

# Trinity Lutheran School Mission Statement

The mission of Trinity Lutheran School is to assist families to make fully devoted followers of Jesus Christ through Christ-centered education

## School Athletic Program Athletic Statement

The mission of the Trinity Lutheran School Athletic Program is to make fully devoted followers of Jesus Christ through participation in Christian athletics and competition.

### Purpose of Trinity's Athletic Program

- ◆ Glorify Jesus Christ in all that is done on and off the playing field or court.
- ◆ Establish a firmer and more personal relationship with Jesus Christ.
- ◆ Discover and develop the God-given talents and abilities of students.
- ◆ Cooperate with and assist parents, coaches, and instructors, in learning and using a Christian attitude toward playing and competing.
- ◆ Improve the overall physical condition and specific athletic skills of students.
- ◆ Have a positive athletic experience in order to encourage a lifelong enjoyment of sports and recreational activities.

### 5<sup>th</sup> & 6<sup>th</sup> Grade Philosophy

Our 5<sup>th</sup> & 6<sup>th</sup> grade teams are the opportunities students at Trinity have to participate in school athletics. For some this is the first exposure they have to organized competition. Because of this, often there are varied levels of abilities. Based on participation levels it may be necessary to cut players during sport tryouts.

Coaches are often challenged with the task of playing time for each athlete during games. Our league, NSLAA (North Suburban Lutheran Athletic Association), does not endorse an equal playing time for all players. Our coaches will determine playing time based on but not limited to the following criteria: skill, practice efforts, practice attendance, cooperation, and attitude. While our philosophy is not a win at all costs attitude, we do want maintain a quality level of competition.

### 7<sup>th</sup> & 8<sup>th</sup> Grade Philosophy

Our 7<sup>th</sup> & 8<sup>th</sup> grade teams are set up to compete at a higher level than that of 5<sup>th</sup> & 6<sup>th</sup> grade. At this level while winning is not everything; it does take on more importance. Not all players may be played in all games. As in 5<sup>th</sup> & 6<sup>th</sup> grade, there will be criteria that coaches take into account to establish playing time for their players. It will be up to the individual coach to communicate to their team what that criteria will be. Each team will conduct a tryout at the beginning of each season.

## Coaches

At Trinity, we try to fill our coaching positions with our school staff first. Sometimes this is not always possible so we rely on volunteers to coach teams. These volunteer coaches receive no pay and give of their time and talent to their teams. Each coach meets with the athletic director prior to the season to discuss philosophy and expectations for their roles. Each coach is required to hold a meeting with parents to introduce themselves and communicate expectations of athletes and season.

## Parents

During the course of the season you may wish to talk with the coach about differences you have with coach's philosophy or style. While immediate answers are nice, approaching a coach immediately following a game or a practice is not the best time to hold such a discussion. Talk with the coach to set up a time that is mutually acceptable. If you wish, you can ask the athletic director and/or the principal to be part of the discussion.

## Guidelines For Athletes

- ❖ Athletes should know the importance of their role on a team. They should realize that just because they are not the leading scorer or the leader in any certain sport, they are still important to the team. They may play all the time, or they may be the team's booster and come off the sidelines to give the team that extra push, or they may serve as a practice player for the starters while working to make the starting line up.
- ❖ Players should treat one another and their coach with respect. Never talking down other players. Athletes should encourage their teammates to play well, for good effort, for assists, and for sportsmanship.
- ❖ Athletes should take care of their bodies in the following ways:
  - Spiritually-By thanking and praising the Lord regularly.
  - Physically-By eating properly balanced meals and going to bed at an early time during their sport's season.
  - Mentally-By making an all out attempt to keep their grades at or above their academic ability level.
- ❖ When an athlete is on the sideline he/she should cheer his/her fellow teammates on to victory.
- ❖ When the coach is giving instructions during a practice or game, the athlete should be silent and let the coach present his/her instructions. When the coach finishes they can ask questions.
- ❖ An athlete should not ask his/her coach if he/she could go into a game or replace someone. This is up to the coach as to who will play and when each athlete does play.
- ❖ Athletes are Trinity's ambassadors and should conduct themselves in a polite and courteous manner at home and away games. This applies both on and off the field or court of competition.
- ❖ Athletes are part of a team and should conduct themselves as a team member, not an individual player.
- ❖ Win or lose, the athletes and coach should give thanks to the Lord for letting them participate on the field or court of competition and the enjoyment of the Christian Fellowship.
- ❖ Athletes should realize the importance of giving 100% effort at practice and during the normal competition.
- ❖ Athletes should practice good sportsmanship. If any differences need be expressed to the opposing team and/or officials, let the coach or athletic director do this.

- ❖ The athlete is also expected to be in school for at least ½ day in order to participate in either a game or practice. The athlete is also required to participate in physical education and have the necessary uniform. A sports uniform is NOT a substitute for a PE uniform and shall not be used as one. Failure to meet these conditions will result in sitting out either a game or practice.
- ❖ An athlete may be dismissed from a team for missing 2 scheduled practices or 1 scheduled game or tournament. If you must miss a practice or game, talk to the coach prior to the practice or game. Do not wait till the last minute. Absences from school do not apply to this.

## Guidelines For Parents

Your child has potential to become a good athlete. Listed below are some suggestions that will enable your child to work towards reaching their potential while enjoying themselves in the process.

- Make sure your child knows that win or lose, you love them. Let your child know that you appreciate his/her efforts and that you won't be disappointed with failure.
- Try to be completely honest with yourself about your child's athletic capabilities, competitive spirit, level of skill, and practice habits.
- Please help your child to understand that his/her athletic participation is secondary to academic obligations. Please assist them in making responsible choices, which involve academic and family priorities.
- Be helpful, but don't coach your child on the way to the game or at the meal table. Your child must try to absorb all their coach is trying to teach them, any additional instruction may confuse or frustrate your child. If you want to help, reinforce what is being taught after consulting with the coach.
- Teach your child the following:
  - to enjoy the thrill of competing.
  - to take the physical bumps and come back for more.
  - try to avoid telling them that winning doesn't count, because it does and they know it.
  - help them develop a healthy competitive attitude, an attitude for trying hard and a desire to have a good time with their teammates.
- Try not to live through your child. You have had the experiences of athletic competition, you've learned! Let them experience the same frustrations and joys!
- Don't compete with your child's coach. A coach may be a hero to them for a while, someone that can do no wrong. You may find that hard to take. Your child may find that he/she becomes disenchanted with the coach. Don't side with your child against the coach without talking to the coach about the problem. Talk to your child about the importance of learning how to handle the problems and how to react to criticism. Help them understand the necessity for discipline, rules, commitment, etc.....
- Don't compare your child with other players on the team. If your child has a tendency to resent the treatment he/she gets from the coach, if your child is jealous of the approval other players get, share with them your approval/disapproval his/her actions. Be honest with your child about his/her capabilities as a player. If you are overly protective, you will perpetuate the problem.
- Teach your child the meaning of successful competition. Everyone is fearful of failure or making mistakes. Competition is not the absence of mistakes, but being successful with mistakes.
- Play to the Glory of God. Help your child understand the meaning of this saying. We work hard in practice and during the game for the chance to give God glory through our play. It is our way of saying thank-you for the many talents and gifts which He has given to us. We should always strive to do our best. What a joy to play for the Lord!

## **Guidelines For Coaches**

- Coaches are responsible for setting practice schedules and distributing it to the students, parents, school office, and athletic director. Schedules will then be included the school website.
- It is the coach's responsibility to assign uniforms at the beginning of the season.
- Coaches are chosen by the athletic director and are under his/her supervision.
- Coaches are not to leave until all players have been picked up from the practice session. Parents should pick up their child from practice at the scheduled time. Any student not picked up fifteen minutes after the scheduled time may be placed in SACC or after school study hall.
- Coaches will make sure they have given the athletic director any request for needed practice or game equipment. The coach is responsible for properly putting away equipment used in the game or practice.
- The coach will secure the athletic closets, gym, and building in the event they are the last to leave after an evening practice or game.
- Coaches shall be responsible for the First Aid Kit at each event.

## **A Coaching Creed**

- Be a resource person able to assist the athlete to develop his/her athletic potential and self-dependency.
- Recognize individual differences in athletes and always think of the athlete's long-term best interests.
- Aim for excellence based upon realistic goals and the athlete's growth and development.
- Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents, and proper attitudes in language, dress, and deportment.
- Make sports challenging and fun. Skills and techniques need not be learned painfully.
- Be honest and consistent with athletes. They appreciate knowing where they stand.
- Be prepared to interact with league officials and parents. They too, have important roles to play in sports.
- Coaching involves training by responsible people who are flexible and willing to continually learn and develop.
- Encourage athletes to be fit all year, every year, and not just for the season.

## **Code of Ethics For Coaches**

- ❑ I will treat each player, opposing coach, official, parent, and administrator with respect and dignity.
- ❑ I will do my best to learn: fundamental skills, teaching and evaluation techniques, and strategies of my sport.
- ❑ I will become thoroughly familiar with the rules of my sport.
- ❑ I will become familiar with the objectives of the youth sports program with which I am affiliated. I will strive to achieve these objectives and communicate them to my players and their parents.
- ❑ I will uphold the authority of 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.
- ❑ I will learn the strengths and weaknesses of my players so that I might place them into situations where they have a maximum opportunity to achieve success.
- ❑ I will conduct my practices and games so that all players have an opportunity to improve their skill level through active participation.
- ❑ I will communicate to my players and their parents the rights and responsibilities of individuals on our team.
- ❑ I will cooperate with the athletic director in the enforcement of rules and regulations, and I will report any irregularities.
- ❑ I will protect the health and safety of my players by insisting that all of the activities under my control be conducted for their psychological and physiological welfare.

## **Eligibility**

Participation in extracurricular activities is a privilege not a right. A student in grades 5-8 must:

1. Be less than 15 years of age before September 1 to be eligible for 7<sup>th</sup> & 8<sup>th</sup> grade competition for the year. Students must be under 13 years of age before September 1 to be eligible for 5<sup>th</sup> & 6<sup>th</sup> grade competition.
2. Maintain a 2.0 or higher GPA (grade point average).
3. Receive a letter grade of D- or higher in all subject areas. An F in any subject will cause ineligibility.
4. Make responsible decisions in his/her behavior. Being in behavior problem in the classroom could/will cause ineligibility.

The student will not be eligible to participate in an extracurricular activity for a minimum of 2 weeks if these criteria are not met. The teachers involved will review the student's eligibility after a minimum of 2 weeks. If the student has met the criteria for eligibility, then he/she will be allowed to participate. EACH STUDENT CASE WILL BE HANDLED AS AN INDIVIDUAL MATTER.

## General Information

- 1) Sports Programs- Some sports may not be offered depending on the availability of coaches, number of participating students or teams to participate against. Any addition or deletion of a sport will be done through the athletic director and principal.
- 2) Trinity is a pay to participate school. This means the cost of operating the athletic program is passed on to the athletes. Costs have been broken down based on the uniform replacement cost, cost of tournaments, officials, equipment etc... The cost of the sports for 2016-2017 is as follows:

### **2015-2016 Pay to Participate Schedule**

<u>Fall Sports</u>	
<u>Soccer</u>	
Varsity	\$55
Junior Varsity	\$50
<u>Volleyball</u>	
Varsity	\$55
Junior Varsity	\$50
<u>Cross Country</u>	\$35

<u>Winter Sports</u>	
<u>Basketball</u>	
Varsity	\$55
Junior Varsity	\$50
<u>Cheerleading</u>	
Varsity	\$35
Junior Varsity	\$35

<u>Spring Sports</u>	
<u>Softball</u>	\$35
<u>Track</u>	\$25

- 3) Physical Examinations- Parents must have a physical form into the school office for their child to participate in sports. The physical must occur no earlier than April 16<sup>th</sup> of the previous school year. (Example: For the 2016-2017 school year, all physicals must be after April 15, 2016.)
- 4) After School Pick-up- Athletes should be picked up from their practice at the scheduled time. Fifteen minutes after the scheduled end of practice, the athlete will be entered in our School Age Childcare program or after school study hall.
- 5) Transportation- Parents are responsible to transport their son/daughter to and from athletic competitions or to make the necessary arrangements.
- 6) Spectators- Spectators are an important part of the game and should at all times strive to conform to Christian standards of good sportsmanship and behavior. Spectators should remain in the gym during the game except between quarters, halftime, and emergencies. Please turn all cell phones to either vibrate or off.
- 7) Courtesy toward other schools- When visiting other school for athletic events, only wear game shoes on the gym floor. Do not wear your game shoes anywhere other than the gym floor. We do not want to track in mud, snow and dirt. Dirt and dust from shoes will wear away the finish on a gym floor. Do not wonder around the school. Your place is in the gym. Leave the gym during the end of a quarter to use the restroom or concession stand.
- 8) Students are not allowed to leave the school during an athletic event or practice. Once students leave the building they will not be allowed reentry.
- 9) Students who have a later practice or are staying at school for the game must be under the direct supervision of a staff member. Get permission prior to practice or game day.
- 10) We encourage support for our athletic teams. Students other than players, who wish to attend games and cheer for their team, must be accompanied by a responsible adult.
- 11) Parents that have children participating in basketball and volleyball will be responsible for helping at the concession stand at one home game during the season. This will happen at the game opposite of your child's. (Example if your child plays in the 4:15pm game, you will be responsible for the 5:15pm game.)

# Guidelines for Conduct of Student/Athletes, Coaches, and Fans

## (North Suburban Lutheran Athletic Association)

As an association of Lutheran schools, we desire to teach and encourage Christian conduct and sportsmanship among our student/athletes, coaches, and fans. To help us achieve that goal, we have developed the following guidelines to help emphasize what we feel to be proper conduct for our athletes, coaches, and fans.

### A. THE STUDENT/ATHLETE:

1. accepts referee's decisions in a proper manner; does not argue or make non-verbal gestures which indicate disagreement with officials, opponents, or fans.
2. treats opponent as a guest and a friend-as he/she wishes to be treated; appreciates his opponent's good play, and encourages his opponent when he/she makes a mistake.
3. does not use profanity or vulgarity at any time.
4. realizes that he/she is representing his/her Lord-as well as his/her church, school, and team-and reflects this awareness in his conduct.
5. win or lose, thanks his Lord for allowing him/her to take part in the contest and keeping him/her safe.

### B. THE COACH

1. treats each player, opposing coach, official, parent, and administrator with respect and dignity.
2. uses the game as an avenue to minister to children, parents, and fans.
3. knows he/she is an ambassador for Christ, and as such, conducts himself/herself in a proper manner when dealing with athletes, parents, and fans.
4. sets a good example for players and spectators.
5. maintains self-control at all times. The desire to win must not overcome rational behavior.
6. helps players appreciate opponent's good performance and encourages opponents who make mistakes.
7. expects good sportsmanship from his athletes.
8. removes players using profanity from the game.
9. shows respect to his opponents; does not "run up" scores or embarrass his opponents in any way.

### C. THE FAN

1. attends the game to encourage and support the athletes.
2. shows respect for the judgment of the officials; does not question their calls.
3. recognizes and appreciates outstanding plays by either team.
4. does not use profane language.
5. does not verbally assault others or in any way become generally obnoxious.
6. is a positive example for setting the tone for those around him/her so that everyone may enjoy the game.
7. shows respect for those who are hosting his/her school; respects the rules and expectations of his host. (EXAMPLE: does not take food or drink into the gymnasium when it is clearly prohibited.)