

Dear Christian Parents and Students,

The faculty and coaching staff of Christ-St. John's Lutheran School (CSJ) hope that your experiences in athletics will be a successful and rewarding part of your Christ-centered education.

This handbook has been prepared to help you understand:

- 1) The Christ-centered philosophy of our school
- 2) Your responsibilities as a parent and as an athlete being involved in this program

It is our intent that you will grow physically, intellectually, socially, and spiritually through this program. We realize that all of our abilities come from God and in loving response to our Savior we desire to develop and use those talents and abilities to His glory. *"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own you were bought at price." (I Corinthians 6:19-20 NIV)*

The policies detailed in this handbook are written in accordance with the La Crosse Area Lutheran Schools Athletic Conference (LALSAC) regulations as well as the standards and procedures set forth by Christ-St. John's Lutheran School.

In His Service,

Chad M. Czerwan  
Athletic Director

## **Mission**

Christ-St. John's Lutheran School was established to serve parents and children with a Christ-centered curriculum designed to create disciples and eternal members of God's kingdom.

As an extension of the curriculum, athletics afford opportunities that a regular classroom setting is unable to provide. The athletic department strives to create a unique experience in which students may grow physically, intellectually, socially, and spiritually as they mature in their God given athletic abilities.

## **Responsibilities of Student-Athletes**

The student-athletes of CSJ not only represent themselves, but also their school, church and most importantly their Savior. Their actions should be guided by God's will as it is found in the Ten Commandments. Athletics provide an excellent opportunity for the student-athletes to let their "light shine" among other athletes, coaches, officials, and spectators. *"Whatever you do, do it all for the glory of God." (I Corinthians 10:31)*

### **Health**

All participants will need to have a physical by a qualified physician prior to their first and third years of participation (effective 2002), and the completed form with proof of insurance on file with the Athletic Director. If an athlete is injured at a practice or game, the coach and/or Athletic Director will evaluate the injury and take the necessary actions, keeping the best interests of the athlete in mind.

When an injury requires that an athlete refrain from practice or competition, a note from the parents and/or physician is required for resumption of participation.

We want our athletes to strive to be in the best physical shape possible. Therefore, a student-athlete that uses illegal substances such as illegal drugs, alcohol, or tobacco will be suspended from the athletic program for the remainder of the year. The school board will reevaluate the student prior to the following year to determine if the suspension should be lifted.

### **Academic Standards**

The student-athletes will be reminded that they are first a student and an athlete second. Academically, our first priority is to assure that children are working up to their potential as established by their parents and teachers. Any student-athlete that has 3 or more late/missing assignments over the course of a week will be required to meet with the Athletic Director and will be ineligible for the next scheduled contest. Athletes that are deemed ineligible to participate in scheduled contests are required to attend the contest to support their team. Students with excessive late/missing work (8 or more) in a quarter will be suspended from the athletic program for that season.

A student-athlete must maintain a C average or higher in each subject, in order to participate in any extracurricular activities (Example a C- is acceptable, a D+ is unacceptable). Student-athletes' grades will be evaluated on the 15<sup>th</sup> and 30<sup>th</sup> of each month to determine further participation.

### **Church Attendance**

In our society today, we have the tendency to put a strong emphasis on athletics. While athletics are an important part of each child's development, nothing can compare with a close relationship with their Savior. In response to this, we would like to encourage families to grow together spiritually by attending church services on a regular basis.

### **School Attendance**

In order for a student-athlete to participate in a practice or contest that evening, the student-athlete must have attended all of the classes for that school day. Parents please refrain from scheduling any appointments on practice and game days.

### **Practice Policies**

An athlete missing the last practice before a contest will not start in that contest. Playing time in that contest may be limited according to the coaches' discretion.

Tardiness for practice may lead to diminished playing time.

Players should notify coaches of planned absences with a written note from their parents at least one day prior to the practice or game. If unable to send a note, please leave a message with the school secretary prior to 3pm.

Athletes that are injured should attend practices so that they may continue to gain knowledge of new plays and procedures as well as existing as an active and supporting member of the team.

### **Practice Policies (continued)**

Any athlete that is behaving in a disruptive manner will be removed from practice by the coach. If disruptive behavior becomes a habit, the athlete may be removed from the team pending consultations with the Athletic Director, principal, and parents. At no time should a student-athlete jeopardize the safety of, interfere with, or disrupt the practice of another team sharing the facilities.

### **Game (Contest) Policies**

Athletes should be ready to play at least 30 minutes prior to the start of the contest for warm-ups and pre-game sessions.

Playing time will be based on the following factors:

- Academic eligibility
- Participation (effort and attitude) in practice
- School and practice attendance
- Attitude towards coaches, officials, teammates, and others in authority
- Classroom behavior and attitude

Each member of a team has a responsibility to that team, therefore, we require that a student-athlete participate in no other contests on a day that CSJ has a scheduled contest.

In keeping with our Lord's directive to "*let your light shine before men that they might see your good deeds and glorify your Father in heaven.*" (Matthew 5:16), whether in route, at home, or at away contests, CSJ student-athletes are expected to comply with all school rules relating to their behavior and appearance. As representatives of your school, church, and Lord, we want to put our best foot forward. Therefore, gentlemen should wear a collared shirt with dress pants and ladies should wear dress pants, a skirt or a dress. No jeans or hats will be allowed. This dress code is in effect before and after games. If dress is inappropriate, the student will not be allowed to participate in contest.

When taking a bus to away games it is required that the student athlete remain on school grounds. Any student athlete not returning home on the bus must inform the Athletic Director. If not returning with parent or guardian written permission must be turned in with bus fees to the Athletic Director.

### Locker Rooms and Lockers

Lockers rooms are provided for the athlete's convenience; if abused, this privilege will be revoked. Privileges may be revoked if the locker room is not picked up, and Christian behavior is not displayed.

Lockers will be assigned to athletes according to their grade. Athletes in 5<sup>th</sup> and 6<sup>th</sup> grades may have to share a locker. Lockers will be cleaned and inspected at the end of each athletic season. All lockers must be cleaned out by the end of the school year.

### Uniforms and Equipment

The student-athlete is responsible for the care, safekeeping, and return of all uniforms and equipment assigned to him or her. Athletes will be responsible for the full replacement cost of uniforms and equipment that are not returned or returned damaged. Uniforms are not to be used as personal wearing apparel. Athletes will be required to change out of their uniforms promptly after the completion of their contest. Uniforms should be washed between contests if time permits. All uniforms are to be returned to the Athletic Director **immediately** following the last contest of each respective season.

### Communication

*"My dear brothers take note of this; everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." (James 1:19)*

Parents, teachers, athletes, and coaches will all benefit from an open line of communication. If a problem arises, first speak with the individual involved **privately**. Advertising others people's mistakes is gossip and goes against God's Word. If the problem persists, we will follow this chain of command:

- Coach
- Athletic Director
- Principal
- School Board

### Sportsmanship

As a child of God we should show our love for one another at all times. Therefore, whether the outcome is a win or a loss, our Christian attitude should always shine through, being gracious in defeat and humble in victory. It is not our purpose to lord over others with superiority or make excuses for losses. The real victory comes when one realizes that they have prepared the best they could and played to the best of their God given ability.

**Sportsmanship (continued)**

Adult spectators as well as athletes should remember good sportsmanship while cheering. Cheering should always be done from the positive, not the negative. Coaches, players, and officials are all sinful human beings and make mistakes. Yelling at them in public is not the proper way to handle those situations. If a spectator has a question about a certain coaching style or coaching concern, they should speak to that coach privately. If the concern has not been handled in a satisfactory manner, the next step would be to speak with the Athletic Director.

**Handbook Policy Form**

I have read and understand the policies and procedures outlined in the Christ-St. John's Lutheran School Athletic Handbook and am aware of the results of any violation of the athletic code. (This form need only be signed between physicals.)

Date\_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Signature of Student-Athlete \_\_\_\_\_

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Signature of Parent or Guardian \_\_\_\_\_

Signature of Student-Athlete \_\_\_\_\_



Bus Form

Note: This form is to be filled out *every* time your child rides the bus.

Date \_\_\_\_\_

This is to certify that (student-athlete)(s) \_\_\_\_\_  
has/have my permission to ride the bus to and from the  
(sport) \_\_\_\_\_ athletic contest on (date) \_\_\_\_\_ 20\_\_\_\_,  
at (location of contest) \_\_\_\_\_.

Signature of Parent or Guardian \_\_\_\_\_



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Signature of Parent or Guardian \_\_\_\_\_



Travel/Liability Release

Date \_\_\_\_\_

I hereby grant permission to Christ-St. John's Lutheran School to arrange for  
transportation of (student-athlete)(s) \_\_\_\_\_  
to and from athletic competitions for the \_\_\_\_\_ school year.

Signature of Parent or Guardian \_\_\_\_\_