

**Living Hope Lutheran School**  
**2024 – 2025 Athletic Handbook**



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## **Section I - GOALS OF OUR ATHLETIC PROGRAMS**

The Word of God is also the Word of Life and a Christian philosophy of life should govern and encompass every aspect and dimension of our school programs which certainly includes the athletic activities of our school. As such, the goals of our athletic program are:

1. To help children to recognize and appreciate in themselves and others the gifts received from God.
2. To develop character traits such as self-discipline, self-esteem, responsibility, leadership, team-work, and self control under pressure, defeat, and failure, as well as proper acceptance of success and victory.
3. To develop to a greater degree the fundamental skills and knowledge of the rules appropriate to each grade level.
4. To help prepare our students for participation in advanced levels of athletics.
5. To provide a Christian witness to all our members and to our community and to demonstrate by example the fruits of Christian faith in athletic competition.

**“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him”**

**– Colossians 3:17**

## **Section II - PHILOSOPHY OF OUR ATHLETIC PROGRAMS**

Living Hope Lutheran School’s athletic programs are designed to aid Christian students in learning the necessary skills, to promote Christian fellowship with other schools, and to use their God-given gifts to His glory.

Participation in interscholastic athletics is a privilege that requires discipline and dedication on the part of the student and parents. An honest use of God-given talents must be shown in order to participate. Students are expected to conduct themselves in a manner which gives glory to our Lord and serves the best interests of the school and its students. Players may be disciplined accordingly using the coaches’ best discretion. Discipline may include partial game suspensions, full game suspensions, or even removal from the team. The coach will contact the athletic director concerning all disciplinary actions.

Some sports offer different age-level teams. A-teams are generally intended for grades 7-8, B-teams for grades 5-6, and C-teams for grades 3-4. Second teams may be formed if participating class sizes are large. Living Hope Lutheran School’s will not “cut” players from a team. Anyone who is interested in the sport will be able to participate as long as they meet the eligibility requirements. At times students may be promoted to the next level of competition to complete a team with the agreement of the coach, parents and the athletic director.

Competitiveness at the various levels of interscholastic sports is different. It is the intention of Living Hope Lutheran School to get every participant into every athletic contest. Exceptions to this include medical reasons, discipline for missed games or practices, and attitude. Everyone should

realize that value to a team includes challenging teammates at practice and encouraging during games.

The goal at C and B team level is to introduce the athletes to the basic skills and rules of the sport and develop those skills and understanding over the course of the season. Therefore, all players should receive equal playing time.

The A team level is the most competitive. All players should be able, not all players may be played in the game. The coaches will seek to play all players, but equal time may not be possible in a closely contested game. Coaches, players, and parents should realize that the Lord blesses individuals with different levels of talent.

*During tournaments, the team's goal is to advance in the tournament. Coaches are not compelled to use all team members in a given competition, but coaches will make every effort to include all team members if the game situation allows for it.*

### **Section III - ATHLETE GUIDELINES**

1. All necessary forms are signed and returned to the athletic director before the first week of practices. An athlete may not participate in any practices or games until this is accomplished.
2. Parents/Guardians, together with the athlete, are responsible for transportation of the athlete to and from all games and practices. This must be arranged prior to the event.
3. Attendance at all practices is expected. There are no practices conducted on Wednesdays during Lent and Advent seasons.
4. Every effort will be made to not overlap sports' seasons when it is not necessary.
5. To encourage responsibility, leadership, and teamwork, members of Living Hope Lutheran School's athletic teams must make it a priority of attending their school team's athletic events, whether games or practices, before any athletic activity outside of school. A violation of this will be considered an unexcused absence.
6. Any uniforms sent home will be the care of the athlete. Any uniform not returned, or returned in an unusable state will be replaced at the athlete's expense.

### **Section IV - ELIGIBILITY GUIDELINES**

*It is a privilege to participate on an athletic team at Living Hope Lutheran School. Our students are expected to use their God-given talents to their fullest in any extracurricular activity, but their first responsibility is academics. Therefore the following standards have been established by the school in order for students to participate in athletics:*

1. A student will be declared ineligible to participate in any games if he/she meets any one of the following criteria 1) Lower than 2.0 grade point average at midterm or quarter grading periods 2) Any F or an incomplete in any class at the quarter grading period.
2. A student declared ineligible may practice with the team; however, he/she will not be able to participate or sit with the team in games.

3. If a student is declared ineligible, he or she may be reinstated to eligibility after two (2) weeks if the ineligibility is due to an incomplete providing that none of the other areas of ineligibility apply.
4. A student's eligibility status will be reviewed at each midterm and end of the quarter by the Athletic Director, Teacher, and Principal.
5. If a student's eligibility status continues to remain unacceptable by the next midterm or grading period, the student will be removed from the team.
6. A student declared ineligible after the 4th quarter report card would be ineligible for the 1st quarter of the next school year.
7. Any student who has special educational needs and is not able to meet the above requirements may be granted probationary eligibility by the athletic director or principal or may appeal his/her eligibility to the Living Hope Lutheran School Committee.

### **Section V - UNEXCUSED ABSENCES**

Athletes are responsible to the team. A team cannot improve as a unit unless all athletes are present and on time for **every** practice and game. Excused absences (dentist and doctor appointments, emergency situations, etc.) must be notified to the coach at least one day before the absence. If a student is participating in cross-country and soccer/volleyball, arrangements must be made with the coaches for overlapping practices. If a player is feeling ill after school, the player must speak with the coach before going home. Please communicate with the coaches.

Unexcused absences from practice(s) or games(s) will result in the following penalties:

1. 1<sup>st</sup> Offense: The player will receive a verbal warning and words of encouragement from the coach to attend practice and/or games.
2. 2<sup>nd</sup> Offense: The player will receive limited playing time in the following game as decided by the coach and athletic director.
3. 3<sup>rd</sup> Offense: The player will receive a suspension from the following game. The player may NOT suit up but will sit on the bench with the team.
4. 4<sup>th</sup> Offense: The player will be removed from the team.

If a child is absent from school any part of the day (excluding dentist/doctor appointments, funerals, emergency situations, etc.), he/she may not attend or participate in practice or a game that night. A child may play game(s) on Saturday and/or Sunday since these are not school days. Remember that children should not come to school for 24 hours following diarrhea or vomiting.

Any student who missed the practice prior to a game (for any reason) will not be able to start in that next game.

## **Section VI - COACHING GUIDELINES**

1. Coaches are representatives of Living Hope Lutheran School and of Christ, our Savior. They are approved by the school administrator and athletic director. There is a high expectation for modeling Christian living placed upon our coaches.
2. Coaches...
  - a. Will submit forms for a background check.
  - b. Will have knowledge of this handbook and be in full agreement with it.
  - c. Should have a general knowledge of the sport they are coaching.
  - d. Will encourage all athletes at all levels.
  - e. Will demonstrate organization and responsibility for his/her team at all practices and games.
  - f. Should make sure that all members of the team get appropriate playing time in regular season games.
  - g. Will be a member of a WELS Church and in good standing in church attendance and the Lord's Supper.
  - h. Be informed about the handling of bloodborne pathogens and concussion symptoms.

## **Section VII - PARENT/GUARDIAN GUIDELINES**

1. All parents/guardians should give the Lord top priority in their lives.
2. It will be the responsibility of the parents to watch, care for, and discipline their children before and after all home and away games. This applies to those playing **and** those attending the game. If the child's own parent/guardian is not able to attend the athletic contest, the parent/guardian will be responsible for finding a "care-giver" when the child is not under the direct control of the coach.
3. Parents/Guardians together with the athlete are responsible for transportation of the athlete to and from all games and practices.
4. Brothers/Sisters are not permitted to stay after school for practices.
5. Parents/Guardians should provide appropriate clothing and equipment for their children.
6. Parents/Guardians will be responsible for any lost or damaged equipment by their child.
7. Parents/Guardians will share equally with others the duties set forth by the athletic director for working at tournaments and home games (concessions, scoreboard, etc.)
  - a. See separate Athletic parent service hour section
8. Parents/Guardians should support their children by attending games as often as possible.

9. God-pleasing relationships must be maintained by everyone involved in our sports programs. Parents are asked to resolve conflicts using the following order:
  - a. Discuss the matter in private with the coach (Matthew 18:15), but not immediately before or after a game. If the matter is still not resolved...
  - b. Contact/Meet with the athletic director. If the matter is still not resolved...
  - c. The athletic director along with the coach will involve the school administrator. If the matter is still not resolved...
  - d. Meet with the School Committee. The School Committee will make the final decision on the matter.
  
10. In regards to playing time, each parent/guardian should realize that the Lord blesses individuals with different levels of talent. Not all playing time may be equal. Coaches will do their best to consider things like ability level, game situation, attitude, practice attendance, and effort.

### ***Section VIII - SPORTSMANSHIP***

It is expected that all individuals involved with interscholastic athletics will display Christian behavior that reflects a love for our Lord, ideals of sportsmanship, and a sense of fair play at all times. The benefits derived from playing the game fairly should be stressed and any actions, which tend to diminish those values, should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators, and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, **as well as to respect the integrity and the judgment of the sport officials**. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of these young children of God.

#### **ATHLETES ARE EXPECTED TO:**

1. Understand and abide by the rules and regulations of the game and respect the integrity and judgment of the officials.
2. Demonstrate self-control and mutual respect at all times.
3. Accept victory with grace and defeat with dignity. Poor winners or losers do represent Christ.
4. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that younger athletes emulate their behavior.

Violation of any of these rules may lead to the dismissal of the athlete from extracurricular athletics.

#### **PARENTS ARE EXPECTED TO:**

1. Conform to accepted standards of good sportsmanship and behavior.
2. Cheer **for** the team, not against the opponent.
3. Respect officials, coaches, and players and extend all courtesies to them.

4. Be quiet when players need total concentration. Also to refrain from feet stomping, disrespectful remarks, and the use of noisemakers.
5. Refrain from shouting disapproval of calls made by officials. Disagreements with officials should be brought to the Athletic Director. Fans never have the right to approach an official.
6. Refrain from shouting instructions to the players. (It may differ from what the coach has planned.)
7. Instruct their children to respect the officials and not to argue, demonstrate, or be abusive.
8. Understand that schools are responsible for the conduct of their respective players and spectators, **whether at home or away**. Failure to adhere to proper conduct may require removal from the game.

Violation of any of these rules may lead to the dismissal of the athlete from extracurricular athletics or an individual being banned from future athletic contests.

#### **COACHES ARE EXPECTED TO:**

1. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
2. Be modest in victory and gracious in defeat and instruct your players accordingly.
3. Be sensitive to the feelings and needs of your players, and use Christian judgment when addressing them, avoiding offensive behaviors.
4. Be sensitive to the feelings and needs of the players on the opposing team.
5. Be positive and nurturing.
6. Respect the judgment of the officials. Although it is reasonable for the coach to question an official's decisions or even disagree with decisions, the official's decision must be accepted graciously.
7. Instruct the players to respect the officials and not to argue, demonstrate or be abusive.
8. Avoid behavior in game situations that will incite players, opponents, or spectators.
9. Instruct players in the elements of good sportsmanship and immediately remove players from competition who demonstrate unsportsmanlike behavior.

**“Train a child in the way he should go, and when he is old he will not turn from it.”**

**– Proverbs 22:6**



## **Section IX - INTERSCHOLASTIC ATHLETIC ACTIVITIES**

### **Wisconsin Lutheran Athletic Association**

Living Hope Lutheran School participates in the Wisconsin Lutheran Athletic Association (LAA). The following sports may be offered if there is enough student interest and adequate coaching:

Fall: Volleyball, Soccer, Cross-Country (gr. 3-8)

Winter: Basketball, Cheerleading

Spring: Softball, Track and Field (gr 6-8)

#### **A. All Sports**

1. A parent meeting will be held at the beginning of the season.
2. A practice and game schedule will be sent home prior to the season.
3. In the event that school is closed due to weather, all practices and/or games are canceled for that day.

#### **B. Cross Country**

1. Offered to boys and girls in grades 3-8
4. Boys may participate in cross country and soccer at the same time.
5. Girls may participate in cross country and volleyball at the same time.
6. Season is from the beginning of the school year to approximately the middle of October.

#### **C. Boys' Soccer**

1. Soccer is offered to boys in grades 5-8. 4<sup>th</sup> grade students may be offered the opportunity to play if players are needed.
2. Boys may participate in cross country and soccer at the same time.
3. All players are to have a pair of ALL black shorts to wear with their uniforms for games.
4. Season is from the beginning of the school year to approximately the middle of October.

#### **C. Girls' Volleyball**

1. Volleyball is offered to girls in grades 5-8. 4<sup>th</sup> grade students may be offered the opportunity to play if players are needed.
2. Girls may participate in cross country and volleyball at the same time.
3. Season is from the beginning of the school year to approximately the middle of October.

#### **D. Basketball**

1. Offered to boys and girls in grades 3-8.
2. Girls may participate in basketball and cheerleading at the same time.

3. Season begins around the last week of October and concludes by the middle of February to early March.

### **E. Cheerleading**

1. Offered to girls in grades 5-8.
2. Girls may participate in basketball and cheerleading at the same time.
3. Season begins roughly the first week of November and concludes by the middle of February to early March.
4. They will cheer at all home games and selected tournaments.
5. Cheering at away games will be decided by the coach and parents.

### **F. Slow Pitch Softball**

1. Offered to boys and girls in grades 6-8, may go down to 5<sup>th</sup> depending on the numbers.
2. All players are to have a glove for all games and practices.
3. The season will start around the last week of March and go until the middle of May.
4. The gym may be used for early season practice and outside practice will begin as soon as weather permits.
5. If weather conditions are poor, practice may be held in the gym, all participants should be ready to be outside at all times.

### **G. Track**

1. All boys and girls in 7-8 are required to participate; however, based on the number of allowed participants some students may not be included.
2. The season begins with practices during Phy. Ed. in March and runs through the second week of May.
3. Practices will be held during the school day.
4. All participants should be ready to be outside at all times.

**“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.”**

**– I Corinthians 9:24-25**

**LUTHERAN ATHLETIC ASSOCIATION CONFERENCES**

<b>Soccer</b>	<b>Volleyball</b>	<b>Basketball</b>
Christ, Big Bend	Christ-St. Peter, Milwaukee	Atonement, Milwaukee
Christ the Lord, Brookfield	Living Hope, West Allis	Christ, Big Bend
Christ-St. Peter, Milwaukee	Mt. Calvary, Waukesha	Christ the Lord, Brookfield
Living Hope, West Allis	Pilgrim, Menomonee Falls	Living Hope, West Allis
Mt. Calvary, Waukesha	St. John's, Mukwonago	Mt. Calvary, Waukesha
St. John's, Mukwonago	St. John's/Word of Life, Milwaukee	St. John's/Word of Life, Milwaukee
St. Paul's, East Troy	St. Paul's, East Troy	St. Lucas, Milwaukee
Trinity, Waukesha	St. Paul's, Franklin	St. Paul's, Franklin
	St. Philip's, Milwaukee	
	Zion, Hartland	