

ZION LUTHERAN SCHOOL

ATHLETIC HANDBOOK

6/17/2020

Zion Lutheran School's Athletic Handbook

Athlete and Parent Policies and Regulations

Table of Contents

Badgerland Lutheran Athletic Conference	3
Philosophy.....	3
Objectives	4
Attitudes.....	4
Athletic Policy	4
Game Responsibilities	5
Parental Responsibilities.....	6
Game Setup.....	6
Tournaments	6
Uniform Use.....	7
Scheduling.....	7
Eligibility	8
Requirements for Coaching	8
Coaching Code of Ethics	8
Parental Communications/Confrontations.....	9
Parent/Student Consent Form	9
Concussion Information.....	10
School Song	10
In Closing	10



Badgerland Lutheran Athletic Conference

The Badgerland Lutheran Athletic Conference (BLAC) was started in the fall of 2006. This conference consists of 21 schools divided into divisions based on geography, enrollment, and the sporting activity. The following are the participating schools:

- | | |
|------------------------------------|----------------------------------|
| 1. Peace, Sun Prairie | 2. St. John's, Juneau |
| 3. Our Redeemer, Madison | 4. Holy Cross, Madison |
| 5. St. John, Pardeeville | 6. Eastside, Madison |
| 7. St. Mark's, Watertown | 8. St. Matthew's, Oconomowoc |
| 9. St. Paul's, Janesville | 10. St. Paul's, Lake Mills |
| 11. Trinity-St. Lukes's, Watertown | 12. Crown of Life, Fort Atkinson |
| 13. Lebanon, Lutheran | 14. St. John's, Jefferson |
| 15. St. Peter's, Helenville | 16. St. John's, Waterloo |
| 17. St. John's, Watertown | 18. St. Paul's, Fort Atkinson |
| 19. St. Paul's, Ixonia | 20. St. Stephen's, Beaver Dam |
| 21. Zion, Columbus | |

Zion offers the following sports:

Fall

1. Volleyball (Girls in grades 4-8, and 1 tournament in November for boys in grades 5-8)
2. Soccer (Co-Ed for students in grades 4-8)
3. Cross Country (Boys and Girls in grades 4-8)

Winter

1. Basketball (Boys and Girls in grades 4-8)
2. Cheerleading (Girls in grades 4-8)

Spring

1. Softball (Co-Ed for students in 5-8)
2. Track (Co-Ed for students in 5-8)

Philosophy

As a Lutheran elementary school, Zion strives to apply and teach Christian attitudes in all school activities, including sporting events. Paul writes in 1 Corinthians 10:31, **“So whether you eat or drink or whatever you do, do it all for the glory of God.”** Co-curricular sports give student athletes the opportunity to use their God-given physical ability to reflect the love of their Savior. Through athletics we strive to increase a student's self-esteem, work ethic, competitive drive, leadership behaviors, and understanding of teamwork. In addition, we strive to provide an enjoyable, vigorous, and safe experience in a Christian environment. We believe athletics is part of the total educational process at Zion Lutheran School.

The purposes of interscholastic athletics are for the child to grow in his/her God-given skills and abilities and to allow the child to have the opportunity to use those skills in competition against other teams. It is our goal to give all team members at the B-team levels a chance for meaningful participation in all games and practices.

Those who desire to continue to use their skills at a more competitive level will have the opportunity to play on the A-team. While the primary focus of the B-team is on participation, the primary focus on the A-team will be on competition. A-team coaches will make every effort to give all team members playing time during games; however, it will vary according to the player's ability level and his/her attitude and effort in practices. Players wishing to compete at the A-team level should develop their skills more fully through individual off-season practices, summer leagues, camps, etc.

Objectives

The following are the objectives for all of Zion's athletic teams:

1. Give students an opportunity to develop their God-given skill in a particular sport.
2. Teach students the importance of Christian sportsmanship as they compete in various contests.
3. Teach students the various strategies related to the particular sport in which they are participating.
4. Offer opportunities for the students to give glory to God on and off the court by their Christian conduct.

Attitudes

Children play sports to have fun, develop God-given abilities, and learn sport-specific skills. Players have a responsibility to their team, coach, and our school. In detail, players are expected to demonstrate the following attitudes.

1. Willingly attend all practices and games.
2. Show desire to learn the skills of any extracurricular activity.
3. Cooperate with the coaches and/or assistants:
 - a) Practice willingly;
 - b) Show respect to those in authority based on the 4th Commandment.
4. Reflect the love of our Savior.
5. Portray Christian sportsmanship at all times toward:
 - a) Each other;
 - b) Opposing team players;
 - c) Coaches and assistants;
 - d) Fans and referees.

Athletic Policy

Any child that participates in the athletic program does so as a student enrolled at Zion or other Wisconsin Evangelical Lutheran Schools and is therefore subject to all the philosophies, policies, and guidelines spelled out in the Parent Handbook. It is expected that all things be done decently and in order, and that all words and actions may glorify our Savior, Jesus Christ. The following policies have been established as well. If there are any specific questions, please contact the Athletic Director.

1. Players need to attend all practices and games unless excused by a parent, either verbally or with a note.
2. It is recommended that a player have a physical exam prior to participating in an extra-curricular sport.
3. Parents and players are required to fill out and sign a participation waiver for their child for the school year. Parents and players are also required to fill out a concussion form for their child for the school year.
4. Parents and players are required to attend an informational meeting with the Athletic Director at the beginning of each year. Only one meeting needs to be attended throughout the year if their child is in more than one sport. The agenda will include review of philosophy, guidelines, responsibilities, etc. Both parents and athletes are required to sign the Athletic Handbook agreement form before the first game of the season.
5. By joining a team, an athlete is indicating interest in the sport, but is further making a commitment to the coach, teammates, and the school. As such, the coach will expect all athletes to attend all practices. Should an absence be necessary, all attempts should be made to inform the coach or athletic director prior to the absence. If a child is absent from school due to sickness, he/she may not participate in practice or at a game that night even if they are feeling better. At times, a child may be ill in the morning and be able to return to school later on during the school day. That situation will be handled in this way. If the child returns to school before/by 12:00pm, he/she is cleared to practice or play in his/her game. After 12:00pm, he/she is NOT cleared to practice or play

in his/her game. For clarification: If a child is sick all day Friday they may play in game(s) on Saturday and/or Sunday. Please contact the Principal or Athletic Director for eligibility questions.

6. A player should be present at all practices and games to be considered part of the team. Excessive unexcused absences may result in being suspended or dropped from the team's roster.

7. If a player is going to drop out of a sport, he/she needs to contact the Athletic Director.

8. If a player consistently fails to show cooperation or Christian conduct, in practices or games he/she will receive a warning in the form of a reprimand. After the second occurrence, the parents will be contacted and the player will be suspended from the next game. On the third infraction the child will no longer be part of the team.

9. Behavior which may cause removal from the team would include fighting, stealing, vandalism, and use of alcohol, drugs, or tobacco.

10. Any major disciplinary actions will be reported to the parents, Athletic Director and Principal.

11. If a Zion Lutheran Church member that is not enrolled at Zion Lutheran School has a desire to participate in the athletic program, the parents of the student can make a request to the Board of Education for admittance into the program. If admitted, the student athlete would have to follow all guidelines as stated in the Athletic Handbook.

Game Responsibilities

Away Games

Transportation

Parents are responsible for making sure that their players have a ride to away games. Students are to conduct themselves in a Christian manner on their way to and from games. Failure to do so will result in loss of playing privileges.

Use of Host Facilities

The use of host facilities is a privilege. We are being invited to play at someone else's school. As a rule, all players and coaches will make sure that the locker room and bench area as well as any other part of the school are as clean as or cleaner than originally found. The host facility is not responsible for any lost or stolen items. Any misuse or disrespect shown towards the host facility will result in disciplinary action taken towards the offender. This may include monetary compensation and/or suspension from the team.

Length of Supervision

Coaches are expected to remain on site until all of their players have left the facility. In the event that a coach needs to leave a contest early, the coach will speak with the Athletic Director to ensure adequate supervision. Parents, please respect the fact that coaches have their own families, as well, and pick up your son or daughter as soon as possible after the game so that the coaches can get home as soon as possible. Please contact the coach if you are going to be late so he or she may make arrangements.

Home Games

Use of Facilities

All athletes are to remain in the building unless leaving to go home. General play on the playground equipment, etc., is not permitted. Athletes are not permitted to wander the hallways at any time without express permission and supervision from the coach.

Length of Supervision

Coaches are expected to remain on site until all of their players have left the facility. In the event that a coach needs to leave a contest early, the coach will speak with the Athletic Director to ensure adequate supervision. Parents, please respect the fact that coaches have their own families, as well, and pick up your

son or daughter as soon as possible after the game so that the coaches can get home as soon as possible. Please contact the coach if you are going to be late so he or she may make arrangements.

Parental Responsibilities

Just as coaches and players strive to reflect the love of our Savior in their words and actions, parents are encouraged to do the same. Parents participate in games by watching, cheering, and supporting the efforts of all participants of the game. The following guidelines are expected to be followed by all Zion parents. Parents are expected to...

1. Attend an informational parent meeting.
2. Gain an understanding and appreciation for the rules of the contest.
3. Reflect the love of their Savior at all times remembering that their words and actions may influence the behavior of children and other spectators.
4. Recognize and appreciate skilled performance regardless of affiliation.
5. Acknowledge officials as authoritative figures understanding that mistakes will be made.
6. Never criticize a coach in a public manner or coach from the sideline.
7. Parents of athletes are expected to assist with the athletic program at Zion. It is expected that all parents assist with the responsibilities of running a home contest each season their child is in. The minimum amount of time is one hour for the season, but more would be greatly appreciated. Volunteer forms with opportunities to help will be available at the parent meetings before each season.

Game Setup

Home game setup is usually taken care of by the Athletic Director, but any help that coaches and players can offer is greatly appreciated.

Tournaments

Limits

The number of tournaments that have been approved by the Board of Education as the standard participation in the following sports is as follows:

Volleyball: A team – 4	B team – 3	Soccer – 2
Basketball: A team – 4	B team – 3	Softball – 2

Transportation

Parents are responsible for making sure that their players have a ride to tournaments. Students are to conduct themselves in a Christian manner on their way to and from games. Failure to do so will result in loss of playing privileges.

Coaching Philosophy

On the B team level, the coaches may feel the need to change their philosophy during a tournament. Participation on the part of all players may have been the emphasis during the season, but competition during a tournament will be allowed to be the determining factor regarding the playing time of the players.

Uniform Use

Uniforms will be distributed at the beginning of the season to each player. Each player is responsible for the care and condition of the uniforms. If a uniform is damaged or lost, the parents of the player will assume the responsibility for the cost of repairing or replacing the uniform.

- **Distribution and Return** - All uniforms will be distributed and collected by the coach or Athletic Director. Uniforms are to be returned upon the completion of that sport's season. Students must return the uniforms to the school office or Athletic Director in a timely manner.
- **Care** - The individual athlete is responsible for the care of his/her uniform. Uniforms are to be washed in cold water and air-dried. Machine drying will damage the material and numbers. Do not use fabric softener when washing a uniform.
- **Damaged Materials** - If a child loses or damages a uniform, he/she will be required to pay for the lost or damaged uniform before another uniform will be issued.
- **Forgotten Uniforms** - Students are expected to bring uniforms to games. Both home and away jerseys are expected to be brought to each game for the Boys' and Girls' Basketball A-team. Extra uniforms will not be taken to away games. If a student forgets his/her uniform, he/she may not, depending on the sport, be allowed to play.

Scheduling

The Athletic Director will handle all scheduling, and distribute season schedules approximately 2-6 weeks prior to the beginning of that sport's season.

PRACTICES & GAMES

For a number of reasons, there is a limit on the number of practices that a team may have in one week. There have been cases where students have not had enough time to adequately prepare their homework. Scheduling each group in the gym fairly has been a problem when teams request three practices a week. Some students who have been in a number of sports at a time may have suffered minor injuries as a result of the many practices. As a result, each sport may have a maximum of three practices per week prior to the first game, and two practices per week thereafter. If there are two or more games in one week, there should be only one practice that week. A scrimmage is considered to be the same as a practice. Students may participate in sports that run concurrently with the consent of parents and all coaches. Practice, meets, and game days should not exceed a total of four per week combined. Exceptions may be negotiated for situations when sports taking place in separate seasons overlap or tournaments.

If school needs to be called due to inclement weather, all practices scheduled for that day will be canceled, as well. If there is a home game it will be canceled. If it is an away game the host school determines if it is canceled. If a game needs to be called during the day due to inclement weather, the Athletic Director will notify students and coaches as soon as possible, usually before 1 pm. Zion uses a One Call system, and will send an automated message to every family that is affected by the cancellation.

If a coach needs to cancel a practice for whatever reason, he will make every effort to notify the Athletic Director during the school day to allow him time to contact the students who may be participating in that sport. If the Athletic Director cannot be contacted, the coach is responsible for contacting each player with the news of the cancellation.

Eligibility

Students who wish to represent our school in athletics must exhibit adequate classroom progress and proper school behaviors. They must:

- Maintain a 78% grade average or better and may not have any F's on a mid-term or quarter report. A student declared ineligible at the end of these marking periods will be ineligible for no less than 5 school days from the start of the new marking period. The student's progress will be reviewed by the principal, athletic director, and classroom teacher. If the student has demonstrated satisfactory improvement, the student will once again be eligible for athletic activities.

**The school recognizes that students are individuals, each one possessing different gifts and abilities. Because of this, there may be times when these eligibility guidelines may be tailored to the needs and abilities of the individual. The classroom teacher and principal are responsible for tailoring guidelines when necessary.*

- Have no more than two late assignments per school week. (A student that receives a 3rd late slip during the course of one week will be ineligible for 5 school days. This time period begins the day after receiving a late slip.)
- Have no behavioral detentions. (A student that receives a detention will be ineligible for 5 school days. This time period begins the day after receiving the detention.)

Requirements for Coaching

Coaches and assistant coaches are expected to maintain a high level of Christian behavior, sportsmanship, professionalism, and integrity both on and off the playing field. Coaching duties include keeping the "fun" in sports, developing God-given athletic abilities, teaching sport-specific skills, and instilling in the players an appreciation for the game. In detail, coaches are expected to:

1. Submit to a background check.
2. Be members of a WELS/ELS congregation.
3. Be in good standing with the pastors of Zion Ev. Lutheran Church.
4. Uphold proper Christian conduct in the light of I Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all to the glory of God."
5. Treat every player, opposing coach, official, parent, and administrator with respect and dignity.
6. Have knowledge of this handbook, the school handbook, and the coach's handbook, and be in agreement with it.
7. Have the fundamental skills, rules, teaching and evaluation techniques, and strategies of his/her sport.
8. Communicate to his/her players and their parents the rights and responsibilities of individuals on the team.

Coaching Code of Ethics

A Coaching Code of Ethics has been made as a guide for our coaches to follow at Zion.

- **Focus on Christ** The coach must recognize and portray a Christian attitude in light of I Cor. 10:31, "So whatever you eat or drink or whatever you do, do it all to the glory of God."
- **Integrity** The coach must act with integrity in performing all duties owed to athletes, the sport, other members of the coaching profession, and the public.
- **Competence** The coach must strive to be well-prepared and current in order that all duties in the respective disciplines are fulfilled in accordance with the mission of Zion Lutheran School.

- **Athlete's Interest** The coach must act in the best interest of the athlete's development as a whole person (spiritual, physical, intellectual, and emotional), not just as an athlete.
- **Respect for the Rules** The coach must accept both the letter and the spirit of the rules that define and govern the sport.
- **Respect for Officials** The coach must accept the role of officials in providing judgment to ensure that competitions are conducted fairly and according to established rules. While coaches may question calls, they are not to challenge them or to show disrespect at any time to the official.
- **Personal Conduct** The coach must maintain the highest standards of personal conduct and support the principles of fair play.

Parental Communications/Confrontations

From time to time, we can expect that there may be issues which parents, athletes, or coaches differ in opinion on and which require some level of resolution. The following are ideas that may help parents and coaches resolve conflicts in a God-pleasing manner as they may arise.

In Matthew 18:15, Jesus says, **"If a brother sins against you, go and show him his fault, just between the two of you."** In order to do things in a God-pleasing way, the following guidelines are to be followed and give an idea of what parents and athletes need to know from their coaches and what obligations parents and athletes have as participants of Zion's athletic program. Do not expect these ideas to apply to all situations, as all situations will differ.

What the coach should communicate to the parent . . .

philosophy of coaching	discipline	expectation of players
location and times of all practices and games		event of injury
team requirements (i.e., practice attendance, special equipment, out-of-season conditioning, etc.)		

These issues will be discussed at a meeting held by the coaches and the Athletic Director either at the beginning of the school year or at the beginning of each specific season.

What parents should convey to the coaches . . .

- concerns regarding coaching philosophy and expectations should be expressed to the coach during a scheduled appointment
- immediate notification of any scheduling conflicts

Inappropriate issues for parents to discuss with the coach . . .

The following issues are inappropriate for a parent or athlete to raise to the coach's attention. The coaching staff has been chosen based on a variety of criteria. As such, the coach is given the prerogative to coach his team according to his own philosophy, provided that his philosophy coincides with the basic philosophies of Zion Lutheran School. Should an issue arise where the parent feels that the coach's philosophies are at odds with those of Zion, he/she should raise that issue with the coach by referring to the guidelines outlined above.

These issues are *not* considered to be appropriate issues to discuss with the coach:

playing time	play calling
team strategy	issues involving other student athletes

Parent/Student Consent Form

You will be receiving with this handbook a consent form that needs to be signed and returned before your child can participate in the first game. This form indicates that both parent(s) and child have read this handbook and are willing to follow the guidelines that have been established.

Concussion Information

The new state Sports Concussion Law requires that schools annually require all athletes and the parents/guardians of athletes to sign and return an information sheet related to the nature and risk of concussion or head injury. This information sheet includes the signs and symptoms of concussion or head injury. Information on concussions will be given out at the parent meeting before the start of your child's sports season.

School Song

Take your shields, Zion Crusaders,
Wield your swords with all your might.
Conquer every strong invader.
Brave Crusaders, Fight, Fight, Fight!
Surging ever only forward,
Guard our dear bright red and white!
Take your shields, Zion Crusaders,
Brave Crusaders, Fight, Fight, Fight!

In Closing . . .

All of the above guidelines and regulations exist so that in all things we may glorify God in an orderly fashion. If you have questions about a specific guideline, direct them to the athletic director. It is indeed a great privilege to offer God's children the opportunity to grow in their faith through the means of an interscholastic athletic program throughout their grade school experience. Regard this opportunity as a blessing from God, and never underestimate the impact that you as a parent or an athlete might have on the faith life of those around you. Use this avenue as an opportunity to witness your love for your Savior. God bless you as you go about His work!