

# Trinity Lutheran School

## Athletic Handbook

2011-2012



**Home of the Trinity Eagles!**

“...let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and finisher of our faith...”

Hebrews 12:1-2

# Index

Statement of Purpose .....	3
General Policies .....	3
Athlete Responsibilities .....	3
Attendance .....	3
Coach Responsibilities .....	3
Conflict Resolution .....	4
Devotions & Prayer .....	4
Discipline .....	4
Eligibility .....	4
Equipment & Uniforms .....	5
Injuries .....	5
Parent Responsibilities .....	6
Participation .....	6
Practices .....	6
Transportation .....	7
Volunteers .....	7
Conclusion .....	7
Receipt Page .....	8

*The policies stated in this handbook are intended to provide structure and guidance for the operation of the athletic department at Trinity Lutheran School. It does not address every situation that may evolve; it answers those questions regarding policy and procedure which are most frequently asked. By choosing to participate in athletic sports, families are indicating their support and adherence to these policies. It is the responsibility of each parent to read and review the Athletic Handbook and to be knowledgeable of its contents.. When parents, students, and staff are committed to supporting these guidelines, TLS athletics is able to operate smoothly, greatly benefiting the students involved.*

## **STATEMENT OF PURPOSE**

Trinity Lutheran School's athletic program strives to provide a setting for our student athletes to use their God-given physical and leadership abilities and display Christ-like character in all situations. A well organized and managed athletic program conveys many biblical principles taught by our Lord Jesus. Unity, others first, stewardship, commitment, self-control and respect for authority are all magnified when individuals work together to build a team that honors the Lord. These principles are fostered and developed through competition with other Lutheran schools along the Front Range.

## **GENERAL POLICIES**

### **Athlete Responsibilities**

God uses everything in our lives for His purpose, including athletics, and we are commanded to "do everything as unto the Lord" (Colossians 3:23). For that reason:

1. Athletes are expected to be at all practices and games.
2. Athletes are to listen, learn, and apply the fundamentals of the game during practices and games.
3. Athletes are to conduct themselves in a manner that is always pleasing to God. This includes being supportive of their teammates and coaches and striving to always give the best of their abilities at all times.
4. Athletes must arrive and be ready to play by the times indicated by the coach. Consequences for unexcused tardiness and absences will be determined by the coaching staff.
5. Academics are more important than playing any sport. Athletes must schedule adequate time to meet all academic responsibilities of school and maintain satisfactory grades in the classroom.

### **Attendance**

- \* Athletes must be present on game day for at least 50% of the school day to participate in the game.
- \* Any athlete leaving school due to illness at anytime on game day will not be eligible to play in the game that day.

### **Coach Responsibilities**

Coaches have the unique opportunity to encourage their young athletes to grow spiritually, physically, and athletically. For that reason all Trinity Lutheran School's coaches:

1. Will be committed Christians actively living their faith.
2. Have knowledge and expertise in the sport being coached as well as the skills to teach the sport.

3. Possess strong and positive communication skills with students, parents and TLS staff.
4. Set a positive leadership example in appearance, posture, language, and representation of the sport to the community, parents and athletes.
5. Demonstrate the godly character traits of self-control, enthusiasm, cooperation, commitment, patience and encouragement.

### **Conflict Resolution**

At Trinity Lutheran School we adhere to the biblical model set forth for us in Matthew 18. When resolving conflicts, the first course of resolution needs to be between the two parties involved. If this does not resolve the matter, the athletic director will get involved to help settle the problem. If this, too, is unsuccessful, the next step will be to schedule a conference with all parties involved, the athletic director and the school principal.

### **Devotions and Prayer**

Prayer and devotion are special times to talk, interact and grow in the Lord Jesus Christ. Therefore, prayer will be a part of each practice and game. Devotions will take place at a minimum of one practice each week and before each game.

### **Discipline**

- \* If discipline is needed, it will be determined by the coach(es) and parents will be notified.
- \* The coach(es) may discipline as he/she deems fit according to the situation and within the scope of Trinity Lutheran Schools policies.
- \* All coaches will deal with disciplinary issues fairly, consistently and according to God's holy Word.

### **Eligibility**

#### I. General Participation:

- \* To participate in any sport for Trinity Lutheran School, a player must be in grades 4-8.
- \* All athletes must have a physical examination within the prior 12 months signed by a licensed physician/nurse before participating in athletics. The physical form must be turned in and will be kept on file.
- \* A nonrefundable sports activity fee of \$75 per sport is due prior to the first practice. This fee helps cover the cost of court time rental, payment of referees and competition entrance fees when applicable.

#### II. Academic Eligibility

- \* Athletics is an extracurricular activity. One chooses to participate; therefore, the player is not excused from doing any school work that a classroom teacher assigns. Players must meet all deadlines without excuse or complaint.
- \* Athletes must maintain a "C" average (70%) in each class. Grades will be checked each Friday. Parents of any athlete deemed ineligible will be notified the Friday before the week of games. Any ineligible athlete will be suspended from games for one week at which point eligibility will be re-evaluated.
- \* While on suspension, the athlete is still required to dress out and attend all

scheduled games and practices, however play is prohibited during the games. If the athlete does not attend the scheduled games, the suspension will be extended.

### III. Behavioral Eligibility

- \* Athletes may be placed on Athletic Behavioral Probation at anytime when the athletes' behavior in school, in the playing arena or in the community contradicts the behavioral standards of Trinity Lutheran School and its athletic program. The athlete's classroom teachers, TLS faculty and coaches may deem an athlete ineligible due to behavior, at which time the athlete will be suspended from playing during games and practices for one week. Eligibility will then again be reviewed at the end of the week.
- \* While on Athletic Behavioral Probation, the athlete is still required to dress out and attend all scheduled games and practices, however play is prohibited during the games. If the athlete does not attend the scheduled games, the suspension will be extended.

### Equipment and Uniforms

- \* All uniforms are issued each season by Trinity Lutheran School with the exception of athletic shoes, socks, volleyball shorts & kneepads/shinguards. All uniforms issued by TLS are the sole property of TLS. Athletes are responsible for those uniforms and should take pride and special care to maintain them. Any lost or damaged items must be fully compensated for at the replacement cost. Report cards and awards will be withheld until all uniforms are returned and/or compensated for.
- \* Most equipment necessary for each sport will be provided by TLS. Coaches and/or the athletic director will inform athletes and their parents of any additional, specific equipment needed at the beginning of each season. Athletes are responsible for the equipment issued to them and must care for and use all athletic equipment properly and responsibly.

### Injuries

We pray the Lord watches over all practices and games and shields our athletes from injury. However, involvement in athletics can result in serious injury. Therefore, it is essential athletes be aware of some basic rules regarding safety to promote injury-free participation:

1. Always warm up prior to strenuous activity.
2. Wear proper equipment and clothing.
3. Keep your bodies well hydrated prior to, during and after strenuous activity.
4. Perform only those skills and techniques you have been instructed to do by the coaches.

If medical attention is needed, we will follow the Emergency Procedure Forms filled out at the beginning of the school year and on file in the school office.

If a student is injured but capable of attending school, that student must attend practice even though incapable of participation unless excused by the coach or doctor's note. This promotes the development of Godly character traits of unity, dedication and commitment.

### **Parent Responsibilities**

Christian parents are called to train them up in the way they should go and “bring them up in the discipline and instruction of the Lord” (Proverbs 22:6 and Ephesians 6:4). For that reason:

1. Parents need to be supportive of their children's efforts. Being at games, picking up children on time, being a supportive spectator, and discouraging unsportsmanlike conduct are ways to demonstrate this.
2. Parents should teach their children to be humble winners and gracious losers.
3. We expect parents to support the coach(es), especially in the presence of their children. We recognize it is sometimes difficult to resist coaching from the stands, but please remember doing so undermines the coach's authority is harmful to the team and your child.
4. Make an effort to know all the names of the players on the team and then cheer in a positive Christian manner for the entire team.
5. Take time to thank the coaches, officials, and others for their efforts and compliment all the players for playing hard.

### **Participation**

Trinity Lutheran School participates in the Denver Area Lutheran Schools (DALs) League in the following sports:

Boys Soccer	Mid August – Mid October
Girls Volleyball	Mid August – Mid October
Boys & Girls Basketball	November – February
Track & Field	March – May

### **Team Designation**

- \* JV teams generally consist of 4-6<sup>th</sup> graders. This level stresses the learning of the sport, development of fundamental skills and Christian sportsmanship. The goal is to have all players participate in games equally as much as possible to promote skill development, provided they attend practices faithfully and follow the coaches and school guidelines.
- \* Varsity teams generally consist of 7<sup>th</sup> & 8<sup>th</sup> graders. 6<sup>th</sup> graders possessing adequate athletic ability to perform at the varsity level may also be included. This level stresses learning the fundamental skills of the sport and Christian sportsmanship, however at a much higher level of competition. All athletes will have competitive playing time in games throughout the regular season, however equal play time may not always be possible. If a team is to be successful at this level of competition the team's needs may have to come before certain individual needs.

### **Practices**

- \* Coaches will develop their own practice schedules based on established game schedules and court/field availability.
- \* There will be no practices on Wednesdays so athletes can participate in mid-week worship activities at their home churches.
- \* There will be no practices during Christmas and Spring breaks.
- \* Parents are responsible for contacting the head coach anytime their child is unable to attend practices, games, or tournaments.

- \* Practice time offers intensive skill training and development; therefore participation in games in relation to missing practice shall be dealt with on an individual basis according to the coach of the particular sport. Each coach has the discretion to deal with the individual situation and arrive at a justifiable solution.

### **Transportation**

- \* Transportation to and from all practices, games and tournaments is the responsibility of parents.
- \* Carpooling **to** events is offered, but will only be successful through the active participation of parents.
- \* All athletes must be picked up at the final destination by their parents as carpools will not return to the school. If alternate arrangements for return transportation is made, the head coach must be notified ahead of time.
- \* All athletes must check out with their head coach prior to leaving any event.
- \* Directions to any off-site events will be provided at the beginning of the season and will be posted on our website at [www.tlcas.org/school](http://www.tlcas.org/school) under the athletics section.

### **Volunteers**

- \* In order for our athletic program to be successful, we need volunteers to assist with a variety of tasks. These include, but are not limited to:
  1. Concessions
  2. Score book
  3. Score keeper
  4. Time keeper
  5. Set up and clean up
  6. Driving
  7. Monitoring study hall
- \* Parents are expected to help out at least once during the season, but depending on the size of the team, may be asked to assist more frequently.
- \* A “Team Parent” volunteer is often essential to a successful and fun season. This volunteer assists the coaches with team communication, banquet planning, team treat coordination and transportation coordination.

## **CONCLUSION**

Athletic participation and competition contributes to the overall physical, emotional and spiritual development of Trinity Lutheran School athletes. It offers them the opportunity to display and test their skills before others and our Lord. It is our prayer that mature, Christian sportsmanship, relationships and character are the fruits of our athletes' participation in this program.

# 2011-12 Trinity Lutheran School Athletic Handbook Receipt Page



**Go Trinity Eagles!!**  
*Take flight and soar this athletic season!*

Please sign, detach and return this receipt page.  
You may keep the handbook itself for your reference.

*I have read, understood and agree to support and adhere to the operational policies, procedures, and purposes outlined in the Trinity Lutheran School 2011-12 Athletic Handbook. Furthermore, I understand the \$75 activity fee is due by the 1<sup>st</sup> practice and is an annual charge per season to cover operating expenses associated with the season.*

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Student's Name, printed

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Student's Signature

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Date

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Parent/Legal Guardian's Name, printed

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Parent/Legal Guardian's Signature

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Date