

Athletics Handbook

TRINITY LUTHERAN
SPARTANS

2022-23

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A SUCCESSFUL SPORTS SEASON

THE PURPOSE OF TRINITY ATHLETICS IS TO:

- Glorify Jesus Christ in all that is done on and off the playing field or court.
- Discover and develop the God-given talents and abilities of all participating student athletes.
- Cooperate with and assist parents, coaches, and instructors, in learning and using a Christian attitude toward playing and competing.
- Improve the overall physical condition and athletic skills of students.
- Encourage a lifelong enjoyment of sports and recreational activities.

PHILOSOPHY

We believe that athletic competition can play a valuable part in providing a constructive outlet for recreation, fun and enjoyment in a Christian setting and under Christian leadership; in promoting and developing sportsmanlike attitudes, conduct and relationships; in teaching children the importance of self-sacrifice, team spirit, and team play; in training children to properly accept victory and defeat, success and failure; in teaching students to approach the tasks and challenges of life with vigor and determination; in offering sports skill training to children; in opening the door for children to positive associations with people outside of the school and congregation.

SPORTS OFFERED

The following sports are offered to students in Grades 5-8:

BOYS

Cross Country (co-ed)

Soccer (co-ed)

Basketball

Track (co-ed)

GIRLS

Cross Country (co-ed)

Soccer (co-ed)

Volleyball

Basketball

Track (co-ed)

Student athletes, with parental consent, may participate in both soccer and cross country simultaneously. Please talk with the Athletic Directors before the season begins if interested in this option.

The following sports are also offered to students in Grade 4:

Cross Country (co-ed)

Track (co-ed)

(*Students in Grade 4 may occasionally be invited to play JV sports should the AD's deem it necessary)

FORMATION OF TEAMS

Occasionally, we have the ability to form more than one team within the same season. We do our best to take into consideration every facet of our program when deciding how many teams we can best support.

Some sports from year to year may not be offered depending on the availability of coaches, number of participating students or teams against which to participate. Any addition or deletion of a sport will be done through the athletic director and principal.

ATHLETE EXPECTATIONS

- Athletes should attend every practice or game, being prepared and on time.
- Athletes are part of a team and should conduct themselves as a team member, not an individual player.
- Athletes should listen and learn from their coaches, always showing respect.
- Athletes should treat officials with respect at all times. Arguing or making non-verbal gestures which indicate disagreement with officials, opponents, or fans will not be tolerated.
- Athletes should practice good sportsmanship, treating opponents respectfully.
- Athletes are Trinity's ambassadors and should conduct themselves in a polite and courteous manner at home and away games. This applies both on and off the field or court of competition.
- Athletes should represent Jesus in the way they speak, act, and behave. We play for the glory of God.
- Athletes will not use profanity or vulgarity at any time.
- Athletes will not use social media, including words or images, to embarrass, make fun of, or be unkind to any player, coach, or referee before, during, or after a competition, win or lose.

PARENT EXPECTATIONS

- Parents should drop off and pick up their child from practices and games ON TIME.
- Parents will attend the Parent Meeting at the start of the season.
- Parents should encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every practice, game, and tournament.
- Parents should never ridicule or yell at their or another participant for making a mistake or blame a teammate for placement in a competition.
- Parents will respect coaches and refrain from coaching their child or other players during practices and games.
- Parents will respect the authority and decision-making of officials during games and tournaments and teach their child to do likewise.
- Parents will value all volunteers and school personnel.
- Parents will abide by the 24-hour rule outlined in this handbook.
- Parents are Trinity's ambassadors and should conduct themselves in a polite and courteous manner at home and away games. This applies both on and off the field or court of competition.
- Parents will never use any platform of social media, including words or images, to ridicule, berate, or demean any player, coach, or referee before, during, or after a competition, regardless of the outcome of the competition.

COACH EXPECTATIONS

At Trinity, we try to fill our coaching positions with our school staff first. Sometimes this is not always possible so we rely on volunteers to coach teams. Coaches are chosen by the athletic directors and are

under their supervision. These volunteer coaches take personal time for Trinity Athletics; they are not paid.

- Each coach meets with the athletic director prior to the season to discuss philosophy and expectations for their roles.
- Each coach is required to hold a meeting with parents to introduce themselves and communicate expectations of athletes and season.
- Coaches are responsible for setting practice schedules and distributing it to the students, parents, school office, and athletic director. This includes selecting a date for a team photo and parent meeting. Game schedules will be posted on the website.
- Coaches will assign uniforms at the beginning of the season and submit the roster to the athletic directors.
- Coaches are not to leave until all players have been picked up from the practice session.
- Coaches will make sure they have given the athletic director any request for needed practice or game equipment. The coach is responsible for properly putting away equipment after use.
- Coaches will secure the athletic closets, gym, and building in the event they are the last to leave after an evening practice or game.
- Coaches will complete the Concussion Awareness training each year.
- Coaches will submit a Volunteer Form each year.
- Coaches shall be responsible for the First Aid Kit at each event.

ACADEMIC STANDING

Participation in extracurricular activities is a privilege, not a guarantee. Students in grades 5-8 who are eligible must maintain a 2.0 overall grade average, not receive a grade of "F" in any subject, and have no incompletes on his/her progress report or report card. If these criteria are not met, the student will not be eligible to participate in an extracurricular activity for a minimum of two weeks. After two weeks, the student's eligibility will be reviewed by the principal and teachers involved to determine whether the student is allowed to participate again. **4th grade student** academic eligibility will be determined by the teacher and ADs.

ATTENDANCE POLICY

Athletes are expected to attend every scheduled practice, game, and tournament. An athlete may be dismissed from a team on the third absence due to other commitments including another team or activity. This includes leaving early. Two detentions are the equivalent of one absence. Absences from school due to illness, family situations, or emergencies do not apply to this policy. Athletes must be in school for at least a half-day to participate in either a game or practice on that same day unless an exception has been granted by the Athletic Directors prior to the day. Coaches will track attendance and communicate any attendance problems to the Athletic Directors.

DETENTIONS

If a student athlete is sent to the office for a behavior detention or homework detention, s/he will be ineligible to play or practice the day the detention is served and should not attend.

DISCIPLINARY ACTION

If a student is sent to the office for disciplinary reasons, the student may be excluded from extracurricular activities for up to two weeks, at the discretion of the principal and Athletic Directors.

NORTH SUBURBAN LUTHERAN ATHLETIC ASSOCIATION

Trinity participates with area Lutheran schools in the NSLAA League. The purpose of the League is to provide an atmosphere for Christian competition and fellowship. Trinity upholds the rules and guidelines for each sport per the League handbook. The NSLAA does not endorse an equal playing time for all players.

COMPETITION LEVEL

JV - Our 4/5/6 grade teams are coached with the intention of building skills, learning game strategy, working hard, and having fun. This is an ideal time for your child to try a sport and gauge their interest and abilities. For some this is the first exposure they have to organized competition. Because of this, often there are varied levels of abilities.

Varsity - Our 7/8 teams continue to focus on skills, game play, hard work, and having fun, while also considering the possibility of playing beyond grade school. Our Varsity teams compete at a higher level than that of JV. Not all players may be asked to participate in all competitions, especially in tournaments where teams play to advance. More value is placed on team success, quality fundamentals, and game play. It may be necessary to cut players during tryouts. Should there be a need for cuts, it will be announced well in advance.

PLAYING TIME

Coaches are often challenged with the task of participation time for each athlete during competition. Our coaches will determine participation time based on but not limited to the following criteria: skill, practice efforts, practice attendance, cooperation, and attitude. At each level of each sport, there will be criteria that coaches consider to establish participation time for their players. It will be up to the individual coach to communicate his or her philosophy and expectations for the season at the parent meeting. While our philosophy is not a win at all costs attitude, we do want to maintain a quality level of competition. If an athlete is not pleased with playing time or event placement, he or she should first approach the coach to ask what improvements can be made resulting in more time during competition.

24 HOUR RULE

During the course of the season parents may wish to speak with the coach about differences of opinion regarding coaching decisions. While immediate answers are nice, approaching a coach immediately following a game or a practice is not the best time to hold such a discussion. Please wait 24 hours before communicating with a coach (text, email, phone, in-person). If desired, the athletic directors and/or the principal can be part of the discussion.

PHYSICAL EXAMS

Athletes must have a physical form (Health Appraisal or MHSAA Sports Physical) on file in the school office before they may participate in sports. The physical must be dated after April 15 of the previous school year. The appraisal/sports physical can be from your pediatrician or from an urgent care.

COST

Trinity is a pay to participate school. This means a portion of the cost of the athletic program is covered by athlete participation fees. Amounts vary per sport and are based on costs for tournaments, officials, and equipment.

\$35 - Cross Country

\$50 – JV Soccer

\$50 – Varsity Soccer

\$50 - JV Volleyball

\$55 - Varsity Volleyball

\$50 - JV Basketball

\$55 - Varsity Basketball

\$40 - Track

PARENT MEETINGS

At the beginning of each season, coaches will hold a parent meeting. It is expected that parents attend to hear the coach's philosophy and expectations for the season. The Athletic Directors will also be present to highlight policies and answer any questions. Volleyball and Basketball parents will be expected at that time to sign up for concessions.

TRANSPORTATION

Parents are responsible for transporting their son/daughter to and from practices and athletic competitions, or to make the necessary arrangements for transportation.

TEAM APPAREL

Athletes are required to have the necessary uniform from the school bookstore to wear at all practices. The set is available for \$15 total, or individually for \$10. Trinity Athletics provides game uniforms for each athlete on the team. It is expected that the athlete returns the uniform in the same condition it was given. There will be no solicitation for additional donations to acquire team apparel outside the required uniform. No parent should feel obligated or pressured to pay above the participation fee required of Trinity.

STUDENT SUPERVISION

Students who have a later practice or are staying at school for a game, must be under the direct supervision of a parent or volunteer. Permission must be received prior to the practice or game. Staff and faculty will not be responsible for student supervision after school has dismissed.

Athletes must be picked up from their practice or game at the scheduled time. Should there be repeated tardiness in picking up student athletes (beyond 15 minutes of when a practice or game ends), parents will be expected to meet with the principal. Coaches are volunteers and are not expected to supervise student athletes beyond 15 minutes of when a practice or game ends.

CONCESSION STAND

Parents that have children participating in basketball and volleyball will be responsible for helping in the concession stand for at least one home game during the season. This will happen at the game opposite

of your child's. (Example: If your child plays in the 4:05 p.m. game, you will be responsible for working during the 5:05 game.)

END OF SEASON AWARDS

At the conclusion of each season, athletes will be recognized with a certificate signed by the coach and Athletic Directors. This will take place at a brief awards night held at Trinity. All families are invited to attend. Dates for awards nights for each season will be listed on the school calendar.

A SUCCESSFUL SPORTS SEASON

- Make sure your child knows that win or lose, you love them. Let your child know that you appreciate his/her efforts and that you will not be disappointed with failure.
- Try to be completely honest with yourself about your child's athletic capabilities, competitive spirit, level of skill, and practice habits.
- Please help your child understand that his/her athletic participation is secondary to academic obligations. Please assist them in making responsible choices, which involve academic and family priorities.
- Don't attempt to coach your child from the stands or on the way to or from a competition. Doing so only emphasizes the value you place on the sport, instead of your child.
- Teach your child to enjoy the thrill of competition, to take the physical bumps and come back for more. Avoid telling them that winning doesn't count, because it does and they know it.
- Try not to live through your child. You have had the experiences of athletic competition, you've learned! Let them experience the same frustrations and joys!
- Don't compete with your child's coach. A coach may be a hero to them for a while, someone that can do no wrong. You may find that hard to take. Your child may find that he/she becomes disenchanted with the coach. Don't side with your child against the coach without talking to the coach about the problem. Talk to your child about the importance of learning how to handle problems and how to react to criticism. Help them understand the necessity for discipline, rules, and commitment.
- Don't compare your child with other players on the team. If your child has tendency to resent the treatment he/she gets from the coach, or if your child is jealous of the approval other players get, share with them your approval/disapproval of his/her actions. Be honest with your child about his/her capabilities as a player. If you are overly protective, you will perpetuate the problem.
- Teach your child the meaning of successful competition. Everyone is fearful of failure or making mistakes. Competition is not the absence of mistakes, but being successful *with* mistakes.
- Play to the Glory of God. Help your child understand the meaning of this saying. We work hard in practice and during the game for the chance to give God glory through our play. It is our way of saying thank-you for the many talents and gifts which He has given to us. We should always strive to do our best. What a joy to play for the Lord!