

# St. Paul Athletic Handbook

2016-17



*Educating for Eternity*

## Our Mission:

*Empowered by Jesus' love, St. Paul Lutheran School educates, equips and encourages students for tomorrow and eternity.*

# St. Paul Athletic Handbook

St. Paul is part of the Ann Arbor Independent Athletic Association (AAIAA). This will allow us to be part of a league with other area Christian and private schools, to participate in league tournaments and to easily establish sports schedules for the year, giving us the opportunity to interact and to witness Christ's love to other schools. When possible we will still continue to participate with other Lutheran Schools as we have in the past.

## Philosophy

St. Paul Lutheran School exists to work in partnership with the family in the responsibility to "train up a child in the way he should go." Athletics at St. Paul exist as an extension of the overall school program, and it is considered a privilege to be able to participate in extra-curricular athletic activities. The aim of St. Paul Athletics is to facilitate the goals of St. Paul School through interscholastic sports activities.

God's Word emphasizes that God is concerned with the way we use our physical body. 1 Corinthians 6:19-20 exhorts us: "Don't you know that your body is a temple that belongs to the Holy Spirit? The Holy Spirit, whom you received from God, lives in you. You do not belong to yourselves. You were bought for a price. So bring glory to God in the way you use your body." St. Paul gives participants a unique opportunity to bear and bring glory to our Lord and Savior.

## Goals

St. Paul Athletics is in the unique position to provide an opportunity to meet many goals in the overall physical, intellectual, and spiritual growth of the student-athlete.

Among these objectives are:

1. To glorify God in all that is done on and off the playing field.
2. To recognize that the use and development of physical skills and talents is a part of good Christian stewardship.
3. To help instill God-pleasing priorities, namely: God, family, school, athletics.
4. To realize the importance of others in our lives and to learn to work cooperatively with them.
5. To develop critical thinking and decision making skills.
6. To provide a positive athletic experience for each athlete and to encourage a lifelong enjoyment of sport and recreational activity.
7. To prepare athletes for high-school level athletics.
8. To promote school spirit.

## Code of Conduct

As a Lutheran school, we desire to teach and encourage Christian conduct and sportsmanship among our student athletes, coaches, and fans. To help us achieve that goal, we have developed the following guidelines to help us identify what we feel is proper conduct for our athletes, coaches, and fans. By accepting a position on any St. Paul team, the student-athlete, as well as his/her family, agrees to abide by the following:

### **The Student Athlete**

1. Win or lose, thanks his Lord for allowing him to take part in the contest and keeping him safe.
2. Realizes that he is representing his Lord – as well as his church, school, and team – and reflects his awareness in his conduct.
3. Treats the opponent as a guest and a friend – as he wishes to be treated; appreciates his opponents' good play, and encourages his opponent when he makes a mistake.
4. Does not use profanity or vulgarity at any time.
5. Accepts referees' decisions in a proper manner; does not argue or make non-verbal gestures that indicate disagreement with officials, opponents, coaches, or fans.

### **The Coach**

1. Knows he is an ambassador for Christ and, as such, conducts himself/herself in a proper manner when dealing with athletes, parents, and fans.
2. Sets a Christ-like example for players and fans.
3. Uses the game as an avenue to minister to children, parents, and fans.
4. Maintains self-control at all times. The desire to win must not overcome rational behavior
5. Treats each player, opposing coach, referee, parent, and administrator with respect and dignity.
6. Expects good sportsmanship from his athletes – removes players not showing good sportsmanship from the contest.
7. Helps players appreciate opponents' good performance and encourages opponents who make mistakes.
8. Shows respect for his opponents. Does not “run up” scores or seek to embarrass his opponents.

### **The Fan**

1. Attends the games to encourage and support the athletes.
2. Is a positive example for setting the tone for those around them so that everyone may enjoy the game.
3. Shows respect for the judgment of the officials; does not question their calls.
4. Accepts and respects the decisions of the coaching staff. Does not discuss aspects of the game on the day of the contest or within hearing distance of any member of the team.
5. Does not use profane, obscene, or abusive language.
6. Shows respect for those who are hosting; respects the rules and expectations of his host.
7. Recognizes and appreciates outstanding plays by either team.

### **Eligibility**

One of the primary goals of St. Paul Lutheran School is to provide a quality education to each student. In keeping with that principle, a student is considered to be a student first. He/she must maintain an overall average of “C” or better and must not be failing in any course in order to participate. Grades will be checked every three weeks. Any

student not maintaining a “C” average, or failing any course, will be ineligible for practices and competition until the next progress check. Any student who is ineligible for a second time during the season will be removed from participation for the remainder of the season. Parents and coaches will receive written notification from the athletic director informing them of the student’s ineligibility.

Athletes are also expected to demonstrate Christian conduct and behavior in all classroom and school activities. Students receiving a suspension from school will be suspended from athletic participation for the remainder of the season.

A student is expected to be in school the day of a scheduled activity in order to participate in that game/practice. Absences on a school day or prior to an event scheduled on a non-school day or a weekend will be evaluated on an individual basis by the athletic director at the request of the parent. A student who does not participate in a scheduled physical education class may not participate in athletic activities that day.

### **Forms required to participate**

Each student is required to have a valid physician-certified physical form on file in the school office *prior to any participation in any St. Paul practice or contest*. The Michigan High School Athletic Association mandates physical examinations annually dated after April 15<sup>th</sup>. Students are also required to turn in an emergency health form prior to participation. Students may only compete on one St. Paul team each season.

### **Developmental Interscholastic Athletics**

St. Paul Lutheran School offers competition in the following developmental sports:

#### **Fall Sports:**

5<sup>th</sup>/6<sup>th</sup> Girls’ Volleyball

#### **Winter Sports:**

5<sup>th</sup>/6<sup>th</sup> Boys’ Basketball

5<sup>th</sup>/6<sup>th</sup> Girls’ Basketball

5<sup>th</sup>/6<sup>th</sup> Girl’s Cheerleading

#### **Season:**

Developmental Sports will be held corresponding with the 7<sup>th</sup> – 8<sup>th</sup> grade season of the same sport. Participants will compete in a limited number of interscholastic games against teams of similar ages and abilities.

#### **Playing Time:**

St. Paul developmental teams are instructional teams, with the emphasis being placed on individual fundamentals and skill development. Coaches are encouraged to allow each individual team member a comparable chance to participate in games and scrimmages.

## **Competitive Interscholastic Athletics**

St. Paul Lutheran School offers competition in the following competitive sports:

### **Fall Sports:**

7<sup>th</sup>/8<sup>th</sup> Girls' Volleyball  
4<sup>th</sup> - 8<sup>th</sup> Coed Cross Country

### **Winter Sports:**

7<sup>th</sup>/8<sup>th</sup> Boys' Basketball  
7<sup>th</sup>/8<sup>th</sup> Girls' Cheerleading  
7<sup>th</sup>/8<sup>th</sup> Girls' Basketball

### **Spring Sports:**

4<sup>th</sup> - 8<sup>th</sup> Coed Track

## **Practices**

Dates and times of practices are announced to the students at school and in the school newsletter. Coaches will determine the appropriate role for each player on the team. All effort is made to allow for maximum participation of each athlete on the team. In rare instances, team numbers may need to be limited. Maximum roster sizes are determined by the coach in consultation with the athletic director.

## **Playing Time**

St. Paul competitive teams are involved in interscholastic competition. Our competitive teams are not recreational teams guaranteeing equal playing time. Playing time, which involves both games and valuable practices, is left to the discretion of the coaches and may be determined by a variety of factors including attitude, cooperation, work ethic, skill and knowledge level, and contest situation. It is the goal of St. Paul to involve all team members while remaining competitive. Coaches are acutely aware that they are involved in building the skill level and self-confidence of each individual member of their teams.

## **Absences**

When an athlete makes a commitment to a team, he/she commits to attending all practices and games. Missing practices or parts of practices not only affects the skill development of the individual athlete, but also that of the entire team, and could drastically affect playing time. Approved absences must be communicated to the coach or faculty representative before the missed activity. If an athlete misses school the day of an activity, the absence is considered excused and no written notification is necessary. Two unexcused absences will result in an athlete being removed from the team for the remainder of the season.

## **Transportation**

It is the responsibility of the parents to drive their children to and from games and practices, or to arrange a ride for their child. These arrangements need to be in place before school begins on the day of the scheduled activity. A team roster will be given to each player prior to the first contest to assist parents in car-pooling.

## **Parental Involvement**

In order for an athletics program to work, it is imperative that parents be active in the program. All parents of student-athletes at St. Paul are considered to be athletic boosters. The purpose of the boosters is to support the athletic programs at St. Paul through fund-raising and service. Parents are expected to assist by running a concession stand, keeping score, setting up/tearing down, and collecting gate receipts at home games. In the event that a parent is unable to work at an assigned time, it is that parent's responsibility to find a replacement. In addition, each family will be expected to work during our invitational tournament. If you are interested in volunteering in any other way, please contact the athletic director.

## **Uniforms**

St. Paul provides uniforms for all of its interscholastic sports. They are to be kept clean and are to be worn only for competition. Uniforms must be washed in cold water and must be air-dried. Uniforms are to be returned on the designated day in the same condition they were issued. Players will be charged for missing or damaged uniforms.

## **Selection of Coaches**

It is the policy of St. Paul Lutheran School that, whenever possible, the head coach of interscholastic athletic teams will be a member of the faculty or staff of St. Paul Lutheran School. In some cases, it may be difficult or impossible to find a qualified individual on staff. In those instances, a faculty representative will be assigned to the team, and the athletic director will secure a qualified coach from outside the faculty or staff. Parents are asked to remember that all of our coaches at St. Paul volunteer their time out of love for kids and love for the sport.

## **Athletic Fees**

A **\$50** fee will be added to a student's tuition account (TADS) for each sport in which that student participates. This fee is not refundable and is for each student per sport they participate in during the school year. Maximum fee per family/year is \$300.

## **Athletic Awards**

St. Paul School would like to reward the students who have participated in the school's athletic program. They will be recognized in every sport that they are involved in each year. In order to receive the award they must begin when the season starts and complete the season. If a student becomes ineligible for grades, he/she must regain their eligibility by the next progress check to qualify for an award. This is our school's way of celebrating with you the talents that God has blessed you with in the athletic field.

1<sup>st</sup> year in a sport – awarded the St. Paul Letter

(Students participating in multiple sports in one year will receive their letter for the first sport they participate in and then will receive a certificate for additional sports.)

2<sup>nd</sup> year in the same sport – awarded a certificate

3<sup>rd</sup> year in the same sport – awarded a sport pin

4<sup>th</sup> year in the same sport – awarded a school pin (only one)

(If a student participates in more than one sport for a fourth year during one school year they will receive a school pin for the first sport and a gold star for each sport after that.)

5<sup>th</sup> year in the same sport – awarded a gold star pin

Every athlete and his/her parent(s) must sign and return the Athlete/Parent Commitment form each year prior to participation in any school sport.

### **Contact**

Athletic Director: Caleb O'Hara

Email: [cohara@stpaulannarbor.org](mailto:cohara@stpaulannarbor.org)

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## **Crusader Athletics Registration**

Before a student may participate in any athletic program at St. Paul Lutheran School he/she must:

1. Have a current physical on file in the school office. This physical must be signed by a doctor and dated after April 15<sup>th</sup> of the current school year. You may not attend practice until your physical is on file in the office.
2. Student and parent must review the “Athletic Program” section of the school handbook (appendix C) and sign the Athlete/Parent Commitment below.
3. Complete the Medical Consent Form and return it to the school office.

It is the responsibility of the parent/guardian to make sure that the proper paperwork has been completed and turned in so that the student may participate in Crusader athletics.

### **Athlete/Parent Commitment for Grades 4-8**

It is expected that both parent/guardian and athlete have reviewed the “Athletic Program” section of the school handbook and understand the expectations of participating in athletics at St. Paul School. Signatures of both parent/guardian and athlete are required on this commitment.

I understand that being a member of a St. Paul Crusader athletic team is a privilege. I understand that in being an athlete I represent my team, my school, my family, and most importantly, Jesus Christ. I recognize that in everything I am a Christian first and that my words, thoughts, and actions should reflect my faith.

We, as a family, have carefully read the “Athletic Program” section of the school handbook. We fully understand the requirements and responsibilities of becoming an athlete at St. Paul School. We commit ourselves to the guidelines and rules for participation, as well as to the rules of the sport. We also understand the consequences of being excluded from participation should we fail to live up to our commitment.

I, together with the faculty and staff at St. Paul School, ask the Lord’s blessing and guidance on my commitment and efforts in the year ahead, both on and off the playing field.

**Athlete Signature:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_