

2010-2011

# Athletic Handbook

Trinity Lutheran High School  
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## **MISSION STATEMENT**

The athletic program at Trinity Lutheran High School seeks to provide an opportunity for students to compete in a variety of sports, develop skills, and develop school pride and spirit in a Christ-centered environment.

## **INTRODUCTION**

The purpose of this handbook is to acquaint parents and student athletes with the athletic rules, regulations, and expectations of Trinity Lutheran High School so that through their athletic experience, they can better assist the school in our mission of excellence. Parents and students who elect to participate in and/or support athletics at Trinity Lutheran High School are voluntarily making a choice of self-discipline and self-denial. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. Failure to comply with the rules, regulations, and expectations of Trinity Lutheran High School may result in exclusion from the team.

Students who participate in interscholastic athletics are given opportunities to learn valuable lessons for many practical situations (teamwork, sportsmanship, winning and losing, hard work, etc.). Through participation student athletes learn self-discipline, build self-confidence, and develop skills to handle competitive situations. It is a privilege to be able to participate in interscholastic athletics, and as a result there are greater expectations beyond those required of the student body in general. We have a wide range of talents at our high school and they are truly a gift from God. We must use those gifts to glorify God as he commands us in I Corinthians 6:20: *“For you were bought at a price, therefore, glorify God in your body and spirit, which are God’s.”* The goal of Trinity Lutheran High School athletics is to glorify God in all that we do, with athletics serving as an opportunity for this experience. This handbook is an attempt to give student athletes and their parents a clearer understanding of these expectations.

## **ATHLETIC PHILOSOPHY AND OBJECTIVES**

The mission of Trinity Lutheran High School is to educate, develop, and prepare Christian servants and leaders. Because the “fear of the Lord is the beginning of wisdom” (Proverbs 1:7), all teaching and training at Trinity rests upon and is drawn from God’s Word. Thus, through the operation of the Holy Spirit, God’s Word is a vital force and determining standard of all instruction; its command and principle permeate all activities. Athletics is one part of the total education experience. All aspects of athletic training and competition also find their purpose in God’s Word that commands us to preserve our bodies, the temple of the Holy Spirit (I Cor. 3:16-17), and to do “all things to the glory of God” (I Cor. 10:31).

The interscholastic athletic programs shall be conducted in accordance with existing policies, rules, and regulations of the Board of Directors. While the Board takes great pride in winning, it does not condone “winning at any cost” and it discourages any and all pressures that might tend to neglect a strong Christian witness, good-natured sportsmanship and good physical and mental health. At all times, the athletic program must be conducted in such a way as to justify it as an educational activity.

We believe the following statements regarding the value of athletics in the overall educational program at Trinity Lutheran High School:

1. The student is a steward of God-given talents, and athletics is an opportunity to utilize these God-given talents.
2. Athletics provide an opportunity to let the light of our faith shine.
3. All students will be afforded the opportunity to participate in interscholastic activities.
4. Winning records are regarded as the outcome of hard work and dedication rather than the objective of the program.

5. Athletics are an integral part of the educational experience.
6. Trinity Lutheran High School athletics are designed to meet the needs and abilities of its students.
7. Our athletic program provides as many options for participation as possible.
8. Athletics contribute to the emotional, physical, social, and spiritual well-being of the students.
9. Interscholastic competition fosters the development of fair play and sportsmanship.
10. Athletics are a source of school pride and spirit.
11. Each team and individual will strive to reach their fullest potential.
12. Playing time is a reward. Actual playing time in an interscholastic contest is determined solely by the coach.
13. Each member chosen for a team plays a vital role. Criteria for being chosen include the desire to work hard, dedication, talent, spirit, commitment to hard work, and sportsmanship.
14. No single activity will be purposely and consciously promoted to the detriment or exclusion of other programs.
15. All interscholastic activities will be conducted in accordance with the Indiana High School Athletic Association rules and regulations; additional rules and regulations that relate to school behavior, academic performance, and chemical/alcohol use may be required by Trinity Lutheran High School.

Specific objectives or additions to these overall objectives may be established by the head coach of each sport.

### **ATHLETIC PROGRAMS OFFERED AT TRINITY**

Girls	Fall Season	Cross Country, Volleyball, Golf, and Soccer
	Winter Season	Basketball and Cheerleading
	Spring Season	Softball, Tennis, and Track
Boys	Fall Season	Cross Country, Soccer, and Tennis
	Winter Season	Basketball
	Spring Season	Baseball, Golf, and Track

\* Please note that the number of teams or sports offered is subject to change depending on student interest.

The Athletic Department encourages every interested student to take the opportunity to participate in the competition for primary and/or supporting positions. The determination and selection for such positions shall be the right and responsibility of the coach of that activity within the true spirit of the concept of maximum participation. The determination and selection will be based upon a fair judgment which must be apparent in the qualification of selected individuals. The coach, in cooperation with the Athletic Director, shall determine what factors will indicate selection of qualified candidates for a team. The coach's decision is final.

In some athletic activities offered by Trinity, squad limitation does become necessary. Every student has the opportunity to participate in the competition for such positions. If, after the evaluation, it becomes necessary to cut an athlete from a squad, that individual will have the benefit of a personal conference with the coach and will be informed as to why he/she did not make the team. The meeting is the responsibility of the Head Coach from that sport. An athlete cut from one sport may, however, try out for another sport in that same season providing they were not cut from the first sport for disciplinary reasons and room still exists on the second sport.

When tryouts are necessary due to larger number of potential team members than spots available on the team, tryout dates and times will be announced. The announcements will take place in the daily school announcements, which can be found on the school's website at [www.trinitycougars.org](http://www.trinitycougars.org). Fall sport announcements are usually done in the spring of the year.

## ATHLETIC DEPARTMENT POLICIES

### A. ACADEMIC ELIGIBILITY

According to IHSAA standards, to be eligible, students must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must currently be enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence. (*IHSAA Handbook Rule 18, Section C-18-1*)

The academic probation policy outlined below is in addition to the eligibility policies found in the Trinity Lutheran High School student and teacher handbooks. It is also in addition to the Indiana High School Athletic Association policy described in the previous paragraph.

The goal of academic probation is to hold students accountable for their past earned marks while allowing them one opportunity to show immediate improvement in their academic performance in order to maintain their athletic eligibility.

Trinity offers eight periods of instruction per day. Therefore, students must pass at least six classes per quarter to remain eligible for athletics.

Any student who earns a failing mark at the end of a marking period but is still passing at least six classes may apply in writing once per school year to be placed on academic probation.

Once placed on academic probation, the student must not earn any failing marks on the next midterm. If the student earns a failing mark at the next midterm, the student will be immediately ineligible without appeal for the remainder of the quarter.

In addition, the student cannot earn any failing marks at the end of any quarter during the remainder of the school year. If the student earns a failing mark at the end of any quarter during the remainder of the school year, the student will be immediately ineligible without appeal for the following quarter.

Eligibility is reviewed at the end of each marking period. Grades from the previous quarter are used to determine eligibility for the current season. These eligibility standards also follow the "carry over" rule. This means fourth quarter grades will be used to determine eligibility for the first quarter of the following school year.

Students cannot apply to be placed on academic probation more than once in any one school year.

The above policy applies to all extracurricular activities that are not currently offered as a class within the curriculum.

## STUDENT APPEAL PROCESS TO BE PLACED ON ACADEMIC PROBATION

1. Student must write a letter of appeal to the principal stating:
  - a. Request to be placed on academic probation
  - b. Reason(s) for the request
  - c. Steps that will be pursued to improve and maintain passing grades
  - d. Assurance of a commitment to display a higher level of academic achievement
2. Student and parent must review the academic probation guidelines and return one signed copy indicating their understanding and acceptance of the policy. When a decision has been reached concerning the student, a copy of the signed guidelines will be mailed home to the parent.
3. Both of the documents above must be delivered to the principal for evaluation.
4. If, after review, academic probation is granted, the student will be immediately eligible for extracurricular activities upon notification to the athletic director, coach and parents.
5. Academic probation will not be granted for students who do not fulfill this process in full.

## B. ATTENDANCE REQUIREMENTS

1. Any athlete who is absent for **more than two class periods in an eight period day or one period in a four period day** may not participate in co-curricular activities for that same day. An exception may be made by the Principal. Appeals concerning special situations can be made to the Principal or Athletic Director (i.e. funeral) to be able to participate in a practice, team activity, scrimmage, or game that day.
2. When dismissed early from school because of an athletic event, an athlete is to turn in work for the classes missed before leaving for the contest. The teacher **does not** have to accept it the next day. The athlete who is dismissed from class early is responsible for all work missed. Expect no extensions. Tests or quizzes that were missed are to be taken at study hall or after school on the next day after the early dismissal. They may also be taken earlier or at other times as arranged with the teacher.
3. Athletes who are suspended from school may not participate in a practice, game or other athletic function during the period of suspension. The Athletic Director will notify the student, parent, and coaches of such action.
4. The student athlete is expected to attend all practices, meetings, and contests of the particular sport in which he/she is involved. Exceptions can be made in the case of an illness, a disabling injury, or extenuating circumstances which were previously discussed with the coach. The consequences of an unexcused absence may include:
  - a) coach/athlete conference
  - b) coach/athlete/parent conference
  - c) short-term suspension from practices and/or contests
  - d) long-term suspension from practices and/or contests
  - e) dismissal from the team

## C. AWARDS

### 1. Varsity letters and awards

- a. All participants not lettering will receive a participation certificate at the end of the season.
- b. Athletes earning his/her first letter award will receive a block letter "T" from TLHS. Any subsequent letters earned in any sport are signified by chevrons.

### 2. Lettering Requirements

- a. In order for an athlete to letter at Trinity Lutheran High School he/she must have made a significant contribution to the varsity squad in that sport. In general, the athlete should have played in at least ½ the total number of quarters, periods, innings, or games in their respective sport. Individual sports may have a developed "point" system to determine a letter award.
- b. In an outstanding case where an athlete has contributed greatly to the benefit of the team and has not met the specific requirements for a letter, he/she may be awarded a letter upon the recommendation of the coach and approval of the Athletic Director.
- c. A student athlete injured while participating in a sport, who is not able to participate further may receive a letter award by a recommendation of the coach and approval of the Athletic Director.
- d. A student athlete who is a member of a varsity team for two consecutive years and did not receive a letter their first year may be awarded a letter by recommendation of the coach.
- e. Managers, statisticians, trainers, filmers, etc... may earn a letter on the second year and each succeeding year that he/she serves that position. In an outstanding case, a letter may be awarded for the first year.
- f. The Athletic Director may approve letter award requests when extenuating circumstances prevail.

### 3. Special Awards

#### a. Coaches' Awards

Each coach may present the following awards at the Athletic Banquet following their respective sport: Most Valuable Player, Most Improved Player, and the Cougar Award. The method of selecting these recipients will be left to each coach.

#### b. Senior Athlete Award

Senior Athletes that have participated in the same sport for four years will receive a plaque recognizing them for their contributions to the program.

#### c. Athlete of the Year

This award is given to the top male and female athlete of the senior class. Coaches will make recommendations to the Athletic Director and will then vote for the nominees. Award recipients will receive a plaque and certificate of recognition.

d. Scholar Athlete Award

To receive this award, an athlete must have lettered in at least one sport and must be included on the Honor Roll for all four quarters of the school year. Student-athletes will receive a certificate of recognition.

e. Tri-Athlete Award

To receive this award, an athlete must participate in at least three sports during the school year. Recipients will receive a medal.

## D. CODE OF CONDUCT FOR CO-CURRICULAR ACTIVITIES

Trinity Lutheran High School is a Christian school, and as such, it is concerned about the spiritual, as well as intellectual, emotional, and physical development of its students. The Code of Conduct for Co-curricular Activities has been designed to assist students in carrying out their Christian responsibility to use their God given talents to their fullest and to God's glory.

Trinity Lutheran High School's students are encouraged to participate in co-curricular activities. Those who participate in these do so on a volunteer basis, represent our school, and serve as a role model for other students; therefore, they have a high level of responsibility in the service of our Lord and to those who comprise our school community. The Code of Conduct for Co-Curricular Activities applies to all co-curricular activities. These include athletic teams, drama, choir tours, band tours, and any other school sponsored groups. Questions about eligibility may be directed to the Principal.

In addition to the Code of Conduct for Co-Curricular Activities, our athletic program must also meet standards for the training rules set forth by the IHSAA. We comply with those rules and establish penalties which we believe will help individuals in their challenge to be faithful, protect team unity, and help other athletes, individually as well as collectively as a team, bring forth the praise and glory our Lord deserves.

Violations of the Code of Conduct include but are not limited to:

1. Purchase, possession, distribution, or consuming of alcoholic beverages, tobacco, or illegal drugs or look-alike drugs.
2. Attendance at events (parties) where drugs and /or alcohol are being used or consumed, even though the student was not personally involved in their use. (It would be wise for students to carefully consider their attendance at events/parties prior to actual attendance.)
3. Insubordination or illegal acts (vandalism, assault, theft) or conduct in direct violation of the philosophy of Trinity Lutheran High School.

Any student who violates any of the points above and who is apprehended by police, or seen by a Trinity Lutheran High School faculty or staff member, or by an independent reliable source which is corroborated, will be subject to the following penalties:

1. First Offense – suspension for 25% of the regular-scheduled contests
2. Second Offense – suspension for the remainder of the current season
3. Third and following offense – One calendar year suspension

## Suspension Guidelines:

1. Any student athlete who has been suspended from an individual class or school for disciplinary reasons is prohibited from participating in any co-curricular activity until the matter is resolved. The school administration can determine penalties to be assessed to athletes who violate school rules or laws of the state of federal government.
2. Post-season tournament games or matches may be part of the suspension. If the penalty results in a student being suspended from one or more IHSAA tournament competitions, the student is immediately disqualified for the remainder of the total tournament series in that sport.
3. If the student is not involved in a sport at the time of the violation, the suspension will begin at his/her next involvement with a team sport.

A key to any athletic code is enforcement. If these rules and penalties are to serve their intended purpose, it is imperative that we have full cooperation from our parents and student body in reporting violations. We are fellow Christians working together to bring a sinner to repentance and we need to follow Christian principles in reporting violations. First, we should confront the violator and try to get him/her to report him/her self. Self-referral would be ideal and certainly a sign of true repentance. As tough as it may be, a parent should report his or her own child. Honesty, loyalty, and good citizenship are certainly traits with which we want our children to grow and they are far more important than any benefits athletes and managers would receive from participating in interscholastic athletics.

## E. COLLEGE RECRUITMENT

In the event that a student athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. The coach is to be informed of such a contact as soon as possible.

Coaches will make an effort to help student athletes attain scholarships where appropriate, realizing that only 1% of all seniors nationally ever make a Division I team. It is important that the coach is honest and fair with evaluations, and that the parents/athletes are realistic in their goals and expectations.

If a student wishes to practice and play his/her freshmen year at an NCAA Division I or Division II college, he/she must satisfy certain NCAA requirements and be registered with the NCAA Initial-Eligibility Clearinghouse. Please see the Guidance Counselor or the Athletic Director to get more information on the eligibility requirements for Division I and Division II schools. You may also find more information at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

## F. ATHLETIC COMMUNICATION

### 1. Pre-Season Meetings

Parents of athletes are expected to attend a meeting with the athletic director prior to the start of the school year. The policies and procedures regarding team membership, mood altering chemicals, and athletic eligibility will be explained.

## 2. Parents and Coaches

Parents and coaches are strongly encouraged to maintain open lines of communication. As in everything at TLHS, the Athletic Department wishes that all interactions are handled according to the Student Handbook, especially that part which addresses Matthew 18. A summary of the procedure is as follows:

**Step I** - The parent/athlete/other having a complaint or concern are to speak personally with the coach. Out of respect for the athlete and coach, it is recommended that concerns NOT be addressed immediately after a game.

**Step II** - If concerns can not be resolved by a conference with the coach, the parent/athlete/other may request a meeting with the Athletic Director.

**Step III** - If concerns can not be resolved in Step II, the parent/athlete/other may request a meeting with the Administrator.

## 3. Schedule Changes and Cancellation of Events

Schedule changes and game cancellations will be posted on the Trinity Lutheran High School website at [www.trinitycougars.org](http://www.trinitycougars.org). You may also choose to receive this information through [www.highschoolsports.net](http://www.highschoolsports.net).

## G. EQUIPMENT AND UNIFORMS

1. Trinity Lutheran High School athletic equipment (including uniforms) is to be worn or used for practice sessions or athletic contests only. Issued athletic equipment is not to be used for P.E. classes.
2. Each athlete is responsible for the care, safekeeping, and return of all athletic equipment issued to him/her. He/she will be charged for the replacement of all equipment lost or not turned in at the end of the season. Also the athlete will be charged for any damages to equipment that is beyond normal wear and usage. The student athlete will not be allowed to participate in his/her next sport without payment of due charges.
3. A student should not leave school during the school day to get athletic uniforms or equipment. The student is expected to be in the classroom seeking academic success.

## H. FACILITY USE

In general all athletes and coaches should be considerate and responsible for all facilities at Trinity. Care should be taken to leave the facility in a neat and organized manner at the conclusion of your activity. The weight room and locker rooms have the following additional guidelines:

### Weight Room

1. The weight room must be supervised by a coach or appointed staff member at all times.
2. There must be at least two students using the weight room at any given time.
3. Students must wear gym clothing when using the weight room.
4. All weights should be put back on the racks when finished.

### Locker Room

1. Roughhousing and throwing of any object is not allowed.

2. Hazing of other players is not allowed.
3. Keep the locker room area clean.

## I. INJURY PROCEDURES

1. A current IHSAA approved physical form, signed by a physician, is required to be on file in the school office before a player can begin practice with a team. Forms may be picked up in the school office or can be obtained from the IHSAA web site ([www.ihsaa.org](http://www.ihsaa.org)). The physician's examination must have taken place after May 1 of the previous school year. The coach and the athletic director are responsible for verifying that each player has turned in an updated form before season practices begin.
2. Injuries which occur while participating in athletics should be reported to the coach. If the injury requires medical attention by a doctor or treatment center, a TLHS injury report form should be submitted to the athletic director.
3. If a student athlete has sustained an injury outside of athletics, or away from Trinity Lutheran High School, parents should assist the coaches in understanding the extent of the injury.
4. If at any time during participation, a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. Also, in accordance with **Rule C-9-14** of the IHSAA Bylaws, to be eligible to participate in game contests a student must participate in **four** consecutive practices if they have missed **five to ten** regularly scheduled practices or **six** consecutive practices if they have missed more than **ten** regularly scheduled practices.
5. By its very nature competitive athletics may put students in situations in which serious, catastrophic and perhaps fatal accidents may occur. Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition. By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that risk exists. By choosing to participate, you, the student, acknowledge that risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students **must** adhere to that instruction and utilization and **must** refrain from improper uses and techniques. As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

## J. MAKING "CUTS" IN ATHLETICS

Although all students are encouraged to participate in athletics and coaches prefer not to make "cuts", there may be situations where "cuts" will be necessary. Before making any "cuts" the athletic director and coaches will attempt to secure additional coaches, secure additional practice times or facilities, or pursue other alternatives so "cuts" will not have to be made. If "cuts" are made the following guidelines will be followed:

1. All coaches involved in the various levels of a particular sport will be involved in the decision making process of making "cuts" at any level of that particular sport.

2. A minimum of three days of practice are to be held before “cuts” are made.
  
3. Coaches will use the following criteria in making cuts:
  - a. The number of athletes a coach can reasonably work with on a team
  - b. The number of coaches involved with that sport
  - c. Safety considerations
  - d. Objective and subjective evaluations by all coaches involved with that sport
  
4. Before coaches post a list of athletes who have made the team, they will give the Athletic Director a list of the names of athletes who have/have not made the team. The coaches will also, as much as possible, meet individually with each athlete who is being cut and inform him/her of the reason for making the cut and ways they can improve.
  
5. Athletes who have not made the team, as participants will be encouraged to remain with the team and serve as a manager, statistician, etc., or to get involved in another activity.

## K. PARTICIPATION REQUIREMENTS

1. Participation in interscholastic activities as a part of a school’s educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are rationally related to school purpose.
  
2. Trinity Lutheran High School supports the concept of multi-sport participation. Coaches should not establish expectations “out of season” which would prohibit or restrict a student’s participation in another sport which is “in season”.

A student who wishes to participate in more than one sport in the same season (fall, winter, or spring) must complete the “**Athlete Declaration for Dual Sport Participation**”.

3. If an athlete finds it necessary to drop a sport for an appropriate reason the following procedure should be followed:
  - a. The student athlete is to consult with the head coach of the sport.
  - b. The situation is to be reported to the Athletic Director.
  - c. All equipment issued to the athlete is to be returned to the Athletic Department.
  
4. If an athlete wishes to change sports during a season, the following procedures must be followed:
  - a. If an athlete is cut from a team, they may join another team or program in that sport season providing they were not cut from the first sport for disciplinary reasons and room still exists on the second sport’s team.
  - b. An athlete can not quit one sport to join another until that team is no longer competing.
  - c. An athlete who is removed from a team for any reason (i.e. quitting, rule violation, grades, etc.) will not be allowed to participate in any practice, conditioning program, or weight room activity until completion of competition for the team from which the athlete was removed.
  
5. In accordance with IHSAA **Rule C-3-11**, a student athlete may lose his/her amateur standing and eligibility for Interscholastic Sports if he/she accepts gifts or prizes for participation in sporting events as a member of a team that is not affiliated with the school. Questions regarding amateur standing should be directed to the Athletic Director.

## L. TRAINING RULES

Coaches with the consent of the Athletic Director may require athletes to follow additional rules for each sport. The individual coach is then responsible for enforcing these additional rules.

### **EXPECTATIONS OF STUDENT ATHLETES**

1. Witness at all times by their conduct that they are redeemed children of God.
2. Care for and develop their bodies to the Glory of God. The body of a Christian is a temple of the Holy Spirit.
3. Experience and exhibit the love of Christ in his/her attitude toward and in their relationships with fellow athletes, coaches, and officials.
4. Make sure that a physical and all other necessary forms are on file.
5. Follow the rules and regulations included in this handbook as well as by the IHSAA.
6. Follow the guidelines of each coach as outlined at the pre-season meeting.
7. Know the demands of their activities, such as length of season, number of practices and events, time schedules and potential conflicts.
8. Respect the authority and heed the instruction of the coaches. Strive to set standards of excellence for others to follow. Athletes are role models that peers and younger students will try to follow. Your behavior does affect other people. Show respect for officials, including accepting their decisions.
9. Learn and adhere to the rules of the sport, rulings of the officials, and rules and regulations of conduct.
10. Be prompt in attendance to all team functions.
11. Care properly for equipment issued and respect the facilities used in the activity.
12. Be aware that winning and losing is a part of all sports as well as life, and learn to handle both gracefully.
13. Work diligently to improve skills.
14. Exhibit self-discipline and self-control.
15. Be aware that absence from practice or games whether school is in session or not, may result in less playing time. Each coach will determine the policy in the specific sport.
16. Be aware that practices may be scheduled during holiday vacation periods.
17. Be aware that playing time is a reward. Coaches strive for maximum participation. Actual playing time is determined solely by the coach. Many factors are used to determine playing time, i.e. hardwork, dedication, talent, opponents' strengths, teamwork, and sportsmanship.
18. Know that no one will be allowed to begin practice in another sport until he/she is cleared for returning equipment from his/her previous sport.
19. Use proper language at all times. Profanity will not be tolerated. Profane or vulgar language has no place in the life of a Christian athlete especially during practice sessions, game situations, or while representing the school in the community.
20. Treat your opponents as guests, and put clean play and sportsmanship above victories.

### **EXPECTATIONS OF PARENTS/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 scheduled during holiday vacation periods.
4. 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 taken into account, i.e. hard work, dedication, talent, teamwork, sportsmanship, opponents' strengths and weaknesses.

5. Be aware of the guidelines for student participation.
6. Be ready and willing to offer positive support for all activities. Set a positive example of sportsmanship when spectating. Trinity Lutheran High School is your school, too.
6. Do not abuse officials or opposing teams. We may not agree with the decisions or actions they take, but we must remember they are doing their best. You are role models for all adolescents; please act in their best interest.
7. Be prepared to accept the responsibility of helping your student live by the rules and regulations and to encourage them to attain the lessons learned through participation in athletics.
8. Parents are to remember they are an extension of the TLHS family and represent themselves, our players and our school. They are to be Christian role models representing the Christ who is at the center of all school activities.

## **COACHING EXPECTATIONS AND RESPONSIBILITIES**

### **A. Coaches' Professional Expectations**

#### **1. Rapport:**

A coach must be able to develop a good rapport with many individuals and groups: team personnel, students, professional staff (faculty, administration, maintenance, etc.), the community as a whole, spectators, officials, fellow coaches, media, and the parents of his/her players.

#### **2. Cooperation:**

The school expects a maximum of positive give-and-take between all individuals associated in any degree with the comprehensive program. Coaches must work hand-in-hand with the Athletic Director, administration, and other members of the staff.

#### **3. Leadership:**

Diligence, enthusiasm, honesty, and love for the game are all part of a professional pride that should be exhibited by the coach. Personal appearance, dress, and physical condition should be exemplary. Dressing appropriately for practice, following practice schedules, and building positive attitudes are very important.

#### **4. Discipline:**

Every facet of discipline is the coach's responsibility; individually the coach becomes a model of all that the program represents. Therefore, observation of school codes, training rules, rules of the game, ideals of good sportsmanship, and behavior of the participants throughout the season is vital. The desire to do well, to win well, to lose well, should be emphasized.

#### **5. Improvement:**

A coach should take advantage of opportunities presented for self-improvement. Attendance at rules clinics and special workshops is encouraged.

### **B. Coaching Techniques**

1. Use sound and acceptable practices.
2. Run well-organized practice sessions.
3. Complete pre-season planning well in advance of starting date.
4. Keep assistant coaches, managers, and statisticians well informed as to what is expected.

5. Win with ability, execution, and good sportsmanship
6. Be honest with your players and parents and run your program with integrity
7. Be a role model for the students and fans. Support officials' decisions without protest. Convey respect for them at all times.

### C. Coaches' Responsibilities

#### 1. To the Players

- a. To develop within each athlete the individual and team skills necessary to compete successfully and to encourage each athlete to reach for their God-given potential.
- b. Development of positive attitudes is an important means to accomplishing this aim. We must promote and teach clean, aggressive, and fair play, while stressing good sportsmanship at all times. The coach must be a leader.
- c. The coach is to set a good example, as a Christian and as a professional educator.
- d. The coach must be fair and unprejudiced with players, considering their individual differences, needs, interests, temperaments, aptitudes, and environments. Normally, discipline will be left to the discretion of the Head Coach. All dismissals, suspensions, etc. will be discussed with the Athletic Director before implementation. Contact between coach, player, and/or administration will always be conducted in a professional manner.
- e. The safety and welfare of the players should always be uppermost in the coaches' minds.
- f. The coach's primary responsibility is to the individual student.

#### 2. To the School

The behavior of the coach shall be in accord with the school's philosophy/mission. As a coach, their actions will be constantly under scrutiny. They should always reflect confidence and respect of Trinity Lutheran High School. They should work to build and maintain a high level of confidence in the athletic program and school. Coaches owe the school their efforts and loyalty at all times. They must strive for excellence in all areas. To be effective, a coach must be respected. To be respected, good personal habits and neat appearance are important but most important are the Christian examples set by the coach. Being respected is much more important than being liked. Treat the faculty, players, and students with the same honor and respect that you desire to be shown you. Private, firm, fair, and consistent discipline must be maintained.

#### 3. To Fellow Coaches

- a. The head coach must always be in command of his or her coaching staff and team. Despite this position of authority, the wise head coach will encourage independent thought on the part of his/her staff.
- b. Misunderstandings between coaches should be discussed as soon as possible and in an appropriate location away from the athletes and others not concerned with the program.
- c. Always bear in mind that your sport is not the only sport, it is a part of the total athletic educational program. It is imperative to support, promote, and cooperate with all the other coaches for the well-being of the total sports program. A coach must support his or her fellow coaches whenever possible.

#### 4. To the Facilities

Each coach is responsible for keeping practice areas and locker rooms in order, storing equipment neatly and using equipment properly and keeping the storage areas locked.

## **SPORTSMANSHIP**

### **A. Philosophy**

Activities are an important aspect of the total education process in schools throughout the country. They provide an arena for participants to grow, to excel, to understand, and to value the concepts of sportsmanship and teamwork. They are an opportunity for coaches and school staff to teach and model sportsmanship, to build school pride, and to increase student/community involvement. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of sportsmanship for our youth as respected representatives of society. Sportsmanship is good citizenship in action!

### **B. General Regulations**

Sportsmanship is a general way of thinking and behaving. The following sportsmanship policy items are listed below to clarify and assist in enforcement:

1. Fans are to remember they are an extension of the TLHS family and represent themselves, our players, and our school. They are to be Christian role models representing the Christ who is at the center of all school activities.
2. Be courteous to all participants, coaches, officials, staff, and fans.
3. Know the rules and abide by and respect the officials' decisions.
4. Win with character and lose with dignity.
5. Display appreciation for good performance regardless of the team.
6. Exercise self-control and reflect positively upon yourself, team, and school.
7. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

### **C. Interpretations**

The unacceptable behavior illustrations listed below are "examples" and are not to be considered all inclusive.

1. Fans reading newspapers, turning their backs, making disrespectful actions, etc. during the introduction of opponents.
2. Booing or heckling an official's decision; criticizing the merits of the officiating; displays of temper and arguing with an official's call; derogatory remarks toward the official.
3. Yells that antagonize your opponents, when you feel that you have won the game; refusing to shake hands or give recognition to winner or good performance. Blaming a loss on an official, coaches, player's performance, or other rationalizations.
4. Displays of anger, boasting, or use of profanity. Other yells or cheers that draw attention to you instead of to the contest.
5. Fans', players', coaches', administrators', or member schools' unwillingness to get involved and take a stand to defend one of the main tenets of school activities – teaching and promoting GOOD SPORTSMANSHIP.

