

# Abiding Savior Lutheran School 2009-2010 Athletic Handbook

## FOREWORD

The Apostle Paul says, "You know that at sports all the runners run the race, though only one wins the prize. Like them, run to win." (1 Corinthians 9:24). Naturally, we want the desire to win to be found in all those participating in athletics at Abiding Savior Lutheran School, but this sense of winning is different from that found in other organizations.

We have positive expectations that those who participate in Abiding Savior's programs will find enjoyment and success.

It is upon this foundation that our Athletic Handbook is written. It is a tool to help the student athlete remain faithful while growing in Jesus Christ, and be a fitting participant in a worthwhile athletic program.

## GOALS

Our programs are designed to provide an introduction to several competitive sports. We teach the basic skills to prepare for high school athletics or for personal recreation and enjoyment. Our program seeks to provide individual growth in the following areas:

- \* **Spiritual:** To provide an opportunity through competition to develop gracious Christian principles, behavior and ideals. To gain an appreciation for God-given talents, and to emphasize that play can be a form of worship.
- \* **Emotional:** To develop the following traits in student athletes: courage, confidence, sportsmanship, self-discipline, responsibility, leadership, teamwork, awareness of others, humbleness, graciousness.
- \* **Social:** To provide for fellowship with other schools, to create school spirit, to give students an opportunity to be an active person in church and community, and to have fun.

## OPPORTUNITIES

Athletics provide coaches and players alike an opportunity to witness for Christ by actions and works through athletic competition. Let Christ be seen in all that is done, both on and off the field of competition.

Athletics provide the opportunity for every athlete to do his or her very best.

Athletics provide the opportunity for students to discover their God given abilities, and for those already gifted in physical ability the opportunity to excel in the use of these God given talents.

## BILL OF RIGHTS FOR ATHLETES

**\*EACH ATHLETE POSSESSES THE RIGHT TO . . . .**

- A place on his or her athletic team regardless of his ability level.
- Participate at a level consistent with his or her age or ability.
- Have qualified adult leadership that emphasizes Christian values.
- Participate in a safe and healthy environment.
- Proper preparation for participation in the sport.
- An equal opportunity to strive for success.
- Be treated with dignity by all involved.
- Have fun through participation in the sport.

## **THE CHRISTIAN COACHES' CREED:**

**I BELIEVE** that the sports sponsored by Abiding Savior Lutheran School have an important place in education and therefore pledge myself to cooperate with other educators to administer sports so that the value of athletic competition will be understood and accepted as an integral part of Christian growth.

**I BELIEVE THAT** Christian sportsmanship is learned. I realize that I am a model to officials, players, and spectators. I believe that my actions will have a lasting effect on those who observe me. Therefore I will:

- Accept and support the decisions of the officials.
- Contain my emotions and actions to the best of my ability in order to be a witness to my Christian faith, my church, my school, and my community.
- Exercise patience, tolerance, and diplomacy in my relationships with all players, co-workers, parents, and spectators.
- Teach the game for the benefit of all and work to coach according to the rules, remembering that the feelings of the members of your team and the opponents team are equally important.

**I BELIEVE** that I have a unique calling and opportunity as a coach to influence student athletes. My life as a Christian serves to show them the joy and importance of being a follower of Jesus Christ.

**The Athletic Director** is responsible for all aspects of the extracurricular athletic program. This includes but is not limited to the following items:

- \*Serving as a model for the coaching staff and upholding the precepts of the Christian Coaches' Creed.
- \*Selecting and in-servicing the coaching staff and support volunteers.
- \*Arranging and publishing games and schedules.
- \*Ensure that the gym, equipment, and uniform details are in order.
- \*Scheduling and publishing all practice times.
- \*Organizing or serving as a consultant for the organization of the various tournaments held at Abiding Savior Lutheran School.
- \*Dealing with questions or concerns which arise within the framework of the extracurricular athletics programs.
- \* Hiring or contracting of officials.

## **THE COACHING STAFF**

Each coach is to work in concert with the Athletic Director to manage all aspects of the sports they coach. This includes but is not limited to the following items:

- \*Serving as a model for the student athletes and upholding the precepts of the Christian Coaches' Creed.
- \*Organizing and supervising practices for their sport.
- \*Keeping the lines of communication open between athletes, parents, and the school administration.
- \*Selecting assistant coaches upon approval of the Athletic Director.

The support volunteers are parents, staff, or students who fill an important niche in the practical administration of home games and other areas. Support volunteers are in-serviced and scheduled by the Athletic Director. In general their responsibilities include but are not limited to the following items:

### **SUPPORT VOLUNTEERS**

- \* Serving as a model for the student athletes and upholding the precepts of the Christian Coaches' Creed.
- \* Being responsible in carrying out the duties that have been assigned.
- \* Being punctual for scheduled events or informing the Athletic Director or Snack Bar Coordinator of delays or conflicts at the earliest possible time.

The positions filled by support volunteers include . . .

SCOREBOOK RECORD KEEPERS - these persons are trained to keep scorebook or statistics for any sport.

SCOREBOARD KEEPER - these persons are trained to run the scoreboard located in the gym.

LINE JUDGES - these persons assist in observing out of play balls in volleyball and soccer.

SNACK-BAR SUPERVISORS - these people supervise the snack-bar monitor the lobby area of the gym, take inventory, handle money, and schedule workers.

SNACK-BAR WORKERS- these people are trained in making popcorn, operation of appliances, and sales of snack-bar items.

GATEKEEPERS - these persons sell tickets during tournament events.

## **EXPECTATIONS PLACED ON STUDENT ATHLETES**

### **COMMITMENT AND DEDICATION**

We consider the student athlete to be someone special, someone who can take on and manage added responsibilities. These responsibilities are accepted in order to broaden the athlete and further develop strength of character. It has been aptly put, "You owe it to yourself to always do whatever you do in life to the best and fullest of your ability."

By being an athlete you are representing your school and your family. You assume a leadership role when you are on a team. The student body and supporters of Abiding Savior Lutheran School know you, and you are in the spotlight. Because of this leadership role you can contribute to school spirit and community image by your performance and high ideals. The younger students are watching you. Model what a Christian is so that they may grow from your actions.

### **ATTENDANCE**

Attendance is a matter of priority. Being a part of a team carries with it a responsibility to the rest of your teammates and coaches. As such, a high priority should be placed on attending all meetings, practices, and games. It is understood that today's society is fast paced and conflicts will arise. Please do all that you can to schedule appointments away from practices and games. Notify coach if student athlete will be absent ahead of time.

As a general rule, if a student athlete is absent from school on a game day, participation for that day will not be allowed. If a student is unable to participate in gym class for that day, participation will not be allowed. However the nature of the absence will be considered when implementing this rule. Contact Athletic Director or Principal when questions arise.

### **HEALTH AND MEDICAL**

Being in good health is important for the student athlete. Hidden health concerns may be amplified by physical exertion of athletic competition. Physical examinations (physicals) are required for all students participating in sports at Abiding Savior Lutheran School and should be submitted to the school office before the start of the sport they will be participating in. (Students in grades 4 and 7 are required to turn in a school physical at the beginning of the year and may use this for their sports physical.)

### **PERMISSION SLIPS**

A permission slip must be completed and returned for each sport in which the student athlete is involved. These forms will be distributed at Early Bird Day or the first organizational meeting held for a given sport. After that time they are available from the Coach/or Athletic Director.

The forms should be read by the student athlete and the parents or guardians, then signed. A completed form must be on file by the designated date for each sport or the student will not be allowed to practice.

## **PARTICIPATION FEE**

A \$35.00 non-refundable fee will be assessed for participation in each sport. This fee includes uniform rental for the season. A student athlete is responsible for the care of the uniform issued to him or her. In the event a uniform is lost or damaged due to neglect or carelessness, the athlete is responsible for the cost of replacing it. A uniform should be cleaned and returned as soon as possible when season is completed. ***Your concession stand deposit will not be returned until your uniform has been returned in good condition.*** See Athletic Director if you have any questions.

## **ACADEMIC PERFORMANCE EXPECTATIONS**

Students are encouraged to keep their academic work in good standing. This is to be done by working to the best of his/her ability in the classroom.

- a) Students should aim to maintain a minimum of 73% in all subjects.
- b) In the event that a student's grade in a subject area falls below a 73%, a written notice of academic concern will be issued by the teacher. This notice is to be signed by a parent and returned to the teacher who issued it.
- c) ASLS will not revoke students' eligibility to participate in extra-curricular activities based on grades; rather it is at the parents' discretion as to whether or not their child will be allowed to continue to participate in the activity. A parent may feel it is in their child's best interest to concentrate on his/her studies for a period of time before returning, if at all, to the activity.

## **CONDUCT ELIGIBILITY**

The student athlete has the responsibility of being a leader in the school. If the conduct of any student athlete is unacceptable according to the behavior guidelines stated in the entire unified handbook, or such that it impairs the efficient working of the school, then ineligibility may follow as a consequence. Conduct should reflect Christ in all that is done.

- a) Consideration for conduct ineligibility may be brought to the Athletic Director by any member of the staff (teachers, coaches, cooks, janitors, pastors, or secretary). If the Athletic Director determines that action may be needed, the issue will be brought forward for a decision.
- b) A unanimous decision must be reached by the Principal, Athletic Director, and homeroom teacher in order for conduct ineligibility to be declared.
- c) Conduct ineligibility for practices and games will remain in effect for a period of one week.
- d) Parental line of appeal is through the Athletic Director.

## **EXPECTATIONS PLACED ON PARENTS**

### **SUPPORT**

The philosophy of this handbook is to encourage full participation on the part of every person involved in the athletic program. There are several ways in which parents are able to be involved and develop a deeper sense of ownership for athletics at Abiding Savior Lutheran School.

- a) The biggest way parents can get involved and show support for the student athlete, as well as the overall program, is to attend the events. Sportsman like excitement by a large crowd adds a special dimension that we want your child to be able to experience.
- b) In this school it is the volunteers that make a big difference between mediocre events and great events. This is particularly evident at tournaments where the time and effort involved are significantly multiplied. Therefore, we ask parents to help at the home games and tournaments we will be having at ASLS. We ask that each family help at these events during the course of the sports season.
- c) We ask that parents be responsible for providing transportation to and from practices, away games and tournaments. If there is serious difficulty finding transportation for your athlete please contact the coach.

d) Please be as prompt as possible picking up your child after practices and games. This will greatly assist our coaches in exercising their other responsibilities

**EXPECTATIONS  
PLACED ON  
ATHLETES**

**SPORTSMANSHIP**

Since we are Christians we should strive to avoid some of the accepted practices of fans in other settings. By our actions we witness what we truly value. Please read and follow the CONDUCT GUIDELINES FOR ATHLETES AND SPECTATORS found on the permission slips.

**DUE PROCESS**

In the event of ineligibility or dismissal from a team each student athlete has the right to due process in resolving differences which may arise over such actions. Parents should appeal to the Athletic Director within 3 days of any action. The line of resolution begins with the Athletic Director and proceeds to the Principal, then to the Board of Directors. All decisions made by the Board are final.

**EXPECTATIONS  
PLACED ON  
STUDENT  
FANS**

**SPORTSMAN LIKE CONDUCT**

The same expectations placed on coaches, student athletes, and parents are in effect for students who attend events. Please read the CONDUCT GUIDELINES FOR ATHLETES AND SPECTATORS for these expectations. Failure to follow those could result in action to remove you from a game and or prevent you from attending other games.

**HOW TO BE A SPECTATOR**

It is important that while attending a sporting event students watch the event. This means no hanging around in the hallways, restrooms, classrooms, or offices. It also means no running around or playing outside. This is necessary, not to take away any enjoyment from being at the sporting event, but to ensure the safety of everyone attending.

**GENERAL INFORMATION**

The Athletic programs at Abiding Savior Lutheran School consist of the following sports:

Soccer	Aug-Oct	5-8th Grade	CO-ED
Girl's Volleyball	Aug-Oct	5-8th Grade	
Boy's/Girl's A Basketball	Nov-Jan	7-8th Grade	
Girl's/Boy's B Basketball	Jan-Mar	5-6th Grade	
Track	Apr-May	4-8th Grade	CO-ED
<b>Girl's Cheerleading (Fall)</b>	<b>Aug-Oct</b>	<b>5-8th Grade</b>	
<b>Girl's Cheerleading (Winter A)</b>	<b>Nov-Jan</b>	<b>5-8th Grade</b>	
<b>Girl's Cheerleading (Winter B)</b>	<b>Jan-Mar</b>	<b>5-8th Grade</b>	

Our 5th & 6th grade teams are set up for student athletes to learn basic skills and knowledge of the games. Each athlete will participate in each regular season game, assuming they have followed guidelines handed down by the coach. It is understood that tournament play is different. In that setting some athletes may not receive playtime in each game. It is the coach's decision to play as he or she sees fit.

Our 7th and 8th grade teams are for student athletes who may have already mastered many of the basic skills. They will be taught more in depth about the game and learn offensive and defensive plays. At this point in time we do not have try-outs for our teams. With our 7th & 8th grade teams, winning games becomes somewhat more important. Therefore, no minimum playing times are set for players. Playing time is left totally to the discretion of the coach.

It is important to remember that the team is not made up of just those who play on the court or field. To make a winning team really work the players on the bench are to encourage and support, to help scrimmage in practice, and to go in when needed.

Currently, students in 4th grade are not eligible to participate in athletics at ASLS until they are in 5th grade. There is one exception to this. In the event that more players are needed to fill an athletic team they will be allowed to participate.

Track allows for 3rd and 4th grades to participate but must be accompanied to all events by parents or guardians.

**There are minimum numbers of participants required for some sports. The Athletic Director will set the minimum number of student athletes required to participate in a sport.**

**EXPECTATIONS  
FOR  
ATHLETIC  
PARTICIPANTS**

Your #1 responsibility to God.

- a. Everything you do should be God-pleasing.
- b. Let Christ be seen in your actions!

Your #2 responsibility is to those in authority.

- a. Follow directions given to you by coaches, officials, teachers, and other adults in supervisory roles.

Your #3 responsibility is to your fellow peers.

- a. Love your neighbor as yourself.
- b. Provide positive leadership for team, fellow students, and others.

**CONDUCT  
GUIDELINES  
FOR  
ATHLETES  
AND  
SPECTATORS**

1. Consider all athletic opponents as guests, and treat them with all the courtesy due friends and guests.
2. Accept the decisions of the officials without questions.
3. Never use abusive or irritating language or making inappropriate remarks.
4. Applaud good sportsmanship from opponents and teammates.
5. Strive for victory through fair play according to the rules of the game.
6. Do everything possible to encourage enthusiasm for the game, and respect for the players, coaches and fans.
7. Win without boasting and lose without excuses.
8. Any athlete who relinquishes his/her position on a team during the course of the season for reasons other than illness or injury will not be eligible for team awards, pictures, parties, or any activity which is deemed to be team-oriented in nature.

**Athletic Committee Members**

The Athletic Committee of ASLS shall consist of one or two ASLS Board members, and Athletic Director, at least one teacher and at least one parent. Ex-officio members will consist of Principal, Pastors, and coaches.

**Heat Stress and Athletic Participation**

**HEAT CRAMPS** – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

**HEAT SYNCOPE** – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

**HEAT EXHAUSTION (WATER DEPLETION)** – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

**HEAT EXHAUSTION (SALT DEPLETION)** – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

**HEAT STROKE** – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without

being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices are precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.
3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 – 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduce salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of 10-minutes water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. **ATHLETES SHOULD BRING WATER BOTTLES TO EVERY PRACTICE AND GAME. WATER COOLER AND ICE AVAILABLE AT ALL PRACTICES AND GAMES.**
5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index:

Below 65 – Unlimited activity  
65 – 73 – Moderate risk  
73 – 82 – High risk  
82 plus – Very high risk

**COACHES SHOULD BE AWARE OF AIR TEMPERATURES AND HEAT INDEX PRIOR TO PRACTICES. RADIO & TV/COMPUTER REPORTS SCHOOL OFFICE. COACHES WILL ADJUST PRACTICES ACCORDING TO WEATHER CONDITIONS.**

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
7. Athletic Directors and coaches should be notified of significant weight loss by parent/guardian. Illness (recent) or sickness too.

8. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
9. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service. Training coaches to be aware of signs and symptoms.
10. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

#### GUIDELINES FOR AVOIDING HEAT-RELATED PROBLEMS DURING PRACTICE AND GAMES

The following procedures should be followed for athletic contests scheduled during the day in hot weather:

1. The National Weather Service, that is broadcast every hour, should be checked at 1:00 pm on the day before a game, as well as one hour before the scheduled start of the game.
2. If heat index is stated between 95 and 105 degrees, plans should be implemented to alter game conditions for both schools.
3. If heat index is stated over 105 degrees, plans to postpone or reschedule athletic contest should be implemented (both schools). Practice moved indoors if facility is available, otherwise cancel.

The following procedures should be considered for practice sessions when a dangerous heat index level is indicated:

1. Possible cancellation of all practice.
2. Shorter practice time.
3. Early morning or late evening practice.
4. Move outside practice sessions indoors.

#### GOOD GUIDELINES FOR COACHES

It must be instilled in the athletes by the coaches that water and salt replenishment is a continual process and not a “stop-gap maneuver.” Athletes should be encouraged during hot weather to drink adequate quantities of fluid throughout the day at home, as well as at practice sessions. During practice sessions, water should be available to them at all times. Obviously, the hotter, more humid weather indicates more frequent water breaks. This can be scheduled either up to every ten (10) to fifteen (15) minutes during extremes or if applicable, free water intake should be allowed during the entire practice session. Salt replacement is also a daily process and the athletes should be encouraged to adequately salt their foods during all meals. It is not advised to use salt tablets at any time. These can actually cause more danger, as they cause more concentrations in the stomach and can lead to nausea, vomiting and stomach problems. Salted solutions may be given during practice sessions but certainly water is adequate. Coaches please be aware of heat stress conditions.

### **Sports Concessions Stand Policy**

The concession stand is a valuable convenience to those attending sporting events. More important, it is a key source of funding in order to provide ongoing maintenance of sports equipments, athletic fields, etc.

Abiding Savior Lutheran School's (ASLS') concession stand efforts are supported through the work of volunteer parents or guardians. This volunteer effort has been a great blessing to ASLS' sports program.

However, it has also been historically difficult to get a sufficient number of volunteers to work the concession stand during sporting events. In several instances, volunteers have simply forgotten to appear for their schedule concession work period.

In order to ensure that a sufficient number of concession stand workers are available, the ASLS Board of Education unanimously voted to introduce a Concession Stand Policy. The policy is based on those already implemented at other schools and sports clubs – many of which have participation, uniform, and concession deposit fees.

The following policy will commence with the 2006-2007 school year:

1. Parents or guardians of students participating in sports during the school year shall submit a \$50 concession deposit in the form of a check at time of registration for the sport. (Students will not be permitted to participate in a sport until their concession deposit check is received by the school office.);
2. The ASLS school office will hold the check ( i.e., the check will not be immediately deposited);
3. At time of sport team registration, the parent or guardian will provide days of the week and times when they should be available to work the sport's concession stand.
4. Once all student athletes are registered, a concession stand work schedule will be prepared based on the parent or guardian's availability (provided by Step 3). The concession work schedule will then be published. (Parents or guardians can switch concession work times with other parents or guardians if necessary at that time.)
5. If a parent or guardian is unable to fulfill their concession work period, or fails to appear for the schedule work period, their check will be deposited into the 8<sup>th</sup> grade annual trip fund and an 8<sup>th</sup> grade student will work the concession stand in lieu of the parent or guardian. (The parent or guardian will be notified that their check is being deposited.)
6. ***Parents or guardians who have fulfilled their concession stand work period will have their deposit check returned to them when they return the student's uniform at the end of the sport's season.***