



Athletic Handbook

"Educating to Excellence"

PHILOSOPHY

Since life in Christ is not lived apart from physical, emotional, mental, and social stresses, there is indeed a necessity for various ministries, including the ministry provided through athletics. This challenging ministry, like all others, cannot be carried out perfectly. As in everything else, there will be moments of failure. But when failure is experienced, we have the assurance that God's grace in Jesus Christ covers all our sins and mistakes. In that knowledge and in the assurance that the Lord is willing to grant forgiveness and strength to serve, we can be involved in the ministry of athletics.

Athletics play an important role in the overall program of Grace Lutheran School. As the vision of Grace Lutheran School promotes excellence in education, it also promotes excellence in athletics. The school recognizes the importance of an adequate balance between academics and athletics. The academic program of each child is a priority and must be maintained in order to participate in the athletic program.

Tryouts will occur for 7th and 8th grade students to determine A and B teams. The total number of athletes per team will be determined by the coach and evaluating authorities. The length of playing time will be determined by the coach based on attitude, skill level, work ethic, and practice attendance of each individual team member. The coach will provide athletes who have the desire and ability with the opportunity to compete and achieve individual teams goals.

ATHLETIC GUIDELINES

Parents will receive the Athletic Handbook prior to participation. At least one parents must attend the pre-season meeting and sign the interscholastic permission slip prior to participation. Grace Lutheran School athletics will center on providing potentially two different opportunities for student athletes. Each sport will allow participation by students in the 7th and 8th grades. Athletes will learn necessary skills to compete successfully, how to win and lose with dignity, how to deal with adversity and how to develop team concepts.

“A” division team will be considered a competitive team, where the coach decides the number of team members and who will play on the team. This team selection will be based on preseason tryouts. Playing time will not be guaranteed for every student athlete placed on this team.

“B” division is considered a skill building, whose primary objective is to develop and enhance their basic skills. The level of the athletes at tryouts determines the level of play in each given year. The B-team enables the coaches to provide more athletes with the opportunity to enhance the skills needed for their individual sport. The coaches will determine the number of athletes, with cuts if necessary. Coaches are encouraged to play each member of the team, but playing time will not be guaranteed for every student athlete placed on this team.

In order to be considered to play on either team, the student athlete must attend tryouts and pre-season practices; otherwise the student athlete will not be allowed to participate in that sport. Athletes must have a complete physical before the first formal practice after tryouts.

“A” division team will practice a minimum of 3 times per week, with a minimum of 10 games. Various tournaments may occur during or after the regular season. A-team players must be prepared to play beyond their regular season. There will be a fee assessed for each student athlete in each sport.

Extra tournaments and post-season games may result in extra fees.

“B” division team will practice a minimum of 3 times a week. If the opportunity is available, at least 10 games a season will be scheduled. There will be a fee assessed for each student athlete in each sport.

ACADEMIC GUIDELINES

Student athletes must maintain a 2.0 GPA – C average – and have no failing grades (F) in any subject. If at any time an athlete’s GPA drops below a 2.0 or has a failing grade (F) in any subject, the athlete and parents will be notified. Upon notification the athlete will be suspended from the team for a time period of not less than one week and until the athlete is able to bring up their GPA to above a 2.0 or has no failing grade (F) in that subject. If after returning to the team the athlete should again be suspended from the team due to grades, the athlete will be removed from the team permanently.

STUDENT ATHLETE GUIDELINES

Note: It is the student athlete’s choice to determine the role he or she intends to play within the program.

1. School Absences and Practice or Games

In order to participate in practice or a game, a student athlete must be in attendance at school by at least 10:00 am. Medical or dental appointments, funerals, weddings, field trips, and other school related functions will be considered as excused absences and students will be allowed to participate that day. The excused absence time is only during the time of the attended appointment or activity. For example, if a student athlete has a 10:30 doctor appointment they must be in school in the morning, and arrive back at school as soon as the appointment is over. Coaches and the Athletic Director must be made aware of potential excused absences as far in advance as possible.

2. Attendance at Practice and Games

Attendance at all practices and games is expected, unless otherwise indicated by the coach. If a student athlete must miss a practice or game, notification of the coach must be done as far in advance as possible, not the day of the game or practice, unless the absence is due to a sudden illness. Athletes must understand that they must be willing to pay the consequences for being tardy to, or missing a practice or game (i.e., minimal playing time or not playing the next game). A player who chronically misses or is tardy for games or practices may be dismissed from the team.

2. Injury Policy

If a student athlete is injured and unable to play, coaches will follow doctor’s instructions as to the treatment of the injured athlete when such instructions have been given to the coach. A coach may require a written doctor’s release before an athlete can resume participation following an injury. **Student athletes and parents must understand that participation in an athletic activity involves the inherent possibility of injury and the injury can range from minor to major in nature. In fact, potential injuries may be severe in nature, including but not limited to such conditions as fractures, brain injuries, paralysis, or even death.** Parents and student athletes must also realize that they maintain FULL RESPONSIBILITY for treatment of all injuries and for the consequences of

return to play in games and practices following an injury.

2. Conflicting Activities

Student athletes who are considering participation in a school sport, as well as involvement in another activity must strongly consider the commitments involved. Athletes must talk to their coach and understand the consequences, which may be involved in participating in multiple activities.

2. Student Behavior

It is widely known and accepted that athletic participants generally represent their school more often and have more contact with other communities than any other part of the student body. Students are expected to treat teammates, coaches, referees, opponents, and facilities with respect at all times. Failure to do this will result in a team suspension or removal from the team. The student athlete will be held to the discipline policy of the school, which includes the use of the conduct card. Any student athlete receiving two demerits on a conduct card will automatically receive a minimum 1 game suspension. A student who receives an in-school suspension will receive a minimum two game suspension.

2. Resignation from Team

If a student athlete resigns from a team, the resignation is final. The student athlete will not be permitted to return to the team at a later time if they change their minds about their decision.

2. Practice Attendance

Attending practice is very important! Coaches will provide the student athlete and parents with a practice schedule before the 1st week of practice. Game schedules may be attached or come at a later date. Coaches will also remind student athletes and parents of practice times and inform them of any schedule changes through the weekly school newsletter. Any student athlete receiving 3 unexcused absences from practices will be removed from the team.

2. Uniform Return

The school uniform is a reflection of the team and school. The student athlete whose uniform is not cleaned when turned in will be assessed a \$5 fee which will be added to their tuition. Student athletes whose uniform is beyond cleaning due to their condition will be charged a full replacement fee.

2. Sportsmanship

At GLS, we care about sportsmanship; we do not want to humiliate our opponents. Players, coaches, and fans will act in a Christian manner towards everyone at all practices and contests. In the case of lopsided game in our favor, coaches and players will make adjustments to avoid running up the score on our opponents. Parents are also representing GLS and must behave accordingly or will not be allowed to attend games or practices.

10. Student Physical

Each participating student athlete must have a completed Idaho Health Examination and Consent Form filled out, signed by a physician, and turned in to the school prior to the student athlete participating in their sport activity. The student athlete will be required to have the physical completed prior to tryouts. This student physical will be required only 1 time during the student athlete's jr. high years.

PARENT GUIDELINES

1. There is a fee associated with each sport a student athlete participates in. This fee pays for referees, uniforms and necessary needs for the sports program. The fee for the sport must be paid and permission slip signed before the first scheduled practice after the student athlete is assigned to a team. Otherwise, the student athlete will be held out of practice and competition until received.
2. Parents must agree that the student athlete attend all practices and games.
3. Parents are responsible to provide transportation or arrange transportation for their student athlete for all practices and athletic contests. The school and/or coaches are not responsible for transporting student athletes. Our coach's time is valuable so the expectation is to have the student athlete picked up by the parent immediately after practice or when a game ends. If an athlete is continually picked up late, they may be dismissed from the team.
4. If you have an issue to discuss with a coach, you must schedule a time with the coach. Please do not approach a coach before, during, or after a practice or game to discuss an issue.
5. Teach, by example, a Christian attitude towards all. The school can only support and encourage the basics as taught in the home.
6. Encourage and participate in the development of the student athlete's abilities.
7. Support the student athlete's commitment to groups and teams.
8. Instill in the student athlete good health habits towards sleep, food, and exercise.
9. Make a commitment to help the athletes by attending sports events, keeping the scorebook, assisting in clean up, and encouraging the coaches.
10. Enthusiastically support teams at athletic events without being over-zealous or critical of coaches, officials, or athletes.
11. Direct any concerns to the coach first. If there are further concerns, contact the athletic director.
12. Parents will be required to attend the sports information/participation meeting at the beginning of the participating student's sport. The parent will be responsible for the information given out at the meeting and will be responsible to adhere to the school and team rules.
13. Parents will be responsible for their behavior towards the referees and coaches. In the event the parent's behavior does not follow school guidelines the parent will be asked to leave the premises. A parent's inappropriate behavior may result in removal of the student athlete from the team.
14. Parents are responsible for travel and accommodations for special events/tournaments and are expected to follow the Grace Lutheran School policies regarding student safety while transporting athletes to and from these events. A valid driver's license and insurance must be present in automobile and on file in the school office, background checks must be complete, and the consumption of alcoholic beverages is prohibited.