

SPORTS HANDBOOK 2018-2019

PHILOSOPHY

The philosophy of the sports program at Faith Lutheran School is to help young people develop...

1. Physically, by learning sport skills, improving physical conditioning, developing good health habits, and avoiding injuries.
2. Psychologically, by learning to control emotions and to develop feelings of self worth.
3. Socially, by learning how to cooperate in a competitive context and by learning appropriate standards of behavior (sportsmanship.)

We practice to win, we play to win, and we come home winners regardless of the score, if we have done our best. We are always CHRISTIAN-STUDENT-ATHLETES in that order.

GENERAL RULES AND REGULATIONS

A. ABSENCES

Athletes must be committed to the team. Athletes must be at all practices and games. For health reasons, an athlete must be at school by noon in order to participate in any sport activities on that day (practices, games, etc.) Students leaving school during the day due to illness may not be eligible to return that day for sports activities. If arriving late or departing early students must produce an excuse note outlining the reason. The principal and athletic director will determine if student is excused and cleared to play. (For example, a funeral in the morning caused a late arrival would be excused.)

ATHLETIC PHYSICALS

A certified physical examination is required each year before any student in grades four through eight may participate in soccer, volleyball, basketball, track and field, flag football & golf. The physical must be within one calendar year of participation.

D. DETENTIONS

Any athlete receiving more than two detentions during the course of a season is removed from the team upon receiving the second detention.

DRESS CODE

Team uniforms are to be worn during games. PE uniforms are to be worn for all practices.

E. ELIGIBILITY

Eligibility for sports includes good academic standing. If a student receives one grade below 70% or two or more grades below a 75% on his/her midterm or quarterly report card, he/she will become ineligible to participate in extra-curricular activities for a period of two calendar weeks, beginning the Monday after the grade is released (or the first day back to school if the grades are released during a vacation period.) If, at the end of the two week period the student has raised the grades in question to the required level, they may rejoin the team. If the required level is not met, the student is no longer a member of the team.

EXTENDED CARE

Athletes must go to extended care fifteen minutes after the published practice ending time or fifteen minutes after a game or practice has been called if a parent does not pick them up.

F. FLCSE.ORG

All practice and game schedules are available on the flcse.org calendar. All away game directions are available on "Athletics" tab on flcse.org. Permission form, physical form, and handbook are all available as links on "Athletics" tab on flcse.org.

FORMS & FEES

Sport forms include: permission form, completed physical from doctor dated less than a year old, and fee paid.

FEES

Team	Cost
Fall Soccer	4th & 5th graders---\$80 6th-8th graders-----\$90
JV Volleyball	\$75
Varsity Volleyball	\$80
Varsity Basketball	\$90
Junior Varsity Basketball	\$80
Track	\$60 (includes t-shirt that is theirs to keep)
Spring Soccer	\$80
Flag Football	\$80 (includes t-shirt that is theirs to keep)
Golf	\$80 (includes polo & greens fees)

H. HOME GAME DAY PROCEDURES

For the safety of all students supervision by an adult is a must. The following are acceptable choices for home game day situations:

1. Go home by 3:15 p.m. and return 30 minutes before game. Players may **NOT** leave campus with any other adult beside their parent after school without parental **written** permission. This could jeopardize team membership. If you do leave without proper written permission you are putting the school under great liability. Please bring written permission to the Athletic Director. Players may not return before 30 minutes prior to game time, unless the parent/adult is with the student.
2. Go to extended care.

P. PLAYING TIME

The amount of playing time is at the discretion of the coach.

Q. QUITTING

All players are encouraged to stick out a sport at least until the first game. This time will be adequate to indicate to the student whether this activity is detrimental to his/her academics or self-gratification. If the player, therefore, decides to drop the sport before the second game it will not be considered quitting, but withdrawing. It is the player's responsibility to speak personally to the respective coach and Athletic Director to explain the situation before the next practice and/or game. Players who quit a team after the second game are ineligible for membership the next sports season (example: if a player quits volleyball the player may not play volleyball next year.)

T. TRANSPORTATION

Transportation to and from games will be provided by the school's bus whenever possible during the school week. When not possible during the week, parents are asked to transport their own children.

Riding the bus or in someone else's vehicle generates these guidelines:

1. Use the same seat going to function and returning.
2. Use the front exit except in emergencies.
3. Be absolutely quiet at train tracks.
4. Keep body parts inside vehicle.
5. Place litter into proper receptacles.
6. Converse in speaking voices.
7. Remove all personal belongings upon return.
8. Close windows upon return.
9. Eat and/or drink before getting on board.
10. Practice Christian conduct and language.
11. Parents are to sign out players if they are not returning on the school bus.

On weekends, parents are responsible for their athlete's transportation.

TUESDAYS

Some Tuesday practices may not start until 4 P.M. Some home games may not have study halls prior to them. This is to allow coaches to attend faculty meetings. On days when these practices occur students may be picked up at 3 P.M. and return for practice/game or they may attend extended care. Students may not "hang out" unsupervised.

U. UNIFORMS

Uniforms are important in identifying fellow team players. All players will wear the proper articles that accompany the team uniform. The exception is playing shoes and kneepads. These do not have to be the same color as their teammates'.

Wear uniform only during games - not during practice, Extended Care, P.E., play time, off to visit family and friends, etc.

Remind your clothes washer to: wash uniform separately from other clothes, use no bleach, remove from washer when cycle is complete, and hang uniform up to air dry - no dryer.

Team members are responsible for replacing the uniform (up to \$150) if returned abused - (see second paragraph above). Uniforms must be returned clean to the Athletic Director within 3 days of the last scheduled function or when team membership terminates.

For all practices and games all athletes are to supply their own water bottle; soccer players are to supply their own shin guards, rubber cleats and solid, orange game socks; volleyball players are to supply their own kneepads. Volleyball and basketball players are to have a pair of tennis shoes that is only worn in the gym.

V. VOLUNTEERS

Parent volunteers are absolutely necessary to the success of our program. Help is always needed to set up and take down equipment, run concession stands, aide, afford transportation, and offer financial assistance. Please let the coach know at the beginning of the season with which areas you may be able to help.

Volunteers who have unsupervised access to children (such as volunteer coaches) are required to complete the appropriate paperwork and have a background check and/or fingerprinting completed before their season begins.

****During the course of the school year, rules, procedures and /or regulations may be added, deleted, or changed. These will be published in the newsletter as well as relayed to participants. These must be adhered to as well as this handbook.