the above regulations can be subject to review. The group that uses the facility will be held liable for any damage, anywhere in the building or to any equipment. If damage occurs, the trustees will appraise the damage and ask the responsible party to pay for such damage.
18. Unauthorized persons in the building will be considered trespassers and will be prosecuted.
19. St. Paul's Congregation or any representative thereof, cannot be held responsible for any loss or injury resulting from the use of the facilities.
20. Things supervisor must do after the event before leaving the building:
 - a. Turn out all lights in gym and locker rooms
 - b. Check all shower and sink faucets and make sure they are off
 - c. Check gym for items left by group, or damage done by group. Notify the Athletic Director in either case.
 - d. Gym floor must be left clean

- e. Make sure all doors to outside of buildings are locked! Check outside gym doors to make sure all six are latched. Lock other doors leading to rest of building from gym.
- f. Bleachers should be pushed against the wall
- g. Put away equipment in proper storage space if any was used

APPENDIX A

POLICIES &

RULES

ATHLETIC PHILOSOPHY AND OBJECTIVES

We believe that each child is a child of God's and should be educated in the physical development of his/her body to use the physical talents the Lord has given to him/her to their fullest. In addition to the development of talents we believe our athletic program should also foster the development of character, respect, honesty, responsibility, sacrifice, and self-discipline. As Christ is the center of our lives so He is also in, with, under, and through our athletic philosophy.

BEHAVIOR AND SCHOLASTIC CODE MEETING

A fall meeting will be held for all parents and students who plan to participate in any athletic activity during the school year. The athletic director will be in charge of this meeting where he will present the following Student Athletic Code. The meeting will usually take place on Registration Day.

SCHOLASTIC ELIGIBILITY

Since the Board of Education, administration and faculty of St. Paul's Lutheran School feels that our school should stress being a student before being an athlete the following academic standards have been established for participation in any extra-curricular athletic program. Any infractions to this code during the 4th quarter of the school year will be enforced at the beginning of the next school year.

Realizing that not all students have the same academic abilities the use of "Effort" grades rather than "Achievement" grades will be used. A poor effort grade will not prevent a student from trying out for a team, only from participating. The minimum standards for all activities will be at least a "C" grade in effort. A parent may wish to have stricter standards. If a student receives a "D" or "F" for effort on a midterm or end of quarter report they will be suspended from any team(s) they are involved with for one week, with the week beginning when the parent is notified. This includes both practices and competitions. Athletes are expected to still attend competitions with the team but may not participate. If the child does not attend the game(s), the suspension will be enforced at the next game, with additional consequences at the coach's discretion. At the end of the one week if the teacher feels the student has improved that grade, they will again be allowed to participate. At any time during the school year the teacher may inform the coach of a poor effort grade and the student will be suspended for one week. If a student is suspended for a total of three weeks in any season they are off the team for that season.

DETENTION POLICY

Any athlete receiving more than two (2) detentions in one week will not be allowed to participate in the next athletic competition. If an athlete receives more detentions than there are weeks in any given quarter, than the athlete will be suspended from the team for one week.

BEHAVIOR

Athletes are expected to attend church regularly since this is more important than attendance at practices or competitions.

Respect for the coach and other team members is expected at all times. If a coach feels an athlete's behavior is disrespectful, unchristian or violates school rules the student will be asked to

appear with the parent before a committee including the coach, the athletic director and the principal with a suspension or expulsion from the team being possible.

All athletes, coaches, and parents are expected to demonstrate a Christian attitude at all sporting events. Remember that others will see Christ's love through our actions.

Proof of use or possession of any form of tobacco, illegal drugs, and/or alcohol will result in expulsion from all athletic activities for that season only. Also the proof of misuse of prescription or over the counter drugs will result in the same action.

Foul or abusive language used by an athlete at school, during practices, competitions, or enroute to or from a competition will result in the missing of the balance of that competition and the entire next competition. Foul language is cursing, swearing, vulgarity, or profanity. Abusive language is purposely humiliating, degrading, or undermining another person.

Detentions received by athletes will be served after school unless the parent or guardian contacts the teacher or school to reschedule the detention. When this is the case the detention will be served the next possible day. It will be left to the discretion of the individual coach involved whether they take any further action for arriving late to practice or the competition.

Any time there is a medical excuse for the student to not participate in physical education class the student will also not be allowed to participate in practices or competitions until they are again participating in phy. ed. However, they can attend the practice or the competition.

If a student is absent from school on any part of the day of a practice or competition they will not be allowed to practice or compete after school. Exceptions to this would be appointments with medical professionals, counselors, or attendance at funerals.

Individual coaches may have more specific rules by which they expect their team members to abide. These will be printed for the student and parent to read at the beginning of the season and will have been approved by the Athletic Director.

I have read the above Athletic Code for St. Paul's Lutheran School and agree to abide by it and any rules my individual coach(es) outline.

Student's Signature _____ Grade _____

I have read the above Athletic Code for St. Paul's Lutheran School and agree to support the school administration and coaches in the use of this code as it relates to my child. I will also support any rules established by individual coaches of my child. I am aware that parental communication should follow this procedure: Parent to Coach to Assistant Athletic Director (for girls' sports) to Athletic Director to Principal to Board of Christian Education.

Parent's Signature _____

Date _____

St. Paul's Lutheran School – Janesville, WI
ATHLETIC POLICIES FOR COACHES

The policies regarding rules and regulations apply to the boys and girls interscholastic program at St. Paul's Lutheran School. All sports, including cheerleading and the pom squad, are included as a part of the interscholastic program.

1. Each coach is responsible to the Athletic Director for the proper care, repair, and inventory of equipment used within their sport.
2. Expenditure of funds for equipment or supplies shall not be made without approval of the Athletic Director and principal.
3. Coaches shall submit a preliminary budget to the Athletic Director upon request.
4. Coaches are responsible for reporting injuries to the Athletic Director and/or principal. Inquiries from parents regarding injuries will be referred to the coach present at the time of the injury.
5. Athletes shall be supervised by their coach from the time they report to practice or an event until they leave the building or field following a practice or event.
6. Coaches shall not leave athletes unsupervised at any time.
7. Coaches shall insist that athletes use proper language and exhibit proper conduct. The use of profane language shall not be permitted. As per the code that each student athlete signed at the beginning of the year, athletes that use foul language will miss the remainder of that practice or game and the next full contest that is scheduled.
8. Running or horseplay in the locker room area shall not be permitted or tolerated. If a coach feels that he or she cannot control an athlete, that athlete should be reported to the Athletic Director for disciplinary action.
9. Coaches shall make every effort to maintain proper cleanliness of an athlete's body and equipment.
10. Coaches shall inform students that possession of valuables should be kept at a minimum and locked up. The athlete assumes the responsibility for the loss of equipment and valuables.
11. The coach shall set an example by exhibiting proper Christian conduct, language, dress, grooming, and attitude.
12. Each coach is responsible for the conduct, dress, appearance, and actions of athlete while under his or her supervision.
13. It is the responsibility of the coach, regardless of level, to teach the fundamentals of the sport and to develop all athletes under his or her supervision to their fullest potential.
14. Coaches shall adhere to the normal practice sessions. All practice sessions that deviate from the normal scheduled ones must be approved by the Athletic Director.
15. Coaches shall not permit athletes to practice or compete in an outdoor activity during an electrical storm.
16. If a student athlete becomes ineligible to practice or play in a contest because of academic or behavior deficiencies at school, the coach will be notified in person, by a note, or by voicemail. Length of absence from the team will be discussed. The Athletic Director will notify parents when this action is taken.
17. The school provides the major equipment for athletes. Coaches shall insist that proper shoes, supporter (for boys), and socks are supplied by the athlete before participation in an activity.

18. Any coach who is not able to attend an athletic event must designate a responsible adult to supervise at the event in his or her absence. This person should be cleared with the Athletic Director ahead of time if at all possible. Exception: emergency.
19. Players of any sports played in the gym should wear shoes only for the gym and not worn outside. Coaches should check this and not allow shoes to be worn that were worn outside.
20. If a coach or manager sweeps the gym floor DO NOT leave sweepings on the floor. Get a broom and dustpan and put it in the trash can. Use only the proper mop designated for GYM FLOOR ONLY.
21. THERE SHOULD NEVER BE ANY POP (OR OTHER BEVERAGE) IN THE GYM. Coaches should not allow players to drink pop or chew gum before, during, or after practice. Make sure that when pop is consumed in the hallway or locker room that cans are disposed of properly. Gum should be in trashcans – not in drinking fountains.
22. Coaches shall be willing to assume responsibilities in addition to the actual coaching in connection with his or her sport such as
 - a. Maintenance of equipment during the season
 - b. Supervision of locker rooms, both home and away
 - c. Turning off lights, locking doors, checking for running sink and shower faucets, and checking for clothing left in locker room before leaving building
 - d. Filling out injury reports if the injury is more than minor
 - e. Carefully checking in all equipment issued and holding students
 - f. responsible for any missing equipment
 - g. Requesting new equipment if needed
 - h. Making recommendations for improving your sport for next year
23. In order to foster good conduct and sportsmanship on the part of the players and spectators, your conduct on the bench and field should be that of a Christian lady or gentleman.
24. Coaches are reminded of the chain of communications: Assistant Coach (if there is one) to Head Coach to Assistant Athletic Director (for girls' sports) to Athletic Director to Principal to Board of Christian Education.
25. Parental communication should follow this procedure: Parent to Coach to Assistant Athletic Director (for girls' sports) to Athletic Director to Principal to Board of Christian Education.
26. Coaches must submit a list of rules to the Athletic Director before handing out to the students. Rules cannot supersede Board of Christian Education policies. Standard Rule of Thumb: If you are going to hand anything out to athletes give a copy to Athletic Director and another copy to the principal to make sure it is approved.
27. Coaches should have a First Aid Kit with them at each practice and for all games (home and away). Athletic Director will supply kit before season.
28. Coaches should include prayer to BEGIN and END each practice and BEFORE and AFTER games.
29. All coaches who are not part of the St. Paul's staff will need to fill out a "Volunteer Information Form" to be filed with the Athletic Director.
30. The Assistant Athletic Director or Athletic Director will observe practices on occasion (these are not to evaluate, simply to remain informed). A practice observation form will be signed by the coach and filed with the Athletic Director.

RULES FOR STUDENTS GOING TO LOMBARD

1. Students will be responsible to their coaches while at the site of the tournament. Once with your host family (where you are being housed for the weekend) we expect you to act in the proper Christian manner showing respect and remembering to thank them for their hospitality.
2. If St. John, Lombard plans a social event on Saturday evening that is intended to promote Christian fellowship between students from the schools attending the tournament, all players, cheerleaders, and poms are expected to attend that.
3. Students are to attend church on Saturday evening or Sunday morning. Host families will take students to church. Students staying in a motel must attend with their parents. Any student who does not attend church will not be allowed to participate in the game on Sunday.
4. Any student staying in a motel should not be out of their room after 11:00 P.M. Violation of this rule will result in not participating in the game the next day.
5. If parents are staying at a motel with a swimming pool, students may go swimming **ONLY IF** 1) Student has permission from coach; 2) Parents and host family have both been notified and approve; 3) The host family is not offended by doing so; 4) Your coach knows where you are; and 5) The student goes to the social event planned by St. John on Saturday evening.
6. Students must not leave the tournament site for any reason without being accompanied by an adult (for example, your coach, your parent, or your host family). Even if just going to the parking lot – take a friend.
7. **BEFORE LEAVING JANESVILLE:** Make sure you have: 1) Clothing 2) Your uniform, shoes, and warm-up 3) Telephone #'s 4) Good attitude 5) Money for food and transportation.
8. If you are at the tournament site at a time when your coach is not, you are to be either in the gym (sitting quietly watching the activity there) or in the lunchroom at the tournament site (sitting quietly and eating).
9. **DO NOT RUN IN THE BUILDING AT ANY TIME.** Do not go in to the classroom that is reserved for our team to put our things if your coach is not present. We want to be invited back in the future and our reputation is at stake when we misuse our privileges.
10. Whether at the school, church, motel, or at the host family's house, your behavior throughout the weekend should be exemplary of a good Christian. We want you to proudly represent St. Paul's and God to be proud of you.
11. School will be dismissed at 1:00 P.M. on Friday. **THERE WILL BE NO EARLY DISMISSALS OF ANY STUDENTS.** If a student leaves early, that student will not be able to participate in any of the tournament that weekend.
12. Copy down the host's name and address so that you can write them a little note of thanks after you return to Janesville. Also, copy that phone numbers of the motels and school and keep them in case you need to contact a coach or other adult.
13. Each player, cheerleader, pom squad member, and coach will receive a free pass to get into the gym during the weekend. Students should get their pass from one of the coaches upon arrival on the first night.
14. The ticket will get you into any game if there is room. If all seats are taken by adults who have paid, you will need to watch the game on closed circuit TV in the designated room.
15. Remember to pray for a safe trip and God's will to be done throughout the tournament...regardless of the outcome of the games.

VOLLEYBALL RULES – SWLSAC (2001 Update)

1. At least one WIAA registered referee will officiate the A & B matches. An official scorebook should be kept by the home team. Substitutes should be done in correct manner for all games.
2. A \$35 fee is appropriate for the official.
3. All matches will be 2 out of 3 games. The third game shall be played regardless if the match has been determined after 2 games.
4. Warm-up time is not definite, but shall be agreed upon by the coaches prior to each match.
5. Both B & C games shall consist of 10 minutes games with running clock time. Clock will stop for substitutions in the last minute only and for all timeouts.
6. Two timeouts shall be allowed per game. An additional timeout is given when each team has scored 14 points.
7. Adults should be used to run the score clock, since keeping time is important at the B & C team levels.
8. Students who are serving as line judges are reminded to pay attention to the game at all times, use the proper signals as pointed out by the official, and only 1 student per corner as assigned by the official.
9. Both B & C girls may serve from the 24 foot service line, six feet up from the 30 foot mark. A line shall be made at that location on the floor prior to the match.
10. A & B players must have numbers so that the official may keep track of all substitutions.
11. Players may be placed on teams in the following manner: A – 5th-8th, B-5th-8th, C 5th-7th.
12. No jewelry shall be permitted of any kind. Tape over earrings is not permissible. Only two ribbons are allowed in the hair. A headband no wider than 2 inches. Scrunches with cutesy ribbons are illegal.
13. No organized bench cheers. Cheers must be “spontaneous.”
14. All other rules are governed by the WIAA. Each school will receive a copy of the official WIAA rules book.

BASKETBALL RULES – SWLSAC (2001 Update)

1. Six minute quarters are used. 3 minute overtime periods. C team girls will use five minute quarters with a 2 minute overtime.
2. Order of games on Friday is B Boys-6:00, A Girls-7:10, and A Boys-8:20
3. Order of games on Saturday is C Girls-9:00, C Boys-10:00, and B Girls-11:00 am
4. Preseason play is limited to three games or scrimmages with officials. A total of 23 games are allowed, including tournament play.
5. A Teams are to use an official leather basketball. Boys use the regular size and girls use the woman's size.
6. Officials are to sign the official scorebook for each game.
7. There are to be 10 minutes of pregame warmup on Friday night games with 6 minute halftimes.
8. 3-point FG is in effect for all games, Friday and Saturday.
9. A player may play only a total of 4 quarters on a given Friday night and Saturday set of games vs. the same opponent.
10. Adults must work the clock and scorebook for all Friday night games.
11. The majority of coaches believe that a 15 point lead is a "big" lead in regard to calling off the full court press against an opponent.
12. At C Team leave, there is to be no backcourt pressure after a made basket or a dead ball except for the last 2 minutes of a close game.
13. All schools are encouraged to have programs for Friday night games, as it helps promote fellowship among schools.
14. Schools should receive copies of team rosters, coaches, cheerleaders, and other school information from visiting schools the week prior to their scheduled game or in November after rosters have been determined.
15. A \$60-65 fee is suggested for payment of Friday night game officials (3 games).
16. The home team shall wear white or light color jerseys for league games; the visitors shall wear dark colored uniforms.
17. Home teams are to call in Friday night A Team scores by the following Monday, so standings may be sent out in a timely manner.
18. B team boys results will no longer be included in the standings, in order to promote more of a learning opportunity for this level of play.
19. All games are to follow WIAA updated rules for each season.

TRACK MEET GENERAL RULES – SWLSAC (2001 Update)

1. For safety reasons, all participants must wear shoes. Shoes with any type of spike or cleat are prohibited. Either tennis shoes, basketball shoes, or spikeless track shoes may be worn.
2. There is no limit on the number of students entering an event from a given school.
3. Each student must compete at his / her grade level in the individual events. One exception to this is in the 400 meter relay. See relay rules below.
4. All track events will be run against the stopwatch. Students should be made aware of this since they may be running in a slow heat. It would be wise for students from the same school to enter heats containing students from other schools.
5. High jumpers must take off on one foot (see complete high jump rules).
6. Only two tries will be allowed in field events for all contestants (except high jump – see high jump rules). When the field is narrowed to final 6 contestants, those six will take additional tries to compete for the 5 ribbons.
7. The starter of each event will be in charge of the event and will have the right to disqualify anyone for unsportsmanlike conduct or violation of the rules for that event.
8. There will be no team disqualification. Only the offending person may be disqualified for unsportsmanlike conduct.

EVENTS

Grade 5 Girls	Grade 6 Girls	Grade 7 Girls	Grade 8 Girls
100 meter dash	100 meter dash	100 meter dash	100 meter dash
200 meter run	200 meter run	200 meter run	200 meter run
400 meter run	400 meter run	400 meter run	400 meter run
800 meter run	800 meter run	800 meter run	800 meter run
High jump	High jump	High jump	High jump
Long jump	Long jump	Long jump	Long jump
Softball throw	Softball throw	Softball throw	Softball throw
Relay (4 girls)	Relay (4 girls)	Shot put (8 lb.) Relay (4 girls)	Shot put (8 lb.) Relay (4 girls)
Grade 5 Boys	Grade 6 Boys	Grade 7 Boys	Grade 8 Boys
100 meter dash	100 meter dash	100 meter dash	100 meter dash
200 meter run	200 meter run	200 meter run	200 meter run
400 meter run	400 meter run	400 meter run	400 meter run
800 meter run	800 meter run	800 meter run	800 meter run
High jump	High jump	High jump	High jump
Long jump	Long jump	Long jump	Long jump
Softball throw	Softball throw	Softball throw	Softball throw
Relay (4 boys)	Relay (4 boys)	Shot put (8 lb.) Relay (4 boys)	Shot put (8 lb.) Relay (4 boys)

TUG-OF-WAR TEAM WILL CONSIST OF 5 GIRLS FROM ANY GRADES
AND 5 BOYS FROM ANY GRADES FOR A TOTAL OF 10 ON A TEAM

9. Each contestant may enter three events. Those on the relay team or tug-of-war team may enter these contests besides their regular choices.
10. Ribbons will be awarded to each contestant who places first, second, third, fourth, or fifth in an event. Team points will be tallied by the officials at the scorer's table and a plaque will be awarded to the team from the Large School Division that accumulated the highest number of points. Another plaque will be awarded to the team that has accumulated the highest number of points from the Small School Division.

TEAM POINTS

PLACE	INDIVIDUAL EVENTS	TEAM EVENTS (RELAY & TUG-OF-WAR)
1 ST	6 PTS.	10 PTS.
2 ND	4 PTS.	6 PTS.
3 RD	3 PTS.	4 PTS.
4 TH	2 PTS.	3 PTS.
5 TH	1 PT.	2 PTS.

RULES FOR EVENTS

RACES (Dashes and long distance runs):

1. Report to the starter of the race when event for your grade level is called.
2. Official will explain that no runner may cross in front of another runner during a race or a disqualification will result.
3. Official will explain that runners are racing against the stopwatch. Official should cautions students regarding "slow heats".
4. Official will explain starting instructions:
 - a. "On your mark"
 - b. "Get set"
 - c. "Bang" – the starting gun is fired into the air. Timekeepers will start their watches when the smoke from the gun appears.
 - d. False starts will be called back by a second firing of the starting gun.
 - e. Two false starts by the same runner will result in a disqualification of that runner.

RUNNING LONG JUMP

1. Each participant shall be granted one practice jump.
2. Each participant shall be granted 2 long jump attempts.
3. It shall be considered a scratch if any portion of the jumper's foot extends over the starting board. A scratch is recorded as an attempt with zero distance.
4. A jump is measured from the edge of the starting board nearest the pit to the point of contact in the sand pit by any part of the jumper's body. EACH JUMP SHOULD BE MEASURED WITH A TAPE MEASURE AND RECORDED.
5. After all participants have had two tries, the 6 participants with the best distances to that point will be given one last jump to try to better their previous jump. The best five after that last jump receive ribbons.

HIGH JUMP

1. There will be no diving over the bar!
2. Each jumper is entitled to THREE attempts at each height. On a jumper's 3rd miss at any height, he/she is out of the competition.
3. It will be considered a miss if the cross bar falls while the jumper is still in the pit. If the jumper has left the pit before the bar falls, it is a legal and successful jump.
4. The competition will begin at the following heights:

5th grade girls – 3'2"

6th grade girls – 3'4"

7th grade girls – 3'6"

8th grade girls – 3'8"

5th grade boys – 3'4"

6th grade boys – 3'6"

7th grade boys – 3'8"

8th grade boys – 4'0"

5. The competition will increase 2 inches at a time until there are no more than 6 participants remaining. At this time, the height will be raised one inch at a time until a winner is determined.
6. A winner shall be determined when a jumper makes a legal jump after all of his/her opponents have been eliminated at that same level.
7. In case of a tie, the winner will be determined by counting the total number of misses that each jumper committed in the total competition. The jumper with the least total misses shall be declared the winner. If the number of misses is the same, go back to the last height and determine who had the fewer misses at that height. If everything is exactly identical, they both get a ribbon and each team gets the amount of points for that place.
8. Three passes at the bar constitute one miss.

BALL THROW AND SHOT PUT

1. Participant's arms should be warmed up prior to participating to avoid injury.
2. When the softball or shot leave the participant's hand, no part of the foot shall be on or past the restraining line or end of the shot put circle. If it is, the throw or put shall not be counted.
3. After each participant has had two throws or puts, the official shall select the 6 participants who have the farthest throws and give them each one last throw or put. After that throw or put, the five with the longest distance shall receive ribbons.
4. Tape measures should be used to accurately measure the winning distance.

LARGE SCHOOL DIVISION

St. Paul's, Fort Atkinson

St. Mark's, Watertown

St. Paul's, Janesville

St. Stephen's, Beaver Dam

Trinity-St. Luke's, Watertown

SMALL SCHOOL DIVISION

St. Paul's, Lake Mills

St. John's, Watertown

St. John's, Jefferson

Eastside, Madison

TUG-OF-WAR

1. The coaches will determine the opponents in this event by drawing of numbers. The drawing will take place before the meet begins.
2. Each school will have one team. It will be composed of 5 girls and 5 boys for a total of 10 members on the tug-of-war team.
3. On the count of "One" the team members will take their positions.

4. On the count of “Two” the slack in the rope is to be taken up.
5. On the count of “Three” all team members will begin to pull.
6. Only a straight pull will be permitted.
7. The middle of the rope will be marked with tape. Then, the team that pulls the rope a distance of 15 feet first will be declared the winner. If neither team is able to pull the rope 15 feet within the time limit of 15 seconds, the team that has pulled the rope closest to that point on their side of the middle will be declared the winner.
8. To prevent injury to the hands, each boy or girl may equip himself or herself with a pair of gloves for this event.

RELAY

1. There will be a staggered start so that all teams will cover a distance of 400 meters. Each runner will carry the baton 100 meters.
2. Each runner must stay in his or her team’s lane all the way. After handing the baton to the next runner, each runner must stay in his or her lane until each other team is finished with the handoff so as not to interfere with another team still coming up from behind. If a runner does interfere with another team, that team shall be disqualified.
3. Each handoff must be accomplished within the marked, designated handoff area. If the lead runner goes beyond the mark when he/she receives the baton, the team is disqualified.
4. An adult official should monitor each handoff area for violations mentioned in #2 and #3 and if there is a disqualification, report it to the official timers immediately. This would change the outcome of the relay finishing teams.

MARKING PARTICIPANTS

Each participating student from each school should have a number assigned to him/her before the beginning of the track meet. This number should be written on the forehead in dark marker color so the student can be identified. Numbers can be recorded much faster than names. If a student earns a place in an event, then the official can call the number and the student can spell the name for the official scoresheet.

SCHOOL NUMBERING ASSIGNMENTS ARE:

Beaver Dam (St. Stephen’s)	- 100’s
Fort Atkinson (St. Paul’s)	- 200’s
Janesville (St. Paul’s)	- 300’s
Jefferson (St. John’s)	- 400’s
Lake Mills (St. Paul’s)	- 500’s
Madison (Eastside)	- 600’s
Watertown (St. John’s)	- 700’s
Watertown (St. Mark’s)	- 800’s
Watertown (Trinity-St. Luke’s)	- 900’s

EMERGENCY PLAN FOR ST. PAUL'S LUTHERAN SCHOOL

Location in school: Gymnasium

Nearest phone: Coaches room

Phone number: 754-4471

(doesn't need code to dial from)

Directions to practice area:

Instruct emergency personnel to use back doors of school (off of parking lot). An athlete or assistant coach should be waiting at those doors to lead them into the gym. At no time should the head coach leave the athlete unattended.

Emergency Calling Procedure:

Emergency Personnel: 911 (works from any phone without code)

Parents of child: see blue emergency cards for phone #

Mr. Mark Fenrick: 754-1260 (if no answer try cell phone)

Cell Phone: 608-201-0885

****If Mr. Fenrick can't be reached call Carla Cook:** 755-9809

Mr. Denny Vierk: 752-2495

When to use Emergency Plan:

- Possible back or neck injury
- Possible heat illness or stroke
- Open fracture or displaced close fracture
- If an athlete stops breathing or has no pulse
- If a player loses consciousness (even if for a short time)
- If in doubt on the seriousness of an injury (BETTER SAFE THAN SORRY)

Special considerations:

- Have blue emergency cards available for emergency personnel
- Have someone else make the phone calls – the coach must stay with the injured athlete
- The person calling should identify himself/herself and give a good description of the situation
- Remain calm and keep the other athletes as calm as possible

APPENDIX B

LETTERS & FORMS

DATE

Dear «Parents»,

This letter is to inform you that your child, «Child», is being suspended from any sports activities for one week. The reason for this is «Reason»

Your child will not be allowed to participate in any of the «Team» practices and / or games from «Length». Your child is expected, though, to attend any games and support the team.

At the end of the suspension period, you are asked to speak with «Child»'s teacher(s) who gave the low effort grade to receive approval for the suspension to be lifted. Please have «Child»'s teacher write me a note stating that «Child» be allowed back on the team.

If your child does not receive approval from the teacher, he /she will remain suspended until approval is received from the teacher. Please remember that more than 3 weeks of suspension during a season will result in your child being removed from the team.

This suspension is to encourage «Child» to keep up with school work. At St. Paul's, school work is far more important than sports. We want «Child» to be on the team, but grades must come first.

Please sign this letter and return it to Mr. Fenrick by «Date».

Thank you

In His Service,

Mr. Mark O. Fenrick AD

By signing this letter, I understand that my child is suspended from any sports activity for the time period of «Length» at St. Paul's Lutheran School. I will do what I can to encourage my child to keep up on school work.

Parent Signature

Date

St. Paul's Lutheran School

210 S. Ringold St.
Janesville, WI 53545
Phone: (608) 754-4471

VOLUNTEER COACH INFORMATION SHEET

NAME _____
Last First Middle Init.

ADDRESS _____
Street City State / Zip

HOME PHONE _____ WORK PHONE _____

What sport(s) are you interested in helping with? _____

Number of hours per week: (please circle one) 0-2 3-5 6-8 9+

Best time of day: _____

Best day(s): (please circle) Monday Tuesday Wednesday Thursday Friday

When is the best time of day to contact you? _____

Do you have training in (yes or no): CPR _____ First Aid _____

GUIDELINES FOR VOLUNTEER COACHES

1. It is highly recommended that volunteers always work with two or more children at a time.
2. Volunteers will model Christian speech and respect for all people.
3. Volunteers must be eighteen years old or older.
4. Volunteers will be informed of and abide by all appropriate school rules.
5. Children will address volunteers by the proper titles of respect (ie. Mr., Miss, or Mrs.).
6. Volunteers will observe confidentiality when discussing students, parents, or teachers.
7. Volunteers will be responsible for disciplining students at practices and games. Any such problems should be reported to the Athletic Director as soon as possible.

8. Volunteers will be prompt. If an absence is necessary, the volunteer will inform the Athletic Director.
9. Volunteers will be covered by the school's liability insurance.

Signature _____ Date _____

SAMPLE

PERMISSION FORM LETTER: A BOYS BASKETBALL 2000-2001

TEAM: All boys in the 8th grade are automatically eligible for the boys basketball team unless they are ineligible based on the Athletic Code signed by the student and parent at the beginning of the year.

COACHES: Mr. Duane Benedict & Mr. Dave Brassington

PRACTICE TIMES: Mondays 4:30-5:45, Tuesdays 7:00-8:30, and Thursdays 5:45-7:00 (with B Boys). **Please be prompt in picking your child up after practice. These times will not vary without prior notification from the coach.**

FIRST PRACTICE: **EVEN THOUGH 8TH GRADERS DO NOT NEED TO TRYOUT FOR THE TEAM, THEY SHOULD ATTEND THE TRYOUTS ON MONDAY (OCT. 30), TUESDAY (OCT. 31), AND WEDNESDAY (NOV. 1) FROM 7:00-8:30.** First A Boys Practice will be Monday, Nov. 6.

GAMES: 8 Friday night conference games and some mid-week, non-conference games. A complete schedule of practices and games will come home with your son when it is completed.

TOURNAMENT: Tournament at Lombard, IL on Feb. 9-11 (information will be sent home in December) and J.L.I.T. on February 23-25.

NEED FOR PRACTICE: Boys should have their own shorts, T-shirt, white socks, and basketball shoes at each practice. If a playbook is handed out, they should also bring that to each practice.

ST. PAUL'S SUPPLIES: Uniform for games, balls, and gym for practicing.

STUDENT SUPPLIES: Practice clothes (see above), WHITE basketball shoes, energy, enthusiasm, good study habits, respect for the coach and teammates, desire to learn and play hard.

HOMEWORK/RESPECT: We expect all student athletes to complete their homework daily and show respect for their teachers and classmates. If you need extra help in any subject, talk to your parents and teacher. They will be happy to help. As for respect, a good rule to follow is: "Always Encourage, Never Discourage."

HEALTH: It is important that athletes eat proper foods and get adequate sleep each day. It is recommended that each participant be examined by their family physician (at least within the past 9 months) to detect any problems that may prevent them from participation in this sport.

CODE VIOLATIONS: The season begins Oct. 30. Any violations of the Athletic Code signed by the student athlete and parent will affect participation in basketball beginning on that date and ending with the last game of the season.

REPORT CARDS: Report cards come out in early November. Mr. Fenrick will decide if any student athletes will need to miss practices or games due to code violations.

Return to Mr. Fenrick by October 25

Student's Name: _____

I request that my child be allowed to participate on the A Boys Basketball Team this season. I will support the program in any way that I can and encourage my son to show the proper attitude and effort. I will not hold St. Paul's Lutheran School responsible for personal injury to my child during or while en route to or from practices or games.

Parent's Signature: _____ Date: _____

NOTE #1: Parents of A Boys will be assigned a duty on one or two of the four Friday night home games. They will be expected to perform the assigned duty or find a qualified substitute.

NOTE #2: If you can drive boys to games after school, let the coaches know in advance. If you can keep a scorebook and would be willing to do that at games, tell the coach also.

_____ Please check here and attach \$5.00 for a coach's gift to show appreciation for your coach(es). You may choose to give a gift of your own in addition at the end of the season, but the school will purchase a gift for each coach.

**St. Paul's Lutheran School
Referee Commitment Sheet**

Below I have listed the games that you and I had discussed. Please look them over and sign one copy and send it back to me. The games that are in *italics* we have already confirmed, but I included them anyway. For games with 2 refs listed, please be sure to work out a rotation and let me know as soon as possible. In weeks that you are here more than once, would it be OK to pay you for all the games at once? Let me know if this is not OK.

Name _____

<u>Date (# of Games) - Start Time</u>	<u>Opponent (Grades)</u>	<u>Ref #1</u>	<u>Ref #2</u>	<u>Fee</u>

Mr. Mark O. Fenrick, Ath. Dir.
St. Paul's Lutheran School
210 S. Ringold St.
Janesville, WI 53545
(608)754-4471 ext 223 [School]
(608)754-1260 [Home]

Signature

Date

Home Phone #

Work Phone #

By signing this, I confirm that these are the dates and games we agreed upon.

St. Paul's Lutheran School
210 S. Ringold Street
Janesville, WI 53545
(608)754-4471
(Mark Fenrick, Athletic Director)

August 1, 2001

Dear Cross Country Coach,

Our **21st Annual Flames Invitational Cross Country Meet** will be held this year on Friday, September 7. The meet is scheduled to begin at 4:15 with 5th grade girls running first. If you tell us that you are coming to our meet but have not yet arrived by 4:15 we will begin at that time but let any runners who arrive later run with another group and insert their times with their class. Strive to arrive on time to avoid confusion.

Distances for our meet will be **1 mile for all girls** in 5th through 8th grades. **Boys** in grades **5 & 6 will run one mile** and **boys in grades 7 & 8 will run 1 ½ miles**. We ask that no student participate in our meet if they have not trained properly by running and warming up in the weeks prior to the meet. I will let this up to the discretion of you, the coach.

If you have been to our meet before you know that it can be a beneficial experience for your students and I hope you will want to come again. If you have not been here before I hope you will consider it this year. **I am enclosing a copy of a map of both courses and also a map of our side of Janesville** so you will know how to get to the course on September 7th.

Since many schools come from out-of-town we hold our event on Friday in order to avoid a weeknight where students would have school the next day. There **will not** be a rain date but we hope the weather will be conducive to holding the meet that day. **If your school indicates that you intend to come to the meet, someone will call your school no later than 2:00 on the day of the meet in case of cancellation.**

*This year, we would like to **award medals** to 1st, 2nd, and 3rd place runners in each event, along with the certificates we have always done. The medals would be awarded with the packet of certificates approx. a week later (no special ceremony). In order to do this, we are going to ask for a **\$10.00 entry fee** to cover the cost of the medals. Checks can be made payable to St. Paul's Lutheran School.*

PLEASE PRINT THE NAMES OF ALL OF YOUR RUNNERS (SPELLED CORRECTLY) ON THE ENCLOSED SHEET. Please mail your entry form and entry fee of \$10.00 to St. Paul's before Sept. 5th. (If you do not know for sure the names of all runners attending, please mail the entry fee and simply bring the list to the event.) We're looking forward to seeing you on September 7th.

Sincerely,

Mark O. Fenrick, Athletic Director
Tim Ebeling, Meet Coordinator

LIST OF CROSS COUNTRY RUNNERS FOR
FLAMES INVITATIONAL CROSS COUNTRY MEET
AT CRAIG HIGH SCHOOL IN JANESVILLE
(Sponsored by St. Paul's Lutheran School, Janesville)

NAME OF SCHOOL: _____

CITY: _____

DATE OF MEET: **Friday, September 7, 2001**

NAME OF COACH ATTENDING MEET: _____

PHONE # OF COACH ATTENDING MEET: _____

5th Grade Girls
Boys

5th Grade Boys

6th Grade Girls

6th Grade

_____	_____	_____	

_____	_____	_____	

_____	_____	_____	

_____	_____	_____	

_____	_____	_____	

7th Grade Girls
Boys

7th Grade Boys

8th Grade Girls

8th Grade

_____	_____	_____	

_____	_____	_____	

_____	_____	_____

_____	_____	_____

_____	_____	_____

_____	_____	_____

PLEASE SPELL & PRINT FIRST AND LAST NAMES CORRECTLY

November 27, 2000

Dear parents of students going to Lombard tournament,

We are invited to participate in the St. John's, Lombard, Illinois basketball tournament on the weekend of February 9-11, 2001. All boys and girls on the A Basketball Teams, and the B Cheerleading squad, are expected to participate in this. The pom pon squad is also invited to perform. If you have a reason why your child cannot attend, please write a note to his / her coach.

Transportation to and from the tournament is the responsibility of the parent. A complete schedule will be available at a required meeting with the athlete and parent on Wednesday, January 31 at 7:00 PM in the gym. Meanwhile, however, I need to tell St. John's who will be coming, who will room with whom, etc. So, please complete the form attached to this page and return it to me by December 6.

ALL PLAYERS AND CHEERLEADERS are invited to be guests of members of St. John's, Lombard for the weekend, just as their students are when their team comes here for J.L.I.T. weekend. I think this is good and is the beginning of friendships between students and families. Players and cheerleaders will be asked by Friday, December 8, with which teammate they want to stay. If they already know you may write it on the form. If your child has an allergy or another reason why you might hesitate to have him / her stay in a home, please indicate that and I will make sure the people responsible at Lombard will take that into account. Every player and cheerleaders is encouraged to follow this arrangement. If you have an exceptional problem with this, a parent needs to notify the Board of Christian Education. Please check the appropriate space on the form and I will notify Mr. Vierk. He will then inform the Board and they may or may not contact you to get your reason. Pom squad members will need to find their own lodging.

ALL PARENTS who are going and staying overnight will have to find their own lodging. The coaches will stay at the Courtyard by Marriott. The rate for this motel is \$69.00 (Double & King) and \$99.00 (Suite). They no longer serve a free breakfast. If you wish to stay at the same motel as the coaches, call Gwen Brassington [752-9494] to let her know. A list of other motels is available from Mr. Fenrick if you want to stay at a different motel. In that case, make your own reservations.

Some parents of students staying in homes like to take their children to the motel to swim at the pool once during the weekend. If you are in this category, please follow the following three (3) criteria: 1) Notify the host family in advance that you will have you child for a set time period...they might have made meal or other plans. 2) Your child is still expected to participate in the social activity planned by the school for Saturday evening. This has been a sock hop in the past – more information will come home when I receive it. 3) Swimming must be done only at times allowed by you coach. All students must go to church on Saturday evening or Sunday morning with their host family or parents.

A map of how to get there will be given to all adults who plan to attend. **OTHER PERTINENT INFORMATION WILL BE GIVEN TO STUDENTS AND PARENTS ATA FINAL MEETING (ATTENDANCE REQUIRED) ON WEDNESDAY, JANUARY 31, AT 7:00 PM IN THE GYM.** Any questions? Please call me. Thank you for your cooperation!

In His Service, Mr. Mark O. Fenrick – Ath. Dir.

RETURN THIS FORM TO MR. FENRICK BY WEDNESDAY, DECEMBER 6, 2000

PERMISSION

I request that my child, _____, be given permission to attend the basketball tournament at St. John's Lutheran School, Lombard, Illinois, on February 9-11, 2001.

I will not hold St. Paul's Lutheran School of Janesville responsible for personal injury to my child while en route to or during this tournament.

Signature of parent: _____ Date: _____

TRANSPORTATION

_____ I will be able to drive to Lombard on Friday, February 9. I will be able to take:
My child only My child and _____ others who need a ride.

_____ I will not be able to drive and my child, _____, will need a ride with another adult.

If you can take one or more others besides you own child, please write on the line below the name or names of those you might want to take.

HOUSING – ROOMMATE CHOICE

If your child already knows with which teammate he / she want to stay with in a home in Lombard, please fill out the part below. If not, we will need to figure this out by next FRIDAY, DECEMBER 8:

My Child's name: _____ Any allergies? _____

Roommate choice: _____

CHECK THIS ONLY IF YOUR CHILD IS NOT STAYING IN A HOME

_____ I don't want my child to stay in a home. He / she will stay with a parent at the motel. The Board of Education should contact me for a reason.

CIRCLE BELOW THE TEAM THAT YOUR CHILD IS ON

POMS B CHEERLEADING A GIRLS A BOYS

Poms will do their routine only at half time of the three A Boys games.

B Cheerleaders will cheer for the A Boys Team.

DEAR PARENT OF STUDENT GOING TO THE LOMBARD TOURNAMENT:

In the event that your child would need medical help while away from home at the Lombard tournament, I would like to be safe rather than sorry. Therefore, I would like you to fill out the form below giving the necessary information. Hospitals will want to talk to the parents first before administering any first aid, unless it is an extreme emergency. I would like to have phone numbers where we could call you if necessary. I would like you to fill this out, even if you are going to be at the tournament in person.

Hopefully, none of these precautions will be necessary, but if they are, we will be prepared. Thank you for your cooperation.

-----cut here and return to Mr. Fenrick-----

EMERGENCY HOSPITAL – MEDICAL FORM

We, the parents (or legal guardians) of _____ (name of student), give Dennis Vierk, Mark Fenrick, Duane Benedict, Dave Brassington, John Dammen, Jenny Tejada, Faith Arnold, or Carla Cook permission to authorize medical care for our child.

For hospital personnel: _____ Allergic to _____

_____ Medication NOT to be administered: _____

_____ Other things to watch: _____

_____ Insurance Company _____

_____ Previous significant medical history: _____

Phone # to call in case the hospital needs to talk to parent(s): _____

Parents' signatures: _____

Parents' home phone #: _____ Other comments: I will be staying at

Times likely to be home: _____ the _____ Motel –

Parents' work phone #: _____ Phone # of Motel: _____

Times likely to be at work: _____

Nov. 14, 2000

Dear Athletic Director,

Greetings in the name of our Lord Jesus Christ. It's hard to believe that a year has passed by already as we begin preparations for the 29th Annual Janesville Lutheran Invitational Basketball Tournament. We started it originally to foster friendships, sportsmanship, and fellowship among the students and adults from our schools & congregations. That is still our aim.

This year's tournament will take place on February 23-25, 2001. Thank you for returning the yellow confirmation slips at the end of last year. At this point, I am still assuming you plan on attending. If your intentions have changed since then, please notify me IMMEDIATELY so I can start making plans for a new team.

THINGS YOU SHOULD KNOW ABOUT J.L.I.T. 2001:

1. Trophies will be awarded to teams earning 1st through 6th place.
2. Trophies will be awarded to cheerleading squads for 1st through 4th place. Judging will be done only on Friday night by outside judges.
3. A trophy will be awarded to each member of the 1st place team, each member of the 1st place cheerleading squad, the coaches of the 1st place team and cheerleaders, and the school that best displays the ideals of CHRISTIAN SPORTSMANSHIP that weekend. Medals will be presented to all members of teams, cheerleading squads, and all pom squad members who are not cheerleaders.
4. Food will be available in our fellowship hall (through the tunnel).
5. A room will be provided for your school to use as a storage place for luggage, equipment, etc. It will be locked when not in use.
6. Full locker room facilities are available for teams to change and shower. Cheerleaders will have a separate room in which to change.
7. Students will be housed by members of St. Paul's. Please limit players to be housed at 12 if possible. All cheerleaders will be housed. If you need to exceed 12 players let me know and I'll see what I can do.
8. Pom squads may come and perform but cannot be housed by our members. We will, however, issue every member of the pom squad a free pass like we do for the players, cheerleaders, & coaches.
9. Bleachers on both sides of the gym allow for seating for more fans.
10. 3-point line will be used officially for the games – began in 1991.
11. We have entrances on both ends of the gym. The EAST doors to the gym will be used for ENTERING and the WEST doors will be used for leaving after the games. This should alleviate the overcrowded hall at that time. The VISITING TEAM may use the WEST doors to enter their locker room.

(OVER)

NEW LAST YEAR

A new policy was passed last year that NO FOOD OR DRINK is allowed in the gym at any time. This includes candy and popcorn. All food and drink must be disposed of before entering the gym. Please share this information with your athletes, coaches, and fans.

NOTE ABOUT THIS YEAR CHEERLEADING

We have had a cheerleading competition for many years at J.L.I.T. and it has been very good. Lately, there seems to be problems developing with this competition. We pray that the cheerleaders and coaches will continue to show good, Christian sportsmanship so that this competition will always be kept as part of the tournament.

Please RETURN the enclosed ROSTER of all players with their correct jersey numbers (**please print or type**) and the HOUSING FORM to me **by December 15, 2000** together with your ENTRY FEE of \$40.00. Enclosed, you will also find a list of available motels for that weekend. Please make your own reservations.

If you have email, please include your address when you send in your housing form, roster, and entry fee. Sometimes, this is an easier way to get in touch with each other!

Greetings from our faculty to yours. I hope to hear from you soon. Be sure to check out our website (www.spsflames.k12.wi.us) for late breaking JLIT news!

In His Service,

Mark O. Fenrick
Athletic Director

**TO ST. PAUL'S
LUTHERAN CHURCH
AND SCHOOL**

COMING FROM THE NORTH OR SOUTH ON I-90: Take Janesville Exit 175A. This is Highway 11 and becomes Racine Street coming into Janesville. First stoplight is at Palmer Park. Keep on Hwy 11 (Racine Street) past the 2nd stoplight (at Hardees) for 4 more blocks. **TURN RIGHT** onto S. Ringold Street. Go 4 blocks to the corner of E. Holmes and S. Ringold Streets. The church is on the corner. Go beyond the corner on S. Ringold and the driveway to the parking lot is just past the church (between church and school). Park in back of the church in the parking lot.

MOTELS – DIRECTIONS

PHONE #'S – LOCATIONS

Please contact motels on your own to make reservations. Many have 800 numbers to call when reserving rooms. Call local motels directly to find out amenities.

All motels are labeled on the map on the other side of this list.

NAME OF MOTEL	PHONE # (608)	ADDRESS	I-90 EXIT
Best Western	756-4511	3900 Milton Ave	171A
Baymont Inn & Suites	758-4545	616 Midland Rd	175B
Hampton Inn	754-4900	2400 Fulton Ave	171A
Holiday Inn Expr.	756-3100	3100 Wellington	171C
Microtel	752-3121	3121 Wellington	171C
Ramada Inn	756-2341	3431 Milton Ave	171A
Select Inn	754-0251	3520 Milton Ave	171A
Super 8	756-2040	3430 Milton Ave	171A

J.L.I.T. Housing Request

(Entry Form on other side)

(Please Print or Type)

Please list below the names of the boys and girls that you would like to stay together when they come to Janesville for J.L.I.T. Please put them in groups of two (2) unless there is an odd number of players or cheerleaders. In that case put one group of three and the rest in groups of two. Thank you for your cooperation. Please send this list and the ENTRY FORM with roster information and your entry fee check in December (before Christmas vacation).

Players	Cheerleaders
&	&
&	&
&	&
&	&
&	&
&	&
&	&
&	&
&	&

Note: If any students have any restrictions or allergies please indicate it on the form next to the student's name.

Poms can't be housed but we need to know if you will have a pom squad.

We have a separate pom squad: YES NO (If YES, how many): _____

Our cheerleaders will do a dance routine during halftimes: YES NO

If you have a separate pom squad please list their names in alphabetical order below:

SAMPLE
St. John's, Portage

J.L.I.T. Housing – 2001 – Revision #2

STUDENTS	HOST FAMILY	PHONE NUMBER
Josh McConochie Louis Hurd	Mr. & Mrs. Dennis Vierk 1017 Laramie Lane Janesville, WI 53545	(608)752-2495
BJ Kabele Chris Thalacker	Mr. & Mrs. Kevin McLaughlin 2136 E. Racine St. Janesville, WI 53545	(608)754-8068
Kyle Malacara Nate Raimer	Mr. & Mrs. Marshall Chambers 11 S. Ringold Janesville, WI 53545	(608)756-1168
Ben Rohrbeck Tyler Manthey Cory Megown	Mr. & Mrs. Rob Frisque 1135 Brown Dr. Milton, WI 53563	(608)868-6666
Breanna Hoppe Danielle Goodland	Mr. & Mrs. Rich Bills 515 N. Ringold Janesville, WI 53545	(608)755-1658
Jill Schroeder Paige Rogers	Mr. & Mrs. JB Sommerfeldt 433 Douglas St. Janesville, WI 53545	(608)754-8437

REMINDERS:

- **Please bring sleeping bags and pillows**
- **Housing is for the entire weekend, not just one night (sickness would be an exception)**
- **Be sure to discuss with your host family any plans for the weekend**

January 30, 2001

Sorry for the delay in getting this information to you. I have been sick and school was cancelled due to an approaching ice storm.

Please share this information with:

- 1) Basketball Coach(es) 2) Cheerleading Coaches 3) Parents 4) Students

Enclosed with this mailing are:

- 1) **Schedule of games** for 2001 Janesville Lutheran Invitational Tournament. Note your starting time. Please have your team ready 15 minutes before scheduled starting time.
- 2) **Note to cheerleading coaches**. Make sure coaches receive this copy.
- 3) **Map** on how to get to the tournament site along with directions.
- 4) **Note to coaches of girls doing pom routines**. (Make sure person in charge sees this).
- 5) Notice about purchasing video tapes of games.
- 6) All housing assignments will be done after the last game (approximately 9:45) Friday night. **Housing lists will be sent to school as soon as they become available.**
- 7) Copy of food concessions menu is enclosed so you can give your people some idea of what is available during the weekend. Please do not smoke in our buildings.
- 8) Schools may bring posters, banners, etc. to tape in our "tunnel" area to show school spirit. Please bring your own masking tape.
- 9) Trophies will be given out after the championship game on Sunday. Each student participant will receive a medal with "J.L.I.T. 2001" on the back. Trophies will be given for the first 6 places in boys basketball, top 4 cheerleading squads (as judged on Friday night by Univ. of Wisconsin Badger cheerleaders), individual trophy for each member of championship team, 1st place squad, and 1st place coaches. A special "SPORTSMANSHIP TROPHY" will be awarded to the school who best exhibits the qualities of sportsmanship (judged by a broad panel of people during the weekend). Fans, players, cheerleaders, and coaches will all be included in the judging throughout the weekend – both in the gym and elsewhere.
- 10) If you have any questions please feel free to call Mark Fenrick (608-754-4471, ext. 223) or email me at mfenrick@spsflames.k12.wi.us.

We look forward to seeing all of you on Friday, February 23, 2001. Until then, you can check out the late breaking J.L.I.T. news at our website: www.spsflames.k12.wi.us.com.

Sincerely,

Mark O. Fenrick, Athletic Director

NOTICE ABOUT VIDEO TAPES OF GAMES AT J.L.I.T.

Once again we will be videotaping the games and providing closed circuit TV to various parts of our tournament site for those who can't be in the gym during any or all the games.

We are also offering a copy of all of YOUR TEAM'S games during the weekend for only \$20.00. If you wish to purchase a copy of the videotape of your teams games, just put in your order in the coat check room (Room 105) (note the change in location) anytime during the weekend.

We ask that each family that wants a tape purchase one from us rather than buy one and making copies. This is a fund raiser for our school and since the crew puts a lot of time in over the weekend and afterwards to make the tapes, we ask that you honor this request.

COACHES: Please pass this information along to your parents.

Thank you!

Mark O. Fenrick, Athletic Director

NOTE TO COACHES OF GIRLS DOING POM ROUTINES

If your school will have pom pon or cheerleading squads doing a musical routine during half time of your games, please keep the following EIGHT things in mind when you come to the tournament:

1. We have the capacity to play either tapes or CDs.
2. Please have your school name written on your tape or CD.
3. Have the tape on the right spot where your music begins, or label the CD with the track number, so we can just push "PLAY".
4. Bring you tape or CD to the "Video Room" before the beginning of your team's game and give it to the person in charge of pom routines (Miss Carla Cook) or put it in the box marked "Half Time Routines" (on a table outside of the video room).
5. Please keep your routine to near 3 minutes in length. Absolute maximum length should be three-and-a-half minutes, including getting on the floor and leaving.
6. Out of respect for the safety of cheerleaders and poms, we do not want any cheerleaders or poms doing any mounts where the girl's feet are more than 36" off the floor at any time. Let your girls know that if they perform a mount in disregard for this rule, they will be marked down for it and asked by an official not to do it again during the weekend. Remember, this is for the SAFETY of the girls, not to limit their athletic ability. Thank you!
7. The VISITING squad will be allowed to do their halftime routine first.
8. The halftime routine is NOT judged, as some teams have a separate pom squad.

We look forward to watching your girls perform at J.L.I.T.

Sincerely – Mark O. Fenrick, Athletic Director

NOTE TO CHEERLEADING COACHES

Please note the following policies during J.L.I.T. weekend:

1. Out of respect for the safety of cheerleaders, we do not want any cheerleaders (or poms) doing any mounts where the girl's feet are more than 36" off the floor at any time. Let your girls know that if they perform a mount in disregard for this rule, they will be marked down for it and asked by an official not to do it again during the weekend. Remember, this is for the SAFETY of the girls, not to limit their athletic ability. Thank you!
2. At the first time out or quarter break, which ever comes first, the VISITING squad can perform a floor cheer first. After this, the teams will then take turns performing floor cheers. If the squad decides to do a "crowd cheer" during this time, it will be considered their floor cheer.
3. When doing sideline cheers during the game, the cheerleaders cannot be lined up behind the basket.
4. The cheerleaders may use room 107 to warm up before their games. Please do not store anything in this room. Please do not use any other rooms for warm-ups.

2001 J.L.I.T. GYM FLOOR SWEEPING SCHEDULE

FRIDAY	SWEEPER #1	SWEEPER#2
5:30 – Halftime game 1	_____	_____
6:00 – Between games 1&2	_____	_____
6:45 – Halftime game 2	_____	_____
7:15 – Between games 2&3	_____	_____
8:00 – Halftime game 3	_____	_____
8:30 – Between games 3&4	_____	_____
9:15 – Halftime game 4	_____	_____

SATURDAY	SWEEPER #1	SWEEPER #2
10:30 – Halftime game 5	_____	_____
11:00 – Between games 5&6	_____	_____
12:00 – Halftime game 6	_____	_____
12:30 – Between games 6&7	_____	_____
1:45 – Halftime game 7	_____	_____
2:15 – Between games 7&8	_____	_____
3:15 – Halftime game 8	_____	_____
BREAK		
5:45 – Halftime game 9	_____	_____
6:15 – Between games 9&10	_____	_____
7:00 – Halftime game 10	_____	_____
7:45 – Between games 10&11	_____	_____
8:30 – Halftime game 11	_____	_____

SUNDAY	SWEEPER #1	SWEEPER #2
1:30 – Halftime game 12	_____	_____
2:00 – Between games 12&13	_____	_____
3:00 – Halftime game 13	_____	_____
3:30 – Between games 13&14	_____	_____
4:30 – Halftime game 14	_____	_____

SPORTSMANSHIP TALLY FORM

	Belvide re	Elm Grove	Janesvil le	Lombar d	SPI	Mt. Prospec t	Portage	Roselle
<u>Jim Kroll</u>								
Deb Natz								
Denny Vierk								
Ruth Ann Schultz								
Pastor Garchow								
John Heintzelman								
Tim Ebeling								
Video Crew								
Kitchen Crew								
Referees								

J.L.I.T. CHEERLEADING SCORING SHEET

Signature of Judge

Each outside cheerleading judge will watch each of the cheerleading squads from the eight schools during the first round on Friday night. Their forms should be turned in to Mark Fenrick after Friday's session.

THERE WILL NOT BE ANY JUDGING ON SATURDAY OR SUNDAY

Judges should use the form below and rating scale: 5 = Excellent

4 = Above Average

3 = Good

2 = Fair

1 = Poor

(Please note that pom pon squads are not to be judged as some schools have separate pom pon squads)

TEAM	Execution of floor cheers	Execution of side lines	Gymnastic ability	Coordination and precision	Christian conduct (on and off floor)	Appearance	TOTAL SCORE
Belvidere (Immanuel)							
Janesville (St. Paul's)							
Lombard (St. John's)							
Elm Grove (Elm Grove Lutheran)							
Milwaukee (St. Peter – Immanuel)							
Mt. Prospect (St. Paul)							
Portage (St. John's)							
Roselle (Trinity)							

What to look for: EXECUTION OF FLOOR CHEERS & SIDELINES – Knowledge of cheer, rhythm, accuracy, voice projection

GYMNASTIC ABILITY – Splits, cartwheels, flips, jumps, etc.
COORDINATION, PRECISION – Sharp motions, straight arms, group
togetherness
APPEARANCE – Posture, poise, eye contact, enthusiasm, peppiness,
smiles

JLIT PRESENTATIONS – 2001
TOURNAMENT END

1. THANKS TO GOD...

2. THANKS TO FOOD CONCESSION PEOPLE (DEPT. HEADS):

- A. Al & Chris Stiegman – Managers (last year)
- B. Rich & Karen Zastoupil – Desserts
- C. Gary & Judy Neumueller – Pizza
- D. Dan & Lori Terry – Grill
- E. Gregg & Ellen Davis – Deli
- F. Dave & Gwen Brassington – Drinks
- G. Marty & Gail Pateros – Hotdogs, Ice Cream, Nachos
- H. Tom & Sheryl Skelly – Chili & Soup
- I. Randy & Julie Seeman – Clean-up & Dishwashing
- J. Lois Cook, Pat Ebeling, Stacey Marena – Treasurer
- K. Dennis Dopkins & Enno Knief – Parking Lot

3. OFFICIALS AT TABLES:

John Heintzelman, Jim Kroll, Kevin Speth, Deb Natz, Tim Ebeling, Denny Vierk

4. PEOPLE WHO HOSTED STUDENTS & ALL VOLUNTEERS including sixth graders who swept the floor during half times and between games and the seventh and eighth graders for helping put the programs together.

5. CANDY CONCESSION PEOPLE: DuWayne Nelson - head

6. PROGRAM PRINTER & ADVERTISERS: Gary Neumueller / AAL, Dick and Linda DeWar / Tickets and Programs

7. TYPING THE PROGRAM: Janet Jass, Lynnette Jass

8. CAMERA CREW: Barry Wier, Mark Anderson, John Ehret, Paul Garchow, Kevin Hendrikson, Andy Speth, Steve Frisque, Jim Cook

9. SETTING UP THE GYM: Mark Anderson, Bernie Anderson, Denny Vierk, DuWayne Nelson, Vicar Tracy Nelson, Mike Sirek

10. PRESENTATION OF TROPHIES (donated by AAL) & PARTICIPATION MEDALS (donated by St. Paul's PTL):

- A. 6th place boys team _____
- B. 5th place boys team _____
- C. 4th place cheerleading _____
- D. 4th place boys team _____
- E. 3rd place cheerleading _____
- F. 3rd place boys team _____
- G. 2nd place cheerleading _____
- H. 2nd place boys team _____

- I. SPORTSMANSHIP _____
- J. 1st place cheerleading _____
- K. 1st place boys team _____

11. NEXT YEAR'S DATES: February 22, 23, & 24, 2002

12. CLOSING PRAYER BY: Pastor Paul Garchow

February 27, 2000

«Name»

The 29th Annual Janesville Lutheran Invitational Tournament is now behind us! Congratulations St. John's, Lombard on taking first place in the tournament! Congratulations to the cheerleaders from Trinity, Roselle on taking first place! Congratulations to Immanuel, Belvidere on winning the sportsmanship award! I pray that everyone had an enjoyable time while here in Janesville.

As I'm sure many of you heard, this was one of our strongest tournaments played here at St. Paul's. I wanted to commend all of the teams on their play this year. The games certainly were exciting, with 5 games being decided by 4 points or less.

As we begin to prepare for next year, my assistant and I were thinking about changing some of the rooms for next year. I would like your input on this matter. If we were to assign TWO rooms for cheerleaders to use (one for the home team and one for the guest team), would they be used? We would probably eliminate the Poms room to make room for a second cheerleader room. Please discuss this with your cheerleading and poms coaches and let me know their thoughts.

Our webmaster, Jim Kroll, has also asked for any email addresses or websites you or your school may have. With your permission, we could include a link from our website to your school's site. Jim would also be able to email you any new information that is put on our site regarding next year's JLIT.

You will find a copy of last weekend's stats included with this letter. These are compiled from the official scorebook. Please feel free to make as many copies as necessary.

You will also find a yellow sheet with information regarding next year's tournament, as well as some of the matters mentioned above. Please indicate your intention to return to JLIT in 2002 and return to me by **May 31, 2001**. If I do not hear from you by that date, I will assume you do not intend to return and will begin my search for another team. I am doing this to hopefully avoid any last minute changes.

I hope to see all of your teams returning next year. Until then, may the Lord guide you in His service.

Mr. Mark O. Fenrick
Athletic Director

NOTICE ABOUT FATHER-SON GAME

On Friday, March 2, 2001 at 6:00 PM, there will be a Father-Son basketball game between the graduating class' boys and 8th graders' fathers. Sorry, but we can not have brothers, uncles, cousins, friends of the family, etc. participating in this event. 8th grade girls could cheer for the boys and mothers could cheer for the dads (only if they want to).

At this time, no practice times have been established. I would like one dad and one mom to please take the initiative and find out the best times for practices. Please clear these practices with Mr. Fenrick. Keep in mind that during the week of Feb. 19-23, the gym is off limits as it is getting prepared for JLIT. Dads are welcome to come to Men's Open Gym nights on Tuesdays.

In the past, a number of families have gone to Happy Joe's after the game. If you are planning on doing that this year, please note that on the slip below. I will take care of calling Happy Joe's to make reservations.

Please fill out the slip below and return it to Mr. Fenrick by **Friday, Feb. 16**. Even if you do not plan on participating, please note that on the slip. Don't forget to tell me if you want to go to Happy Joe's following the game.

We hope this is an enjoyable evening to cap off the season.

In His Service,

Mr. Mark O. Fenrick A.D.

8th grader's name: _____

I will / will not (circle one) participate in the father-son game.

_____ Dad will play in the father-son game.

_____ Dad will not play in the father-son game

_____ Mom will be part of the cheerleader squad for dads.

_____ Mom will not be part of the cheerleader squad for dads.

_____ Number of total family members planning on going to Happy Joe's after the game.

Parent's Signature

FATHER SON GAME PARTICIPANTS

<u>Student</u>	<u>Part.</u>	<u>Dad?</u>	<u>Mom?</u>	Happy Joe's
Justin Barone				
Adam Benedict				
Brittany Boeche				
Ryan Brassington				
Kyle Brooks				
Anna Diedrick				
John Diedrick				
Justin Frisque				
Brittney Goodrich				
Noah Haffery				
Arienne Jacobson				
Vanessa Jahns				
Heather Klotz				
Rollie Kutz				
Lena Long				
Melissa Mallow				
Ruel Mundth				
Emily Nichols				
Scott Pateros				
Alex Roth				
Jesse Schiefelbein				
Danielle Schneider				
Emily Seeman				
Renee Thompson				
Andrea Voigts				
Jonnie Wahrle				
Heylon Wolter				

TRACK MEET RECORDS – St. Paul’s Lutheran School, Janesville, WI
Updated: Spring 2001

BOYS

EVENT	NAME	TIME/DIST	YEAR
5&6 60 Meter Run	Dustin Willyerd	8.02 seconds	1993
5&6 100 Meter Run*	Marshal Frisque	13.56 seconds	2001
7&8 100 Meter Run	Brian Macdonald	12.26 seconds	1990
5&6 200 Meter Run	Marshal Frisque	28.16 seconds	2001
7&8 200 Meter Run	C.J. Hayes	26.12 seconds	1993
5&6 400 Meter Run	Robby Litzer	1 min. 4.87 sec.	1994
7&8 400 Meter Run	Jeff Everts	59.62 seconds	1994
5&6 800 Meter Run**	Tyler Frisque	2 min. 50.06 sec.	2001
7&8 800 Meter Run	C.J. Hayes	2 min. 19.24 sec.	1993
High Jump	Corey Welton	5 feet 0 inches	1993
Long Jump	Tim Cook	17 feet 4 inches	1981
Ball Throw	Matt Hogan	243 feet 0 inches	1993
Shot Put	Mark Fenrick	36 feet ¾ inch	1987
400 Meter Relay	Tyson Skinner Evan Shelton Brian Hanley Dustin Willyerd	53.03 seconds	1996

GIRLS

EVENT	NAME	TIME/DIST	YEAR
5&6 60 Meter Run	Jessica Oas	8.70 seconds	1994
5&6 100 Meter Run*	Rachel Brotheridge	15.34 seconds	2000
7&8 100 Meter Run	Rebekah Benninghoff	13.92 seconds	1989
5&6 200 Meter Run	Rachel Bertagnoli	32.25 seconds	1997
7&8 200 Meter Run	Rebekah Benninghoff	30.35 seconds	1989
5&6 400 Meter Run	Lena Long	1 min. 14.77 sec.	1999
7&8 400 Meter Run	Lena Long	1 min. 11.97 sec.	2001
5&6 800 Meter Run**	Gera Polzin	2 min. 48.29 sec.	2001
7&8 800 Meter Run	Jody Erdman	2 min. 47.96 sec.	1984
High Jump	Rosin Bergdoll	4 feet 6 inches	1998
Long Jump	Angie Koepf	14 feet 2 inches	1991
Ball Throw	Brooke Jessie	155 feet 1 inch	1989
Shot Put	Sarah Berger	27 feet ½ inch	1997
400 Meter Relay	Kate Dallman Jeanine Jass Laurie Jessie Michelle Welton	58.67 seconds	1994

*Started 2000

**Started 2001

St. Paul's Lutheran School
Janesville, Wisconsin

CONTRACT

NAME OF GROUP USING GYM: _____

DATE OF USE: _____

BEGINNING AND ENDING TIME GYM WILL BE USED: _____

PERSON IN CHARGE OF GROUP: _____

TELEPHONE # OF PERSON IN CHARGE: HOME: _____
WORK: _____

NUMBER OF PERSONS USING GYM: _____

DO YOU HAVE INSURANCE COVERING INJURIES TO
PARTICIPANTS? _____

I have read all of the Rules and Regulations for the Use of St. Paul's
Lutheran School Gymnasium, am fully aware of them, and agree to abide by
them.

Signature of person in charge:

FEE AGREED TO FOR USE OF GYM: \$25/HOUR X
_____ HOURS = \$ _____

CHECK LIST FOR SUPERVISION OF GROUPS USING
ST. PAUL'S LUTHERAN SCHOOL GYMNASIUM:

NAME OF SUPERVISOR: (approved by A.D.) _____
(or member of group using gym approved by Athletic Director)

HOW MANY PEOPLE USED GYM: _____

NAME OF PERSON IN CHARGE OF GROUP: _____

TIME GYM WAS IN USE: _____

DATE GYM WAS IN USE: Month _____ Date _____ Year _____

_____ All participants in athletics wore proper gym shoes. No black marks were made on the floor. (Notify A.D. if there were)

_____ No food or liquid refreshments were consumed in the gym, no smoking took place, and no alcoholic beverages were consumed in the building.

_____ All gym equipment (volleyball posts, basketball backboards, etc.) was restored to the same position in which they were found in when gym use was begun.

_____ All lights were turned off: (check specific areas)

- _____ girls' locker room (main room, shower area, bathroom)
- _____ boys' locker room (main room, shower area, bathroom)
- _____ girls' bathroom (off hallway)
- _____ boys' bathroom (off hallway)
- _____ all hall lights
- _____ all gym lights
- _____ any others (equipment room, etc.)

_____ All faucets and showers were turned off.

_____ Gym floor was left clean (free of paper, etc.)

_____ All outside doors to the building were locked. NOTE: Make sure that the latch is up on all gym doors leading to the playground.

_____ All inside doors leading from gym to building were locked.

_____ Bleachers were folded against the wall.

_____ Fee was collected. (Fee should be: _____)

_____ Checked for damage of equipment or property.

List on the lines below any specific damage noticed and notify Athletic Director as soon as possible: _____

PUT THIS FORM WITH MONEY IN ENVELOPE IN ATHLETIC DIRECTOR'S MAILBOX OR HAND IT TO ATHLETIC

Evansville Lutheran School

Athletic Philosophy

We believe that each child is a child of God's and should be educated in the physical development of his/her body to use the physical talents the Lord has given to him/her to their fullest. In addition to the development of talents, we believe our athletic program should also foster the development of character, respect, honesty, responsibility, sacrifice and self-discipline. As Christ is the center of our lives so He is also in, with, under and through our athletic philosophy.

Participation

Participation in athletics at Evansville Lutheran School is a privilege and not a right. When an athlete behaves in a God-pleasing manner, (s)he earns the privilege to participate. Each, by example, touches the lives of everyone from teammates and coaches to the spectators in the stand.

All students participating in athletics at Evansville Lutheran School are expected to attend all practices and games, unless excused by the coach.

Any student who misses any portion of the school day will not be allowed to practice or play in a game on that day, unless the principal, athletic director, and coach rule that they may. (This may be considered in the event of excused absences such as doctor appointments or funerals when prearrangements have been made with the coach.

Eligibility

Here at Evansville Lutheran School, academic studies are stressed that they come before athletics. If a student works hard in the classroom, we feel that they are also more likely to work hard as an athlete.

*A student's eligibility will be determined by grades on **Midterm** and **Quarterly Report Cards**. At the **Midterm Report**, a student with an "F" will be on probation until the end of the quarter. During this time the student will be allowed to continue to practice and play in the games. A student who has earned two or more "F"s is ineligible to participate in any way until the end of that grading period and the grades have been raised to a "D" or better. If the "F" from the **Midterm** has not been raised the student will be ineligible during the following grading period for any extra-curricular activity. If the student did not have an "F" on the **Midterm Report** and received an "F" on the **Quarterly Report Card**, the student will be on probation until the **Midterm Report** of the following quarter. The student will be allowed to practice and participate in games. A student with two or more "F"s on the **Quarterly Report Card** will be ineligible to participate in any after school activity until the **Midterm Report** of the succeeding quarter. Any remaining "F"s at **Midterm** will constitute ineligibility for the rest of the quarter. If the student has removed all "F"s from the report card they regain full eligibility.*

If the student receives a detention, due to academics or behavioral problems, he/she will be ineligible the week following the detention for any after school activity. The student

that receives two or more detentions will be ineligible for the remainder of that grading period.

The homeroom teacher will inform the Athletic Director regarding all situations. A letter will be sent home concerning the policy and its enforcement.

Evansville Lutheran School

Code of Conduct

All athletes will have to have on file with the Athletic Director a signed copy of Evansville Lutheran School's Christian Code of Conduct. One form is valid for the entire school year. This form needs to be turned in before the athlete will be allowed to play in any games.

A Christian Athlete's Code of Conduct

Participation in athletics is a *privilege* and not a *right*. When an athlete behaves in a God-pleasing manner, (s)he earns the privilege to participate. Each by example touches the lives of everyone from teammates and coaches to the spectators in the stand.

I, _____ agree that by my actions I am an ambassador for Christ. My behavior will reflect this regardless of how anyone else tries to influence me. As a Christian athlete, I agree to the following:

- 1.) **I agree to come to practice and games on time, and with the proper attire. If I'm unable to attend, I will ask my parent(s) to provide me with a note to excuse my absence.**

(I understand that I may receive disciplinary actions for being late, being without equipment or shoes, or having an unexcused absence. Parent's initial here _____)

- 2.) **I agree to abide by Evansville Lutheran School's eligibility policy. I will hand all my assignments and class projects in on time and to the best of my ability.**

(I understand that if I have failing grades or if I'm consistently late with my work that I should use my extra time to concentrate on improving my grades and getting caught up. I know that I may rejoin my team once I meet and fulfill the eligibility policy.)

- 3.) **I will be a positive leader in school and will follow school and classroom rules.**

(If I earn a detention, I will be ineligible the week following the detention. If I earn two or more detentions I will be ineligible for the remainder of that grading period. I am still allowed to attend practices for those games, at the discretion of the A.D. and coach. I will be required to sit the bench with the team but will not dress out for the game.)

- 4.) **I will be respectful to teammates and coaches, and to the opposing team's players and coaches. I will abide by the decisions of the referee or official.**

(I'm aware that I will be *benched* if I act in any unsportsmanlike way. If the coach observes continued poor sportsmanship, (s)he will request a meeting with my parent(s) before I will be allowed to play. Parent's initial here _____)

As a Christian Athlete at Evansville Lutheran School, I have read and understand the *Athletic Code of Conduct* and will abide by it.

Signature of Athlete

Date

As a Christian parent of the athlete named above, I have read and discussed this *Athletic Code of Conduct* with my child(ren). I understand the role that I play in my child's(ren's) practices and games. I will support my child(ren) by providing transportation to and from games, practices, and tournaments. I plan on attending as many games as possible, cheering in a positive Christian manner, and will promote good Christian sportsmanship in any discussions at home.

Signature of Parent

Date