

Resurrection Lutheran School Athletic Handbook 2023-2024



**Resurrection
Lutheran School**
BUILDING A LIFELONG FOUNDATION

**Built on Christ
Built with Educational Excellence
Built to Include and Support Families**

**“To prepare all children for this life and eternal life through
Christ-centered education”**

Athletic Handbook

This handbook contains policies and procedures for the athletic program of Resurrection Lutheran School. We ask that you review this information carefully and sign the form at the back, acknowledging that you have done so. If you have any questions about items in this handbook, please contact the athletic director.

Philosophy

We believe each of us has a unique set of gifts, talents, and abilities from God's grace. Some of these are physical, some intellectual, some emotional, and some attitudinal. Since the maturation rate of each student is different, and the accurate early identification of gifts is difficult, we should encourage each student to develop their talents and gifts as they grow. We believe that participation in extracurricular activities is a privilege, not a right, and that it is contingent on students maintaining satisfactory academic progress and attitudes while following the guidelines in the Eligibility Policy. We believe that participating in extracurricular events should maintain the highest Christian standards in word and deed during competition, practice, and general school life. We believe that competition is important, however, the primary purpose of the extracurricular activities is that God be glorified as participants use their God-given gifts, talents, and abilities.

Goals and Objectives

1. To provide a means by which our school may give witness of Jesus Christ to the community and to individuals.
2. To provide for Christian fellowship.
3. To develop loyalty to the school through sports.
4. To develop the highest Christian standards of sportsmanship.
5. To develop proper attitudes towards one's body and its care and development.
6. To develop a lifelong interest in physical activity and exercise.
7. To develop skills for all participants.
8. To provide an opportunity for all to participate in sports on a regular basis.

Role of the Board of Christian Education

The Board Shall:

1. Appoint an athletic Director
2. Yearly review athletic policies with the Athletic Director, make changes as needed, and approve the policy with a majority vote.
3. Reserve the right to approve or disapprove any sport and approve or dismiss any coach or Athletic Director with a unanimous vote.
4. Reserve the right to override any decision(s) of the Athletic Director with a two-thirds majority vote.

Role of the Athletic Director

The Athletic Director Shall:

1. Make arrangements for, or delegate arrangements for, all athletic programs and contests. Arrangements include but are not limited to gym or field reservation, setup, and equipment setup and clean up after.
2. Secure coaches from the faculty, or volunteers as needed with the approval of the principal and board.
3. Provide orientation for all coaches.
4. Arrange parent orientation meetings for all sports.
5. Secure officials and table help for all home matches, games and tournaments and secure payment for officials.
6. Make arrangements for and approve, or delegate arrangements for, the purchase of uniforms.
7. Arrange for, or delegate arrangement for, distribution and return of uniforms at the beginning and ending of each season.
8. Communicate with the principal, coaches, faculty, parents, and Board of Education all information pertaining to the athletic program.
9. Set up and arrange the interscholastic athletic schedules for the various seasons.
10. Keep athletic and physical education equipment in good repair.
11. Keep an inventory of all athletic and physical education equipment.
12. Keep storage areas neat.

13. In conjunction with the faculty, decide and inform on student eligibility for the various athletic teams.

14. In conjunction with the principal, evaluate coaches on a yearly basis and provide feedback on strengths and goals for improvement.

15. Meet as needed with the principal.

Qualifications and Expectations of Coaches

1. Only persons approved by the Athletic Director and Principal may serve as coaches.

2. A head coach must be a Member in good-standing of a WELS/ELS congregation – participates in worship, Bible Study, and the activities of a WELS/ELS congregation.

- If a WELS/ELS member cannot be found, then the head coach will be under the supervision of the athletic director and the principal, and the person serving as head coach must agree with and support our statement of beliefs.
- The six month rule from our Child and Youth Abuse Prevention Policy will apply.

3. At least one assistant coach should be a member in good standing of a WELS/ELS congregation, or a parent of a currently enrolled student who has agreed to the parent/student handbook and supports the mission of the school and our statement of beliefs.

- Other assistant coaches may serve if they are not a member of a WELS/ELS congregation, or a parent of a currently enrolled student as long as their is an assistant coach who meets the criteria in point 3.
- The six month rule from our Child and Youth Abuse Prevention Policy will apply.

4. Exemplary Christian role model for students and parents.

5. All coaches should meet with the Athletic Director before beginning practices or games. Changes in the schedule need to be approved by the Athletic Director in advance.

6. Coaches using the gym should see to it that the floors are swept and equipment is put away at the end of each practice session.

7. Coaches are to remain at school until all the players have been picked up. When all players have left, the coaches need to make sure all the doors are locked securely before leaving.

8. Head coaches are encouraged to lead a team prayer before all games.

9. Coaches are to follow the policies, guidelines, and procedures established by the faculty and the Board of Education for the smooth operation of the school.

10. All coaches must have signed proper forms and have a background check completed before they may begin coaching.

Code of Ethics for Coaches

1. I will treat each player, opposing coach, official, parent, and administrator with respect, Christian love, and dignity.

2. I will model Christian humility while accepting defeat, and while celebrating a victory.

3. I will do my best to learn the fundamental skills, and teach the fundamental skills and strategies of my sport.

4. I will become thoroughly familiar with the rules of my sport.

5. I will become familiar with the objectives of the athletic program at Resurrection Lutheran School. I will strive to achieve these objectives and communicate them to my players and their parents.

6. I will uphold the authority of the officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.

7. I will learn the strengths and weaknesses of my players so that I might place them in situations where they have a maximum opportunity to achieve success.

8. I will conduct my practices and games so that all players have an opportunity to improve their skill level.

9. I will communicate to my players and their parents the rights and responsibilities of individuals on our team.

10. I will cooperate with the Athletic Director in the enforcement of rules and regulations, and I will report any irregularities that violate sound competitive practices.

11. I will protect the health and safety of my players by insisting that all of the activities under my control are conducted for their welfare.

Coaches will be evaluated every other year using the qualification and expectations, along with the code of ethics. An evaluation conference will take place at the end of the season. At that conference the coach and athletic director will set goals for the upcoming seasons. Coaches are expected to work toward meeting those goals with support from the athletic director. If a coach does not make satisfactory progress toward meeting those goals, they will not be asked to coach again.

Student Responsibilities

In general, the privilege of participating in Resurrection's athletic program is extended to all students in grades 5-8. A few sports are open to students younger than grade 5, and some sports may be open to students younger than grade five if numbers dictate the need. Participation will depend on the student's ability to assume certain responsibilities. The greatest of these responsibilities is to their Lord and Savior. They are also expected to represent their church, school, parents, and community in a God-pleasing manner.

All student-athletes shall:

1. always give glory to God, not to themselves, by doing the best with the gifts God has given them.
2. display proper respect for those in authority, including administration, teachers, coaches, officials, and also other school personnel.
3. display a genuine spirit of cooperation and sportsmanship.
4. make a commitment to the team by being at all scheduled practices and games.
5. excuse him/herself to the coach either in person or by note or phone call when not able to attend a practice or game. Students must attend a full day of school, unless excused for an appointment, in order to participate in practices, games, and performances. Contact the athletic director if there are extenuating circumstances.
6. be on time for all practices and 30 minutes prior to game time. If a player misses a game or practice and has not excused him/herself beforehand with the coach, they will not start and their playing time will be affected in the next scheduled game. (If a player missed due to an illness or family emergency it would be considered an excused absence and will not be penalized for missing the game.)
7. dress according to the school dress code when attending a school function.
8. use language befitting a Christian; profanity will NOT be tolerated.
9. not smoke, drink alcoholic beverages, or take drugs that are not prescribed by a physician for illness.
10. avoid doing anything that would embarrass themselves, their Lord, their parents, their team, or the school.

In the event an individual fails to demonstrate Christian behavior, or abide by these guidelines, he/she will receive a warning, and the parents/guardians will be contacted. After the second occurrence, the parents/guardians will be contacted, and the player will be suspended from the next game. On the third infraction, the student will no longer be a part of the team.

Parents' Code

As a parent whose child or children are participants in Resurrection Lutheran's athletic program, I will:

1. Support My Child

Children are learners and part of learning is making mistakes. Show your child by example that mistakes are opportunities for learning. Be positive and look for those things that your child does right. If you feel that something should be pointed out to your child, use complete feedback:

- + tell them what they did right
- + tell them constructively what they did incorrectly
- + tell them what they should do next

2. Support My Child's Coach

The coach is your child's teacher. Coaches are volunteers, and frequently they are parents too. Show your child that you support the coach and your child will listen better and learn more. A coach is just like you: friendliness will make you more receptive than unfriendliness. Let the coach know that you appreciate the effort being given and the time he or she is putting in to help your child. Look for good things that are done, not the mistakes that are made. If you criticize your child's coach, your child may become negative also. Be a positive role model.

3. Support My Child's Team

No matter who plays well and who doesn't, no matter whether your child's team wins or loses, please support ALL the players on the team and your child will have a much better relationship with teammates. In turn, he or she will learn to support them also and will make and keep friends. Be positive rather than negative.

4. Support My Child's Opponents

This is sometimes the hardest one to master. Your child will learn more if your opponents are well prepared and give your team a good game. And, believe it or not, your child may learn more in defeat than in victory. Performance seems to be a bigger issue when a team loses. Parents and children have a tendency to be critical of opponents when they lose the game. A child that sees parents show appreciation for another team and the players on that team learns about respect and showing Christian love to everyone. Respect also wins friends and in turn your child will get respect as a good sport. Reflect your love for your Savior and others by showing positive support for the other team.

Parents who do not observe this code may be asked to meet with the athletic director and the principal about continued attendance at athletic contests.

Scheduling Guidelines:

1. The schedule will be made to avoid conflict with other previously scheduled school/church events. This includes not having practices or games on Wednesdays due to Faith Night or Advent and Lenten services. Special permission to have a practice on a Wednesday may be granted by the principal.
2. There will be no more than two games/meets for a team in a week, except for tournaments (unless weather dictates or there is Principal's approval).
3. Any practices scheduled on non-school days, are highly encouraged, but not mandatory.
4. Cancellation of scheduled games due to any reason will be made by the Athletic Director in consultation with the opposing school's Athletic Director and/or Principal by 12:30 on school days.
5. Any changes or additions in the set schedule need to be approved by the Athletic Director in advance.
6. On days school is canceled, any scheduled practices will be canceled and games will also be canceled/postponed.

Participation and Involvement - Students in grades three and four may be asked to participate in sports not listed below for their grade if numbers dictate.

Fall

Cross Country	3rd-8th grade	coed
Soccer	5th-8th grade	coed
Volleyball	5th-8th grade	coed

Winter

Basketball	5th-8th grade	boys, girls
Cheerleading	4th-8th grade	girls

Spring

Softball	5th-8th grade	coed
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B-Team Athletics

The B-team is designed to focus on building skills and team development. They will focus on learning the basic skills and rules necessary to compete in their chosen sport.

A-Team Athletics

The A-team is designed to enhance skills & team development and to be competitive. The athletes will continue to develop their skills while learning different strategies for advancing and winning as a team in their sport.

Non-continuation agreement

Every two years the school board is asked to approve a non-continuation agreement with Rochester Public Schools. This agreement allows students in grades 7-8 to participate in high school activities through Rochester Public School. Please talk to the Athletic Director or the principal about participation.

The school board may consider a similar agreement with WELS area high schools if there is interest.

Eligibility

Any grade student who wishes to participate in a sport will have the opportunity to do so, provided he/she meets the established standards of academic achievements and conduct:

- All students must turn in a completed Athletic Eligibility Form, for each season they participate in, at least 24 hours before the season's first competition.
- Student athletes must represent their Lord and Resurrection Lutheran School in a positive manner.
 - A student-athlete who chooses to behave in a way that is not consistent with the school's behavior and conduct policies will be in jeopardy of losing their privilege of participating in school athletics. See student responsibilities on pages 5-6
- Student athletes will maintain a healthy Christian attitude
 - See student responsibilities on page 5-6
- Student athletes must maintain passing grades in all of their classes (no U's or F's). Students may also not have an N or below in religion or catechism classes. Students must also turn in well-completed assignments, in a timely manner.
 - A student with an *Individualized Service Plan*, or documented disabilities with interventions in place, will follow the established guidelines set forth in that plan.
 - Students declared ineligible will be prohibited from practicing or playing in any game or tournament during the time of ineligibility, but may observe practice.
 - Ineligible students should attend all games and sit on the bench, not dressed in team uniform.
- Classwork completion - Students who have 3 or more late assignments in any midterm period will become ineligible for five days from the date

of the assignment and for each consecutive late assignment in that midterm period.

- Students must attend a full day of school, unless excused for an appointment, in order to participate in practices, games, and performances. Contact the athletic director if there are extenuating circumstances.

Concussions

- Any athletes suspected of having a concussion should immediately be removed from participation. "When in doubt, hold them out."
- No athlete should return to play (RTP) or practice on the same day of a concussion.
- Any athlete with a suspected concussion must be evaluated and medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- Athletes should not be allowed to RTP while still having symptoms.
- After medical clearance, athletes should follow an individualized, RTP protocol.

In order to resume activity, the athlete must be symptom free and off any pain control or headache medications, carrying a full academic load, without any significant accommodations, and have clearance from an appropriate healthcare provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and/or with prolonged symptoms often require a very different RTP program and should be managed by a healthcare professional with experience in treating concussions.

This program allows for no more than one step per 24 hours and allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: 15 minutes of light exercise

STEP TWO: More strenuous running and sprinting, without equipment

STEP THREE: Begin non-contact drills in full uniform

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

Athletic Fees

All participants are required to pay a fee for their particular sport to cover the cost of officials, equipment and uniform maintenance. The fee is not enough to

fully fund the program, but rather helps to offset the cost. All fees are due prior to the first scheduled contest. The fee schedule is as follows:

Soccer - B \$30; A \$35

Cross Country - \$30 per participant

Volleyball - B \$30; A \$35

Basketball - 1st child \$85; 2nd \$70; 3rd \$50

Cheerleading - B \$25; A \$30

Softball - B \$25; A \$30

Uniforms

All school uniforms will be handed out and collected by the uniform coordinator, assistant athletic director, or athletic director. It is the responsibility of the athlete to have his/her uniform present for all games/meets. In the event that an athlete forgets their uniform and another cannot be secured, he/she will not be able to play.

To keep uniforms in the best shape possible, uniforms are not to be worn to school or for any other purpose than to participate during a game or meet. Each individual player is responsible for the care of their own uniform. Uniforms should be washed in cold water and if not air-dried, should be dried on a low setting. Any uniform which is not returned or is damaged when returned, will be replaced at the athlete's expense.

Volunteering

All parents are expected to volunteer at a home game if their child is participating in volleyball or basketball. Volunteer opportunities include, but are not limited to, concessions, scorebook, scoreboard, line judging.

Parent/Athlete Agreement

All parents and athletes are expected to make themselves aware of the guidelines contained within this handbook prior to participating in a sport at Resurrection Lutheran School. Athletes may not participate in a sport until they and a parent have signed and returned the Handbook Agreement. This agreement is at the end of this handbook and is also available on the website, or from the school office or athletic director. The Handbook Agreement needs to be signed by parent and athlete only once during a school year and will cover all sports an athlete participates in.

Resurrection student-athletes, coaches, fans, and parents must realize that our athletic teams and athletic events are the only impression many people will have of Resurrection Lutheran School and our Savior. We want to have an excellent reputation among other student athletes, coaches, fans, parents and officials. Any behavior that could reflect negatively on Resurrection Lutheran School will not be tolerated and could lead to suspension from the team.

Athletic Handbook Agreement for Parents and Athletes

2023-2024 School Year

After having reviewed the athletic handbook, please read the following statements carefully and sign below to indicate your agreement.

We hereby affirm that we have reviewed the Athletic Handbook and discussed it so that our children participating in athletics understand what being an athlete at Resurrection Lutheran School requires.

We certify that we consent to and will submit to all policies and guidelines as set by the school or we will forfeit athletic participation.

We understand that this Handbook does not contractually bind Resurrection Lutheran School and is subject to change without notice by decision of Resurrection Lutheran School's governing body.

We understand that participation in athletics is a privilege, not a right.

Signature of Athlete Date

Signature of Parent of Athlete Date

Signature of Parent of Athlete Date

Signature of Parent of Athlete Date