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100 FOREWORD

The Apostle Paul says, "You know that at sports all the runners run the race, though only one wins the prize. Like them, run to win." (1 Corinthians 9:24). Naturally we want the desire to win to be found in our athletes at Good Shepherd Lutheran School, but our sense of winning is different from that of many organizations.

We believe that no matter how rewarding or self-satisfying winning is, we must consider it in light of Paul's statement that to strive to win in sports is a pursuit after, "... a fading wreath," whereas the goal of a Christian is the pursuit of, "... a wreath that never fades."

It is with the far greater purpose of life in Jesus Christ that each student and parent is welcomed to join the athletic program at GSLS. Although God never promised that we will win at athletic contests because we are his faithful followers, He has promised to be with us, to guide us, and to strengthen us. We are assured in winning and in losing that all things work for good in life, and athletic competition is a positive part of the total development that students experience in our school.

The coaching staff has positive expectations that those who participate in GSLS's athletic programs will find enjoyment and success.

It is upon this foundation that our Athletic Handbook is written. This is a tool to help the student-athlete remain faithful while growing in Jesus Christ, and be a fitting participant in a worthwhile athletic program.

200 GOALS

It's on the field of play that many people learn to work with others. Ultimately our athletes will learn to cooperate with one another and to compete only against themselves.

Our coaches seek to develop an attitude in each athlete that demonstrates positive traits in losing as well as in winning. Guiding them towards knowing that they have continually worked to become the best they are capable of becoming.

Our programs are designed to provide an introduction to many different sports. Basic skills are stressed and participation is provided so that those who wish to, may go on and use these skills in high school programs or for personal recreation and enjoyment.

We strive to involve as many boys and girls as possible in playing team sports.

300 OPPORTUNITIES

Athletics provide coaches and players alike an opportunity to witness for Christ by actions and words. An example of this is learning to accept decisions and responsibilities in a Christ-like manner.

Athletics provide the opportunity for every athlete to do their very best.

Athletics provide for those "gifted" in physical abilities the opportunity to experience success in the use of their God-given talents.

400 BILL OF RIGHTS FOR YOUNG ATHLETES

EACH ATHLETE POSSESSES THE RIGHT...

- 410 to participate in athletics at a level that is consistent with their age and ability.
- 420 to have qualified adult leadership which emphasizes Christian values.
- 430 to participate in safe and healthy environments.
- 440 to share in some of the leadership and decision making aspects of their sport.
- 450 to have their needs as a child met, rather than meeting the ego needs of coaches or parents.
- 460 to proper preparation for participation in the sport.
- 470 to a dignified amount of playing time.
- 480 to have fun through participation in the sport.

500 EXPECTATIONS PLACED ON THE COACHING STAFF

At no time will a parent or other family member be allowed to coach the team that their child is a member of. Despite good intentions to treat all players equitably, there is often disagreement over actual or perceived favoritism. Every effort will be made to shift a parent-coach to a different team within the overall athletic program when their child is entering the parent's squad.

510 THE CHRISTIAN COACHES' CREED

I BELIEVE that the sports sponsored by Good Shepherd Lutheran School have an important place in education and therefore I pledge myself to cooperate with other educators to administer sports so that the value of athletic competition will be understood and accepted as an integral part of Christian growth.

I BELIEVE that Christian sportsmanship is learned. I realize that I am a model to officials, players, and spectators. I believe that my actions will have a lasting effect on those who observe me. Therefore I will...

1. Accept and support the decisions of the officials.
2. Contain my emotions and actions to the best of my ability in order to be a witness of my Christian faith, my church, and my school.
3. Exercise patience, tolerance, and diplomacy in my relationships with all players, co-workers, parents, officials, and spectators.
4. Teach the game for the benefit of all and seek to coach according to the spirit of the rules, remembering that the attitudes of the members of both teams are equally important.

I BELIEVE that I have a unique calling and opportunity as a coach to influence student athletes. My life as a Christian serves to show them the joy and importance of being a follower of Jesus Christ.

520 THE ATHLETIC DIRECTOR

The AD is responsible for all aspects of the extracurricular athletic program. This includes but is not limited to the following items.

- 521 Serving as a model for the coaching staff, athletes and their parents by upholding the precepts of the Christian Coaches' Creed.
- 522 Selecting and inservicing the coaching staff and support volunteers.
- 523 Arranging and publishing the annual game and tournament calendar.
- 524 Ensuring that physical plant, equipment, and uniform details are in order.
- 525 Scheduling and publishing all practice times, and resolving timing conflicts.
- 526 Organizing or serving as a consultant for the development of the various tournaments held at GSLS.
- 527 Organizing or serving as a consultant for the development of sports clinics.
- 528 Assisting with the scheduling and organization of pep-fests throughout the year.
- 529 Dealing with questions or concerns which arise within the framework of the extracurricular athletics program.

530 THE COACHING STAFF

Coaches are to work in concert with the Athletic Director to manage all aspects of the sport they coach. This includes but is not limited to the

following items.

- 531 Serving as a model for the student athletes and their parents by upholding the precepts of the Christian Coaches' Creed.
- 532 Actively implementing procedures which accord each player a dignified amount of playing time. At each sporting event, the goal is to have each player participate on a sufficiently frequent basis, such that self-worth, self-confidence, and team unity are enhanced for each individual.
- 533 Organizing, supervising and running practices for their sport.
- 534 Keeping the lines of communication open between athletes, parents, and the school administration.
- 535 Supervising their team at all home and away events. If the coach is unable to attend or must leave early an appropriate substitute may be appointed upon approval from the AD.
- 536 Arranging transportation to and from game venues when busing is unavailable.
- 537 Selecting assistant coaches and managers upon approval of the AD.

540 SUPPORT VOLUNTEERS

These helpers are parents or students who fill an important niche in the practical administration of home games and other areas. Support volunteers are selected, inserviced, and scheduled by the AD. In general their responsibilities include but are not limited to the following items.

- 541 Serving as a model for the student athletes and other parents by upholding the precepts of the Christian Coaches' Creed.
- 542 Being responsible in carrying out the duties that have been assigned.
- 543 Being punctual for scheduled events or informing the AD of delays or conflicts at the earliest possible time.
- 544 The positions filled by support volunteers include...
 - 544.1 SCOREBOOK KEEPERS - who are trained to keep the basketball and/or volleyball scorebooks.
 - 544.2 SCOREBOARD KEEPERS - who are trained to run the scoreboard in the gym.
 - 544.3 LINES JUDGES - who assist in observing out of play balls in soccer and volleyball.
 - 544.4 GATEKEEPERS - who sell tickets and control entry into events.
 - 544.5 HALL MONITORS - who supervise, control, and direct crowds during events.
 - 544.6 EQUIPMENT MANAGERS - who assist a coach in practice and game situations for a given season.

600 EXPECTATIONS PLACED ON THE STUDENT ATHLETES

610 COMMITMENT AND DEDICATION

We consider the student athlete to be someone special, someone who can take on and manage added responsibilities. The responsibilities are accepted in order to broaden the athlete and further develop strength of character. It has been aptly put, "You owe it to yourself to always do whatever you do in life to the best and fullest of your ability."

By being an athlete you are representing your school and your community. You automatically assume a leadership role when you are on a team. The student body and supporters of GSLS know you. You are in the spotlight. Because of this leadership role you can contribute to school spirit and community image by your performance and high ideals. The younger students are watching you. Do not let them down! Give them high ideals to copy.

620 ATTENDANCE

This needs to be a matter of priority for you. Being a part of a team carries with it a certain responsibility to the rest of your teammates. As such a high priority should be placed on attending all meetings, practices, and games. It is understood that today's society is fast paced and conflicts will arise but please do all that you can to schedule appointments away from practices and games. You can be considerate by communicating directly with your coach when conflicts arise.

If a student athlete is absent from school for any reason on a game day, participation for that day will not be allowed.

630 HEALTH AND MEDICAL

Being in "good health" is important for the student athlete. Hidden health concerns may be amplified by the physical exertion of athletic competition. Although physical examinations are not required until 7th grade it is strongly recommended that any student who is considering athletics receive a physical prior to the start of the school year.

Parents of students who are not yet in 7th grade may waive having a physical on file by initialing the appropriate line on the permission slip.

640 PERMISSION SLIPS

A permission slip must be completed and returned for each sport in which the student athlete is involved. These forms will be distributed at the first organizational meeting held for a given sport. (After that time they are available from the Athletic Director.)

The forms should be read by the student athlete and the parents or guardians, then signed. A completed form must be on file before the student athlete will be allowed to practice.

650 ACADEMIC ELIGIBILITY

In order to remain eligible to participate in athletics at GSLS each student athlete must maintain a C average based on all coursework.

- 651 If the grade point average falls below a C (2.0) the student athlete is then considered ineligible for practices and games for a minimum period of 1 week (7 full days).
- 652 If this C or better average is comprised of **more than 2 D grades**, or if any F or Incomplete is recorded, the student athlete is then considered ineligible for a period of 1 week or until incomplete work is finished.
- 653 With one exception a student may become ineligible only at midquarter or the end of a quarter. The exception is in the first 4 weeks of school. During these weeks the Athletic Director will remain in close contact with the faculty to determine if any action needs to be taken.
- 654 An ineligible student athlete will be given a *REQUEST FOR CHANGE OF ELIGIBILITY STATUS* form within 3 calendar days of the end of the ineligibility period. This form must be completed and returned to the Athletic Director in order to be reinstated to the team.
- 655 Parental line of appeal is through the Athletic Director. (see Section 730)

At times a given student athlete may face challenges in the classroom which are simply beyond his or her academic ability. This is understood by the faculty as well as the coaching staff. At GSLS every effort is made to assist all students who are in this situation. Such student athletes will be considered for exemption from the stated policy on an individual basis. The line of appeal for such consideration is through the Athletic Director.

660 CONDUCT ELIGIBILITY

Each student athlete has the responsibility of being a leader in the school. If the conduct of any student athlete is unacceptable according to the behavior guidelines stated in the Athletic or Parent Handbook, or such that it impairs the efficient working of the school, then ineligibility may follow as a consequence.

- 661 Consideration for conduct ineligibility may be brought to the Athletic Director by any member of the staff (secretary, cook, aide, janitor, pastor, coach, teacher, etc.). If the Athletic Director determines that action may be needed, the issue will be brought forward for a decision.

- 662 A unanimous decision must be reached by the Principal, Athletic Director, and homeroom teacher in order for conduct ineligibility to be declared.
- 663 Conduct ineligibility for practices and games will remain in effect for a period of 1 week (7 full days).
- 664 An ineligible student athlete will be given a *REQUEST FOR CHANGE OF ELIGIBILITY STATUS* form within 3 calendar days of the end of the ineligibility period. This form must be completed and returned to the Athletic Director in order to be reinstated to the team.
- 665 Parental line of appeal is through the Athletic Director. (See section 730)

670 TRAINING RULES

Middle and junior high school often become a testing ground for adolescent independence. At times some individuals will be tempted to succumb to the pressures of smoking/chewing tobacco, drinking alcohol, or drug abuse. A student athlete in this situation runs the risk of seriously jeopardizing participation in the athletic program at GSLS.

- 671 If the Athletic Director determines that action may be needed, the issue will be brought forward for a decision.
- 672 A unanimous decision must be reached by the Principal, Athletic Director, and homeroom teacher in order for ineligibility to be declared.
- 673 Once declared, ineligibility will remain in effect for a minimum of 1 full season beyond the current season, and a maximum of the rest of the current academic term. For example, a student who becomes ineligible during spring softball will also be ineligible for fall soccer or cross country.
- 674 An ineligible student athlete will be given a *REQUEST FOR CHANGE OF ELIGIBILITY STATUS* form within 3 calendar days of the end of the ineligibility period. This form must be completed and returned to the Athletic Director in order to be reinstated to athletic program.
- 675 Parental line of appeal is through the Athletic Director. (See section 730)

Athletic preparation and competition adds considerably to the demands placed on the rapidly changing bodies of student athletes. A smoke free environment, well balanced meals, and good sleeping habits will help ensure good health and top physical performance.

700 EXPECTATIONS PLACED ON THE PARENTS

710 SUPPORT

The philosophy of this handbook is to encourage full participation on the part of each person involved in the athletic program. There are several ways in which parents are able to be involved and develop a deeper sense of ownership for athletics at GSLS.

- 711 The biggest way parents can get involved and show support for their student athlete, as well as the overall program, is to attend the events. Sportsmanlike excitement by a large crowd adds a special dimension that we want your child to be able to experience.
- 712 In our school it is the volunteers that make a big difference between mediocre events and great events. This is particularly evident at tournaments, where the time and effort involved are significantly multiplied. Therefore we ask that each parent do their best to help in at least 2 tournaments each year.
- 713 There may be times when conflicts with transportation make driving by parents a necessity. Therefore we ask that each parent do their best to help drive for at least 3 away games each year.
- 714 One of the easiest ways to be considerate of, and show support for the coaching staff is to be prompt when picking up your child after practice or games. Ending times for practices are listed on the schedule. Ending times for games (particularly away games) will vary.

720 SPORTSMANLIKE CONDUCT

Being that we are Christians we should strive to avoid some of the accepted practices of fans in other settings. By our actions we witness what we truly value. Please read and follow the *CONDUCT EXPECTATIONS FOR ATHLETES AND SPECTATORS* attached to the permission slip.

730 DUE PROCESS

In the event of ineligibility or dismissal from a team each student athlete has the right to due process in resolving differences which may arise over such actions. Parents should appeal in writing to the Athletic Director within 3 working days of any action. The line of appeal begins with the Athletic Director and proceeds to the Principal. All decisions made by the Principal are final.

800 EXPECTATIONS PLACED ON STUDENT FANS

810 SPORTSMANLIKE CONDUCT

The same expectations placed on coaches, student athletes, and parents are in effect for students who attend events. Failure to follow the *CONDUCT EXPECTATIONS FOR ATHLETES AND SPECTATORS* attached to the permission slip may result in action to remove you from a game and may prevent you from attending other games.

820 WHAT IS A SPECTATOR

A spectator is anyone who is not a member of the teams or squads participating in any home or away athletic event.

830 HOW TO BE A SPECTATOR

Some individuals may feel that the new found freedom of being away from parents and in a different environment after school gives them special license to do what they please. On the contrary, when students remain after school to watch a game they are required to *watch the game!* This means no hanging around in the hallways, restrooms, classrooms or offices. It also means no running around or playing outside. While we want students to come to the games and have an enjoyable time, our main consideration is personal safety.

840 AWAY GAMES

Often for away games the teams must leave before the end of the school day. When space is not a consideration fans are encouraged to attend also. Attending away games is a special privilege not to be used simply to get out of school early. Therefore if a student wishes to attend a particular away game they must provide a note granting permission, signed by their parent or guardian. **IN ADDITION** the note must be co-signed by the homeroom teacher indicating that academics and conduct are at an acceptable level. This note must be handed to the Athletic Director no later than 2:00 pm on the day of the event. **Phone call notes through the secretary are not acceptable.**

850 SUPERVISION OF SPECTATORS

At all home and away games supervision of spectators will be the responsibility of the Athletic Director, or whomever the Athletic Director has authorized to supervise.

900 GENERAL INFORMATION

The Athletic program at Good Shepherd Lutheran School consists of the following sports. (eventually)

| | | |
|------------------|-------------|------------------------------|
| Cross Country | Sept. -Oct. | 5th - 8th coed |
| Soccer | Sept. -Oct. | 5th & 6th and 7th & 8th coed |
| Girls Basketball | Oct. -Jan. | 5th & 6th and 7th & 8th |
| Cheerleading | Oct. -Feb. | 5th & 6th and 7th & 8th |
| Boys Basketball | Dec. -Feb. | 5th & 6th and 7th & 8th |
| Volleyball | Feb. -Apr. | 5th & 6th and 7th & 8th |
| Softball | Apr. -May | 5th & 6th and 7th & 8th coed |
| Track | May | 5th - 8th coed |

Our 5th & 6th grade teams are set up for student athletes to learn basic skills and knowledge of the game. Therefore we require that each athlete participate the equivalent of one full quarter in each regular season game. It is understood that tournament play is different. While each athlete must be given a chance to play, in that setting some athletes may not receive the minimum play time, it is up to each individual coach to play as he or she sees fit.

Our 7th & 8th grade teams are for student athletes who may have already worked on the basic skills. They will be taught more in depth about the game and learn offensive and defensive plays. Our policy is that all players must play the equivalent of 5 minutes in each regularly scheduled game.

It is important to remember that the team is not made up of just the players on the court or field. To make a winning team really work there are also players on the bench. They are there to encourage and support, to help scrimmage in practice, and to go in when their particular skills are needed.

ATHLETIC PARTICIPANT EXPECTATIONS

Your #1 responsibility is to God. Everything you do should be God pleasing. If at any time you question whether something is God pleasing or not, it probably SHOULD NOT BE DONE!

Your #2 responsibility is clearly laid out in the Fourth Commandment. You are to obey your parents. You are also to obey those in authority. (In this case coaches and officials.)

Your #3 responsibility is to your fellow teammates. You are to love your neighbor as Christ loved you. You are also expected to provide positive leadership for the team.

CONDUCT EXPECTATIONS FOR ATHLETES AND SPECTATORS

1. Consider **all** athletic opponents as peers, and treat them with all the courtesy due friends and guests.
2. Accept the decisions of the officials without question.
3. **Never** use abusive or irritating remarks or sounds.
4. Applaud good sportsmanship from opponents as well as teammates.
5. Strive for victory through fair play according to the rules of the game.
6. Do everything possible to encourage enthusiasm for the game, and respect for the players, coaches, and fans.
7. Win without boasting and lose without excuses.

ATTENDANCE EXPECTATIONS

1. You will be allowed to play and practice only when a permission slip signed by a parent or guardian is on file with the Athletic Director.
2. Three unexcused absences - an individual is off the team.
3. Excused absences are for sickness and doctors appointments only. Anything else will be left up to the discretion of the coach.
4. If you are going to be gone from a practice or game you are to inform the coach with a signed note from your parent **before** the fact, if possible.
5. You are to talk to the coach yourself. **Do not** ask others to relay messages for you.
6. If you are absent from school on the day of a game you will not be allowed to play. If you miss the practice before a game, whether excused or unexcused, you will not start.

Please remove and keep this sheet at home.

Please complete and return the attached application to the office.

Good Shepherd Lutheran School Athletic Participation Application for Grades 5-8

A CURRENT MEDICAL EXAM IS REQUIRED FOR ATHLETES IN 7th or 8th GRADE

I waive filing a physical examination for my 5th or 6th grade athlete _____
Initial

Please Print / Use Ink

SPORT _____ Current grade: Fifth Sixth Seventh Eighth

Athlete's Name _____ Male Female
Last First Middle

Address _____ Phone _____

School attended last year GSLS Other _____

EMERGENCY INFORMATION

Name of Parents or Guardians _____ Emergency Phone Number for...
Father _____ Mother _____

Preferred physician _____ Phone _____

Preferred hospital _____

Check here if you have any medical concerns about your child, and note them on the back of this form.

Person other than a parent or guardian who you want contacted in case of an emergency.

Name _____ Relationship _____

Address _____ Phone _____

PERMISSION TO PARTICIPATE - Insurance information - Handbook agreement

I request that my son/daughter be granted the privilege of participating in competitive interscholastic activities at Good Shepherd Lutheran School. The above named athlete, therefore, has my permission to join the school's athletic program and to go on any regularly scheduled trips.

I expect the school and its authorities to exercise reasonable judgment and take reasonable precautions to avoid injury, however I understand that neither the school nor it's authorities assume any financial obligation for any injury that may occur.

I understand that athletes are responsible for all equipment and uniforms owned and issued by the school and they will pay replacement costs for lost or damaged equipment and uniforms.

My daughter/son is covered by health insurance: Yes No

Name of insurance company _____ Policy # _____

I confirm that the Athletic Handbook and the attached list of expectations have been read by my son/daughter and by me, that we fully understand and will abide by the expectations written there. I am aware of the inherent dangers of athletic participation and the possibility of injury.

Signature of Parent or Guardian _____ Date ___/___/___

As an athlete I confirm that I have read the Athletic Handbook and the attached list of expectations. I fully understand and will abide by the expectations written there. I am aware of the inherent dangers of athletic participation and the possibility of injury.

Signature of Athlete _____ Date ___/___/___
> over <

NOTIFICATION OF ATHLETIC INELIGIBILITY

DATE ___/___/___

ACADEMIC

CONDUCT

STUDENT _____ Grade: Fifth Sixth Seventh Eighth

PERIOD OF INELIGIBILITY: FROM ___/___/___ TO ___/___/___

REASON FOR INELIGIBILITY _____

TEACHER _____ COACH _____

PARENT _____ STUDENT _____

Please sign and return this to the Athletic Director.

REQUEST FOR CHANGE OF ELIGIBILITY STATUS

DATE ___/___/___

ACADEMIC

CONDUCT

STUDENT _____ Grade: Fifth Sixth Seventh Eighth

PERIOD OF INELIGIBILITY: FROM ___/___/___ TO ___/___/___

REASON FOR INELIGIBILITY _____

HAS THIS BEEN CURED? YES NO

TEACHER _____

ATHLETIC DIRECTOR _____ ___/___/___