

2022 – 2023 Athletic Handbook
(Revised July 2021)



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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 they have 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

Good Shepherd’s Lutheran School has an athletic program to allow students in grades 3-8 to use their God given gifts to His glory. However, interscholastic athletics are not a requirement of the curriculum as physical education is. Therefore, it is understood that this level of participation requires discipline and dedication on the part of the student and parents.

Competitiveness at the various levels of interscholastic sports is different. 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. Players who faithfully attend practice; work hard and listen will play in all games. *During tournaments, the coach’s directive is to advance in the tournament. In tournaments, 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. All involved – coaches, team members, and parents – should realize that the Lord gives varying levels of talent to individuals.

The A team level is the most competitive for our conference. Therefore, we strive to be as competitive as possible with our A teams. With that in mind, not all players may be played in the game. The coaches will seek to play all players, but in a closely contested game, that may not be possible. All involved – coaches, team members, and parents – should realize that the Lord gives varying levels of talent to individuals.

When it comes to what grade can play at what level, the conference rules govern some of those participation requirements. For conference, the team splits can be as follows:

- A teams: Grades 7 and 8
- B teams: Grades 5 and 6
- C teams: Grades 3 and 4

When the participating class sizes are large, A2, B2, or C2 teams may be created to accommodate.

Good Shepherd's as a general rule does not "cut" players from a team. Generally, anyone who is interested in the sport will be able to participate as long as they meet the eligibility requirements. However, we want to keep our team sizes at a manageable level for both the coaches and the athletes to best instruct and participate. To that end, in a given year where team sizes are large, we would first try to split the grade between two teams as opposed to having to cut.

Good Shepherd's may at times pull students up from the next lowest grade to complete a team with the agreement of the coach, parents and the athletic director.

Section III

ATHELTE 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. Players should not use the telephones at school to arrange transportation after practice or games. Transportation arrangements should be made prior to the event.

3. Parents/Guardians, together with the athlete, are responsible for transportation of the athlete to and from all games and practices.
4. Generally teams will have two practices per week per sport. There are no practices conducted on Wednesdays during Lent and Advent seasons.
5. While some seasons have to overlap due to the nature of the sports every effort will be made to not overlap other sports when it is not necessary.
6. To encourage responsibility, leadership, and teamwork, members of Good Shepherd's athletic teams must make it a priority of attending their school teams' athletic events, whether games or practices, before any athletic activity outside of school. A violation of this will be considered an unexcused absence.
7. 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.
8. Any incidents involving drugs, alcohol, or weapons will follow the steps as printed on pages 24-26 of the Parent Handbook.

“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

Section IV

ELEGIBILITY GUIDELINES

It is a privilege to participate on an athletic team at Good Shepherd's Lutheran School. Our students are expected to use their God-given talents to their fullest in extracurricular activities, 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 having 3 'D's or 1 'F' at midterm or quarter grading periods would render a student ineligible to participate in any games.
2. A student declared ineligible to participate in games may practice with the team, however.

3. If a student continues to remain ineligible for games through the end of the second quarter report card, the student will be ineligible to practice or play for the rest of the season (basketball and cheerleading only).
4. A student's eligibility status will be reviewed at each mid-term and end of the quarter by the Athletic Director, Teacher, and Principal.
5. A student declared ineligible after the 4th quarter report card would be ineligible for the 1st quarter of the next school year. If the student continues to be ineligible for the first half of the first quarter of the next school year (up until the first mid-term), the student would be ineligible to practice or play for the rest of the season (soccer, cross country, and volleyball only).
6. In cases where lack of academic ability, not lack of academic effort is the cause of the poor grades, the teacher, athletic director, and school administrator will make the final decision regarding the student's eligibility.

Students at Good Shepherd's Lutheran School are expected to conduct themselves in a manner which gives glory to our Lord, serves the best interests of the school, its students, and extra-curricular activities in which they are participating. Students "to whom much has been given by the Lord" through their participation in extra-curricular activities will be expected to reflect the highest standards of Christian conduct in and out of school. Failure to do so will lead to consultations with the athletic director or principal in cooperation with the coach. Violations may result in suspension or termination of extra-curricular eligibility.

Section V

UNEXCUSED ABSENCES

As an athlete you are responsible to a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. If you are unable to attend practice or will be tardy, the athlete must notify the coach at least one day before the absence (illness the exception). Excused absences would include dentist and doctor appointments, emergency situations, etc. Please communicate with the coaches!

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

1. 1st Offense: A verbal warning and words of encouragement from the coach to attend practice and/or games.

2. 2nd Offense: Player will receive limited playing time in the following game as decided by the coach and athletic director.
3. 3rd Offense: Suspension from the following game. The player may NOT suit up but will be allowed to sit on the bench with the team.
4. 4th Offense: Removal from the team for the remainder of the season.

If a child is absent from school due to sickness, he/she may not participate in practice or at a game that night even if they are feeling better. Students must be present all day to participate in practice or game that day. If they miss any part of the day (excluding dentist/doctor appointments, funerals, emergency situations, etc.) the coach will approve and be the final say on participation in the practice or game. For clarification, if a child is sick all day Friday and has a game(s) on Saturday and/or Sunday, they are cleared to play. 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 Good Shepherd's Ev. Lutheran School and of Christ, our Savior. They are approved by the school administrator and athletic director. They are informed of the goals and expectations of Good Shepherd's athletic program. 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 the School handbook, and be in 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. Will pray with the team before all athletic events.
 - g. Should make sure that all members of the team get appropriate playing time in regular season games.
 - h. Will be a member of a WELS Church and in good standing in church attendance and the Lord's Supper.
 - i. 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. 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. It is expected that parents/guardians share equally with others the duties set forth by the athletic director for working at tournaments and home games (concessions, scoreboard, etc.)
8. Parents/Guardians should support their children by attendance at games as often as possible.
9. It is hoped that healthy relationships are maintained by all those involved in our sports programs. Communication is the key. Any problems which do arise should be worked out in a God-pleasing way. 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 Board of Education. The Board of Education will make the final decision on the matter.
10. In regards to playing time, each parent/guardian should realize that the Lord gives varying levels of talent to individuals. 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 the individual players. **Most of all, it is the duty of all concerned with school athletics to remember that each individual athletics contest is only a game and should be kept in that perspective.**

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 a disservice to themselves.
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 extra-curricular athletics.

PARENTS ARE EXPECTED TO:

1. Conform to accepted standards of good sportsmanship and behavior.
2. Respect officials, coaches, and players and extend all courtesies to them.
3. Be quiet when players need total concentration. Refrain from feet stomping and disrespectful remarks. The use of noisemakers will be prohibited at all indoor athletic events.
4. Understand that schools are responsible for the conduct of their respective spectators, **whether at home or away.**

5. Refrain from shouting disapproval of calls made by officials.
6. Instruct their children to respect the officials and not to argue, demonstrate or be abusive.

Violation of any of these rules may lead to the dismissal of the athlete from extra-curricular athletics or a parent (or friend/relative) 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 positive and nurturing.
5. 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.
6. Instruct the players to respect the officials and not to argue, demonstrate or be abusive.
7. Avoid behavior in game situations that will incite players, opponents, or spectators.
8. Instruct players in the elements of good sportsmanship and immediately remove players from competition who demonstrate un-sportsmanlike 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

The Wisconsin Lutheran Athletic Association (LAA) consists of 30 schools divided into 3 divisions. Good Shepherd's participates in the Midwest Division along with six other schools: Christ, Big Bend; Christ the Lord, Brookfield; Pilgrim, Menomonee Falls; St. John's, Mukwonago; St. Paul's, East Troy; and Zion, Hartland. Fall sports offered are boys' and girls' cross country, boys' soccer, and girls' volleyball. Winter sports coed softball and boys' and girls' track. Good Shepherd's joins with Lamb of God Lutheran School for all athletic teams.

A. Cross Country

1. Offered to boys and girls in grades 3-8
2. Boys may participate in cross country and soccer at the same time.
3. Girls may participate in cross country and volleyball at the same time.
4. Season is from the beginning of the school year to approximately the middle of October.
5. A practice and meet schedule will be sent home-at registration.
6. Practices will typically be at least once a week after school outside. If weather conditions are poor, there will be no practice at the discretion of the head coach. All participants should be ready to be outside at all times.
7. A parent meeting will be held at the beginning of this season.

B. Boys' Soccer

1. Soccer is offered to boys in grades 5-8, but may go down to 4th depending on the numbers.
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.
5. A practice and game schedule will be sent home at registration.
6. Practices will typically be twice a week after school outside. If weather conditions are poor, there will be no practice at the discretion of the head coach. All participants should be ready to be outside at all times.
7. Since there are no A, B, and C team distinction in this sport, the "A-team level" philosophy will apply which stated earlier reads "The A team level is the most competitive for our conference. Therefore, we strive to be as competitive as possible with our A teams. With that in mind, not all players may be played in the game. The coaches will seek to play all players, but in

a closely contested game, that may not be possible. All involved – coaches, team members, and parents – should realize that the Lord gives varying levels of talent to individuals.”

8. A parent meeting will be held at the beginning of this season.

C. Girls' Volleyball

1. Volleyball is offered to girls in grades 4-8.
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.
4. A practice and game schedule will be sent home at registration.
5. Practices will typically be twice a week after school.
6. This sport consists of an A and B team. A and B team philosophies (see pages 2 and 3 of this handbook) will apply.
7. A parent meeting will be held at the beginning of this season.

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 roughly the first week of November and concludes by the middle of February to early March.
4. A practice and game schedule will be sent home the first week of the season.
5. Practices will typically be twice a week after school.
6. In the event that school is closed due to weather, all practices and/or games are canceled for that day.
7. This sport consists of an A, B, and C team. A,B, and C team philosophies will apply (see pages 2 and 3 of this handbook).
8. A parent meeting will be held at the beginning of this season.

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. A practice and game schedule will be sent home the first week of the season.
5. They will cheer at all home games and selected tournaments.
6. Cheering at away games will be decided by the coach and parents.

7. Practices will typically be once a week after school.
8. In the event that school is closed due to weather, all practices and/or games are canceled for that day.
9. A parent meeting will be held at the beginning of this season.

F. Slow Pitch Softball

1. Offered to boys and girls in grades 6-8, may go down to 5th depending on the numbers.
2. All players are to have a pair 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. A practice and game schedule will be sent home the first week of the season.
5. The gym may be used for early season practice and outside practice will begin as soon as weather permits.
6. If weather conditions are poor, practice may be held in the gym, all participants should be ready to be outside at all times.
7. A parent meeting will be held at the beginning of this season.

G. Track

1. All boys and girls in 5-8 are required to participate; however, based on number of students some grades may be excluded.
2. The season begins with practices during Phy. Ed. in March and runs through the second week of May.
3. A practice and meet schedule will be sent home in early April.
4. Practices will be held during the school day.
5. All participants should be ready to be outside at all times.

“... I chose you and appointed you to go and bear fruit – fruit that will last.”

– John 15:16

LAA Midwest School Information

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