



**Newburg, WI**

**Student Athlete & Parent  
Athletic Handbook**

**"I believe that God made me and every creature,  
and has given me my body and soul,  
my mind and all my abilities."**

Revised August 2012

## **Introduction**

We are truly blessed at St. John's. The Lord gives us many opportunities to serve Him in many different ways. As we continue to grow, the need for lay coaches to instruct our interscholastic teams will become necessary.

This will not be an easy commitment. Depending on the sport, you can expect to spend at least 3 hours a week or more at practices, matches, or games.

These are the policies and procedures that you should know as a parent of a student at St. John's. These policies make it possible for us to carry on an organized, well-planned, extra-curricular sports program that attempts to meet one goal established for our school—to prepare children for Christian living.

Please familiarize yourself with the contents of this booklet and follow the procedures listed. If you have any questions concerning the policies and procedures, please contact the Athletic Director.

Participating in athletics at St. John's is a privilege. Our Heavenly Father has given us all of our abilities. May we use them to the best of our ability, giving all glory to God, on and off the court, whether playing or cheering our teams on.

## **Mission of St. John's Lutheran School**

"St. John's Lutheran School exists to glorify Jesus Christ, assisting parents in educating, training, and nurturing His children for this life and for heaven."

## **Vision of Our School**

In an ever-changing world, St. John's teaches the never changing message of God's Word so that students may become lifelong Christians as they go into the world proclaiming his Word equipped with academic, spiritual, and social skills in order to win souls for Christ.

- o *Christian Faith* -- Students of St. John's Lutheran School have a strong conviction of the Christian faith with a zeal for Christian living.
- o *Christian Service* – Students of St. John's Lutheran School live the faith that the Holy Spirit has put in their hearts by glorifying God through their service to others.
- o *Christian Witness* – Students of St. John's Lutheran School embody the commission of Jesus-to make disciples of all nations by sharing the Good News of salvation through Christ.
- o *Academic Readiness* – Students of St. John's Lutheran School are prepared for high school and beyond with a foundation of academic excellence.

## **Objectives of Our School**

Parents, who have first responsibility under God for the Christian training of their children, should understand that our school intends to assist them by attempting to fulfill the following aims:

1. To nurture the Christian faith of our pupils. We want them to grow in grace and knowledge of Jesus, their Savior, who came into this sinful world to suffer and die for their sins. Through the teaching of the Law, the children are led to realize their own utter unworthiness of salvation, and through the Gospel they are led to rejoice in the hope of eternal life, which they have in Christ. This is the basis of all religious instruction.
2. To equip these children, as members of the Church of Jesus Christ, to freely act on their privilege to share the saving truth of Jesus Christ with others.
3. To teach all other subjects in the light of God's Word. Subjects such as the language arts, science, and social studies are taught in a way, which always keeps in mind the all-directing influence of God in the ways of the world.
4. To train citizens who recognize God as the source of all governments, who will use their talents in His service, and who find it a joy and necessity to obey the laws of our land and participate in the affairs of their community.
5. To give aid to the Christian home by helping to train the children in the virtues of Christian obedience and to assist the parents in meeting the challenge of properly guiding their children.
6. To meet the state requirements in secular subjects as well as our own Wisconsin Synod course of study.

## **Description of an Athlete**

St. John's athletes are dedicated to the sport they are participating in. Whether it is soccer, volleyball, basketball, cheerleading, softball, or track, coaches can expect 100% effort from each individual.

Coaches are looking for athletes who are willing to learn and to work hard to improve their individual skills. Coaches are also looking for athletes who are team players.

Coaches are working hard and taking the time to teach athletes the proper techniques for use in the future. The more athletes practice, the easier these skills will come to them. The less effort that is put into performing the proper skills hurts the individual as well as the team.

This means that athletes should not be selfish, lazy, unable to take constructive criticism, or be at practices just to be with or talk to friends.

Athletes should be able to work with teammates, not getting frustrated and taking it out on team members by yelling or arguing with them. Rather they should be willing to take the time to help improve their individual or team skills.

Finally, these athletes need to reflect the love of their Savior and be representatives of Him at all times with good sportsmanship. Whether winning or losing, athletes should always respect the other team and officials; furthermore, speak well of them at all times.

## Philosophy

1. The purpose of interscholastic athletics is for the child to grow in his/her skills and abilities, and to have the opportunity to use those skills in meaningful competition against other teams.
2. The child will develop the fundamental skills at the B team level through active participation. It is our goal to give all team members at the B team level a chance for meaningful participation in all games and practices. During the C team basketball season, the members of the team are to be given equal opportunity to participate.
3. Those who desire to continue to develop their skills at a more competitive level will have the opportunity to do so on the A team. Because the focus of the A team is competition, coach's may play players as they see fit.
4. Since the teams our children compete against have the same general attitude toward interscholastic athletics, we look forward to enjoyable competitive games. We expect our players, coaches, and spectators to conduct themselves in a Christian manner at the games.

## Expectations

1. All athletes are expected to maintain their homework during the season.
2. All athletes are expected to come to practice with a work mentality to improve their individual and team skills.
3. All athletes are expected to be at all scheduled practices and games.
4. All athletes are expected to talk to their coach after missing a practice or game
5. All athletes are expected to listen to their coach and do as he/she asks, when he/she asks.
6. All athletes are expected to be prompt for games to properly warm-up and stretch.
7. All athletes are expected to sit in the bleachers and watch the other games as long as they are there.
8. All athletes are expected to display proper sportsmanship at all times. This includes no booing, complaining to officials, or about the other team.
9. All athletes are expected to have the proper equipment to participate in a sport.
10. **Uniforms are to be properly tucked in before the athlete leaves the locker room.**

## Conduct

1. All athletes should reflect their Christian faith at all times, whether at practices or games.
2. There should be an atmosphere of work at practices rather than a social atmosphere.
3. Any negative attitude toward the coach or a team member will not be tolerated.
4. When possible, leave constructive criticism for the coach.
5. Don't be afraid to ask your coach to review the proper techniques if necessary.
6. Work with every member of the team. Don't always pair up with the same person. It is hard to improve when you are always working with the same person.
7. Arguing, yelling, or complaining is not allowed. These disrupt teamwork.
8. Don't be concerned with your appearance. If you are practicing hard, you will sweat and your hair will get messed up.

## **Policies**

### **A. Eligibility policy**

#### 1. Academics

- a. The student needs parental permission.
- b. The student needs to be working up to full ability in class.
- c. The student needs to be demonstrating Christian conduct in and outside the classroom.
- d. The student needs to be present in school the day of the event.
- e. Any student receiving an "F" on a midterm/quarter report in any subject is ineligible until review of the grade on the following midterm/quarter report.

#### 2. Financial Obligations

The Board of Education appointed by the voters of St. John's Lutheran Church has the responsibility of collecting all school fee payments. It is extremely important for the operation of the school that these payments are made on time. Because of this importance for the operation of St. John's, the Board of Education will not allow any student to participate in sports if the family account is 2 months behind on payment.

### **B. Volunteer Assignments**

It is important for parents to be involved in their child's sports career beyond the competition. We should all be pointed back to Paul's words in 2 Corinthians chapter 9 where he refers to God loving a cheerful giver. We certainly do not want to force anybody's hand to volunteer their time if they have busy schedules. Unfortunately, we live in a sinful world and do not have the number of volunteers it takes to make each season a success. Because of this, the Board of Education has set up a policy for all families who have students participating in sports at St. John's.

1. All families who have children sign up for sports at St. John's will be expected to help at events throughout the given season.
2. If a family is unable or not willing to attend games or help with volunteering, that family is responsible for finding a replacement for the sporting event.
3. If a family is unable or not willing to attend games or help, a donation to the athletic fund in the amount of \$20 will be charged.

### **C. Practice and Game policy**

#### **St. John's Lutheran School:**

When athletes commit to our sports program, they are expected to attend all practices and games. Should an athlete miss a practice or game, the parents should personally speak or write an excuse to the coach in advance when possible. A student absent from school for any part of the day may not practice or play in a game unless he/she has cleared the absence with the Principal.

- During the games, coaches will use their discretion and play the athletes as they see fit.
- Athletes will not be allowed to call home for equipment left at home.

## **KMLGSAL Code of Conduct**

- **Respect for building & property:**
  - Children and parents show respect for the material blessings God has given us.
  - Keep students from destructive acts to church & school property
  - Place litter in proper receptacles
  - Keep food in the designated areas
  - Remain in the gym or concession stand area. Don't wander around the school &/or church.
- **Sportsmanship**
  - Show respect for officials AT ALL TIMES. Don't complain about calls made or not made.
  - As Christians, we represent our Savior and reflect him in everything we do.
  - Learn to win graciously, learn to lose knowing you have done your best.
- **Parents**
  - Parents are expected to attend events with their children (Don't drop them off and leave them unsupervised.)
  - Parents are expected to supervise their children AT ALL TIMES
  - Follow the school's established policies posted
  - Set the example of Christian sportsmanship
  - Respect the designated authority figure
- **Children**
  - Students attending the event are there to sit in the bleachers and watch the game
  - Follow the school's established policies posted
  - Respect the designated authority figure at each school
  - Practice Christian Sportsmanship
- **Coaches**
  - Supervise the locker rooms and check them before and after you enter
  - Teams are not allowed in the changing area until the coach is there to supervise
  - Change during the 4<sup>th</sup> quarter
  - Wait to get basketballs until you are out on the court to warm up
  - Set the example of Christian sportsmanship

### **D. Attitude**

The student should decide before the season whether or not they are willing to make the commitment to the sport. Athletes must be willing to participate in practices the coach has organized and listen to the coach. Parents and students are expected to sign the policy sheet stating that they have read and understand the expectations of the athlete and the parent before the child will be allowed to participate in that sport. In applicable cases, both parent's signatures are required. In general, we ask that Christ's love reflect through you as you consider the following:

1. Should a student quit after the season begins, the uniform fee will not be refunded.
2. All jewelry is to be taken off in practices and in games. (Please consider not getting your daughter's ears pierced before the beginning of that sport's season.)
3. Gum is not allowed at school, and athletes should not have gum during practices and games.
4. Uniform fees must be paid on the date specified by the Athletic Director. The athlete will not dress for the first game if it is not paid.
5. Parents are responsible for transporting their children to and from the games that are scheduled. Students should not be asking for rides on game days.

6. If a player has a negative attitude, he/she will be asked to sit on the bench until ready to display proper Christian conduct and attitude. The second time this happens, the player will be asked to leave practice, or be benched during a game. To return to practice or games, the parents must meet with the coach.
7. Parents are encouraged not to take vacations that may interfere with the sports seasons. We are small in numbers and need all the players that we have.

## **Procedures**

### **A. How do athletes participate?**

1. Perform in the classroom by using your gifts and talents to learn and prepare for your future.
2. Permission slips and policy slips must be turned in before you practice.
3. Pay uniform fees by the dates specified by the Athletic Director.
4. Inform your parents of practice and game schedules and have arrangements for travel made ahead of time. No phone calls will be made unless a game is cancelled.
5. Upon signing up for a sport, you are making a commitment and the coach is counting on you to be at every game and tournament during the season. Make sure you are willing to participate and work hard to remain eligible for that season.
6. Have fun and work hard!

<b>Sport</b>	<b>Fee</b>
Soccer	\$20
Volleyball	\$20
Cross Country	TBA
Basketball	\$35
Cheerleading	\$15

### **B. Concussion Awareness – “*When in doubt, sit them out!*”**

- A concussion is a traumatic injury caused by an impact to the head or body which moves or twists the brain inside the skull. Medical research indicates adolescents are more susceptible to concussions than adults and take longer to recover. Less than 10% of concussions result in the loss of consciousness, making the injury difficult to diagnose, especially during the excitement of live competition.
- WI Act 172, effective on April 16, 2012, creates a new set of requirements applicable to all schools and athletic organizations with participants under the age of nineteen. The primary objective of WI Act 172 is to educate coaches, umpires, parents and athletes to recognize the signs of a concussion and take steps to remove affected athletes from competition until cleared by a health care professional with experience in treating head injuries.
- The requirements of WI Act 172 are as follows:
  - At the beginning of each athletic season, the Athletic Director shall distribute a concussion and head injury information sheet to each person who will be coaching that athletic activity and to each person who wishes to participate in that athletic activity.
  - No person may participate in a youth athletic activity unless the person returns the acknowledgement form signed by the athlete AND by his or her

parent or guardian. All coaches must also sign and return the acknowledgement form before the athletic season begins.

- A coach or umpire must remove any person suspected of sustaining a head injury during practice or competition until such person has received written clearance by a medical professional to return to play.

## **Communication / Disputes**

Today's technology makes contact with others relatively easy. Being mindful of making the contact is important, especially when communication is needed to provide and clarify information, provide clear instruction, and to deal with problems as they might arise. Email is a convenient method of communication especially when used to provide information. Keep in mind that without the verbal cues that comes with face-to-face communication messages may be misinterpreted.

We will use the School Handbook policy for dealing with disputes to follow the proper procedures. Parents and athletes are directed to follow Matt. 18 when they have concerns. If there seem to be emotions involved, try to schedule meetings after there has been some cooling off time. Reason may not resolve all conflicts, but a willingness to listen is important. The following steps are suggested for parents to follow:

1. Athlete seeks out the coach to discuss the concern. Parents should speak to their child about the concern and encourage him/her to speak with the coach.
2. Parents request a conference with the coach.
3. If the conference between athlete and coach, or parent and coach, does not resolve the concern a meeting will be set up with the Athletic Director who will mediate the conference.

### **What the coach should communicate to the parents**

- a. Philosophy of School and Coaching
- b. Expectations of the players
- c. Location and times of all practices and games
- d. Team requirements, i.e. practices, special equip.
- e. Event of an injury
- f. Discipline

### **What to expect from parents**

- a. Concerns regarding coaching philosophy and expectations should be expressed to the coach during a scheduled appointment.
- b. Immediate notification of any scheduling conflicts.
- c. Notification of any injuries to the athlete.

### **Appropriate topics for parents to discuss with coaches**

- a. Treatment of the child, mentally and physically
- b. Ways for the child to improve
- c. Concerns about the child's behavior

### **Inappropriate issues for parents to discuss with the coach**

- a. Playing time
- b. Team strategy
- c. Play calling