

**Christ-St. John's Lutheran School
Athletic Handbook
2023-2024**



**“Forward in Faith”
Philippians 1:6**

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,

Timothy A. Voigt
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.

Christian Responsibilities

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 student athletes will need to have a physical by a qualified physician prior to their first and third years of participation (usually 5th and 7th grade), 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 late/missing assignments over the course of a week will be required to meet with the Athletic Director and may 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 in a quarter maybe 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 reviewed regularly 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.

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. Coaches will determine a dress code for team members. This dress code is in effect before and after games. If dress is inappropriate, the student may have consequence during practice.

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)

24 Hour Rule: In an effort to attempt to ensure that emotions do not interfere with proper, Christian communication, the following "24 Hour Rule" will be in effect: Following the conclusion of any contest, all parents are expected to not raise concerns or communicate (talk, e-mail, note, etc.) with any coach concerning issues of playing time, strategy, decisions, etc., for a period of 24 hours. The thought behind this policy is the heightened emotional state of a parent or coach following contests is not the best time to effectively communicate concerns in a proper, God-pleasing manner.

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.

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.

Playing time

The ideal situation in team sports would be to have all the team members participate the same amount of time in every contest. However, **what is ideal is seldom what is real**. The talents and abilities of athletes differ, and consequently, so do the amount of time they will participate. The coach has the responsibility of putting together the best team possible, first of all to glorify our Lord, and secondly to achieve the goal of team victory.

The coach also, however, has the responsibility to give every student-athlete as much time as possible. The coaches at CSJ are aware of their responsibilities and try to live up to them. Every effort will be made to give all student-athletes as much participation as possible, but the **athletes must be willing to sacrifice their own goals in favor of the goals of the team**.

Coaching Expectations

In keeping with our Lord's directive to "let your light shine before men that they may see your good deeds and glorify your Father in heaven" (Matthew 5:16), whether during practice, enroute, at home or away contests, it is imperative that the coach of any CSJ team be a positive role model for his/her athletes. This would include:

1. To the Players on the Team:

- a) Providing a proper example of a sportsmanlike attitude toward the opposing team and coaches.
- b) At all times maintaining dignity and self-control. He/she should not, at any time, use provocative language or engage in unsportsmanlike actions or tactics. **If the coach, as a professional educator, cannot exercise emotional control under stress, he should not be surprised when such behavior is not displayed by the young people on the team nor the spectators in the stands.**
- c) Controlling their emotions by eliminating any show of outrage or discontent over an official's call.
- d) Immediately disciplining any player who attempts to intimidate an official or displays unsportsmanlike behavior. If possible the discipline should be done in a privately, between the coach and athlete.

2. To Fellow Coaches:

"But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it." (I Cor. 12:24b-27)

- a) Although the make-up of a coaching staff places the Head Coach in a position of authority, a wise Head Coach will do the following:
 - Encourage independent thought on the part of the staff.
 - Praise the assistants and recognize their achievement and contributions whenever possible.
 - Discuss misunderstandings as soon as possible and in an appropriate location away from the athletes and other people not concerned with the program.
- b) It is most difficult to be a good assistant coach. However, the success of the school, the team, and the coaching staff is dependent on the quality and effort of the assistant coaches.

3. Assistant Coaches Will:

- a) Contribute a full measure of time, effort, thought, and energy to the program.
- b) Be willing and able to do things that they may not wish or even like to do.
- c) One must bear in mind that his/her sport is not the only sport; it is only one part of the total educational program of the school. Therefore it is important to:
 - Support, promote, and cooperate with all the other coaches, advisors and faculty members for the well being of the kingdom work.
 - Support and serve fellow coaches whenever possible.

All remarks should reflect the spirit Paul describes in Colossians 3 & 4.

Our goal for Christ St. John's athletics is to train athletes in many different sports and to train them as young Christian athletes. We want athletes to compete at a high level and work hard but at the same time do it with a Christ like attitude. These are the expectations for players, coaches, and parents.

Player

- Represent your team, parents, and school in a Christ-like manner.
- Have a desire to work hard and improve as an athlete.
- Put the team before yourself.
- Be coachable. When coaches point out things that need improvement or correction, accept their opinion. They want you to improve as an athlete and as a person.
- Show respect to your opponents and the referees.

Coaches

- Represent the school, team, and yourself in a Christ-like manner.
- Show respect to parents, your opponents, other coaches, and referees.
- Be a Christian example to the players.
- Come to practice prepared to help the players improve as athletes.
- Give equal opportunities to all players.

Parents

- Represent the school, the team, and your family in a Christ-like manner. Be a Christian example to the players while you are in the stands.
- Be supportive and encourage the team.
- Show respect for officials regardless of their call.
- If you desire to talk to the coach, please do it calmly and at an appropriate time.
- Show respect to parents, your opponents, coaches, and referees.

Most important - Whether you eat or drink or whatever you do, do it all to the glory of GOD.

Handbook Policy Form

I have received the athletic handbook and understand the policies and procedures outlined in the Christ-St. John's Lutheran School Athletic Handbook and are aware of the results of any violation of the athletic code.

Date _____

Signature of Parent or Guardian _____

Signature of Student-Athlete _____



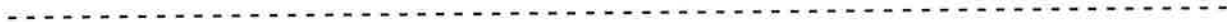
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