

PEACE LUTHERAN SCHOOL



ATHLETIC HANDBOOK

2019 - 2020

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ATHLETIC PROGRAM MISSION STATEMENT

The mission of the Peace Lutheran athletic program is to assist students in developing their God-given athletic abilities while teaching life skills such as cooperation, self-sacrifice, leadership, fair play, Christian sportsmanship, and a common concern for others.

ATHLETIC PROGRAM PHILOSOPHY

Peace Lutheran's athletic program is an extension of the school's academic program. The program is a shared partnership of teachers, coaches, athletic director, assistant athletic director, administrators, and parents. The goal of their efforts is to ensure that participants have a positive experience in their physical, mental, emotional, social, and spiritual development. The program offers a unique setting where players, coaches, and families can witness the blessings of a gracious God and in return reflect His love through their participation and conduct.

SPORT LEVEL PHILOSOPHIES

"C" Team (Saturday Morning Basketball): Participation at this level is developmental. The fundamentals of the sport are strongly stressed. Winning is not overemphasized. Instead, the emphasis is placed on the development of team play and individual skills. Coaches are encouraged to involve all team members. Therefore, playing time is generally equal among team members.

"B" Team: Participation at this level is again developmental. The fundamentals of the sport continue to be emphasized with greater attention to technique and team skills. Team success is a priority but not the number one emphasis. Student-athletes must be willing to discover and accept their role on the team, which may include unequal playing time. However, coaches are encouraged to involve all players. Playing time is based on the athlete's attitude, practice presence, and skill levels. Absence from games, practices, and arriving late or leaving early may result in loss of playing time. As a need arises, students at the "B" level may be asked to participate at the "A" level. This is done only under agreement with the parent(s), coach, and athletic director.

"A" Team: While individual and team skills continue to be developed, participation at this level is more competitive. Team success and winning are two of the primary goals. Student-athletes must be willing to discover and accept their role on the team, which may include unequal playing time. Playing time is based on the athlete's attitude, practice presence, and skill levels. Absence from games, practices, and arriving late or leaving early may result in loss of playing time. As a need arises, students at the "B" level may be asked to participate at the "A" level. This is done only under agreement with the parent(s), coach, and athletic director. In accordance with Tri-County Lutheran League rules, 8th graders may only participate on the "A" team.

GOALS OF THE ATHLETIC PROGRAM

Athletes will:

- learn to glorify Christ on and off the playing field/court and grow in their faith.
- develop and use their God-given talents and abilities to their fullest.
- develop a team attitude. A team attitude is defined as “an attitude of placing group goals above self-desires and of working to develop individual skills in order to aid the group.”
- experience the physical and mental conditioning that a game situation provides. Competition, gracious winning, and losing attitudes and participation are an integral part of training.
- realize his/her teammates, coaches, parents, and talents are gifts from God.
- develop a lifelong enjoyment for sports and athletic activities.

ATHLETIC PROGRAM ORGANIZATION

The Athletic Director administers the Peace Lutheran interscholastic athletic program. The Athletic Director is responsible for day-to-day operations of the athletic program. The Athletic Director reports to the Principal and Peace Lutheran School’s School Policy Committee. Peace Lutheran School teams are nicknamed the “Panthers.” The school colors are Carolina blue, navy, and white.

INTERSCHOLASTIC COMPETITION AND ORGANIZATION

Peace Lutheran School is a member of the Tri-County Lutheran League (T.C.L.L.). Currently, we compete in the Blue Division of the Western Conference of the T.C.L.L. We play each of the teams in our division twice during a season and each of the teams of the Red Division of the Western Conference once. We will occasionally play other teams from outside our conference as well.

Western Conference

Bethlehem, Saginaw
Faith, Bay City
Peace, Saginaw
St. Lorenz, Frankenmuth

Holy Cross, Saginaw
Immanuel, Bay City
St. Paul, Saginaw
St. Peter, Hemlock

Eastern Conference

Christ the King, Sebewaing
St. Lorenz, Frankenmuth
St. Michael’s, Richville
St. Paul, Millington

Trinity/Immanuel
St. Paul, Flint
St. Paul, Lapeer
Holy Cross

GAMES/PRACTICES/SCRIMMAGES

The majority of practices at Peace will be held immediately after school. However, some practices may be held later in the evening, on Saturdays, or at the Adams Campus. Schedules will be given to athletes at their first practice. The practice times and sites will vary to accommodate all Peace teams and the coaches' availability. Practices will be limited to 1 hour and 30 minutes and must end before 8:00 p.m. No more than 3 practices will be held per week.

Practices cannot conflict with Advent or Lenten services and must end 1 hour before the services begin. Practices will not be held before school or on Sundays. Tournament games may occur on Sunday's but not interfere with morning worship.

Special Points of Emphasis

- Any athlete who does not participate in physical education class due to sickness or injury may not participate in practices or games which occur on that day. A student who is not present in school before 10:00 a.m. or leaving before 1:00 p.m. will not be allowed to participate in a practice or game on that day. Extenuating circumstances, such as a funeral, etc., should be brought to the Athletic Director for consideration. If a student is absent from school on a Friday and an event is scheduled for the next day, the student will be allowed to participate.
- Students, who are or will be absent, arriving late, or leaving early from practices, must notify the coaches in writing or by a phone call. If students will miss a game, they need to notify the coach either by phone call or a note prior to the missed game.
- All athletes must hand in their physical form, before they will be allowed to participate in any tryout. Athletic contracts must be signed and turned before an athlete can participate in a practice.
- To keep the athletic program a free program and not a play to play program, parents are required to sign up for volunteering in help with concessions, score clock operation and clean-up of home games. If a family does not sign up to help, the athletic director will sign the family up for them. Failure to show for the signed up volunteer slot will result in participation fees of \$150 which will be added to tuition statements.

TRYOUTS

Tryouts are held for each sport except track and Saturday morning basketball. All students interested in participating must attend one of the tryout sessions. In case of sickness or absence, arrangements must be made with the coach for the child to exhibit the necessary skills to try out for the team. Students who try out for teams will be notified at the conclusion of the tryouts.

INSURANCE

Insurance coverage for the student-athlete is the sole responsibility of the student-athlete's family.

SPORTS AND ACTIVITIES

The following sports and activities are offered to students at Peace Lutheran School:

<u>SPORT/ACTIVITY</u>	<u>GRADES</u>	<u>SEASON</u>
Girls' "A" Volleyball	7-8	September – October
Girls' "B" Volleyball	6-7 (5)	September – October
Boys' Soccer	5-8 (girls)	September – October
Girls' "B" Basketball	6-7 (5)	November – Jan
Boys' "B" Basketball	6-7 (5)	November – Jan
Girls' "A" Basketball	7-8 (6)	December – March
Boys' "A" Basketball	7-8 (6)	December – March
Girls' Cheerleading/Pom Pon	6-8	December – March
Boys' & Girls' Track	4-8	April – May
Girls' Soccer/Boys' Volleyball	6-8	One-Day Tournament (April)
Boys' & Girls' Sat. Morning Basketball	4-5	February – March

**grades/genders in parentheses are as necessary*

The "A" and "B" teams for boys' and girls' sports are comprised primarily of 6th through 8th grade students. If numbers allow and the student(s) exhibit the skills necessary for the "A" or "B" level, lower grade students may be brought up to the team at the discretion of the coach and athletic director.

Unless approved by the athletic director, students who participate on the "A" or "B" basketball team may not participate in the Saturday Morning Basketball League. All students that participate in the Saturday morning league must attend Peace Lutheran School to be able to participate in the league.

GUIDELINES FOR ATHLETES

When given the privilege to represent Peace Lutheran School as a member of an athletic team/squad, athletes will:

- remain committed to the team regardless of the amount of playing time they receive.
- cheer their teammates on in victory or defeat.
- conduct themselves as team members and not as individuals.
- treat everyone with respect.
- take care of themselves spiritually, physically, and mentally.
- remember they are representatives of Peace Lutheran School.

- give 100 percent effort at practices and during games.
- be present for every practice or game unless prior arrangements have been made with the coach.
- refrain from using any illegal substance or committing a misdemeanor or felony crime.
- remain sexually pure.
- be responsible for the care of their uniform.
- develop their skills outside of practices and games.

GUIDELINES FOR PARENTS OF ATHLETES

In order to teach, by example, a Christ-centered attitude towards all, parents will:

- set priorities for church, Sunday school, and Bible study attendance, homework, peer relationships, family time, and appreciating each person as a creation of God.
- make sure the child knows that a person's value comes from the fact that God loves him/her.
- support the coaches.
- support the whole team in a Christian manner.
- foster an attitude of service to others within the child.
- be honest about his/her capabilities, level of skill, practice habits, and competitive spirit.
- be supportive of his/her child. Allow the child to experience the whole-range of emotions involved in competition and helping him/her to deal with them in a God-pleasing manner.
- be accepting of final decisions made by school faculty/administration, etc.

In order to assist the athletes and the program, parents will:

- help the child maintain his or her commitment to the team by attending all contests.
- model good time-management skills for the child by picking him or her up promptly after practice or game.
- attend athletic contests.
- participate in carpooling for away games.
- be aware of becoming over-zealous in their support.
- Volunteer to assist in concessions, score clock operation and clean-up at home games.

Your child learns most from observing your actions. If you demonstrate a positive, active role in all you do, your child will learn to be a positive, active member of God's kingdom on earth!

24-HOUR POLICY

Parents and student-athletes should wait 24 hours following a game to speak with a coach regarding concerns. This allows all parties involved to take time away from a game situation to collect their thoughts and address concerns calmly.

PROCEDURES FOR ADDRESSING CONCERNS

When frustrated about a situation on the team, including playing time, athletes and parents should follow the Biblical principle found in Matthew 18. Here we are exhorted to go to the individual with whom we have a misunderstanding or disagreement and discuss it with them personally. **At no time should talking to other parents about private concerns be considered acceptable.** As a result, the following procedures should be followed when raising concerns with a coach:

1. The **athlete** should ask for a personal meeting with the coach. Remember that there is an appropriate time and manner in which to request a meeting.
2. If the issue is not resolved, then the **athlete** may come with a **parent/guardian** to request a meeting with the coach.
3. In extreme situations in which the issue is still not resolved, then a meeting between the **athlete, parent/guardian, and athletic director** may be requested.

ATHLETIC CONTRACT

On a yearly basis, we will be posting all pertinent information regarding the upcoming athletic year in the athletic handbook that can be found on the athletic website. Each student-athlete and a parent will be required to read the handbook and sign the Athletic Contract indicating that they have done so prior to his/her child being allowed to participate in any contests/games. The Athletic Contract can be found under the Forms section of the athletic website. It is hoped that this will effectively communicate the key athletic information for the upcoming year while saving parents a trip to school for a meeting.

ACADEMIC ELIGIBILITY

Athletic representation of Peace Lutheran School is a privilege. Student-athletes must maintain certain academic levels and demonstrate appropriate behaviors in and outside of the classroom. Therefore, academic and behavior monitoring will begin at the start of each sport season and run the duration of the season.

Athletic eligibility will be evaluated by the athletic director at the midterm and every two weeks after until the end of the quarter. A schedule of eligibility checks is available on the athletic

calendar on the athletic website. Student-athletes who fail to meet these standards will be subject to the following cumulative two-step process:

- **Step One (Academic Probation):** The student is placed on athletic probation for a period of one week. During this time an athlete may not attend any practices or games and will work with parents, teacher and if needed the athletic director to correct the academic issue. At the end of the one-week period, the athlete's grades will be reevaluated. If there is improvement, the athlete may return to the sport on academic probation.
- **Step Two (Revoked Participation):** If a student at any time during the season is on Academic probation and has not improved his/her academic status, the student will have his/her athletic privileges revoked for the remainder of the sport season.

A student is placed on probation for earning an "F", "INC," or two or more grades lower than a "C-" in all subject areas. Grades are re-evaluated at the end of the Academic Probation period of one week. The student must show satisfactory improvement in the deficient subject area(s) while maintaining at least a 70% average in all other subject areas. If no improvement has been shown, the athlete will move to step two and lose all privileges to continue in that sport season. All subjects, specials and elective classes are included in the eligibility check.

Behavioral Suspensions: A student will also be placed on a behavioral suspension for failure to demonstrate appropriate behavior inside and outside of the classroom, to hand in assignments in a timely fashion, and to adhere to the "Student Rules of Conduct." Behavioral suspension consequences will be dealt with on an individual bases dependent on the severity of the behavioral issue.

Should the student fail to show improvement in grades and/or behavior at subsequent eligibility checks, Step Two would be applied. After earning suspension, a student will have athletic privileges revoked for the remainder of the season if he/she does not meet the eligibility requirements.

Players who are injured can attend the game and should not dress in their uniform for the game, but sit on the bench. Players who are declared ineligible should not attend at any game or practice until the ineligibility period is over.

Continued Academic probation, Revoked participation. and behavioral suspension will result in an athlete losing participation privileges for the remainder of the school year.

Any modifications to the eligibility standard due to a student's level of academic capability may be at the discretion of the teacher, athletic department, and the school administration.

SCHOOL SUSPENSION

See section on Behavioral Suspensions.

TRAINING RULES

A good athlete is not developed overnight. An athlete's development takes years and many hours of preparation. A dedicated Christian athlete will observe training rules year round, not just during the sport season.

Individual coaches may have different rules above and beyond training rules. Each student-athlete is expected to follow these rules.

1. Student-athletes should strive to strengthen their personal walk with God. This includes active participation in church and chapel services, Peace's youth program, as well as classroom, family, and private devotions.
2. Student-athletes should eat a well-balanced diet. Eat breakfast and limit candy, soda, and junk food consumption.
3. Student-athletes should get plenty of rest. Each individual requires a different amount of sleep. As a student-athlete, you will require more rest than if you were not involved with athletics. Individuals should try to receive at least eight hours of sleep a night.
4. The possession or use of alcohol, tobacco, narcotics, or other undefined controlled substances is not allowed. In addition, the misuse of prescription drugs will not be tolerated. Students found in violation may be dismissed from the team by the athletic director and face possible school disciplinary action.

SPORTS PHYSICAL/MEDICAL INFORMATION FORM

Peace Lutheran School requires a yearly physical/medical information form to be on file for any potential student-athlete. A yearly physical is defined as one given **on or after April 15** of the previous school year. The physical/medical information form must be on file with the athletic director before an athlete will be allowed to participate in tryouts, practices, or games. The form can be found on the athletic website.

Peace Lutheran School may host physician-performed sports physical examinations on a specified day prior to the beginning of the school year. Student-athletes are encouraged to attend. For those who do not attend, the student-athlete's family must make arrangements to have the physical taken.

INCLEMENT WEATHER

If school is cancelled due to inclement weather, practices, games, and/or performances scheduled for that day will also be cancelled unless special scheduling circumstances warrant that the **game(s)** be played. No practices will be held on inclement weather days.

ATHLETIC DRESS CODE

Athletes are encouraged to dress with modesty when practicing. Therefore, spaghetti strapped tank tops worn by athletes are not allowed. Athletes will wear shirts at all times. Shorts that are worn should not be shorter in length than mid-thigh.

Coaches may ask athletes to “dress-up” on game days. This is strongly encouraged to promote team spirit, unity, and a positive image for the school.

UNIFORMS

Uniforms must NOT be worn during school or after an athletic contest.

Any athlete who permanently stains, does not return, or loses a uniform will be subject to a financial penalty not to exceed the cost of replacement. Uniforms must be turned into the athletic director **within one week** following the last game/performance. Athletes will be fined at a rate of \$5.00 per week and \$1.00 per day for each week/day uniforms are late.

At the end of the sports season, all uniforms must be cleaned according to manufacturer’s specifications **before** turning the uniform into the Athletic Director.

Coaches may decide to order additional sweatshirts, T-shirts, or other articles of clothing during the season. Full participation is not required, but is encouraged to promote team unity and spirit. Prices and size selections will be decided at that time.

SEASON PASSES

Season passes can be purchased at home athletic contests or from the athletic director. Individual and family passes are available. Season passes do not work for tournaments.

INTENT TO PLAY:

At the end of March, there will be an intent to play form sent home. This is to allow the athletic director to plan for the next athletic year. It is important to complete and turn these forms into the athletic director to plan for the appropriate number of coaches and teams. This will help in the determination of whether the cut policy will need to be enforced. Students that do not fill out a form may be denied the ability to play. Students that newly enroll after the forms were completed will still have the opportunity to try out.

CUT POLICY

All people have been blessed by God with certain talents. We realize that God has blessed certain people with athletic abilities. All efforts will be made to see that all athletes have a chance to participate. However, there may be a time that we will have to instill cuts. Therefore, it has been determined by the School Board and faculty to establish cuts at the "A" and "B" levels.** We believe that as student-athletes prepare for a higher level of competition, the players who have been gifted in the area of athletics should be given the opportunity to develop those skills to a higher level. When a student is cut from a team, the decision may allow the student the opportunity to discover and use other talents with which God has blessed them.

WARM-UP MUSIC

All team music will need to be approved by the coach and athletic director before it can be played at games, performances, or competitions.

TRANSPORTATION

Transportation to and from athletic contests and practices is the parents' responsibility. If parents are unable to drive, student-athletes are encouraged to carpool with parents of teammates. Maps are available from the athletic director or from the athletic department's website.

K-8 CARE

If a practice is not held immediately after school, students are not allowed to stay in the school building or grounds unsupervised. ***Coaches and teachers are not responsible for the students before and after practices and games.*** Therefore, all athletes must go to K-8 Care or leave the premises before practices and games. The only exception to this policy is if the coach is at the school and has agreed to monitor the student(s) after school.

CONCUSSION POLICY

In accordance with Public Acts 342 and 343, any athlete suspected of having suffered a concussion will be removed from a practice or game immediately. The athlete may not return to practice or competition until a written clearance from a medical doctor has been submitted to the athletic director. **All coaches will have training in detecting and how to handle concussions.**

SOCIAL MEDIA GUIDELINES

Representing Peace Lutheran School and its athletic department is an honor and a privilege provided to a select group of individuals. Along with that privilege comes a set of expectations and responsibilities as a member of the Peace athletic program. You are held to a high standard and are recognized because you choose to represent your school as a student-athlete in a public forum. Through social media, you are now being monitored by more individuals than ever

before including Peace fans as well as fans of opposing teams. Everything you do in these forums should positively represent not only yourself and your family, but also the team and school that you represent. Used responsibly, social media can be a great way to interact with friends, fans, and the public as well as promote your sport and school. Used irresponsibly, it can be a quick way to destroy your reputation. Below are some tips and guidelines for using social media responsibly and effectively.

Social Media Guidelines:

- Set your security settings so that only your friends can see your account.
- Don't accept friend or follow requests if you are not sure who they are coming from.
- Understand that who you have listed as followers or friends is a reflection on you.
- Don't put anything on social media that you would not want your family, your future employers, those reading the front page of the paper, or the whole world to see.
- Think before you post, tweet, or retweet. Will it be a positive reflection of you?
- Do not post offensive language, personal attacks, or racial comments.
- Do not post or repost inappropriate photographs.
- Do not post when you are emotional, such as right after a game. You are more likely to say something you will regret.

Inappropriate posts or tweets on social media may lead to consequences that affect not only playing time, but also status as a member of the team. Be smart!

(SPC APPROVED APRIL 2019)