

LUTHERAN HIGH SCHOOL SAN ANTONIO

ATHLETIC HANDBOOK 2011-2012

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INTRODUCTION

The primary purpose of this handbook is to acquaint you with the rules and policies of the athletic program of Lutheran High School of San Antonio. Athletes are responsible to read, know and understand the complete contents of this handbook. In the event there is something in this handbook that you do not understand, please bring it to our attention as soon as possible. The handbook cannot cover all situations, but it is used as a guideline for our policies.

We firmly believe that you have a great desire for excellence and are willing to work in order to accomplish that goal. We are pleased that you would like to glorify God by participating in athletics. Our policies have been put in this booklet so that you could refer to them from time to time during the course of the season.

This handbook was not made to disrupt the line of communication between the athlete and the coaches, but to encourage it. This program is a shared experience between coaches, players and families. Your choice of Lutheran High School indicates that you want excellence and expect it. However, excellence can only be accomplished when participants know what is expected of them and they strive to meet those expectations. In the event you disagree with any of the policies in this handbook, see a coach, the athletic director or the principal at your earliest convenience.

May God bless your efforts in athletics, academics and a Christian life. May you be a living witness to the Gospel and Christ's love.

VALUE OF ATHLETICS

The LHS SA athletic program is an integral part of the total school program. As such, it provides certain opportunities, and emphasizes definite aims which are difficult to duplicate in other high school activities or later in life. Our athletic objectives are:

1. To always put Christ first in all athletic endeavors, and whatever we do, "Do all to the Glory of God."
2. To develop strong team spirit and loyalty to the school and ability to work with others in general; to work with the individual athlete to develop these attitudes.
3. To develop a positive attitude of continual growth in high Christian values.
4. To encourage and develop self-confidence, responsibility, initiative and a feeling of belonging in each athlete.
5. To emphasize the importance of success (not just, but including, winning), as well as to remember the welfare and development of each individual athlete.

THE YEAR-ROUND ATHLETE

Any young man or woman participating in athletics at Lutheran High School should seriously consider the values of being a **year-round athlete**. While the methods leading to the achievement of this goal could involve considerable discussion, there are several points that need to be mentioned. To be an athlete means more than being a player on a particular team for one season. Being an athlete means following training rules and maintaining a conditioning program during the off season. The best way to do this is to be involved with more than one sport here at LHS. LHS and its coaches will always promote year-round athletics and the rewards of year-round training. The competition of playing a sport will help you stay mentally and physically prepared for your sport. Playing other sports for the school will also help the athlete keep from getting "burned out" in an individual sport as well as helping build up school spirit. This will result in better performances in season and in life in general. Essentially, this accentuates the values listed for athletics.

LHS ATHLETIC IMAGE

Being an athlete also means maintaining the image that LHS expects you to present as an athlete-representative of the school and of a particular team. It is for this reason that the LHS coaching staff will emphasize being an all around solid Christian citizen. This obviously includes the importance of not smoking, not using alcohol and not using drugs, among other things. All of these are detrimental to one's spiritual, physical and mental health and eventually to athletic performance. It also means that your actions in the classroom, on the field, on campus and in the community are all an important part of representing the school. The coaches will re-emphasize this point to all athletes who play on their teams.

Mustang Pride



Creating a Tradition of Excellence

EXPECTATIONS

LHS expects each athlete will:

1. Glorify God with your abilities in both practices and games.
2. Get an education.
3. Pass every class (giving his/her best in doing so).
4. Conduct him/herself as young Christian ladies or gentlemen at all times. Remember, you represent yourself, your family, your school and your beliefs at all times and in all places.
5. Give unselfish love and respect to teammates.
6. Love and respect him/herself.
7. Be totally honest in all dealings.
8. Be extremely loyal to your school, administration, teammates, coaches, families and friends.
9. Never take an opportunity to criticize nor pass up an opportunity to praise.
10. Be part of a great school and a great athletic program.

Each athlete can expect that LHS will:

1. Treat him/her as a special gift from God.
2. Help him/her become a productive Christian adult while reaching his/her athletic goals.
3. Be loyal to him/her in all areas.
4. Be totally honest.
5. Provide leadership and training necessary to achieve his/her goals.
6. Work the athlete hard in practice.
7. Assist him/her in any way possible now and after graduation.
8. Make decisions based on what is best for the team first and then what is best for the individual.



ATHLETIC DEPARTMENT POLICIES

ATHLETIC FEES

To help defray the expense of uniforms and equipment athletes will pay an athletic fee, as established by the Board of Directors, for each sport they participate in. The current fee is \$150 per sport. Additional charges may be levied for personal equipment such as shoes, socks, caps or belts. As with all fees, the athletic fee is non-refundable. It may, however be transferred from one sport to another (see "Changing or Dropping Sports). Uniforms may not be issued and the athlete may not participate in game-play until the athletic fee is paid.

ATHLETIC PHYSICAL

Each student who participates in an athletic program is required to have a sports physical each school year. **Student Medical History and Physical Examination** forms are mailed to enrolled students before the beginning of the school year, and are also available in the office or on the website. Please have your family physician complete this form. An athlete may not practice or play until his/her athletic physical is on file in the school office.

TAPPS ACKNOWLEDGMENT OF RULES

All athletes must have a current **Acknowledgment of Rules** form on file. This form is required by the Texas Association of Private and Parochial Schools (TAPPS) and must be completed each school year. Lutheran High School is a member of TAPPS and competes in TAPPS sanctioned athletic events. These forms must be returned to the school office before a student may practice or participate in his/her chosen sport.

PARENT MEETINGS

At the beginning of each season, the varsity head coach will conduct a parent informational meeting. Information at this meeting will include the following: risk of injury (minor to serious), transportation policy, practice and season schedules with maps and expectations for the particular sport, game day dress code and any other pertinent information.

CONDUCT

The way we act is a reflection of what we are and what we represent. We will glorify God with our athletic ability and witness to His love with our actions. Competitiveness is a gift from Him. Self-control is also His gift. We must seek to balance our competitiveness with self-control. We will show respect for opponents and their coaches and for officials. Remember that one of our goals for athletics is to help athletes learn to handle adversity in a Godly manner. Part of the responsibility of the athletic director is to refuse admission to athletic contests to persons who have shown lack of sportsmanship.

RESPECT FOR COACHES

Coaches and teachers should receive "yes sir" and "yes ma'am" or "no sir" and "no ma'am" responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with a player, either individually or in a group, players will always give the coach their undivided attention and will always establish eye contact with the coach.

DRUGS AND ALCOHOL

The use of drugs and alcohol will not be tolerated. First offense could result in dismissal from the team and possible expulsion from Lutheran High School.

PROFANITY

Profanity will not be allowed. We will display class and a Christian attitude in competition. First offense **will** result in disciplinary action.

STEALING

Stealing includes taking anything without that person's knowledge. Stealing can result in dismissal from the team.

ATTENDANCE

If you will be absent from classes or practice, you should notify the school office and ask to leave a message for your coach. If you know in advance that you will be absent, please inform your coach. Frequent absences or being late to practice can result in dismissal from the team or lack of PE credit (see PE Credit Earned Through Athletic Participation). Athletes must be in attendance beginning with the start of fourth hour in order to participate in practice or the game on that day. This rule may be waived for some extreme instances such as a funeral.

Athletes taking P.E. class must dress out and participate in class in order to participate in practice or the game on that day. Practice times are very valuable learning sessions that prepare athletes for competition. Coaches have the authority to restrict an athlete's playing time in a game because of tardiness to, or missed, practices or school time, even if the absence was excused.

INJURY OR ILLNESS

In the rare event you are injured or ill and cannot participate, notify your coach so the proper course of action can be taken for your welfare and the team's. **Each athlete must have proof of a major medical plan or take part in the insurance plan offered by the high school. Any time a player visits a doctor due to injury they must have a release note from the doctor. The note must state at what point the athlete is able to begin practice/playing again.**

PROMPTNESS

Always be on time for all classes, practices and games. Failure to do so can effect playing time. Games, trips, practices and meeting times will not be delayed. You will be left if you are late. Life is about time and schedules - learn to meet deadlines with time to spare.

DRESS

When representing LHS, the school dress code applies. Game uniforms will be worn in the same way. Always be aware of the effect your dress and actions have on little children. They look up to you. Let your dress and actions be a role model for them. Look sharp and play sharp!

PHYSICAL APPEARANCE AND WELL-BEING

Because you are constantly in the public eye as representatives of LHS, athletes are to be clean, neat and well-groomed. Specific attire for game days will be set by coaches; however, shirts and ties for young men, and skirts or slacks for young women should be considered normal attire. All athletes should give diet and sleeping habits special attention - coaches may set basic guidelines.

CARE OF EQUIPMENT AND FACILITIES

Take care of all equipment and facilities you use. Many individuals have worked very hard to provide you with what you have. Unclean equipment can cause deterioration of the equipment as well as the spread of disease. Keep your areas neat and clean up after yourself.

LOCKS

You will need to bring a personal lock, or purchase a lock from the school office, to lock your athletic locker while you are participating. Try not to bring valuables into the dressing area. It is easy to lose or forget them.

TRANSPORTATION

Athletes are to ride the team bus to and from any practice or contest that is not held on the LHS campus. Each athlete is required to have a **Transportation Permission and Release Form** on file in the school office. An athlete may ride home with his/her parents from an away event by notifying the coach in person. Parents may arrange for the students to meet at the site if it proves more convenient, but there must be written permission from the parents to the coach. If the athlete is to ride home with a person other than one of the parents, written permission must be given from the parents to the coach. LHS coaches are instructed NOT to allow athletes to leave from away events with friends without written permission. Maps to away events can be obtained from coaches.

PE CREDIT THROUGH ATHLETIC PARTICIPATION

PE credit can be earned through athletics. For credit to be earned the sport must meet for a minimum of 70 hours (the rough equivalent to the time that a class would have to meet). The athlete should make certain with the coach that these requirements will be met. The athlete also has to meet the standards of the coach (just like passing a class), and cannot miss 10% or more of the time that the team meets.

Sports that receive PE credit

Baseball
Basketball
Soccer
Volleyball

Sports that **MAY** receive PE credit

Cheerleading Tennis
Cross Country Track
Golf

CHANGING OR DROPPING SPORTS

Any athlete choosing to withdraw from a sport must notify his/her head coach, parent and the athletic director. Participation in another sport may not begin until proper notification is given. No athlete may quit one sport and begin another during the same season without the agreement of both head coaches. An athlete cut from one sport may, however, try out for another sport during the same season with the consent of the "gaining" sport, provided the athlete was not cut from the first sport for disciplinary reasons. In this situation the fee will transfer.

ACADEMIC ELIGIBILITY

In addition to TAPPS requirements, this policy is in effect for all extra-curricular groups at LHS.

Students need to be taking a full course load of classes (6 classes at this time); we encourage more and may require more at some point.

70% is the lowest passing grade.

1st day of school through 1st Qtr Progress Report

Every student is academically eligible (barring special circumstances) for a fresh start at the beginning of the year.

1st Qtr Progress Report through the end of 1st Qtr

Every student is on a week-to-week status. Failing any classes at the end of any week make a student ineligible for the next week.

Last day of 1st Qtr through 2nd Progress Report

If students pass all classes for the 1st quarter, they are academically eligible (barring special circumstances) until the next progress report.

If students fail any classes, they are ineligible until the next progress report.

2nd Qtr Progress Report through the end of 2nd Qtr

Every student is on a week-to-week status. Failing any classes at the end of any week make a student ineligible for the next week.

Last day of 2nd Quarter through 3rd Qtr Progress Report

If students pass all classes for the 2nd quarter, they are academically eligible (barring special circumstances) until the next progress report.

If students fail any classes, they are ineligible until the next progress report.

3rd Qtr Progress Report through the end of 3rd Qtr

Every student is on a week-to-week status. Failing any classes at the end of any week make a student ineligible for the next week.

Last day of 3rd Qtr through 4th Qtr Progress Report

If students pass all classes for the 3rd quarter, they are academically eligible (barring special circumstances) until the next progress report.

If students fail any classes, they are ineligible until the next progress report.

4th Qtr Progress Report through the end of 4th Qtr

Every student is on a week-to-week status. Failing any classes at the end of any week make a student ineligible for the next week.

Time off of school and other periods without point opportunities are all part of a school cycle. If students allow themselves to fall behind with their grades, there is no guarantee when they will have the opportunity to improve their grades.

Again, PASSING AT PROGRESS REPORT TIME DOES **NOT** GUARANTEE THAT STUDENTS WILL BE ELIGIBLE THROUGH THE END OF THE QUARTER.

Anyone ineligible is not able to miss school to go to a competition. Any detentions or after school penalties take precedent over competitions and will have to be served prior to leaving for a competition.

THIS IS INTENDED TO HELP STUDENTS BE PROACTIVE IN THEIR LIVES. EXTRA-CURRICULAR AND CO-CURRICULAR ACTIVITIES ARE A VERY IMPORTANT PART OF EDUCATION; HOWEVER, ACADEMICS COME FIRST. WE DO NOT WANT TO PUNISH STUDENTS; WE WANT THEM TO FULFILL THEIR OBLIGATIONS BEFORE THEY PARTICIPATE IN EXTRA ACTIVITIES.

FINANCIAL ELIGIBILITY

To participate in any extra-curricular group at LHS, the student's financial account must be current. If a student has tuition and/or fees that are more than 45 days in arrears, a letter will be sent to:

- Request payment within 15 calendar days from the date of the letter, and
- Provide notice that if payment is not received within those 15 days, then beginning 10 calendar days after that deadline all of the student's eligibility for activities (including athletics, music programs, scholastic competition, etc.) will be suspended.

DO RIGHT

In life and in athletics, our actions depict our true character. What we view as **RIGHT** can be distinguished from **WRONG** through our words and actions. Our words and actions should:

1. Help unite a team, not divide its members.
2. Be beneficial and not harmful to our goals.
3. Help strengthen not weaken the leadership of our team.
4. Help consolidate and not undermine the rules and regulations necessary for successful team effort.
5. At all times, be beneficial and not harmful when inter-related to the families, friends and fans who support the team.

PARENTS

Do not discuss frustrations with coaches on the day of a game; emotions are high on both ends and should be dealt with in a less charged environment. Coaches are working to care for all athletes and helpers (managers/statisticians/video tapers/etc.) as well as taking care of their other family and school duties. We should be partners in working with the student athlete. For this reason public comments should remain positive. All actions of parents should follow the appropriate guidelines for students at school functions.

EVENT CONDUCT

Every person attending a game at Lutheran High School of San Antonio (or at an off sight location, but a game sponsored by Lutheran High) or anyone attending a game at another gym at a supporter of Lutheran High School will need to follow the highest level of conduct. The expectation of the fan is to cheer and support our players, as well as good effort and play from the opponent. Any negative comments about any team, coach, official or fan will not be tolerated. We are a Christian school and need to live this at all times, including the very public situation of a game. We need to represent our Savior, our faith, our school and our team with the utmost of dignity. We also need to follow any specific rules that a particular site (field, gym, track, etc) may have when we are playing at a non-Lutheran High facility.

CODE OF CONDUCT

Each parent and athlete is required to read, understand and sign this document (see page 27) before the student is able to participate in competition.



CODE OF CONDUCT AGREEMENT
Lutheran High School of San Antonio

All students at Lutheran High School of San Antonio are held to a high standard based on our Christian beliefs. However, due to the potential high profile of athletics, we want to remind our student athletes of some specific expectations.

1. Student athletes will not possess, purchase, sell or use any drugs (including alcohol, inappropriate use of prescription drugs, etc.) that are not legal for the athlete.
2. Student athletes will not possess, purchase, sell or use any form of tobacco.
3. Students will not do anything on campus, on the field of competition or off campus to tarnish the name of the team, Lutheran High School of San Antonio or, more importantly, the name of our Lord and Savior Jesus Christ.
4. I understand that:
 - a. the first infraction will result in a minimum of one week dismissal from the team (you will be expected to attend practice unless the coach decides otherwise) and at least one game suspension (any extra games scheduled in that week will also be part of the minimum penalty).
 - b. any infraction of these rules can result in the immediate dismissal from the team (or other disciplinary action) depending on the specific incident.
 - c. a second infraction will result in dismissal from sports for the school year and the athletic department will review your eligibility for the next school year.

Lutheran High School believes strongly in the idea of forgiveness, however, we want our athletes to understand that there are consequences for our actions, and the actions we take as Christians serve as a constant opportunity to witness. This is wonderful, but also a great challenge. People watch what we do and we need to do our best to be Christ-like. In order that all our staff, parents and student-athletes understand this commitment, responsibility and opportunity, we ask that before you step on the field of play, you sign this affirmation of our Code of Conduct.

I hereby understand and agree to abide by the guidelines of the school, including those listed here.

Printed Name of Student Athlete

Printed Name of Parent/Guardian

Signature of Student Athlete

Signature of Parent/Guardian

SUMMARY

Athletics is a very emotion filled activity. And moments of anger or frustration are inevitable among a team over the long haul. However, a positive attitude is expected as well as far more effective. A negative attitude by a few can cause a negative experience for everyone. One or two poor attitudes, can create confusion, distract us from our goals and decrease our effort. They undermine and weaken our attitudes. We can and must resolve these situations among ourselves by persuasion and education. Suppression will not succeed. As responsible Christians, when we see our brother or sister sin we should help them repent and support them in their efforts to live as Christ directs. Each athlete must take a stand in the best interest of the team. If you and the team do not handle them properly, and if you and the team relax your guard, the unhappy complaints will grow and eventually destroy any chance of team success. Sincere feelings by a team member pertaining to what he might consider as unjust should be brought to the attention of the team leaders or the coaching staff. If we follow through with this, the team effort will be of such magnitude that success will be inevitable.

***“ So whether you eat or drink or whatever you do,
do it all for the glory of God”***

I Corinthians 10:31