

Living Word Lutheran School Athletic Policy



Living Word Lutheran School

We are glad your child is participating in our school's athletic program. We will work hard to make this a positive social experience for him/her as well as a time to learn responsibility, cooperation, and teamwork.

Living Word Lutheran School offers its students the opportunity to participate in the following sports: soccer, boy's and girl's cross country, girl's basketball, boy's basketball, cheerleading, girl's volleyball, girl's softball and boy's and girl's track. Currently, our softball team is combined with St. John Lutheran School, Rochester. When Living Word has enough athletes from its own student body, we will form teams of our own.

Athletics are competitive by design, and teams will be coached to win. However, winning will not be stressed at the expense of compromising safety, values, or the self-esteem of the child. We will stress glorifying God as they play, developing fundamentals, and putting their best effort into every practice and game. We will not guarantee playing time.

General Guidelines for all Sports

Listed below are the expectations that Living Word has for both the athletes and the parents. It is our hope that we may all work together for the benefit of the student/athlete.

1. If there are questions or conflicts, follow the Lord's process of reconciliation as outlined in Matthew 18 and contact the coach.

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. Matthew 18:15-16

If the parent and coach do not come to an agreement, an appeal can be made to the Athletic Director. If the parent is still not satisfied, an appeal can be made to the principal and finally the Board of Education through the chairperson. All appeals must be submitted in writing.

2. A Medical Treatment Consent Form and Sports Physical must be completed and handed in before students are allowed to practice.

3. Practices are scheduled and given to the athlete before the season along with the game schedule. However, practice schedules are subject to change. All athletes are to be picked up in the lobby of the school after practice. Five minutes after practice ends, remaining players will be checked into the after school care program at the parent's expense.

4. All injuries should be reported to the coach. If an injury is sustained outside of school, please assist the coach by helping him/her understand the injury, the extent of the injury, and what limitations, if any, the athlete has. If the athlete is under doctor's orders not to participate, a written release from the doctor needs to be given to the coach before the athlete will be allowed to participate again. If at any time a coach feels that a

participant will bring harm to himself or others, the coach may remove the participant from the activity.

5. Before game day, an approximate time for departure from school will be published by the coach or Athletic Director. The athlete will be assigned to a car by the coach. The student will ride to the game in that assigned vehicle. The student will ride back to school in that assigned vehicle unless they are riding home with their own parent. Parents may give written permission to the coach for athletes to be taken home by another parent.

6. Athletes are expected to dress in appropriate, comfortable clothes for practice (shorts/sweats, T-shirts, decent footwear). Uniforms are only to be worn on game days. Protective wear (such as kneepads for volleyball) is encouraged.

7. Phone calls home for forgotten items will not be allowed.

8. If the athlete cannot make practice, she/he needs to tell the coach in person or by telephone. If the coach is not informed by the athlete of an absence, this will be counted as an unexcused absence.

9. If an athlete is not in attendance on the day of an athletic event by 10:00 AM, he/she will not be eligible to participate in the event that day. Exceptions to this would be doctor's appointments, orthodontist appointments, dental appointments, funerals, etc. Notes are required from the medical doctor for all medical excuses.

10. Absenteeism:

- Being absent from any portion of a practice or game will have a negative impact on the athlete's playing time in the future.
- Being absent from any portion of a practice or game for other teams or extra-curricular activities outside of Living Word will be an unexcused absence.
- Two unexcused absences will result in not participating in the next athletic event. (Detention counts as an unexcused absence, and the athlete will not participate in any sporting event that day.)

11. No jewelry is to be worn at practices or games. Please have a safe place for your child to keep these items during these times. The coach's pockets or first aid kit is not a safe place!

Extra-Curricular Athletic Eligibility

To remain eligible for extra-curricular athletics sponsored by Living Word Lutheran School, students must maintain a 70% average in each subject area. Eligibility is checked weekly and a grade report is sent home to every parent whose child has a cumulative quarter grade of less than 70% in any subject area.

Initially, a student with a cumulative quarter grade of less than 70% will receive a notice and a one-week warning. If the grade is not at least 70% by the next week, the student will become ineligible for practice or play for the following week. Any student who becomes ineligible twice during the same competitive season will remain ineligible for the remainder of that season. This includes post-season play. Grades are figured as of Wednesday afternoon. They are sent home on Thursday and returned on Friday. The warning period and period of ineligibility will run from Monday through Sunday.

UNIFORM CARE

Living Word Lutheran School provides uniforms for every sport throughout the year. We ask that you take care when washing these so that we may get maximum use from them. Please wash the silk-screen uniforms inside out in cold water and **do not** put them in the dryer. This will allow the silk screen to last longer.

If the uniform is lost or damaged, the athlete will be responsible for the full replacement cost of the uniform.