

Athletic Handbook



ST. PAUL'S EAGLES

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Section I

GOALS OF OUR ATHLETIC PROGRAM

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

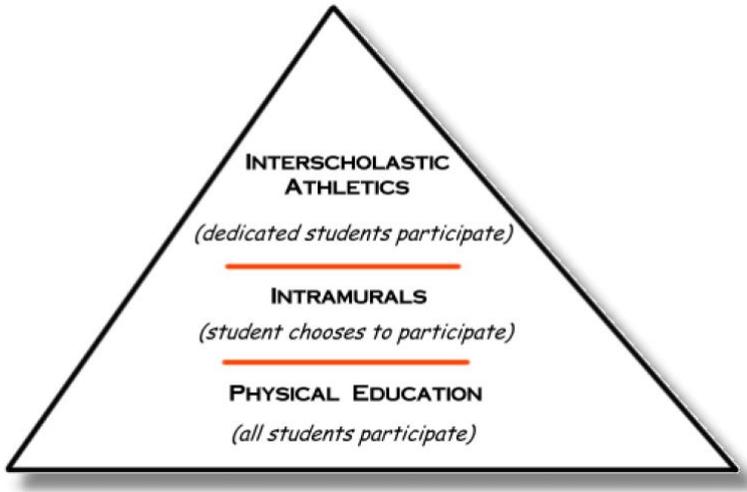
1. To help children enrolled at St. Paul's to recognize and appreciate in themselves and others the gifts they have received from God.
2. To develop character traits such as self-discipline, self-esteem, responsibility, leadership, teamwork and self control under pressure, defeat, and failure, as well as proper acceptance of success and victory.
3. To help the children find the enjoyment of physical activities.
4. To develop to a greater degree the fundamental skills and knowledge of the rules appropriate to each grade level.
5. To help prepare our students for participation in advanced levels of athletics.
6. To provide a Christian witness to all our members and to our community and to demonstrate by example the fruits of Christian faith in athletic competition.

“ . . . I chose you and appointed you to go and bear fruit - fruit that will last. ”

– John 15:16

Section II

PHILOSOPHY OF OUR ATHLETIC PROGRAMS



St. Paul's Lutheran School has an athletic program to allow students in grades 2-8 to use their God given gifts to His glory. However, interscholastic athletics are not a requirement of the curriculum as physical education is. The above-tiered pyramid shows the levels at which children participate and the levels of commitment.

Physical education is part of the school's curriculum. It is a requirement of every student of St. Paul's to participate in this class. That is why it is at the bottom of the pyramid, all students must participate.

As you skip to the top of the pyramid, you reach interscholastic sports level. That is the participation of the school in athletic competitions against other schools. This level is a student choice. However, it needs to be understood that this level requires discipline and dedication on the part of the student and parents.

Competitiveness at the various levels of interscholastic sports is different. The goal at C team level is to introduce the athletes to the basic skills and rules of the sport. Players who faithfully attend practice; work hard and listen will play in all games with nearly equal playing time. *During tournaments, the coach's directive is to advance in the tournament. Every player will get in, but playing time may not be equal.*

At the B team level, the competition is more intense. Players who faithfully attend practice; work hard and listen will play in all games, but the playing time may not be equal. *During tournaments, the coach's directive is to advance in the tournament. The coach will do their best to get every player in, but playing time is not guaranteed.*

The A team level is the most competitive for our conference. Therefore we strive to be as competitive as possible with our A teams. With that in mind, not all players may be played in the game. The coaches will seek to play all players, but in a closely contested game, that may not be possible.

When it comes to what grade can participate at what level, the conference rules govern some of those participation requirements. For conference, the team splits can be as follows:

- A teams: Grades 7 and 8
- B teams: Grades 5 and 6
- C teams: Grades 4 and 3 (if needed)

However, St. Paul's has the right to move up any individual(s) based on their talent or when the participating class sizes are small.

At St. Paul's, we do not as a general rule "cut" players from the team although this may be necessary in a 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 the coaches and the athletes to best instruct and maximize participation and playing time. To that end, in a given year

where team sizes are large, we would first try to split the grades between two teams (e.g. the better players from 5th and 6th grade would be on the B team and the less skilled on the B2 team) before having cuts.

State tournaments are available for participation in a few select team sports (volleyball, cross country, basketball and track). Participation in any Lutheran State Meet/Tournament is a special privilege reserved for those teams/individuals which have earned the right to participate in these higher level meets/tournaments. Participation in these events doesn't automatically happen every year. Teams/individuals can earn the right to participate by:

- 1. Winning the conference or Upper Division of the Wisco Tournament (Volleyball, Basketball)**
- 2. Winning 2 or more meets (Cross Country)**
- 3. Finish top 5 in a meet and having a qualifying time/distance (Track)**
- 4. Special situations may arise and will be reviewed by the Athletic Director.**

State Meets/Tournaments will be the highest level of competition that St. Paul's will participate in. National Meets/Tournaments will not be attended.

Section III

ATHLETE GUIDELINES

1. St. Paul's athletics are for students enrolled at St. Paul's. Therefore, anyone not enrolled in our school cannot participate in our athletics.
2. All necessary forms need to be signed and returned to the athletic director before the first practice. An athlete may not participate in a practice or game until this is accomplished.
3. If athletes have practices starting after 3:15PM, they must leave the school grounds after the school day and return no sooner than fifteen (15) minutes before practice. Players are to leave the school building within fifteen (15) minutes of

the conclusion of practice or report to extended care.

Coaches are not responsible for watching siblings that are not part of the team he or she is coaching.

4. Parents/Guardians, together with the athlete, are responsible for transportation of the athlete to and from all games and practices.
5. No practices are scheduled over school vacations. However, *optional* open gym times may be scheduled over school vacations.
6. Each sport will have a maximum of 3 contact days per week. (Tournaments are the exception)
7. To encourage responsibility, leadership, and teamwork, members of St. Paul's athletic teams must make it a priority to attend their school teams' athletic events, whether games or practices. A violation of this will result in diminished playing time.
8. **We are asking our parents to support our sports program through an annual athletics fee of \$40 for one child and \$70 for families with two or more children involved in St. Paul's sports. Whether a child is involved in one sport or three sports, the fee is the same. These funds will be used primarily for uniform and equipment replacements as needed.**
9. Uniform care is the athlete's responsibility. Any uniform not returned, or returned in an unusable state, will be replaced at the athlete's expense.
10. Any incidents involving drugs, alcohol or weapons will follow the directions as printed in the *Student and Parents Handbook*.
11. Students have the privilege to represent St. Paul's in extracurricular activities. Their behavior reflects directly on St. Paul's and their Savior Jesus Christ, whom we serve. A student can be declared ineligible based on the attitude, or any incident that harms the mission of St. Paul's Ev. Lutheran School.

12. These eligibility standards do not replace or diminish the *Parent and Student Handbook* that is given to each student and parent. Rather these guidelines are in addition to those guidelines.

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

– 1 Corinthians 9:24-25

Section IV

ELIGIBILITY GUIDELINES

As a student athlete, your first responsibility is to your academics. Therefore, the following guidelines will be used to determine a student's eligibility for sports and cheerleading:

1. Students must maintain a 2.0 Grade Point Average (GPA) to participate in extra curricular programs at St. Paul's. A student's GPA will be checked at the end of each quarter. A student who has a GPA less than a 2.0 will be ineligible for the next quarter, even if the next quarter is the following school year. The ineligibility begins after the school administrator has informed the parents in writing. **(Parent Handbook).**
2. An ineligible student may regain their eligibility if they achieve a GPA of 2.0 or higher by the mid-term of the next quarter, the student will then be eligible for the rest of the quarter. **(Parent Handbook).**
3. An incomplete (I) mark on a report card will be cause to declare a student ineligible until the work is completed. Eligibility cannot be restored for a student who receives an "I" until the Monday following distribution of report cards. In cases where lack of academic ability, not lack of academic effort is the cause

of the poor grades, the teacher(s), athletic director and school administrator will make the final decision regarding the student's eligibility.

4. Second quarter eligibility is based on first quarter grades, etc. All students entering the first quarter will be eligible unless otherwise decided by the teacher(s), athletic director and school administrator.
5. Any student absent for more than half of a school day on a game day will not be able to participate for that game. (12:00)

Section V

CONFLICTING ACTIVITY GUIDELINES

St. Paul's is aware that most active and willing students involve themselves in many activities with the result that occasionally there will be a conflict in practices and/or competitions. Therefore it is our responsibility to help guide and direct students in their choices so these conflicts will be minimized. However, we should not discourage students from developing and demonstrating multiple talents and abilities.

The following guidelines are provided to help the students, parents and coaches to fairly and consistently deal with conflicts that may arise with these multi-talented students:

For activities offered within St. Paul's:

1. In the event that a student is scheduled for a practice and a performance at the same time, the performance should always take precedence with no penalty to the student in the activity for which he/she is not participating.
2. In the event that a student is scheduled for activities of equal classification (i.e. two practices or two competitions occurring simultaneously) the child should be allowed to

make a choice without penalty from either of the coaches of the two activity.

For activities offered outside of St. Paul's:

1. We understand that students can also become involved in activities offered within their communities and outside St. Paul's guidance (i.e. Little League, Kickers, AAU, Jr. Vikings). If an outside activity conflicts with a sport in which a student wishes to participate, it will become necessary for the student, under the direction of his/her parent(s), to make a commitment between one activity or the other.
2. Parents are required to inform the coaches and AD of conflicts resulting from outside St. Paul's activities prior to that Athletic season. Each situation will be reviewed and the appropriate plan will be implemented, which may include adjustments to playing time or participation in St. Paul's sponsored athletic events.

Section VI

COACHING GUIDELINES

1. Coaches are representatives of St. Paul's Ev. Lutheran School and Christ. The School MAT Team, the pastors and athletic director approve all coaches. All coaches are informed of the goals and expectations at a preseason coaches meeting held with the athletic director. Since there is a high expectation for modeling Christian living placed upon our coaches, they must be members of the Wisconsin Evangelical Synod.
2. Coaches...
 - a. Will have knowledge of this handbook and the School Handbook, and be in agreement with it.
 - b. Should have a good knowledge of the sport they are coaching.

- c. Will demonstrate organization and responsibility for his/her team at all practices and games.
- d. Coaches will have a maximum of 3 contact days per week with their team. (Tournaments are the exception)
- e. Will only cancel practices for emergencies/weather/work related conflicts, but not because of low number of players.
- f. Will maintain dignity and self-control.
- g. Will immediately discipline any player who displays unsportsmanlike behavior.
- h. If an athlete has any problems regarding discipline, cooperation, or attitude, talk to the child and parents immediately. Also notify the athletic director of such problems.
- i. Will be regular in church attendance and the Lord's Supper.
- j. Be informed about the handling of Bloodborne pathogens.

Section VII

PARENT SECTION

1. It will be the responsibility of the parents to watch, care for, and discipline their children before and after all home and away games. If the child's own parent is not able to attend the athletic contest, the parent will be responsible for finding a "care-giver" when the child is not under the direct control of the coach.
2. Parents/Guardians together with the athlete are responsible for transportation of the athlete to and from all games and practices.
3. **Coaches are not responsible for siblings of team members during practices. Only team members and coaches children should be allowed at practices. All others should be sent to extended care.**
4. Due Process. It is hoped 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 order:

- a. Discuss the matter in private with the coach. (Matthew 18:15)
 - b. Contact/meet with the athletic director along with the coach.
 - c. The athletic director along with the coach(es) will involve the school administrator.
 - d. Meet with the School MAT Team.
5. Volunteering is needed by all the parents. This is for all parents of St. Paul's, not just parents with children participating in athletics. To truly make the athletic program work, it requires parents to help out in various ways. These ways will be made known throughout the school year. Please fill out the *Athletics Volunteer Form* for areas you may be interested in helping with.

Section VIII

INTERSCHOLASTIC ATHLETIC ACTIVITIES

A. Girls' Volleyball (Fall)

1. Offered to girls in grades 4-8.
2. Girls may participate in cross-country and volleyball at the same time.
3. Season is from the beginning of the school year to approximately the end of October.
4. A schedule for practices and games will be given prior to the beginning of the season.

B. Cross Country (Fall)

1. Offered to girls and boys in grades 3-8.
2. Girls may participate in cross-country and volleyball at the same time. Boys may participate in cross-country and soccer at the same time.
3. Season is from the beginning of the school year to approximately the middle of October.

4. A schedule for practices and meets will be sent home prior to the season.
5. Practices will be before or after school outside. All participants should be ready to be outside at all times.

C. Boys' Soccer (Fall)

1. Offered to boys in grades 6-8 (5th if needed).
2. Boys may participate in cross-country and soccer at the same time.
3. Season is from the beginning of the school year to approximately the middle of October.
4. A schedule for practices and games will be given prior to the season.

D. Basketball (Winter)

1. Offered to girls and boys in grades 4-8. (3rd if needed)
2. Girls may participate in cheerleading and basketball at the same time.
3. Season begins roughly the first week of November and concludes by the second weekend in February.
4. A schedule for practices and games will be sent home prior to the season.
5. In the event that school is closed due to weather, all practices and/or games are canceled for that day.

E. Cheerleading (Winter)

1. Offered to girls in grades 4-8. (3rd if needed)
2. Girls may participate in basketball and cheerleading at the same time.
3. A schedule for practices and games will be given prior to the beginning of the season.
4. A parent/participant meeting will be held at the end of September.
5. Will cheer for all regular season games and the Wisconsin Lutheran Basketball Tournament (no other tournaments).
6. In the event that school is closed due to weather, all practices and/or games are canceled for that day.

F. Slow Pitch Softball (Spring)

1. Offered to girls and boys in grades 6-8. (5th if needed)
2. Practices will start around the middle of April and go until the third weekend in May.
3. Boys and girls may participate in track and softball at the same time.
4. Practices will begin as soon as weather permits.
5. If weather conditions are poor there might be no practice. All participants should be ready to be outside at all times.

G. Track (Spring)

1. Offered to boys and girls in grades 5-8.
2. Practices will start around the middle to end of April and go until about the end of May.
3. Boys and girls may participate in track and softball at the same time.
4. The gym may be used for early season practice and outside practice will begin as soon as weather permits.
5. If weather conditions are poor there may 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.

H. Wrestling (Winter/Spring)

1. Offered to boys in grades 2-8.
2. Practices will start around the beginning of February and go until the end of March.
3. A schedule of practices and meets will be handed out prior to the season.

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

– Colossians 3:17