LUTHERAN HIGH SCHOOL

Athletic Student Handbook



PURPOSE

Extra curricular activities at Lutheran High School are an important part of the total educational program of the school. The programs are varied in scope to provide an opportunity to all for participation and are set up to cultivate traits of Christian character including courage, loyalty, cooperation, self-discipline, good sportsmanship, team play, and wholesome desire. These programs of are conducted as an educational tool for the training of Christian citizens.

STATEMENT OF PHILOSOPHY

The focus of the extra curricular programs shall be that students attend school to receive an education first and participate in extra curricular programs second. These extra curricular opportunities are an integral part of the culture in which we live and are valuable social tools which may be used to enrich the lives of the students of Lutheran High School.

Winning is important but is secondary to the principles of fair play and good sportsmanship. The primary purpose of LHSI's program is to encourage participation of all students, and to afford them the training to compete successfully in athletic contests. Winning records are regarded as the outcome of hard work and dedication rather than the objective of the program. Desirable outcomes can be achieved only through competent coaching and a desire to abide by the rules. The coaches shall exemplify, through their behavior, those personal and professional qualities which will influence the development of high ideals and standards in others. The coaches shall be good teachers of skills and techniques and above all else be fair and consistent. The coaching staff at LHSI is a caring group of dedicated professionals who strive to bring out the best in athletes. They are willing to do the extras to make LHSI athletics successful, and to provide the athlete with the necessary skills to compete at the high school level.

Student athletes shall be encouraged to participate in a variety of activities furthering their social and educational experiences. The student athletes shall make a commitment to the sport/sports of their selection by attending practice regularly, abiding by training rules, and working for self-improvement.

OBJECTIVES OF THE ATHLETIC PROGRAM

1. To provide an opportunity for goal setting and the achievement of highest potential in both academics and athletics.
2. To teach new skills and offer opportunities to improve those already possessed.
3. To provide opportunity for students to place "group" above "self"--to learn to practice self-discipline for the overall benefit of the team or group of which he/she is a member.
4. To give students an early understanding that participation in athletics is leadership training which is a privilege that also carries responsibilities with it.
5. To provide opportunities to learn the benefits of following rules.
6. To provide opportunities for lasting friendships with both teammates and opponents.
7. To provide an opportunity for growth and development.
8. To provide an opportunity for the student to have fun, and at the same time develop self-worth.

ORGANIZATION

Policies for the athletic program are recommended by the coaching staff and athletic director and submitted to the principal for approval. The coaching staff is directly responsible to the athletic director for carrying out the conduct of the athletic program as spelled out in the Handbook. The athletic director is in turn ultimately responsible to the principal for the total conduct of the athletic and physical education program and use of the athletic and physical education facilities.

SPECIFIC OBJECTIVES

THE ATHLETE WILL:

1. Experience and exhibit the love of Christ in his/her attitude toward, and in his/her relationships with fellow athletes, coaches, and officials.
2. Experience and exhibit sportsmanship through fellowship, competition, teamwork, and fair play.
3. Strive to develop his/her athletic ability to maximum potential.
4. Represent himself/herself and his/her school in a positive manner through interscholastic competition.
5. Exercise his/her leadership qualities.

6. Enthusiastically practice and play the sport.
7. Strive for a balance between the richness of victory and the value of defeat.
8. Maintain the academic standards established by the school and state.
9. Strive toward self-improvement in skills, attitude and performance through practice and playing.
10. Learn the skills of the specific sport.
11. Understand the fundamental principals and strategies of the specific sport.
12. Strive for a sound and healthy body and mind through participation in interscholastic athletics.

PARTICIPATION AND ELIGIBILITY

1. In general, all students are eligible to participate in athletics if they meet the IHSAA requirements as well as our own LHSI scholastic eligibility requirements. Participation by any athlete meeting these requirements will be limited only when it is apparent that the welfare of the student or the school is endangered.

2. **IHSAA ELIGIBILITY REQUIREMENTS** are listed in the IHSAA By-Laws which is available at IHSAA.org or upon request from the athletic director.

ATHLETIC INJURIES

Lutheran High School does not assume any financial responsibility when an injury occurs. No athlete can participate until required documentation of the IHSAA is completed and in the possession by the LHS athletic department.

PLAYER RESPONSIBILITIES

1. Follow all student conduct and academic policies of Lutheran High School as written in the Lutheran High School Student Handbook.
2. Athletes should get at least eight hours of sleep each night.
3. Athletes should eat proper foods that will contribute to their being properly prepared for competition.
4. Coaches should review for their athletes what is expected of them regarding proper practice and game attire.

********Each coach has his/her own set of training rules. This should be discussed with each team by the coach before the season begins.***

********THESE TRAINING RULES MUST BE FOLLOWED BY ALL ATHLETES!***

GUIDELINES FOR PARENTS AND GUARDIANS

1. Be certain that your son or daughter is maintaining a proper balance of academic and extracurricular activities.
2. Know the time commitment and costs involved in any extracurricular activity.
3. Practices may be restricted from being scheduled on holidays when school is not in sessions but may be scheduled on the vacation days coinciding with holidays.
4. Be aware that all activities require a record or physical examination and proof of insurance or an insurance waiver. Without these documents on file, your child will NOT be allowed to participate.
5. Be aware that one of the primary goals of the interscholastic athletic program is to provide active participation for the maximum number of students. Playing time is a reward. It will be determined solely by the coach. Many factors are considered, i.e. hard work, dedication, talent, teamwork, sportsmanship, opponents' strengths and weaknesses.
6. Squad size may be regulated by the coaching staff with the approval of the Athletic Director.
7. Be aware of the guidelines for student participation.
8. Be ready and willing to offer positive support for all activities. Set a positive example of sportsmanship as a spectator. LHSI is your school, too.
9. Be aware that if your child does not take proper care of the equipment provided a bill will be issued to the parent for the minimum replacement cost. Note, most manufacturers will not accept orders of less than three to six items. Many of our items are special order and cannot be compared with retail merchandise. Please encourage proper care for the facilities and equipment. Make sure your child returns all equipment

immediately following the last contest.

10. Be aware that your child is not allowed to use LHSI's athletic facilities without the approval of the Athletic Director or the direct supervision of an adult designated by the Athletic Director. Facilities can NOT be used when a supervisor is not present.
11. The trainer is responsible for all decisions on whether a student can participate after any injury. If a student has been restricted from participation by a doctor, then only by written notice to the trainer will the student be allowed to participate again.
12. Participants in an activity are generally expected to travel to and from an event with the designated squad and coach. If the parent requests that the student ride home with the parent(s), a release form must be completed. If the parents want their child to drive to a contest the release form must be on file in the Athletic Office before the student leaves school.
13. A student's primary responsibility is academic attendance. An unexcused absence during the day results in the player becoming ineligible for practice or participation in an event on the day of the absence. Classwork missed due to early dismissals must be made up at the discretion of the teacher.
14. Do not abuse officials or opposing teams. We may not agree with the decisions and actions they take, but we must remember they are doing their best. You are role models for all adolescents; please act in their best interests.
15. Be prepared to accept responsibility of helping your student live by the rules and regulations and to encourage them to attain the lessons learned through participation in athletics.
16. Try not to live through your child's endeavors. Be truthful with yourself.
17. Please allow your student to be a child enjoying the benefits of athletic competition. Youth involved in extracurricular activities have a greater stake in the total academic program. Encourage your son or daughter to be a part of the many programs offered at LHSI

AVAILABLE SPORTS AT LUTHERAN HIGH SCHOOL

As a member of the Indiana State Athletic Association, Lutheran High School offers varsity competition in the following sports:

1. Baseball (boys)
2. Basketball (boys)
3. Basketball (girls)
4. Cross-Country (boys)
5. Cross-Country (girls)
6. Football (boys)
7. Golf (boys)
8. Soccer (boys)
9. Soccer (girls)
10. Softball (girls)
11. Tennis (boys)
12. Tennis (girls)
13. Track (boys)
14. Track (girls)
15. Volleyball (boys)
16. Volleyball (girls)
17. Wrestling (boys)
18. Wrestling (girls)

LETTER AWARD REQUIREMENTS

1. Certain requirements are applicable to all sports at Lutheran. It is expected that all athletes will attend practice regularly and give positive evidence of such important characteristics as loyalty, cooperation, good sportsmanship, courage, self-discipline, and team spirit. It is assumed that all letter or minor award winners will finish the season unless injury or other emergencies make this impossible. All letter winners or minor award recipients must have the recommendation of their coach.
2. In addition, each sport has certain participation or achievement standards to be met. When, and if, an athlete does not meet these standards for any reason but his/her coach feels a letter should be granted, an exception may be approved by the athletic director.
3. The standards which an athlete must meet to be eligible for a varsity letter are as follows:
    A. Soccer--The athlete must participate in 1/3 of the games played.
    B. Volleyball--The athlete must participate in 1/3 of the games played.
    C. Football– The athlete must participate in 1/3 of the quarters played.
    D. Boys' & Girls' Basketball--The athlete must participate in 1/3 of the quarters played.
    E. Softball & Baseball--The athlete must participate in 1/3 of the innings played.

F. Cheerleading--The athlete must complete one full year of varsity cheerleading requirements.
G. Track/Cross Country--The athlete must participate in 3/4 of the meets.
H. Golf--The athlete must participate in 1/2 of the matches.
I. Tennis--The athlete must participate in 1/2 of the matches.
J. Swimming--The athlete must participate in 1/2 of the meets.
K. Wrestling--The athlete must participate in 1/2 of the meets.
L. Student Manager & Statistician Awards--Students serving as managers and statisticians may receive athletic awards according to the following guidelines:

1. The manager/statistician must demonstrate the same qualities expected of all our athletes.
2. A varsity award may be given to a student who has served for four years in the same sport.
3. A varsity award may also be given to a student who serves a varsity team in three sports in one year.
4. Generally, minor awards are given for the first year of service in a varsity sport; however, in cases where a manager/statistician does an outstanding job, he/she can be eligible for a letter after one year of service with the coach's recommendation.

4. MINOR AWARDS (certificates of participation) are given to:
    1. All athletes, managers, and statisticians who do not qualify for a letter;
    2. The student must faithfully complete the season as noted in #1 of this section and have the recommendation of his/her coach to qualify.

SPECIAL ATHLETIC DEPARTMENT AWARDS

1. Lutheran High School has awards which are given annually to worthy individuals in athletics. These include:
    A. Senior Athlete of the Year Award;
    B. Senior Scholar Athlete Award;
    C. Mental Attitude Award;
    D. Most Valuable Player for each varsity sport.

2. Both male and female recipients will be chosen for each of these awards. Students must be active athletes to be eligible. Consequently, those who serve as managers and/or statisticians only are not eligible for consideration.
3. **Senior Athlete of the Year Award**--This award is based on three areas: 1.) natural ability; 2.) use of this ability (effort and stewardship); and 3.) personal example as an athlete and member of the student body. Any senior athlete who has earned varsity awards in at least two sports during his/her senior year is eligible for this award. Selection of the male and female recipients of this award is made by a vote of the members of the athletic department.
4. **Senior Scholar Athlete Award**--This award is given to the senior male and female athletes who have achieved the highest-grade point average during their high school careers. To be eligible for this award, an athlete must have been given at least one award at Lutheran High School during three of his/her four years of high school and must have earned at least one varsity award during his/her senior year. In the event of a tie in the grade point average, the athlete with the most awards (varsity or minor) will be the recipient.
5. **Mental Attitude Award**--This award is given to the athlete who best exemplifies the ideals to which all athletes should aspire to--namely, dedication to a common cause; a desire to improve and excel; a willingness to learn and work hard; a never-say-die attitude; and an ability to cooperate with others and set a Christian example of sportsmanship both for our student body and the community-at-large. Any athlete who receives two athletic awards (varsity or otherwise) may be nominated for this award; voting will take place among nominating coaches and the athletic department. The nominee receiving a plurality of the votes will be the recipient.
6. Coaches can also devise special awards pertaining to their sport.

SCHOOL EQUIPMENT

1. When school equipment is issued to an athlete, it should be stressed that it is his/her responsibility to take care of that equipment. If an athlete loses or damages equipment through neglect, carelessness, or abuse, he/she will be expected to make restitution for same.
2. School athletic equipment is not to be used except for official practices, games, or other school-approved activities.
3. Generally speaking, school equipment should be used for in-season activities only; however, it is possible for a

coach to check out certain equipment to athletes for work on specialties with the understanding that the athlete is responsible for the equipment and would have to pay for it if the equipment is lost or damaged. If, and when, the equipment is checked out to an out-of-season athlete, an accurate record of this should be kept by the coach and a copy of same submitted to the athletic director for approval and records.

DUTIES OF COACHES

1. Administer all aspects of his/her coaching duties in the light of sound principles of Christian education.
2. Always serve as a Christian example to our athletes. This would include using your sound judgment in such areas as personal behavior, personal appearance, and your relationships with others.
3. Help athletes realize that participating is a privilege.
4. Expect of each athlete complete cooperation in abiding by all school policies and procedures, specific athletic policies and procedures, and individual coach requirements.
5. See that the IHSAA form has been signed and turned in before the athlete is allowed to participate.
6. Select, train, and supervise managers and statisticians for your team.
7. Assume responsibility for all equipment furnished by the school in the sport coached. Give a list to the athletic director of all lost and damaged equipment for which an athlete is responsible to pay a fee.
8. Always supervise all practices--plan practices in advance.
9. Supervise locker room before and after practices.
10. Be the last one to leave after practices and contests. Make sure the facility is clean, lights are out, and doors locked.
11. Keep the busses clean and be responsible for the conduct of your team.
12. Be responsible for publicity for your sport and team in the following areas:
13. Keep abreast of all developments in your sport regarding rule changes, deadlines etc.
14. See that all injuries sustained by students while participating are properly treated and followed up.
15. List budget needs for following school year on basis of inventory and projected needs.
16. Recommend athletic awards for your sport according to approved school criteria.
17. Fill out all year-end reports and return to the athletic director.
18. Store equipment and uniforms properly at the end of the season in the designated storage area.

SUBSTANCE ABUSE POLICY

In I Corinthians 6:19-20 the apostle Paul writes, “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 with a price. Therefore, honor God with your body.” Later in I Corinthians 10:13 he writes, “God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.” It is our belief that our Student Assistance Program is faithful to these Scriptures. It supports the truth that our bodies are temples of the Holy Spirit and as such should be treated with great care. It also provides a way out for young people who are tempted to get involved in activities which can harm them while recognizing the need to help identify those individuals who are chemically dependent and assist them in getting proper treatment for their disease.

Our Student Assistance Program has a threefold purpose. It is designed to (1) deter drug abuse, (2) to identify those individuals who may have a chronic, progressive and potentially fatal disease at an early stage of their disease so that they may be directed to treatment, and (3) to provide a safe environment for all students who attend Lutheran High School.

Drugs, Tobacco, Vaping, & Alcohol Abuse

- All students are subject to random substance abuse testing.
- Treatment and referral are outlined in the Student Assistance Program (SAP). Available in the Head of School office.
- Any student who intentionally or willing violates this policy by selling, giving, possessing, using or being under the influence of illicit drugs, narcotics, or alcohol in or on school property or while attending any school function may be (1) expelled from school and (2) reported to the appropriate law enforcement agency for possible legal action.

- Students are not permitted to smoke, vape, or use any tobacco product on school premises, or within a two-block radius of school at any time.
- This applies to all school-sponsored functions including athletic contests at home or away or at any other time when the student is being associated with Lutheran High School.
- Tobacco products, e-cigarettes, vaping devices and or other smoking materials and devices are not to be brought into the school building at any time and are NOT to be visible in cars parked on campus.
- Suspension may be the result of any infraction.

RANDOM TESTING

We believe the random drug screening, will have an effect in deterring the abuse of illicit drugs and alcohol at LHSI. Taking the disease model into account, we also believe that our Student Assistance Program can have a positive impact on the lives of those who may have the disease, through detection and thereby directing them to early evaluation and treatment and encouraging them to remain in treatment.

A. ***First Offense:*** A student who violates the substance abuse policy will be excluded from participating in **TWO** athletic contests.

B. ***Second Offense:*** A student who violates the substance abuse policy a second time, will be excluded from participating in **50%** of athletic contests.

B. ***Third Offense:*** A student who violates the substance abuse policy a third time, will be excluded from participating in **athletic practices and contests** for a period of 365 days.

Note: Should the violation occur when an athlete is not participating in a sport, the consequences shall be served during the next season in which the athlete participates.