

Section I
Athletic Handbook



**ST. PAUL'S
EAGLES**

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GOALS OF OUR ATHLETIC PROGRAMS

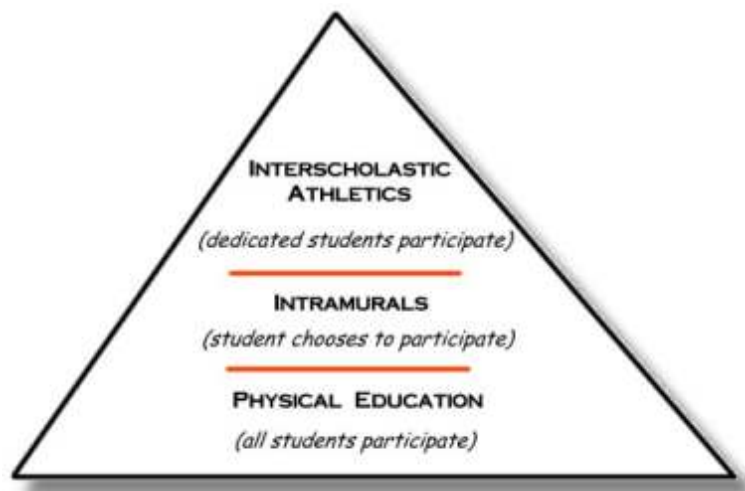
The Word of God is also the Word of Life and a Christian philosophy of life should govern and encompass every aspect and dimension of our school programs, which certainly includes the athletic activities of our school. As such, the goals of our athletic program are:

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 3-8 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. The same is true for tournaments.

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 3 (if needed) and 4

However, St. Paul's has the right to move up an 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 participate. 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 7th and 8th grade would be on the A team and the less skilled on the A2 team) before having a cut.

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 are 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. If parents are unable to pick up their child within fifteen minutes, the child should arrange to ride home with another student and be picked up there.
4. Players should not use the telephones at school to arrange transportation after practice or games. Transportation arrangements should be made prior to the event.
5. Parents/Guardians, together with the athlete, are responsible for transportation of the athlete to and from all games and practices.
6. No practices are scheduled over school vacations. However, *optional* open gyms times may be scheduled over school vacations.
7. **To encourage responsibility, leadership, and teamwork, members of St. Paul's athletic teams must make it a priority of attending their school teams' athletic events, whether games or practices, before any athletic activity outside of school. A violation of this will be considered an unexcused absence.**

8. 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.
9. Any incidents involving drugs, alcohol or weapons will follow the directions as printed in the *Student and Parents Handbook*.
10. Students have the *privilege* to represent St. Paul's in extracurricular activities. Their behavior reflects directly on St. Paul's and the 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.
11. 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.

Section V UNEXCUSED ABSENCES

As an athlete you are responsible to a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. If you are unable to attend practice or will be tardy, the athlete must notify the coach at least one day before the absence (illness the exception). Excused absences would include attending another St. Paul’s school function, dentist and doctor appointments, emergency situations, etc. Please communicate with the coaches!

Unexcused absences from practice(s) or game(s) will result in the following penalties:

1. First offense: A verbal warning and words of encouragement from the coach to attend practice and/or game.
2. Second offense: Player will receive limited playing time in the following game as decided by the coach and athletic director.
3. Third offense: Suspension from the following game. The player may NOT suit up or sit on the bench with the team.
4. Fourth offense: Removal from the team for the remainder of the season.

Section VI COACHING GUIDELINES

1. Coaches are representatives of St. Paul’s Ev. Lutheran School and Christ. The LES Committee and the pastors approve all coaches. They are informed of the goals and expectations at a preseason coaches meetings 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. **Will only cancel practices for emergencies/weather/work related conflicts, but not because of low number of players.**

- e. Will maintain dignity and self-control.
- f. Will immediately discipline any player who displays unsportsmanlike behavior.
- g. 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.
- h. Will be regular in church attendance and the Lord's Supper.
- i. 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. 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 LES Committee.

4. Volunteering is needed by the parents. **This is for all parents of St. Paul's, not just parents with students 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 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. Basketball (Winter)

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

D. Cheerleading (Winter)

1. Offered to girls in grades 5-8.
2. They will cheer at all regular season games.
3. In the event that school is closed due to weather, all practices and/or games are canceled for that day.

E. Girls' Fast Pitch/Boys' Slow Pitch Softball (Spring)

1. Offered to girls and boys in grades 6-8.
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.

F. 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.

G. 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