

Student / Parent / Coach Athletic Handbook

Basketball – Cheer - Volleyball



Home of the Panthers

TABLE OF CONTENTS

Trinity Lutheran School Athletic Philosophy	2
Trinity Lutheran School Sports Program Policies	2-4
Coaches Guidelines	4
Players Guidelines	5
Parents Guidelines	5
Conflict Resolution Procedures	5
Physical Examination and Insurance Requirements	6
Concussion Information	6-7

The following pages MUST be completed and approved by the Principal before a student may participate in ANY GAMES.

Permission / Waiver Form (complete and return to the office)	8
Acknowledgement / Receipt of Athletic Handbook (signed by parents and athlete and return to school office) *	9
Athletic Permit (Physical examination – must be completed and on file in the office before the day of the first game)	10-13

***Please note, all forms must be completed and on file in the office before a student may participate in a game.**

Athletic Philosophy

Trinity Lutheran School competes in various competitive athletic programs in the SEMO Parochial School League as an after school extra-curricular event. The major goal of these programs is to help the student athlete learn to apply Christian principles to his/her daily life.

Through athletics, the student has the opportunity to witness Christ as his/her Savior in his/her actions and deeds, in success and failure, as an individual and as a member of the team. The emphasis of our programs is on team play and exhibiting a Christian attitude in our interactions with other teams, coaches, officials, and fans.

Program Goals

1. To teach our athletes to be thankful for their God given talents and to use these talents in a productive manner
2. To recognize athletics as another opportunity to witness our love of Christ in our daily lives
3. To develop good character traits including responsibility, sportsmanship, teamwork, respect for others, and self-discipline
4. To develop fundamental skills and general knowledge of the respective sports
5. To develop school spirit and pride without compromising respect and Christian love towards others
6. To provide an opportunity for every student, regardless of skill level, to participate in team sports, and to wear the uniform that represents Trinity Lutheran School as a student athlete.
7. To provide a positive experience for the individual athlete and encourage the development of enjoyment in sports and other recreational activities

Trinity Lutheran School Sports Program Policies

Eligibility Regulations

Participation in athletic events with other schools is a privilege granted to those students meeting their classroom responsibilities to the best of their ability. It is EXPECTED that any student-athlete will perform at the academic level consistent with his/her ability.

1. Any student earning a grade lower than a C- on a mid-quarter or report card, will be suspended from practices and games for a week, beginning the day following the release of grades. The student's performance will be reevaluated by the teacher and principal at the end of the week and periodically thereafter, to determine if the student will be reinstated to the team.
2. Any student earning an "F" on a mid-quarter report will be suspended from practices and games for 2 weeks, beginning the day following the release of grades. The student's performance will be reevaluated by the teacher and principal at the end of the 2 weeks and periodically thereafter, to determine if the student will be reinstated to the team.

3. If a student is suspended from the team and earns a “D” or “F” a second time in the same subject or another subject during the actual season, the student will be permanently suspended from the team.

Students should not participate on any other team of the same sport while in a season. If students violate a guideline, they are ineligible to participate for the remainder of the season. Students are permitted to play on a city league or club level sports in a different sport during the school year. The principal will be responsible to discipline a player or coach who violates a guideline. Priority should be given to Trinity Lutheran School activities and games over city and club level teams.

Attendance Policy

Student athletes must participate in a minimum of four practices before they are allowed to play in games.

Students must be in school by 11:00 am to be eligible to participate in any after school activity (practice or to play in a game on that day.

Games and/or practices may occur on weekends. School attendance for eligibility to participate in these games or practices is based on the final day of school that week. Attendance for eligibility will be before 11:00 am on the final day of the school week. If there are multiple games on a weekend, a student who is absent on the final day of the school week will not participate in the 1st game of the weekend, but may participate in subsequent games at the coaches discretion. Players who are absent the last school day before an extended holiday will not participate in the 1st game during the holiday period, but will be eligible for subsequent games.

If there are extenuating circumstances, parents may request a decision by the principal, who may make the decision in consultation with the coach and/or athletic representative of the school board.

Playing Time

The policy of Trinity Lutheran School is that every student who wishes to participate in athletics will be a part of the team. However, playing time is not granted or guaranteed solely by way of participation. Playing time is earned by attendance and effort demonstrated in practice, behavior, and both individual and team skill levels.

The guidelines for playing time for A, B, and C are as follows:

C Team – All players will play in all games and shall be given equal playing time as much as is reasonably possible.

B Team – Every player will play in all games – BUT – playing time will be given as game conditions and skill level warrant.

A Team – Playing time is not guaranteed but will be based on skill level and game conditions. Coaches should make every effort to give all players meaningful playing time at some point in most games.

Coaches are expected to actively look for situations to maximize player participation for all teams regardless of skill level.

C Team will consist of 5th and 6th grade students.

B team will consist of 6th and 7th grade students

A team will consist of 7th and 8th grade students.

8th graders are only allowed by Parochial League rules to play on A level teams

Cheerleaders will be composed of 7th and 8th grade students

Players may be moved to a higher level team if needed to complete a roster and if it is deemed beneficial to the player's development by the coaches and those players' parents.

Coaches Guidelines

Trinity Lutheran School expects our coaching staff, athletic director, scorekeepers, administrators, and staff to set a high standard as representatives of our school, respective churches, and athletic programs, as well as implementing the athletic philosophy.

They are further expected to:

1. Serve as a role model by providing a Christian witness at all times both on and off the court
2. Treat all players, opposing coaches and players, officials, parents administrators, and fans with respect and dignity
3. Show concern for athletes' academic progress and development
4. Make a concerted effort in all players' athletic progress and development, regardless of their athletic ability
5. Be available to athletes and parents for consultation in matters pertaining to team and player concerns
6. Respect the rules of the sport and officials who enforce them
7. Provide timely information concerning practice and game times, locations, and dates
8. Abide by all regulations and eligibility requirements as established by the parochial school league and Trinity Lutheran School
9. Be responsible for the care and maintenance of all uniforms and school equipment
10. Make sure all players are picked up by a responsible adult following all practices and games before leaving the building
11. Give positive reinforcement and encouragement to all players for good performance
12. Be responsible for the supervision of players while participating in school sponsored athletic activities including practices, home, and away games.
13. Insure appropriate attire is worn by players at practice, at all games, and during travel.
14. Begin games with a locker room prayer.

Player Guidelines

1. Represent the Lord and Trinity Lutheran School in a Christ like manner.
2. Exhibit good sportsmanship and conduct at all times both on and off the court.
3. Be respectful to officials, coaches, opposing players and guests.
4. Be respectful of property, buildings, and locker rooms both at home and when visiting other schools.
5. Make an extra effort to maintain grades and abide by the eligibility guidelines for Trinity Lutheran School.
6. Make every effort to attend all practices and scheduled games unless injured or otherwise excused.
7. Follow the directions of your coaches and be respectful of teammates.
8. Be responsible for the maintenance and care of uniforms and equipment.
9. Wear appropriate attire to all games, both home and away, and to practices. Any clothing which allows undergarments to be exposed is deemed **INAPPROPRIATE**. This includes tee shirts with the sides cut out, shorts that are rolled down or shorts worn so low as to expose the player's underwear.

Parent Guidelines

1. Represent TLS, your home church, and Panther athletics in a Christian manner at all times.
2. Exhibit sportsmanship toward players, coaches, officials, and opposing fans at all times both home and away.
3. Be respectful for property and facilities of TLS and of opponents
4. Help in the care and maintenance of uniforms and equipment.
5. Support your student athlete by attendance at games and with positive reinforcement.
6. Support the team by working scheduled times in the concession stand and admissions.

Conflict of Resolution Procedures

It is our fervent desire for athletics to be a positive experience for everyone involved. However, we do recognize that there are times when disagreements and concerns do arise, and they should be handled in the following manner:

1. Meet directly with the coach to discuss problems and a resolution. We expect our coaches to be receptive to reasonable discussions with students and parents in matters concerning that player and team.
2. If a resolution cannot be reached, arrange a meeting with the coach, all concerned parties and with and the school board athletic representative who will act as mediator.
3. If resolution still has not been made, a meeting will be held with the principal and school board athletic representative. Decisions made at this level will be final and all actions will be reported to the full board of education.

Permission/Waiver Form

(Print athlete's last name, first name above)

Dear Parent or Guardian:

Your child has indicated an interest in participating in the Trinity Lutheran School Athletic Program in the following sport(s):

(List each specific sport)

Before your student may participate, she/he must meet eligibility guidelines and be given permission by you. Please read and sign the following permission and waiver form. (A separate Inhaler Use/Medications/Health Concerns/Medical Release form must also be submitted.)

I/We the undersigned:

1. Request that my daughter/son be allowed to participate in the Trinity Lutheran School Athletic Program in the sport(s) listed above.
2. Agree to submit a signed doctor's permission form, permitting participation in athletics at Trinity Lutheran School.
3. Agree that if serious injury or illness occurs, my child must provide a signed authorization form from a treating healthcare provider that supports the physical fitness and ability of the child before my child may be allowed to participate further in the Trinity Lutheran School Athletic Program.
4. Have adequate insurance or, in the event that my child is injured, I will be responsible for all expenses incurred.
5. Request participation by the student in the Trinity Lutheran School Athletic Program, including transportation to and from these activities, and assume the risks of injury arising from such participation. I recognize that Trinity Lutheran School does not carry health or accident insurance or other insurance for medical and hospitalization expenses arising from such injuries.

I hereby agree to indemnify and hold Trinity Lutheran School harmless for any claim of liability for injuries to the student arising from participation in the Trinity Lutheran School Athletic Program. This includes organizers, sponsors, supervisors, participants, and persons transporting the above student.

Parent/Guardian Signature

Date

Acknowledge/Receipt of Athletic Handbook

(Print family name above)

My signature below acknowledges that I have received a copy of the Trinity Lutheran School Athletic Handbook. I understand and accept that this handbook identifies guidelines and provides summary information about athletic related issues, procedures, and rules of conduct.

I understand and accept that it is my responsibility to read, understand, become familiar with, and comply with the standards that have been established, as well as to ensure my child makes every effort to comply with applicable expectations.

I further understand and accept that the Administration of Trinity Lutheran School, in conjunction with the Trinity Lutheran Day School Board, reserves the right to modify, supplement, rescind, or revise any provision or policy from time to time, with or without notice, as it deems necessary or appropriate.

Parent/Guardian Signature

Date

Student Athlete

Date

Coach

Date