

I DO EVERYTHING THROUGH HIM WHO GIVES ME STRENGTH.

Philippians 4:13

PHILOSOPHY

This athletic handbook contains the philosophy, goals and policy statements pertaining to the athletic program of St. James Lutheran School, Howard Lake, Minnesota. Through athletics, students can grow spiritually, physically, emotionally, and socially. Our sports programs offer opportunities for the students to discover new talents and to improve in their overall knowledge of and appreciation for athletics.

GOALS

- 1.) Family, worship, and school work always come first.
- 2.) To glorify Jesus in all that is done and said on and off the field/court.
- 3.) To teach athletes that their abilities and talents are God-given – and to use those abilities and talents to their full spiritual, physical, and emotional potential.
- 4.) To allow all students to participate on a team that is appropriate for their level of skill and experience.
- 5.) To provide a positive athletic experience for each athlete in order to encourage a lifelong enjoyment of sports and recreational activities.
- 6.) To develop an understanding of the rules and concepts of the game.
- 7.) To prepare the student – athlete for the next level of competition.
- 8.) To provide an additional avenue to promote school spirit.

CODE OF CHRISTIAN CONDUCT

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. 1 Corinthians 9:25

- 1.) I will treat each player, coach, official, parent, and administrator with respect, Christ-like love and dignity.
- 2.) I will become familiar with the philosophy and goals of the athletic program at St. James Lutheran School. I will strive to achieve these goals and communicate them to players and their parents.
- 3.) I will do my best to learn the fundamental skills, teaching and evaluation skills, and strategies of my sport.
- 4.) I will become thoroughly familiar with the rules of my sport.
- 5.) I will learn the strengths and weaknesses of my players so that I might place them in situations where they have maximum opportunity to succeed.
- 6.) I will cooperate with the athletic director and principal in the enforcement of rules and regulations, I will report any irregularities that violate school policy and that are not in accordance with Christian behavior.
- 7.) I will protect the health and safety of my players by insisting that all of the activities under my control be conducted with their welfare in mind.
- 8.) Family, worship and school work always come first.

Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules. 2 Timothy 2:5

PLAYERS

- 1.) I will demonstrate a Christ-like example on and off the playing field/court.
- 2.) I will make my academic success a higher priority than my athletic success.
- 3.) I will be respectful of coaches, players, officials and spectators at all times.
- 4.) I will be diligent in preparation, relentless in effort, unified in teamwork, pure in speech and humble in spirit.
- 5.) I will know the team schedule and take responsibility to attend all practices and games.
When there is a scheduling conflict between St. James School games/practices and community games/practices, St. James athletics come first.
- 6.) I will let the coach or athletic director know when I will not be at a practice or game.
- 7.) I will take pride and care in the facilities I play in and the equipment I use.
- 8.) Family, worship and school work always come first.

Train up a child in the way he should go; even when he is old he will not depart from it.

Proverbs 22:6

PARENTS/GUARDIANS:

The following behaviors are expected of all parents/guardians:

- 1.) Model and foster Christ-like attitude and behavior.
- 2.) Follow the printed schedule/calendar and plan accordingly.
- 3.) Return all notes/forms signed and on time.
- 4.) Respect others, their property, all facilities and equipment.
- 5.) Share the responsibility with my child for promptness to games and practices.
- 6.) Take the responsibility in assuring my child is picked up promptly at the end of games and practices.
- 7.) Support the athletic program by volunteering to help with games and tournaments.
- 8.) Remember at all times: This is supposed to be FUN!
- 9.) Family, worship and school work always come first

RESOLUTION OF PARENTAL CONCERNS

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

Occasionally parents may have concerns about the athletic program of St. James Lutheran School. When concerns arise, it is best to use the Biblical approach of going directly to the person we have the concern with and try to work out a solution with them. With that in mind, all concerns regarding decisions of coaches as to game or practice situations should be taken up directly with the coach. All of our coaches are well trained and have the children's best interest at heart. Parents should feel free to approach the coaches without fear of retaliation or ridicule. Your input is important in this joint effort of education your children. In order to facilitate a smooth and orderly process, parents are to follow these guidelines when they have concerns:

- 1.) **Go directly to the coach** with any concerns you have regarding his/her coaching decisions. When we go to others with our concerns regarding a coach, we place ourselves in danger of violating the 8th commandment. Concerns shared will be confidential! Information will be disclosed only to those who need to know in order to review, investigate, and respond to the concern (e.g. athletic director, principal)
- 2.) Parents may not speak to a coach regarding concerns about a particular game for **at least 24 hours after the game**. This serves everyone a chance to calm down and will enable everyone involved to think more clearly before they speak. **We want all our words and actions to glorify God and show love to our Christian brothers and sisters.**
- 3.) Parents with a concern **need to make an appointment** to speak with the coach. Immediately prior to, during, or after a game is **NOT** the appropriate time.
- 4.) Any concerns regarding the school's athletic policy, scheduling, or equipment use should be brought to the attention of the athletic director.
- 5.) Most athletic-related concerns can be resolved through open and honest communication with the head coach. If the problem remains unresolved, the parents should contact the athletic director. The athletic director will meet with the coach and the parents together to resolve the conflict. If the athletic director is also the coach that the parents have concerns with, this second meeting will include the principal.

It should be understood that all issues would not necessarily be "resolved" to the satisfaction of the person who has the concern. The coach, athletic director, or principal may make decisions that do not require a change or that do not fully meet with the parents' expectations. However, those who use this process should be satisfied that their concern was heard, taken seriously, and that consideration was given to the issue consistent with the philosophy and goals of our school and its athletic department.

PLAYING TIME STANDARDS

The A- team will consist of 7th and 8th graders, with 6th graders being allowed to participate when deemed necessary. During the regular season all athletes will play, but there will not necessarily be equal time. When 6th graders are allowed to play, their playing time will not be equal to the 7th and 8th graders. During tournaments, playing time will be left up to the coaches' discretion. Coaches will do their best to provide all participants the opportunity to experience tournament play.

The B-team will consist of 5th and 6th graders, with 4th graders being allowed to participate when deemed necessary. When 4th graders are allowed to play, their playing time will not be equal to 5th or 6th graders. Coaches will **strive** to give 5th and 6th grade athletes equal playing time in all regular season games. During tournaments, it would be ideal for all 5th and 6th grade athletes to get equal playing time, this will be at the discretion of the coach.

It is the goal of every coach to put our athletes into the best situation to experience success.

TRANSPORTATION

When we have away games, we depend on parents for transportation. We will often leave school between 2:30 or 2:45. Unless other arrangements have been made with the coach, parents are to pick up their child at the end of the game at the game site. Parents who cannot be at the game site should make every effort to arrange transportation with other parents. Our coaches sacrifice a great deal of family and personal time during the year. Please make every effort to make transportation arrangements.

All volunteer drivers must:

- 1.) Be at least 21 years of age.
- 2.) Have a valid driver's license.
- 3.) Be able to show proof of insurance.
- 4.) Provide a seat belt for each person they transport.

In the unlikely event of an accident, the driver's insurance will cover all occupants in the driver's vehicle.

CONCESSIONS

For every home game St. James offers a concession stand for home and visiting spectators. **This is the responsibility of the parents to run.** This is an excellent fundraiser for our school which takes very little effort on your part to do. A sign-up sheet will be sent home with the athlete's schedule, choose the dates that work best for you and return the form to the athletic director. 7th and 8th volleyball parents work the 5th and 6th match; and the 5th and 6th parents work the 7th and 8th match. This ensures that all parents will have an opportunity to watch their child play. This is also how the girls and boys basketball season works as well. Set-up and clean-up will be done by the athletic director.

ACADEMIC ELIGIBILITY

Therefore prepare our minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy."
1 Peter 1:13-16

- 1.) Eligibility can be assessed at any time throughout the school year.
- 2.) The student must maintain a 1.75 (C-) GPA in the following subjects; Religion/Confirmation (this includes memory work), Math, Science, Reading/Literature, Spelling, and Social Studies.
- 3.) The student cannot receive an "F" as a total grade in any of his/her subjects.
- 4.) If #2 or #3 is not met, the student will be **immediately** suspended from extracurricular games for **2 weeks** or **minimum 2 games** if no games were played during the 2 week suspension. Following 2 consecutive suspension, the student will be excluded from that sport for the remainder of the season.
- 5.) It is the **student's** responsibility to check with his or her teacher on current progress in scholastic areas.
- 6.) **Suspensions can be carried over into the next seasonal activity, (including public school) if it so applies.**

UNIFORMS

All athletes will be provided with a uniform for game use. All athletes must be dressed in their uniform to play in a game. The athlete is responsible for replacement cost of any lost or abused uniform. Keep uniforms clean. **DO NOT** wash uniforms in hot water or place in the dryer. The numbers and letters on the uniform will melt and stick together! Dryers can be used **only** if set on "Air" setting. As a general rule of thumb, cold water and line/air drying is best for sports uniforms.

SPORTS OFFERED

5-6 Volleyball	September-November
7-8 Volleyball	September-November
7-8 Football	September-October (with HLWW MiddleSchool)
7-8 Basketball (Girls & Boys)	November-February
5-6 Basketball (Girls & Boys)	January-March
7-8 Softball	April-May (with HLWW Middle School)
7-8 Baseball	April-May (with HLWW Middle School)

PHYSICALS

Athletic physicals are not required for our athletes. Although, those who participate with the public school will be required to have one. Forms are available upon request.

SPORTS FEES

There is a \$30.00 fee per sport with a \$50.00 cap for families. All sports fees must be paid **before** the first game. Payments can be made in the school office.

SCHEDULING

The athletic director is responsible for scheduling all games and tournaments. The schedule will be passed out by the coaches at the beginning of the sports season. A schedule of weekly athletic events will be in the school newsletter and on the St. James website. ***Changes in the schedule are inevitable.*** Every effort will be made to inform you of changes as early as possible.

ATHLETIC CONFERENCE MEMBERSHIP

St. James Lutheran School is a member of the Minnesota Lutheran Athletic Association (MLAA).

Minnesota Lutheran Athletic Association Includes:

- 1.) St. John Lutheran, Chaska
- 2.) Zion Lutheran, Cologne
- 3.) Our Savior Lutheran, Excelsior
- 4.) First Lutheran, Glencoe
- 5.) Emmanuel Lutheran, Hamburg
- 6.) St. James Lutheran, Howard Lake
- 7.) St. John Lutheran, Norwood/Young America
- 8.) Zion Lutheran, Mayer
- 9.) Trinity Lutheran, Waconia
- 10.) Christ Community Lutheran, Watertown
- 11.) Redeemer Lutheran, Wayzata

But you, man of God, flee from all of this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses. 1 Timothy 6:11-12