

# St. Paul Lutheran School

## Athletic Handbook



“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:31

St. Paul Lutheran School

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## **Philosophy and Objectives**

Athletics are an important part of St. Paul's school program. They provide students an opportunity to develop emotionally, socially, mentally and physically. Participation in athletics is encouraged to assist in developing positive Christian attitudes toward life. While success in athletics can be measured by wins and losses, it is better measured by the success of its participants to live as Christian citizens in future years. St. Paul's athletic program helps to ensure the future success of its students by encouraging participation at various levels of athletic competition while maintaining a proper relationship to the overall educational program.

Athletics is not an end in itself, but a means by which to:

- Promote high Christian, moral and ethical standards.
- Provide experiences and guidance that will lead to self-discipline and emotional maturity.
- Develop positive mental attitudes toward life.
- Provide the opportunity to experience the need for cooperation with others as a means to gain common objectives.
- Promote the desire to excel and the appreciation of wholesome recreation and entertainment.
- Promote Christian fellowship and wholesome competition between interscholastic and/or intramural teams.
- Enable each student to participate as a team member of interscholastic and/or intramural teams.

## **Conference Affiliation**

St. Paul participates in the Fox Valley Lutheran Athletic Conference and the Meridian Conference. The Fox Valley Conference games often require significant travel, but St. Paul desires to maintain its heritage in the Lutheran system. Every effort will be made to schedule games in a way that mitigates the travel challenges as much as possible.

## **Athletic Interscholastic Eligibility Policy**

### *Rationale*

Although athletics are an important source of recreation, exercise, and social development available to students in the upper grades, it is important that the primary purpose of St. Paul Lutheran School is not sacrificed (see mission statement). Such a policy should emphasize the Christian attitude and academic progress that are the focus of St. Paul Lutheran School. Students have a responsibility to their school work first, and only when that responsibility is reasonably met are they allowed the privilege of representing St. Paul in extracurricular interscholastic activity.

### **Policy**

St. Paul Lutheran School realizes that God has blessed its students with varying talents and abilities, and that an eligibility policy based on a certain grade point average could be biased against certain students. However, St. Paul does have the expectation that students who participate in athletics should be doing their best academically.

Participation in St. Paul athletics is a privilege that is earned by performing in the classroom, conducting oneself properly in the school setting, and taking proper care of one's body by refraining from substances that can do harm. A student's academic situation must be in order, at least to minimum levels, in order to participate on St. Paul's teams. Students must maintain no lower than 70% in all classes. After the first three weeks of each grading period teachers will average grades cumulative to each grading period every Friday. If a student's grade is less than 70%, he/she will be ineligible to participate in any practices or games for the Monday through Sunday period of the subsequent week. This form will be sent home with the child and should be returned the following school day signed by the parent.

Also, a student displaying inappropriate or non-Christian attitude or behavior may be declared ineligible. This determination is at the discretion of the principal and is not open to negotiation.

**Any child who is not in attendance in class for a full day may not participate in any school sponsored event during that day or evening. Exceptions may be made at the discretion of the principal (e.g. funerals, physician and/or dental appointments).**

**Any child who does not participate in P.E. on a game or practice day for a sport cannot participate in that sport for that day.**

## **Expectations of Athletes**

**A. Worship.** Since one of the goals of our athletic program is to promote high Christian standards, we expect all athletes to worship regularly with fellow Christians. This is also emphasized with all of our students and hopefully stressed at home as well.

**B. Academic.** All athletes are expected to put to good use in the classroom all of the talents God has given them. Parents will be informed of their child's progress on a regular basis and should work with their child and the teachers to insure satisfactory effort.

**C. Conduct.** All students are expected to conduct themselves in a Christian manner at all times. Athletes, however, are highly visible as Christians and representatives of our school and therefore should be even more aware of their conduct during athletic activities. Any serious problems in controlling behavior will be dealt with accordingly by the coach, parent, student, athletic director and principal.

### **D. Attendance**

1. If an athlete is absent part or all of a day due to illness or vacation, he/she cannot participate in any games that day. However, if the absence is caused by a funeral or by a scheduled professional appointment, the student may participate.
2. If an athlete has two unexcused absences from practices or games, he/she may be dismissed from the team or squad.
3. If an athlete is to practice or play in a game, he/she must participate fully in P.E. class.

### **E. Uniforms**

1. Individuals are responsible for the care and cleaning of the uniform assigned to them.
2. Any uniform not returned in good condition will be assessed accordingly. Students who do not return uniforms by the stated deadline will be assessed a fine of \$10.00.

## **I. Responsibilities of Parents**

- F. Through their own example, the parents demonstrate to the student athlete a Christian attitude towards all. The school can only support and encourage the basics as taught in the home.
- G. Help the student athlete establish proper priorities with respect to church, family, peers, study and play.
- H. Instill in their child good health habits towards sleep, food, exercise, and discourage the use of tobacco, alcohol and drugs.
- I. Make a commitment to the athletes and the program by attending sports events, encouraging the athletes and coaches, and assisting with the other numerous duties (monitor, scoreboard, donation table, clean-up, etc.)
- J. Enthusiastically support teams at athletic events without being overzealous or critical of coaches and officials. If there is a grievance against a coach, the parent will arrange a meeting with the coach via telephone or e-mail after waiting at least 24 hours. This meeting will reflect the spirit of Christ.
- K. Provide or arrange for transportation of their child to and from practices and games. This should be done prior to the day of a game so that coaches need not be concerned with, nor responsible for the transportation of athletes.
- L. If a parent has a concern of any kind that requires the attention of the school including a concern about a coach, the following procedure should be followed.
  - 1. Go to the coach (waiting 24 hours after a game). This would include concerns about playing time, team policies, coaching philosophy, etc. *If the concern is regarding an allegedly more egregious offense, parents are encouraged to go to the athletic director or principal directly.*
  - 2. If the meeting with the coach does not rectify the problem, the next step would be to bring the concern to the athletic director and then ultimately to the principal.

## **II. Philosophy of Competition**

Athletics and sports are inherently competitive. However, the way in which a program chooses to be competitive can vary greatly from school to school. God has blessed all of us richly, but some more than others in the area of athletic talent. We believe that we would like each player to participate at a level in which their ability allows them to be successful. We believe that participating in sports is a privilege, not a right, and so athletes have responsibilities to prepare themselves outside of school for

the given sport in which they plan to participate. To this end, the following outlines the process we use to try to accomplish this.

**5<sup>th</sup> and 6<sup>th</sup> Grade Level (JV):** St. Paul's JV teams are made up of 5<sup>th</sup> and 6<sup>th</sup> graders, but if numbers are low, 4<sup>th</sup> and even 3<sup>rd</sup> graders will be invited to participate. If 4<sup>th</sup> and 3<sup>rd</sup> graders are needed, all will be given the opportunity to participate. All members of the JV team must play in every game.

### **7<sup>th</sup> and 8<sup>th</sup> Grade Level (Varsity).**

Playing time at certain levels is always a gray area that can cause hard feelings and the like. The official policy for playing time at the varsity level is as follows:

At the Varsity "A" level, although efforts will be made to get all players into every game, there is no guarantee of playing time. Players may get much more playing time in some games than in others depending on their skill level. Playing time is left to the discretion of the respective coach.

### **Other Important Information**

- Each athlete must receive a physical exam from his/her doctor or have a signed waiver prior to participation.
- Parents have the responsibility for getting their children to the practices and games.
- The athletic director administrates the entire program and teachers, lay people, or parents qualified in the sport serve as coaches.
- All athletes must read and sign the St. Paul concussion protocol prior to practicing with a team.

## **Description of Sports and Activities Offered**

### **FALL SPORTS**

#### **Girls Volleyball**

Level: 7<sup>th</sup> and 8<sup>th</sup> grade. If not enough girls from 7<sup>th</sup> and 8<sup>th</sup> grade go out, then 6<sup>th</sup> and 5<sup>th</sup> graders will be considered according to their talent level.

Season: Practice can begin a week or two before school starts. Matches run through the end of October. Practices can begin immediately after school ends, or at 5:00.

Equipment: Team members will need to purchase their own knee pads and may be asked to purchase a warm up top or alternate uniform.

Tournaments: St. Paul, Aurora, Immanuel, Belvidere, Christ, Peoria (Peoria requires hotel stay) other northern Illinois tournaments that may become available.

Other: State (if we qualify) Attending the State Tournament usually requires two nights in a hotel as it is held in Springfield.

Level: 5<sup>th</sup> and 6<sup>th</sup> grade.

Season: practice begins a week or two before school starts. Matches run through late October.

Equipment: Team members will need to purchase their own knee pads.

Tournaments: St. Paul, Aurora, possibly Immanuel, Crystal Lake

### **Co-ed Soccer**

Practices begin when school starts and are held on campus, usually from 3:15-4:45. Boys and girls in 5th through 8th grade are eligible to participate. There are very few schools that field a soccer team and so the schedule is limited. Players will need to purchase their own shin guards.

Tournaments: St. Paul, Aurora; Cross, Yorkville

### **WINTER SPORTS**

#### **5/6 (JV) Boys Basketball**

Season: Practice begins early October and games are from late October through February.

Tournaments: St. Paul, Aurora, St. John's, Lombard, Immanuel, Dundee, St. Paul, Rochelle Tournament

#### **7/8 (Varsity) Boys Basketball**

Season: Practice begins in October and games are from late October through the end of February. The State Tournament is the first weekend in March but we must qualify to be a part of it.

Tournaments: Immanuel, Belvidere, Danville Lutheran, Route 31 (Crystal Lake and Dundee), Immanuel, Batavia

### **5/6 (JV) Girls Basketball**

Season: Practice begins in December November and games are in January and February.

Tournaments: Immanuel, Dundee, Immanuel, Freeport, possibly Cross, Yorkville

### **7/8 (Varsity) Girls Basketball**

Season: Practice begins in early November with games in December through the end of February.

Tournaments: Route 31 (Crystal Lake and Dundee); Trinity, Cedar Rapids; Zion, Marengo

### **Cheerleading**

Season: Practice begins in late October. The squad will perform at all home games, home tournament, and possibly some away games.

### **SPRING SPORTS**

#### **Track: 5<sup>th</sup> – 8<sup>th</sup> Boys and Girls**

Season: Practice begins in late March with meets usually on Saturdays in late April and early May.

Meets: FVLAC Meet at Marengo High School, Immanuel, Freeport Meet at Freeport High School, Meridian Conference Track Meet at RTHS, St. John's, Lombard Meet @ Glenbard East High School. State Track Meet (if a person or relay qualifies). Track practices are held on campus, Helms Field, and at RTHS. A schedule will be provided in late March.

#### **Practice Information**

- A. The Athletic Director will provide parents with a practice schedule during the first week of the season and will email changes as they arise. Parents will also be reminded of practice times and any schedule changes through the newsletter, St. Paul website, notes from school, group text, or email.
- B. Practices shall not exceed two hours in length.
- C. Practices will sometimes be scheduled on Saturdays and on school vacation days.



## **Fees**

The cost of maintaining an athletic program is high. Since the students who choose to be a part of the program benefit the most, they are being charged a fee to help defray the cost of the program. The fees will be determined at the beginning of each school year. Please pay your activity fee for the given sport as soon as possible. In any case, a child will not participate in any game until fees are paid, or arrangements have been made with the athletic director for an extension. All checks for activity fees should be made payable to: St. Paul Lutheran School

## **Home Game Behavior Expectations**

Please observe the following rules at home athletic events:

- Children should be attended by a parent at home events. Children will not be allowed to run the halls and the like. Please take responsibility for your child during home events.
- Children are not allowed on the outdoor basketball courts or the playground during home events.
- We are concerned about the safety of your child. We apologize for any inconvenience, but we do not have the staff to monitor these areas during the home athletic events. Your cooperation is greatly appreciated.

## **Concessions**

Parents of players will be required to work the concession stand at home games. When the schedule and number of players are determined, sign up sheets will be made available, and the number of times parents will be required to work will be decided. Any person who would like to be concession coordinator will not be required to pay the sports activity fees.

## Addresses of Lutheran Schools

<p>Immanuel, East Dundee 5 S. Van Buren East Dundee, IL. 60148</p>	<p>Immanuel, Crystal Lake 300 Pathway Ct. Crystal Lake, IL. 60014</p>
<p>Cross, Yorkville 8609 Rt. 47 Yorkville, IL. 60560</p>	<p>Zion, Marengo 408 Jackson St. Marengo, IL. 60152</p>
<p>Immanuel, Belvidere 1225 E. 2<sup>nd</sup> St. Belvidere, IL. 61008</p>	<p>Immanuel, Crystal Lake 300 Pathway Ct. Crystal Lake, IL. 60014</p>
<p>St. John, Elgin 109 N. Spring St. Elgin, IL. 60120</p>	<p>St. Paul, Aurora 4472, 85 S Constitution Dr. Aurora, IL 60506</p>
<p>Immanuel, Freeport 1964 W Pearl City Road Freeport, Il 61032</p>	<p>Rockford Lutheran School 3411 N. Alpine Rd. Rockford, Il. 61114</p>
<p>St. John's Lutheran School 220 S. Lincoln Ave. Lombard, Illinois 60148</p>	<p>Westminster Christian School 2700 Highland Ave. Elgin, Illinois 60124</p>

St. Paul Lutheran School  
Athletic Handbook Acknowledgement

Please fill out this form and return to Mr. Hall. It must be turned in BEFORE the first practice of the season. If a child is in multiple sports, this form only needs to be completed and submitted once.

We have read, understand and agree to abide by the policies and procedures laid out in the St. Paul Athletic Handbook.

Name of Athlete (print) \_\_\_\_\_

Athlete's Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Email Address (PLEASE PRINT CLEARLY !!)

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