

G STUDENT ATHLETE GUIDELINES

1 Purpose

- a. The primary purpose of a Christian athletic program is to promote the spiritual, physical, mental, social, emotional, and moral well being of the participants. It is hoped that our athletic program will be a positive force in preparing young people for an enriching and vital role serving the church and society.
- b. The athletic program is considered an important and integral part of the total school program and is open to participation by all students in grades designated by the Board of Education. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. The student also accepts the training rules, regulations, and responsibilities that are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations as the role demands sacrifices not required of others.
- c. An area of vital importance is discipline. "Discipline" is training that develops self-control, efficiency, to enforce obedience and have proper and orderly conduct. There are two kinds of discipline: team and individual. Do not mistake discipline for sacrifice. The athlete will make sacrifices in order to play, giving up free time to practice. Discipline is imposed on the team and individual to promote success. The practice of loyalty, honesty, and respect for the rights of others is necessary for the development of proper team spirit. Jealousy, envy, egotism, and selfishness are certain to prevent or destroy team spirit.

2 Guidelines

- a. Athletes should take care of their bodies in the following ways:
 - i Spiritually-thanking and praising the Lord regularly.
 - ii Physically-eating properly balanced meals and going to bed at an early time during their sport's season.
 - iii Mentally-making an all out attempt to keep their grades at or above their academic ability level.
- b. Athletes should practice good sportsmanship. If any differences need be expressed to the opposing team and/or officials, let the coach or athletic director do this.
- c. Athletes should know the importance they play when they are on a team. They should realize that just because they are not the leading scorer or the leader in any certain sport they are still important to the team.
- d. Athletes should treat one another and their coaches with respect and support players. Thank their fellow teammate for a good play, for an assist, for good effort, or a well played game.
- e. Athletes are the school's ambassadors and should conduct themselves in a polite and courteous manner at home and away games both on and off the field of competition.
- f. Athletes are part of a team and should conduct themselves as a team member and not as an individual player.
- g. Win or lose, the athletes and coaches should give thanks to the Lord for letting them participate on the field of competition and the enjoyment of the Christian fellowship.
- h. Athletes should realize the importance of giving 100% effort at practice and during the normal competition.

3 Athlete Responsibilities

- a. The athlete will
 - i Keep body, mind, and spirit focused on Christ.
 - ii Make a commitment to the team. Put the school team before any other sports teams. This commitment includes practices as well as games.

- iii Treat teammates, schoolmates, parents, fans, and referees with the highest respect and honor.
 - iv Give their best effort, play fair, promote good sportsmanship, and be attentive to directions and rules.
 - v Maintain respectable appearance both in and out of uniform.
 - vi Take good care of the assigned uniform. Pay close attention to washing instructions. Athletes will be charged new prices for any part of the uniform that needs replacing.
 - vii Stay in designated sites at all times.
 - viii Treat all school equipment with respect and care.
 - ix Secure proper practice clothing and footwear.
 - x Leave the locker room, lockers, and school grounds in a clean and safe condition.
 - xi Be punctual and arrange transportation for all practices and games.
 - xii Refrain from chewing gum during athletic activities.
 - xiii Abide by the school's dress code and the game-day dress code as assigned and discussed by the coach (es).
 - xiv Inform the coach ahead of time when missing a practice or game is unavoidable.
 - xv Be in school for at least ½ day in order to participate in either a game or practice.
 - xvi Attend all scheduled practices or games. If you must miss a practice or game, talk to the coach prior to the practice or game.
 - xvii Maintain the eligibility standard as set up by the school. The athlete will also demonstrate Christian conduct and behavior in all classroom and school activities
 - xviii Be silent and let the coach present his strategy at the beginning of an event, during a time out, or at any other time. When the coach finishes, they can ask questions if time allows.
 - xix Not ask his or her coach if he/she could go into the game or replace someone. This is up to the coaches as to who will play and when he or she will play.
- b. Practice and Game Responsibilities
- i The athlete must turn in all necessary forms prior to the start of a season (see **Appendices G-1 and G-2**)
 - ii The athlete must make sure he/she is prepared for all practices. This includes wearing the proper attire, being at the designated site on time, informing parents of schedule, and securing transportation.
 - iii Students must be on time and attend ALL practices. If he/she is unable to for some reason, a note from the parent explaining the reason is required.

4 Eligibility

- a. Participation in an Interscholastic Sports Program, where the student is representing the school to the general public, is a privilege afforded to any student who meets minimum academic, social and behavioral expectations. If a student works to capacity in the classroom, he/she is more apt to give the same effort in any area of involvement. Therefore it is expected that every student work hard mentally as well as physically to reach his/her potential. Since academics are foremost in importance, and since it should be an added or extra privilege to participate in athletics, the policies have been established. Following is a sample of a league policy regarding an athlete's eligibility:
- i NORTH SUBURBAN LUTHERAN ATHLETIC ASSOCIATION BY-LAWS AND POLICIES (reviewed August, 2000)
 - a) Eligibility of Students:
 - 1) Only students of the schools within the NSLAA are eligible to participate.
 - 2) Students must represent the school in which they are enrolled.
 - 3) Students must be under 13 years of age before September 1 to be eligible for 7th – 8th grade competition for the year. Students must be under 13 years of age before September 1 to be eligible for 5th-6th grade competition. 5th and 6th graders may compete at the 7th-8th grade level; however, a player may participate at only one level on any given day. (January, 1996)
 - 4) Students must maintain an acceptable grade average as required by their individual schools. Athletes are required to have a yearly medical examination prior to participating in a sport. The offending team shall forfeit

games in which ineligible players participate.

b. Academic Eligibility

- i The athletic program at each school can be beneficial to the emotional, mental, physical, and spiritual development of its students. Therefore participation in athletics should in no way, restrict, reduce, take the place of, or be an excuse for a student's academic performance. There are many different views on academic and behavioral eligibility.
- ii During the time in which a student is ineligible for athletics, he may not attend practices.
- iii The athletic director, in conjunction with the teacher, and principal, reserve the right to limit or terminate a student's athletic participation at any time, for any length of time, when deemed necessary because of academic performance.
- iv Exceptions to allow for individual differences will be decided upon by the athletic director, principal, and teacher. (A child diagnosed with a learning disability may be exempt from the academic standard for participation in athletics. The principal, athletic director, teacher, and parents must all agree to this exception.)
- v Notification
 - a) The students and parents will be informed of participation status via written communication. (see **Appendices G-3** and **G-4**) Parents may also request a meeting with the teacher(s) involved and/or athletic director and/or principal.
 - b) Upon dismissal from a team written notification will be given to the athlete and their parent, as well as a copy sent to the principal and teacher.
- vi Any concerns about the eligibility policy or the administration of this policy shall be registered with or appealed to:
 - a) Athletic Director
 - b) Principal
 - c) Board of Christian Education.

vii The following are examples of an eligibility policy that can be used and/or modified.

a) SAMPLE 1

One of the primary purposes of _____ is to provide a quality education. In keeping with that principle, an athlete is considered to be a student first. He/she must maintain an overall average of "C or better" in all areas of the curriculum (core subjects receiving a higher weight) in order to participate. Any student earning a failing grade on a report card or progress report is ineligible for 10 school days. At the conclusion of the 10 school days, his/her status will be re-evaluated to see if necessary improvement has been made. If so, then he/she will be reinstated. If not, then he/she will be removed from the team. Students may participate in a try-out during the time of ineligibility. The coaching staff will be informed of the student's eligibility status.

Athletes are also expected to demonstrate Christian conduct and behavior in all classroom and school activities. A student serving a detention are ineligible to participate in any athletic activity (game or practice) also held on that day. This will be considered an "unexcused" absence. Student grade point average and conduct evaluation from quarter and progress reports prior to and during participation in an athletic activity will be considered and monitored closely. Failure to meet these required standards will result in probation/suspension from the team. The student's instructors and the Athletic Directors will determine suspensions. Parents will be notified.

b) SAMPLE 2

Participation in all extra-curricular events, where the student is representing the school to the general public, is a privilege afforded to _____ student who meets minimum academic, social and behavioral expectations. If a student works to capacity in the classroom, he/she is more apt to give the same effort in any area of involvement. We expect every student to work hard mentally as well as physically to reach his/her potential.

Students must meet the following requirements in order to be eligible to participate in on-going extra-curricular events:

- 1) Must receive no less than a D- in any of the subjects taken.
- 2) Must have no more than one minus (-) effort mark for individual effort in all of the subjects taken.
- 3) Must demonstrate and show respect for the safety, dignity, and property of others.

As time permits, the following guidelines should be used during the course of a marking period to identify and help students who are in danger of becoming ineligible:

- 1) Teacher discusses problems with students as soon as they arise or as the teacher becomes aware of the problem.
- 2) If there is no improvement, the teacher speaks with the student's parents.
- 3) The junior high teachers discuss students with problems at the monthly, department meetings.

If any of the requirements listed above are not met by the end of each 6 week marking period, the following procedures will be followed:

- 1) A letter will be mailed and a phone call will be made from the administrator, explaining that the student is being placed on a temporary 3-week suspension from all extra-curricular events, effective the following school day. The letter is to be signed and returned by the parents.
- 2) At the conclusion of the 3-week suspension period, the child's progress will be reviewed by the junior high teachers and reported to the administrator.
 - i) If sufficient improvement has been made, the suspension will be lifted and the administrator will inform the child and parents.
 - ii) If no satisfactory progress has been made, the child and parents will be notified by mail that the suspension will be extended for another 3 weeks.

NOTE: The three-week suspension does not include vacation days.

c. Behavioral

- i Unsatisfactory conduct in the classroom, on school grounds, or citizenship may affect a student's ineligibility. Further, any undesirable behavior at home or away games, or in transit to and from these games, may result in ineligibility or disciplinary action.
- ii Students who receive a detention or suspension will not be permitted to attend practice sessions or participate in a contest on the day either was served.
- iii It is recommended that the period of ineligibility be given in school days (actual days that school is in session). This will alleviate the concern on how weekends, holidays, etc. are factored.

5 Participation

- a. Players must attend the school for which they play.
- b. Schools will designate in conjunction with league policy, at which level students are eligible to participate.
- c. The athletic director shall determine on a case-by-case basis whether a player may join a sport after practices have begun.

6 Physical Examinations

- a. Any student that wishes to participate in any sport must have a physical examination from their family doctor. The school cannot be held responsible for accidents which may happen because the athlete cannot withstand the routine training that is necessary for such activities. Therefore, all students have a physical examination form on file prior to participating in a sport or tryout and that a physical be required prior to the start of each school year.

APPENDIX G-1

PLEASE RETURN THIS COMPLETED FORM BEFORE YOUR FIRST PRACTICE

Personal Goals:

As an athlete at _____, I realize that I have many responsibilities. First of all, I am a student and must do my best academically before I am allowed the privilege of playing on a _____ team. Secondly, my conduct both in and out of school is important since I should try to always show the love of Christ in my life. Finally, I should strive to be a good example since I represent _____ both on the court and off.

Listing of my Goals for this year:

Parent Signature

Player's Signature

Parental Support: We the Parents have discussed the goals above and plan to support our son/daughter this year in their endeavors in _____Athletics!

Transportation Procedures:

The responsibility of transportation to and from practices and also to and from games is up to the parents of all _____Athletes. At _____Athletes should be on time for all practices and games should also be picked up and/or taken home within a reasonable amount of time after the practice or game.

I (we) agree to provide the proper transportation necessary for our son/daughter so that they may participate in the _____Athletic programs. We do further agree to hold and save harmless the Board of Christian Education, teachers, coaches, the Congregation and School of _____, _____, Michigan, from all suits, claims or demands of every kind and character arising out of or in connection with the _____Athletic Programs in which my child shall take part in.

I (we) further have made the proper provisions necessary to insure that my son/daughter has complete health and accident insurance and do further agree that _____Lutheran School will not be held responsible for any financial payments regarding this insurance.

Signature of Parent(s) or Guardian(s)

Date

APPENDIX G-2

_____ ATHLETE/PARENT COMMITMENT FORM

I realize being a member of a _____ team is a privilege. I realize that in being an athlete I represent my team, my school, my family, and most importantly - my Lord. I recognize that in everything I am a Christian first and my words, actions, and attitude should reflect this.

I, as a parent or athlete, have carefully read the athletic handbook and fully understand the requirements and responsibilities I am taking on as a participant in _____ athletics. I commit myself to these guidelines and rules. I also understand the consequences of being excluded from participating should I fail to uphold my commitment. I ask the Lord's blessing and guidance on my commitment and my efforts in the year ahead.

Student Signature: _____

Parent Signature: _____

Date: _____

"Whatever you do, do all to the glory of God."
1 Corinthians 10: 31

APPENDIX G-3**Notice of Ineligibility for Athletic Activities**

_____ LUTHERAN SCHOOL
 _____, Michigan

Date: _____

Student Name: _____

Grade: _____ Homeroom Teacher: _____

(The above named student's extracurricular eligibility status has been modified due to performance in the subjects/areas checked below.)

STATUS:

- One week ineligibility status
 Two week ineligibility status

In effect from: ____ / ____ / ____ to ____ / ____ / ____

Deficiencies have been noted in the following areas:

- Three or more unacceptable or missing homework assignments. (Within one week time frame)

GRADES BELOW (69.9%/D+) IN CLASS AS INDICATED BELOW:

- | | |
|---|---|
| <input type="checkbox"/> Religion/Confirmation | <input type="checkbox"/> Other |
| <input type="checkbox"/> Mathematics | <input type="checkbox"/> Science |
| <input type="checkbox"/> Language Arts | <input type="checkbox"/> Reading/Literature |
| <input type="checkbox"/> Social Studies/History | <input type="checkbox"/> Art |
| <input type="checkbox"/> Spelling | <input type="checkbox"/> Physical Education |
| <input type="checkbox"/> Music | <input type="checkbox"/> Health |

I have seen and reviewed the above information.

PARENT/GUARDIAN SIGNATURE: _____

We ask that parents assist to provide a home/study climate conducive to scholastic improvement for the student. Please contact your son/daughter's teacher should additional information be desired. Please return to _____ after signing.

THE BACK PORTION OF THIS FORM MUST BE COMPLETED AT THE END OF THE INELIGIBLE TIME BEFORE PARTICIPATION WILL BE ALLOWED.

H CHRISTIAN SPORTSMANSHIP

1 Recommendations for Game-Day Sportsmanship Applications

- a. Pre-Contest Procedures
 - i Prayers can be taken from Win the Prize, a publication from Concordia Publishing House for Athletic Directors and Coaches.
 - ii Pre-contest announcements may be read by a student leader or a school official
 - iii Pre-contest handshakes may be initiated between opposing team players and coaches
- b. National Anthem
 - i The National Anthem could be either sung or played before each athletic game. It is suggested that either a student leader or cheerleader play or sing the anthem.
- c. Announcements during intermissions
 - i These announcements can be taken from Win the Prize.
- d. A Sport Citizenship Curriculum (Taken from the NIAAA Athletic Administration: A Comprehensive Guide)

For elementary or middle school-aged students, a basic instructional unit concerning acceptable and unacceptable conduct may be an excellent foundation for competition or spectatorship.

 - i Exemplary Conduct
 - a) Applaud during introductions of players, coaches and officials
 - b) Note that opponents shake hands with one another when a players fouls out.
 - c) Spectators applaud for opponent players or home team players that foul out.
 - d) In all situations, no matter how intense recognizes that this is a game played in an educational setting.
 - e) Use the public address system to congratulate both teams at the end of the contest.
 - f) Coaches, players and administrators congratulate one another at the end of the contest regardless of the outcome.
 - g) Spectators applaud at the end of the contest regardless of the outcome.
 - h) Spectators demonstrate concern for injured players and applaud their efforts.
 - i) Spectators help control unacceptable behavior.
 - ii Unacceptable Conduct
 - a) Yelling or waving the arms during an opponent's free throw.
 - b) Disrespectful cheers, derogatory chanting, songs, gestures, signs, clothing appliquéés or body marking/painting
 - c) Criticizing officials in any way
 - d) Refusing to shake hands or recognize exceptional performance by opponents
 - e) Blaming loss on officials, coaches or participants
 - f) Displaying a negative attitude toward opponents, teammates, coaches or officials prior to or following a contest
 - g) Taunting or harassment on the basis of ethnicity, gender, disability, religion, physical appearance, economic or other special circumstance
 - h) Using profanity or anger that draws attention away from the contest
 - i) Developing or using unofficial cheers or songs
- e. The Role of Coaches in Providing Sport Citizenship
 - i Pre-Season Coaches Meeting
 - ii Use Win the Prize Publication
 - iii Post-Season Coaches Meeting
 - iv Coaches Self Evaluation Form (**Appendix C-2**)
 - v Guidelines to help emphasize what we as a Lutheran school feel to be proper conduct
 - a) The coach should treat each players, opposing coach, parent and administrator with

- respect and dignity
 - b) The coach uses the game as an avenue to minister to children, parents and fans
 - c) The coach knows he is an ambassador for Christ, and as such, conducts himself in a proper manner when dealing with athletes, parents, and fans
 - d) The coach sets a good example for players and spectators
 - e) The coach maintains self-control at all times. The desire to win must not overcome rational behavior
 - f) The coach helps players appreciate opponent's good performance and encourage opponents who make mistakes
 - g) The coach expects good sportsmanship from his athletes
 - h) The coach removes players using profanity from the game
 - i) The coach shows respect to his opponent; doesn't run up the score or embarrass his opponents in any way
- f. The Role of Student-Athletes in Providing Sport Citizenship
 - i Pre-Season Parent Meeting
 - ii Use Win the Prize Publication
 - iii Pre-Season Parent/Athlete Letter to be signed by both (See **Appendix H-1**)
 - iv Guidelines to help emphasize what we as a Lutheran school feel to be proper conduct
 - v The student-athlete accepts referee's decisions in a proper manner; does not argue or make non-verbal gestures which indicate disagreement with officials, opponents or fans
 - vi The student-athlete treats opponents as a guest and a friend- as he wishes to be treated; appreciates his opponents good play, and encourages his opponent when he makes a mistake
 - vii The student-athlete does not use profanity or vulgarity at any time
 - viii The student-athlete realizes that he is representing his Lord- as well as his church, school and team- and reflects this awareness in his conduct
 - ix The student-athlete, in victory or defeat thanks his Lord for allowing him to take part in the contest and keeping him safe
- g. The Role of the Spectators in Providing Sport Citizenship
 - i Use Win the Prize Publication
 - ii Guidelines to help emphasize what we as a Lutheran school feel to be proper conduct
 - iii The spectator attends the game to encourage and support the athletes
 - iv The spectator shows respect for the judgment of the official; does not question their calls
 - v The spectator recognizes and appreciates outstanding plays by either team
 - vi The spectator doesn't use profane or obscene language
 - vii The spectator does not verbally assault others or in any other way become generally obnoxious
 - viii The spectator is a positive example for setting the tone for those around him so that everyone may enjoy the game
 - ix The spectator shows respect for those who are hosting his school; respects the rules and expectations of his hosts.
- h. The Role of the Parents in Providing Sport Citizenship
 - i Use Win the Prize Publication
 - ii Guidelines to help emphasize what we as a Lutheran school feel to be proper conduct
 - iii The parent will be sure that their child knows that win or lose, they still love them. They will let their child know that you appreciate his effort and that you are not disappointed with failure
 - iv The parent will be completely honest with them about their athletic capabilities
 - v The parent will emphasize to their child that their athletic participation is secondary to their academic obligations
 - vi The parent should not compete with their child's coach.
 - vii The parent should not compare their child with other athletes on the team
 - viii The parent will teach their child the meaning of successful competition
 - ix The parent will help their child understand the meaning of Play to the Glory of God.

APPENDIX H-1**STUDENT ATHLETE INFORMATION LETTER**

This letter is to inform you of some of the rules and regulations that you will be expected to follow if you plan to participate in _____athletic programs. These programs include soccer, volleyball, cheerleading, basketball and track. Read this letter carefully and have your parents do the same. You and your parents must sign the form before you may return to practice.

Your responsibility as a player includes being a representative of the school. The school's image in the community will be influenced by your actions. The parent is the primary educator of the child from birth. The church and school should be a continuation and reinforcement of these Christian values. In the interest of developing moral character, physical skills, mental skills, camaraderie, and spiritual guidance for our youth, parents, guardians, coaches and students must all work together.

To create an atmosphere of Christian ethics in aspects of _____Lutheran School's environment and to ensure consistency, the following guidelines have been established:

- 1 You are expected to be at all the scheduled practices. If you are unable to make a practice, the coach has the authority to bench you for a game. It is important to learn the fundamentals of the sport and team plays; these are mostly taught during the practices.
- 2 You are responsible to contact the coach by phone or in person if you are unable to make a practice or game. Word of mouth by another teammate is unacceptable.
- 3 You must use language becoming of a Christian athlete and cooperate with coaches (refer to them as Mr., Mrs., Miss, or Coach, whichever is appropriate) and teammates
- 4 You are to be properly dressed for all practices and games. You will not phone home to have practice clothes delivered to you at school. Soccer cleats are not to be worn in the school building.
- 5 All players should be picked up within 15 minutes after games and practices, if not then they will report to a supervised classroom. You will not phone home after practice or games.
- 6 Players with late practice should make arrangements to go home and get a ride back for their practices. All players waiting at school for practices MUST be in a supervised classroom. Players will not stand around and watch other teams practice.
- 7 Exhibit humility in victory and defeat.

_____School Board of Christian Education Policy 646 (Athletic Eligibility)

Student participation in soccer, volleyball, basketball, cheerleading and track is governed by the following:

- ?? A total of three or more late or incomplete assignments in a given week will result in the student being ineligible for the whole next week (practice or games), beginning with Monday and running through the following Sunday. All work must be completed to the classroom teacher's specifications by Thursday noon of the following week in order to become eligible again.
- ?? Disciplinary problems deemed so by the teacher and the principal will result in a minimum of one week of ineligibility. After a clear demonstration of the student's improved behavior he/she will be declared eligible.
- ?? The student athlete must attend school on game dates to be eligible. In cases of emergency (e. g. Funeral) the school reserves the right to determine eligibility.
- ?? An unsportsmanship type technical foul will result in the player being removed immediately from the game and he/she will not be permitted to play in the next scheduled game. A second unsportsmanship technical foul will result in his/her immediate removal from the game and suspension for the next two regular scheduled games.

THIS IS TO CERTIFY THAT I HAVE READ _____ GUIDELINES AND RULES FOR STUDENT ATHLETES. HAVING READ THEM I WILL ATTEMPT TO FAITHFULLY ADHERE TO THE PHILOSOPHY AND STANDARDS PRESENTED.

1. PARENT SIGNATURE _____ DATE _____

2. ATHLETE SIGNATURE _____ DATE _____

CREDITS

CONTRIBUTING SCHOOLS AND ORGANIZATIONS

National Interscholastic Athletic Administrators Association – Athletic Administration: A Comprehensive Guide.

Lutheran High School Association of Detroit

Win the Prize, Concordia Publishing House

North Suburban Lutheran Athletic Association Handbook

Lutheran Elementary Schools:

Faith Lutheran, Bay City, MI

Holy Ghost Lutheran, Monroe, MI

Mt. Hope Lutheran, Allen Park, MI

St. John Lutheran, Midland, MI

St. Lorenz Lutheran, Frankenmuth, MI

St. Luke, Clinton Township, MI

St. Mark Lutheran, Houston, TX

St. Paul Lutheran, Lapeer, MI

St. Peter Lutheran, Macomb, MI

Trinity Lutheran, Clinton Township, MI

Trinity Lutheran, Utica, MI