



**ST. PAUL**  

---

**LUTHERAN SCHOOL**

# Athletic Handbook

Revised: 8/2/23

Table of Contents

Section I

**Philosophy 3**

Section II

**Objectives 3**

Section III

**Student Athlete Guidelines 4**

Section IV

**Eligibility Guidelines 5**

Section V

**Absences 6**

Section VI

**Coaching Guidelines 6**

Section VII

**Parent Guidelines 7**

Section VIII

**Interscholastic Athletic Activities 8**

**General Levels of Teams at St. Paul 8**

Section IX

**Extracurricular Summary 9-10**

# Section I

## Philosophy

As a Lutheran elementary school, St. Paul strives to apply and teach Christian attitudes in all school activities, including sporting events. Paul writes in 1 Corinthians 10:31, “*So whether you eat or drink or whatever you do, do it all for the glory of God.*” Co-curricular sports give students athletes the opportunity to use their God-given physical abilities to his glory. Through athletics we strive to increase an athlete's understanding of his or her God-given talents, work ethic, competitive drive, leadership behaviors, and teamwork. In addition, we strive to provide an enjoyable, vigorous, and safe athletic experience in a Christian environment. We believe that this is a part of the total education process at St. Paul School.

# Section II

## Objectives

The Word of God is also the Word of Life, and a Christian philosophy of life should govern and encompass every aspect and dimension of our school programs. This certainly includes the athletic activities of our school. As such, the goals of our athletic program are:

- To help children recognize and appreciate in themselves and in others the physical gifts they have received from God.
- To develop life skills such as self discipline, responsibility, leadership, teamwork, and self-control under pressure, defeat, and failure, as well as a humble acceptance of success and victory.
- To develop a greater degree of the fundamental skills and knowledge about the rules appropriate to each team level.
- To help prepare our students for participation in advanced levels of athletics.
- To provide a Christian witness to our members, our community, and our competitors, and to demonstrate by example the fruits of Christian faith in athletic competition.

# Section III

## **Student Athlete Guidelines**

Children play sports to have fun, develop God-given abilities, and learn specific skills related to a sport. Players have a responsibility to their team, coach, and school. Listed below are the guidelines which St. Paul expects its student athletes to follow.

1. All necessary forms need to be signed and returned to the athletic director before the first practice. An athlete may not participate in practice or games until this is accomplished.
2. An athletic fee of \$25 per participant per year will be charged to help fund the program.
3. Athletes that have practice starting after 3:15 P. M. must leave school grounds after the school day and return no sooner than 10 minutes before practice or report to after school care and stay there until 10 minutes before practice. Players are to leave the school building within 10 minutes of the conclusion of practice. If parents are unable to pick up their child at that time, the parent or child should arrange a ride home with another student.
4. Transportation arrangements are the responsibility of parents/guardians and should be made prior to the event.
5. In the event that school is closed due to weather, all practices and/or games are canceled for that day. Special consideration may be given in the case of a tournament hosted by a different school. All final decisions will be made through the athletic directors and principals.
6. Worship is a part of a Christian's life of faith. For that reason, practices on Wednesdays during Advent and Lent will not be scheduled to conflict with a student's opportunity to worship. No mandatory practices are scheduled over school vacations; however, optional open gym times may be scheduled.
7. Uniform care is the athlete's responsibility. Any uniform not returned, or returned in damaged condition will be replaced at the athlete's expense.
8. Any disrespect or uncooperativeness shown to coaches, officials, fans, or other players could result in discipline including the possibility of suspension. Repetitive or inappropriate behavior will result in expulsion from the team.
9. Student athletes have the privilege to represent St. Paul in extracurricular activities. Their behavior reflects directly on St. Paul and their Savior Jesus Christ whom we serve. The student can be declared ineligible based on attitude or any incident that harms the mission of St. Paul Evangelical Lutheran School.
10. Student athletes are held to a high academic standard. Please see details in section IV.

.

# Section IV

## Eligibility Guidelines

A student athlete's first responsibility is his/her academics. Therefore, the following guidelines will be used to determine a student's eligibility for sports:

1. Academic performance will be considered for eligibility for athletics at St. Paul.
2. Any student whose grade-point average for any academic quarter is below 2.0 will be ineligible for all extracurricular athletics from the time the report cards are distributed until a midterm progress report can be distributed. If the grade-point average is still below 2.0, the student will remain ineligible until the grade-point average exceeds 2.0 on a quarterly report card. Students and parents are responsible to be aware of grades that may impact eligibility and work in cooperation with teachers to maintain grades which reflect a student's abilities.
3. Any student who receives a grade of "F" at the end of the quarter in any subject will be ineligible for all extracurricular activities listed above from the time the report cards are distributed until a midterm progress report can be distributed.
4. Students may also be declared ineligible because of misconduct at school, on the bus, or any school-related activity. Persistent disrespect, lack of cooperation, habitual truancy or tardiness will lead to a student being declared ineligible.
5. Parents of children who have been declared ineligible will be notified prior to ineligibility being enforced.
6. Exceptions to these policies may be made on an individual basis for certain students. All exceptions should be brought to the principal and decided in consultation with the classroom teacher along with the Athletic Director.
7. Any student who has displayed the symptoms of a possible concussion will be ineligible to participate in any athletic activities until they have received written clearance from a healthcare provider.
8. For the welfare of everyone involved, student athletes who are ill on the day of a game should stay home and recuperate and not attend that evening's event.

# Section V

## Absences

All student athletes are responsible to their team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. If an athlete is unable to attend practice or a game, or will be tardy, parents should notify the coach, preferably beforehand when possible, either verbally or in writing. Coaches will contact parents if an athlete is absent from practice or a game without the absence being excused.

# Section VI

## Coaching Guidelines

Coaches are representatives of St. Paul Lutheran school and Christ. They are approved by the St. Paul School Board. They are informed of the goals and expectations at a preseason coaches meeting held with the athletic director. There is a high expectation for modeling Christian living placed upon our coaches as evident in Romans 12: 5-7. "so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your[a] faith; if it is serving, then serve; if it is teaching, then teach;"

Following are guidelines for St. Paul athletic coaches:

1. be members of St. Paul Evangelical Lutheran Church and School or a sister WELS/ELS Church.
2. have knowledge of the athletic handbook and the school handbook and be in agreement with them.
3. have a general knowledge of the sport they are coaching.
4. encourage all athletes at all levels.
5. demonstrate organization and responsibility for his/her team at all practices and games. (scheduling changes of any nature must be submitted to and approved by the Athletic Director and Facility Coordinator)
6. encourage prayer before all athletic events.
7. be regular in church attendance and at the Lord's Supper.
8. be informed about the handling of health and safety issues, including concussions and sudden cardiac arrest.

# Section VII

## Parent Guidelines

Just as coaches and players strive to reflect the love of our Savior in their words and actions, parents are encouraged to do the same. Parents participate by watching, cheering, and supporting the efforts of all participants of the game. The following guidelines are expected to be followed by all St. Paul parents:

1. All parents are responsible to watch, care for, and discipline children under their care before and after all home and away games. If the child's own parents are not able to attend the athletic contest, the parents will be responsible for finding a "care-giver" when a child is not under the direct supervision of the coach. Please encourage all children under your supervision to be spectators at the event.
2. Parents/guardians together with the athlete are responsible for transportation of the athlete to and from all games and practices.
3. It is the prayer that healthy relationships are maintained by all those involved in our sports programs. Communication is the key. Any problems which do arise should be worked out in a God-pleasing way. Parents are asked to resolve conflicts using the following protocol:
  - 3.1. Discuss the matter in private with the coach at a later date. Ephesians 4:3 , **"Make every effort to keep the unity of the Spirit through the bond of peace."**
  - 3.2. Contact/meet with the athletic director along with the coach.
  - 3.3. If the problem continues, the athletic director along with the coach will involve the school administrator.
  - 3.4. If the problem cannot be resolved following the above steps the athletic director will confer with the School Board.
5. Volunteers are needed to truly make the athletic program work. Parents are needed to help out in various ways such as scorekeeping, line judging, hallway supervision and working in the concession stand, among others. These ways will be made known throughout the school year.

# Section VIII

## Interscholastic Athletic Activities

The conference rules govern most of the participation requirements when it comes to what grade plays at what level. Special arrangements for teams may be made when there are unusual numbers at certain levels as determined by the athletic director, administration, and School Board. At St. Paul, we do not, as a general rule, cut players from the team, although this may be necessary in a given year with a large number of interested participants in a given class. Generally, anyone who is interested in the sport will be able to participate as long as they meet the handbook requirements; however, we want to keep our team sizes at a manageable level for both coaches to instruct and the athletes to participate. To that end we would first try to divide into two teams to avoid having to cut players. Traditionally, St. Paul divides teams in the following way:

**General Levels of Teams at St. Paul**

<b>A Team Grades 7-8</b>	<b>B Team Grades 5-6</b>
The intent of this level is to introduce the student athlete to more complex skills related to the sport. This level is generally more competitive than the B level.	The intent of this level is to increase the student athlete's basic skills and knowledge of the rules of the sport.
Players who faithfully attend practice, work hard, and listen will be, at the coaches' discretion, played in opportunities where he or she can be successful. Though coaches will look for opportunities to get players meaningful minutes, that may not be possible in all games. With that in mind, there is no guarantee every player will play in every game.	It is the goal of this level that players who faithfully attend practice, work hard, and cooperate with coaches and teammates will have the chance for meaningful playing time. Coaches will strive to balance playing time fairly over the course of the season.



# Section IX

## Summary

### Fall Sports

#### Girl's Volleyball

1. Volleyball is offered for girls in grades 5-8.
2. Season is approximately from the middle of August to the middle of October.
3. Girls may participate in cross country and volleyball at the same time.
4. A schedule for practice and games will be given prior to the beginning of the season.

#### Cross Country

1. Offered to girls and boys in grades 4-8.
2. Girls may participate in cross country and volleyball at the same time.
3. Season is approximately from the middle of August to the middle of October.
4. A schedule for practices and meets will be given prior to the beginning of the season.
5. Practices will be held outside and participants should dress appropriately.

### Winter Sports

#### Basketball

1. Offered to girls and boys in grades 5-8 divided into A-B levels.
2. Season begins roughly the first week of November and concludes by the end of February or in early March.
3. A game/practice schedule will be sent home prior to the season.
4. Changes to the practice schedule must be approved by the athletic director and the facility coordinator

#### Dance

1. Dance is only offered in years with high student interest and when a capable coach is available.

## **Spring Sports**

### 1. Track

1. Offered to boys and girls in grades 5-8.
2. Practices will start approximately in early April and end by the middle of May.
3. The gym may be used for early season practices and outside practice will begin as soon as weather permits.
4. Practices may be held at LLHS to make use of the proper equipment as agreed upon prior to spring sport season.
5. If weather conditions are poor, there will be no practice unless the gym is available and the coaches move practice to the gym. All participants should be ready to be outside at all times.

### Softball

1. Offered to boys and girls in grades 5-8.
2. Practices will start approximately in early April and end by the middle of May.
3. The gym may be used for early season practices and outside practice will begin as soon as weather permits.
4. The majority of practices are held at local parks to make use of the proper equipment as agreed upon prior to spring sport season.
5. If weather conditions are poor, there will be no practice unless the gym is available and the coaches move practice to the gym. All participants should be ready to be outside at all times.