

Student Athletes: Please complete athletic agreement on
back page and return to school before August 23, 2017

Athletic Handbook

For



ZION LUTHERAN SCHOOL

Zion Lutheran School
Monroe, MI

Zion Warriors

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INTRODUCTION

God's Word is the foundation of athletic programs at Zion Lutheran School. The athletes that participate, the spectators who watch the games and the coaches must always keep this foundation in mind. In accordance with the school handbook, Zion's athletic program will strive to teach athletics with this goal:

**“Whether you eat or drink, or whatever you do, do it all for the glory of God.”
1 Corinthians 10:31**

MISSION

Interscholastic sports provide an opportunity for students to glorify God with athletic ability. Participation, competition, and work ethic will be approached from a Christ-centered point of view. Students will have an opportunity to grow intellectually, physically, and spiritually in light of God's Word.

COMMUNICATION

The following is a list of guidelines that may help coaches and parents communicate with each other in a manner keeping with scripture. If a conflict arises please discuss the issue with the coach privately at the appropriate time. If the issue cannot be resolved and there are still concerns, the athletic director will be notified. The athletic director may take the issue to the Education Committee and Principal if further steps need to be taken to resolve an issue.

QUESTIONS AND PROBLEMS

What the coach should communicate with the parent:

1. Coaching Philosophy
2. Expectations of players
3. Location and times of pre-game expectations, games, practices, etc.

(Players will be made aware of times verbally and a note will be sent home by school.)

4. Team Requirements
5. Discipline

What to expect from parents:

1. Concerns regarding coaching philosophy and expectations should be expressed during a **scheduled** appointment.
2. Immediate notification of scheduling conflict.
3. **Parents need to be supportive of their children's efforts.** Being at games, picking up children on time, being a supportive spectator, and discouraging unsportsmanlike conduct are ways Christian parents teach their children. Parents should teach their children to be humble winners and gracious losers.
4. **We expect parents to support the coaches in the presence of other parents and fans, and especially their children.** It is difficult to resist coaching from the stands, but remember - the coaches are the coaches. Undermining a coach's authority is harmful to the team and to your child. If you really want to be involved with coaching, contact the Athletic Director. Parents must do their part in building a positive, supportive atmosphere.

Appropriate topics for parents to discuss at any time:

1. Treatment of a child mentally and physically
2. Ways for the child to improve
3. Concerns about the child's behavior

Unsuitable issues for parents to discuss without a scheduled meeting:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

NOTE: A time and place to approach the coach about an issue is not directly after a game or publicly. Emotions may run high at this time for both parent and coach. Please follow the guidelines as stated previously. If there is an immediate concern that must be dealt with, (**see previously stated topics**) please do so in a calm, loving, Christian manner, in accordance with Scripture and the Eighth Commandment. Also, try to find a place to discuss the issue out of the public eye. Any scheduled meeting will be scheduled a minimum of 24 hours after the game.

ATHLETICS OFFERED

Southeastern Michigan Lutheran Athletic League (SMLAL) offers these organized athletic events:

1. Soccer
2. Volleyball
3. Basketball
4. Track
5. Softball (7th & 8th)

Fielding teams at all grade levels may not always be possible. Whenever the need arises younger students may be asked to play at a higher level. Any decision about which teams to field will be made by the athletic director under the authority of the principal and Education Committee. These criteria will be kept in mind when making decisions about which team to field:

1. Number of students in the grade levels
2. Ability level and maturity of the students
3. Giving the most students **opportunity** to **learn** the sport through **practice** and **playing** in game situations.

The following grade levels will be allowed to participate in each sport.

1. **Soccer** - Grades 5-8 (3rd & 4th if needed)
2. **Volleyball** - Grades 5-8 (3rd & 4th if needed or numbers allow for a second team)
3. **Basketball** - Grades 5-6 for B team level (4th or 3rd if needed), Grades 7-8 for A team level.

The fifth and sixth grade 'B' teams are meant *to provide experience for the students* in preparation for 'A' competition. The seventh and eighth grade 'A' teams are meant *to provide opportunities for the students to develop their abilities in a much more competitive setting, and to prepare them for high school competition.*

On occasion it may be necessary to bring lower grade students up to play at the A level. If not planned before the season, a lower grade student may be brought up to the A level during the season if there are circumstances that change the team numbers. (If possible, our league would prefer that an A level squad is fielded. This allows larger schools an opportunity to play more of their players also. Sixth grade, and possibly fifth grade students may be asked to play on the A team.) The ideal is to field both A and B teams. Sometimes that may not be possible with the numbers of students in the grade levels.

Fielding an A team would be the priority. It would not be mandatory for a 5th or 6th grade student to participate at the A level.

4. **Track** - All students in grades 3-8 participate in track practice during physical education class, as it is considered a co-curricular Physical Education activity. Students are encouraged to participate in the track meet at Huron Valley Lutheran. Depending on Division and number of Zion students signing up, students may participate in only one event.
5. **Softball** – Grades 7-8

The athletic program builds on the base of the physical education curriculum of the school. It supplements the PE curriculum by providing additional competitive, physical activities for students in grades five through eight who choose to and are eligible to participate.

Competitive athletics develop sport-specific skills, exercise and strengthen bodies, promote sportsmanship, and provide avenues for success, while learning important life-skills like teamwork, dedication, and commitment.

SPORTS PHILOSOPHIES

For each sport played at Zion the coaches are entrusted with the decisions about who plays and when. Here is a list of guidelines that coaches will be encouraged to follow. Competitive sports means the coach will field the best team possible to help the team win.

Participation sports mean all players on the team must play. Please keep in mind that coaches see the players during practice and base decisions about playing time based on these criteria (not necessarily in this order):

1. Overall attitude toward academics, sports, and the coaches
2. Practice attendance
3. Effort of the student to improve his/her skills
4. Ability of the student to fill a position need for the team
5. Having a “team before me” attitude
6. An individual’s talent level
7. Skill level of opponent
8. Game situation

SOCCER - Competition is stressed in this sport. The coach is encouraged to play as many players as possible when there is an opportunity.

VOLLEYBALL - Competition is stressed in this sport. The coach is encouraged to play as many players as possible when there is an opportunity.

TRACK - Competition on individual and team levels are stressed. All students in grades 4-8 have an opportunity to participate in the HVL track meet. Students in Grade 3 are encouraged to participate in Track practice, but will participate in the HVL Track Meet if needed.

BASKETBALL - Competition is stressed at the A level. A player’s participation will be left to the judgment of the coach depending upon team needs and the effort, attitude and talent of each player

At the B level participation* is stressed. All **fifth** and **sixth grade** players will participate in each game during the regular season. This does not mean equal playing time. A player’s playing time will be determined by the effort put into practice and games by the individual. **Third and Fourth** grade players may be part of the team but are not required to play in every game.

*Competition is stressed in the B boys’ and B girls’ basketball tournament.

UNIFORMS /EQUIPMENT

GAMES

All uniforms are property of Zion Lutheran School and should not be worn for any reason other than participation in an athletic event. A uniform is provided for volleyball and soccer. Home and away basketball uniforms are provided during the season. Girls should wear an undershirt to cover sports bras if exposed. Boys are not to wear boxers under the uniform shorts. Boys are required to wear athletic supporting underwear.

PRACTICE

During track, volleyball, and basketball practices students should wear proper running shoes, athletic shorts, and T-shirts. Basketball players **must have** shorts for practice. Boys should also wear athletic supporting underwear for practice under their athletic shorts.

Failure to have the proper equipment may result in a loss of playing time and practice time.

A replacement fee will be charged to replace lost or damaged uniforms beyond expected wear and tear.

DRESS CODE

Our students are members of a team. They will display their desire to exercise and improve their God-given talents. As a member of the team they are an ambassador for Christ and Zion. The students should show pride in the way they dress for games.

ELIGIBILITY

UNEXCUSED ABSENCES

An athlete is responsible to the team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. If anyone is unable to attend practice or will be tardy, the athlete must notify the coach at least one day before the absence (illness the exception). Excused absences would include dentist and doctor appointments, emergency situations, etc. Please communicate with the coaches!

Unexcused absences from practice(s) or game(s) will result in the following penalties:

1. First offense: A verbal warning and words of encouragement from the coach to attend practice and/or game.
2. Second offense: Player will receive limited playing time in the following game as decided by the coach and athletic director.
3. Third offense: Suspension from the following game. The player may NOT suit up or sit on the bench with the team.
4. Fourth offense: Removal from the team for the remainder of the season.

-A child must be at every required practice. Unexcused absences mean an avoidable absence not approved by the coach or Athletic Director. All practices are required during a sport season, except for those practices that occur before the start of the school year and practices during school vacations or holidays. Practice is an important part in the responsibility of participating in an extra-curricular activity.

-A player may not participate in practices or games if he/she has been absent from or leave school during the school day due to illness. A student with an unexcused absence for any part of a game day or practice day is not eligible to participate in any athletics that day.

-A player who is injured and cannot participate physically should attend practices to learn strategy if he/she wishes to remain part of the team. An injured player should also sit on the bench during games for the duration of his/her injury. If a player sustains a season ending injury, he/she may choose to remain part of the team as a manager or leave the team.

COACHES

1. Lay coaches are called not only by the church, but also by the Holy Spirit. Coaches are to be treated as authority figures and with respect. A coach is to treat his/her calling as a servant of the Lord with the utmost respect.

2. Lay coaches are under the authority of the Education Committee, principal and athletic director and must submit to them accordingly.

3. A coach is to maintain church attendance and display an outward lifestyle in appearance, dress and language that glorifies the Lord.

In our society today, we have the tendency to put a strong emphasis on athletics. While athletics are an important part of each child's development, nothing can compare with a close relationship with their Savior. In response to this, we would like to encourage families to grow together spiritually by attending church services on a regular basis.

4. A coach's conduct on the bench will be a reflection of the school. A coach should always maintain a composed manner that reflects the love of the Lord. A coach without self-control would not be a good example to the players. A coach must always keep in mind the level he/she is coaching and the purpose of athletics at Zion.

5. A coach who consistently does not follow these guidelines after being reprimanded by the Athletic Director, will be evaluated by the Education Committee and possibly removed.

Reminder to coaches: The team is not "your" team. It is the team representing Zion Lutheran School and you and the players will be ambassadors of the school.

CONDUCT AT GAMES

1. During home and away games students and spectators should remain in the gym unless using the lobby seating for concessions. **Younger children should be supervised at all times.**

2. Spectators and players are to respect the property of Zion Lutheran School and the property of schools the teams play at away locations.

3. All players, coaches, and spectators are to reflect an attitude of Christian love toward opposing teams' fans and referees. Please remember referees make mistakes and opposing fans may become unruly. Please do not let inappropriate behavior influence yours.

Summary

As a child of God we should show our love for one another at all times. Therefore, whether the outcome is a win or a loss, our Christian attitude should always shine through, being gracious in defeat and humble in victory. It is not our purpose to lord over others with superiority or make excuses for losses. The real victory comes when one realizes that they have prepared the best they could and played to the best of their God given ability. Adult spectators as well as athletes should remember good sportsmanship while cheering. Cheering should always be done from the positive, not the negative. Coaches, players, and officials are all sinful human beings and make mistakes. Yelling at them in public is not the proper way to handle those situations. If a spectator has a question about a certain coaching style or coaching concern, they should speak to that coach privately. If the concern has not been handled in a satisfactory manner, the next step would be to speak with the Athletic Director.

Zion Lutheran School

“Warriors”

Athletic Participation Agreement

After you have read and discussed the ATHLETIC HANDBOOK and policies with your child, please sign, date, and return this form to school before the first practice your child will be involved in. The school must have this form on file for the student to participate in any athletics at Zion Lutheran.

I understand the Athletic Policies as described in the Athletic Handbook and agree to adhere to them.

Signature of Student

Date

Signature of **Parent**

Date