

WOODBURN LUTHERAN SCHOOL

WILDCATS

ATHLETIC HANDBOOK

Woodburn Lutheran School

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www.wlsedu.org



I. The Christian Athlete

- a. Athletic play should be a celebration showing the joyous nature of a Christian secure in God. The joys come from the satisfaction of having trained well, conquered the tension, and having put forth your best effort.
- b. Christian competition is an evidence of cooperation and love. A contest in which each player is totally involved in play and competes fairly will have the true joy of sportive play.
- c. The desire for victory on the scoreboard is part of every athletic contest, but winning the game is a short-term reward. Give God the glory, for only in Him do you truly succeed. The Christian athlete accepts losing as an experience to build on and prays that he may learn from it.
- d. Action and thought are to be consistent. "If anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules" (II Timothy 2:15).
- e. Believe in and use your abilities. Do your best with the talents God has given you to build Christian community. A true test of the Christian team player is the giving of yourself so others may excel.
- f. Opponents can be friendly "competitors." Expressive play can only happen when two teams or players respect each other.
- g. A Christian athlete accepts and abides by official decisions. Officials must be regarded as judges trained to do the best job they can; however, they are human and make mistakes. Loss of self-control and lack of respect of officials have no place in the game.
- h. Your coaches want to assist you in your spiritual, physical, and mental growth. The Christian athlete will openly, honestly, and respectfully discuss any differences when they arise. Do not degrade anyone with gossip or backstabbing.
- i. Respect your, and others', parents/guardians' right to give their opinions. Listen calmly, discuss your differences, and pray about them together.
- j. Athletics should not be your whole life. The Christian athlete remembers the responsibility to be excellent in other learning as well. First, you are a Christian, then a responsible member of your family and society, and then, you are a student-athlete.
- k. The Christian athlete is faithful in attendance of worship services. The ultimate goal of the Christian athlete is to give all glory to the Creator and source of his/her talents so God's name may be praised.

II. Woodburn Lutheran School's Athletic Objective

The objective of the WLS Athletic Program is to serve as a source of pride and achievement for the athlete and the school, thus serving as a unifying and cohesive force for the school.

III. Administrative Responsibility

The Principal of Woodburn Lutheran School (WLS) is responsible to the School Board and the Lutheran School Athletic Association (LSAA) for the conduct of the athletic program.

The Athletic Director (AD) will supervise the athletic program and will be directly responsible to the Principal. The AD will recommend athletic policies for the WLS School Board.

Together, the Principal and AD shall appoint all coaches of any sport sanctioned by WLS. If more than one person is interested in a coaching position for winter or spring sports interested parties must apply by completing a volunteer coaching application, which can be picked up at the school office; applicants must also provide a criminal history/background check. If no qualified applications are submitted by each deadline, it is the responsibility of the AD to solicit a coach.

In the event, a decision must be made, the criteria for selection of coaches, assistant coaches, and supervisors shall be as follows:

1. Be an active member of the applicant's church.
2. Be a Christian role model, which involves having integrity, desirable conduct, personality, character, and coaching traits of compassion, courage, and consistency.
3. Appropriate responses on the volunteer coaching application form.
4. Be willing to adhere to and follow the WLS Athletic Handbook.

All head coaches are required to take the online concussion training. Coaches are to be responsible for the conduct of his/her activity while representing WLS. The AD will be responsible for meeting with the selected coaches to discuss the expectations of the coaches prior to beginning their coaching duties.

The Athletic Handbook shall be reviewed and updated, as needed, by the Administrative Assistant and AD and approved by the School Board.

IV. Athletic Program Objectives

- a. To provide a means by which the church and school may witness Jesus Christ to the community and the individual members.
- b. To provide as broad and varied an athletic program as is possible for interscholastic competition.
- c. To conduct the athletic program so the educational goals of the school are enhanced.
- d. To organize, regulate, schedule, and oversee the school's interscholastic program.
- e. To promote and foster a Christian environment for the participants, coaches, parents/guardians, and fans.
- f. To administer the program in such a manner that the participants are properly examined, equipped, insured, instructed, and supervised so the program is safe.
- g. To provide competent coaching and officiating.
- h. To finance the program to provide adequate facilities and equipment.

V. Coach and Athlete Objectives

- a. To develop loyalty to church and school through sports.
- b. To develop the highest Christian standards of sportsmanship.
- c. To encourage athletes to establish realistic goals and strive to obtain those goals.
- d. To provide for the development of physical skills in the various sports offered in the program.
- e. To foster an understanding and knowledge of the rules of the different sports and to develop techniques, methods, and strategies that contributes to the development of the skills and abilities of the participants.
- f. To promote the general welfare of all the participants physically, emotionally, and mentally.
- g. To develop proper attitudes towards one's body and its care and development.
- h. To develop lifelong interest in physical activity and exercise.
- i. To provide an opportunity to participate in sports on a regular basis.
- j. To achieve proper respect for coaches, officials, and opponents.
- k. To promote the development of worthy social values.
- l. To promote an attitude of team cooperation.

VI. Athletic Program

WLS is a member of the LSAA of Fort Wayne; the LSAA is divided into two divisions for league-scheduled competition – North and South.

The schools in the North Division are: Ascension, Concordia, Emmaus, Emmanuel-St. Michael, Holy Cross, St. John-Kendallville, St. Peter’s, and Suburban Bethlehem.

The schools in the South Division are: Central, Lutheran South Unity, St. John-Emmanuel, St. John-FW, St. Paul, St. Peter-Immanuel, Woodburn, Wyneken, and Zion-Decatur.

The divisions are reviewed yearly based upon factors of school enrollment, interscholastic sports offered, league preference for competition, and location. The post-season tournaments determine championships.

The Woodburn Lutheran Wildcats presently compete for championships in 3 boys’ sports and 3 girls’ sports. Along with the varsity (grades 7 & 8) competition, the Wildcats also field teams at the junior varsity level (grades 5 & 6) in these sports. When participation dictates a need for 2 teams at the 7th and 8th grade level, “A” and “B” teams will be selected at the discretion of the coaches and AD. The following is a listing of the WLS interscholastic athletic programs.

WLS Athletic Programs:

<u>SPORT</u>	<u>SEASON</u>	<u>ELIGIBILITY AGES</u>
Football	Late August to Mid-October (Woodlan HS)	7 th & 8 th grade Boys
Volleyball	Late August to Mid-October	7 th & 8 th grade Girls 5 th & 6 th grade Girls (JV)
Basketball	Late October through January	7 th & 8 th grade Boys & Girls 5 th & 6 th grade Boys & Girls (JV)
Wrestling	February & March	7 th & 8 th grade Boys 5 th & 6 th grade Boys (JV) 4 th grade Boys (Pee Wee Division)
Track	April & May	5 th – 8 th grade Boys & Girls
Soccer*	Late August to Early October	7 th & 8 th grade Boys & Girls 5 th & 6 th grade Boys & Girls (JV)

Note: It should be emphasized that only the 7th & 8th grade teams play a more competitive style of game, while the 5th & 6th grade teams focus on participation.

***Important Notice: These sports are only possible if the WLS enrollment numbers allow.**

For more information on the Lutheran School Athletic Association (LSAA) league rules and policies, see the LSAA Handbook on the LSAA website: www.lsaafw.com

VII. Eligibility

a. Student Academic Eligibility

- i. Students will be eligible to participate in WLS athletic programs provided the student maintains a grade of a C or above in each subject.
- ii. A student's grade in each subject will be checked every two weeks to verify the eligibility of said student athlete.
- iii. If said student athlete is maintaining a grade below a C (a D or F) in any subject, that student will immediately become ineligible to participate in both practice and games with the team.
- iv. The student will remain ineligible until the next grade check (2 weeks). If at that point, the student's grade(s) have risen to or above a C, the student will be allowed to continue participating in both practice and games with the team.
- v. This protocol will be continually monitored by the teachers, principal and the athletic director to verify the appropriate eligibility of each student athlete.

OLD INF

- vi. Students will be eligible to participate in sports provided the student maintains a 5.0 GPA on a 12.0 scale.
- vii. A student is ineligible if he/she receives an "F" in any subject or discipline.
- viii. Ineligibility begins the day the report card is sent home; during the ineligibility, the student may not participate in games or practice with the team.
- ix. The student is ineligible until the next midterm report; special academic circumstances will be reviewed by the teacher, the AD, and the Principal.

b.

c. Medical Examinations and Parents'/Guardians' Consent

- i. Prior to the athlete's first practice for any sport, the participant must submit a physician's Certificate of Physical Fitness, using the IHSAA Physical Form, and written consent of the parent/guardian to the school office.
- ii. The completed IHSAA form, proof of insurance (see c. below), and written consent of the parent/guardian must be updated each school year.
- iii. Complete the IHSAA Concussion & Sudden Cardiac Arrest form prior to starting the season.

d. Insurance

- i. All participants must have adequate insurance coverage.
- ii. WLS does not offer an accident policy.

e. Age Requirements

- i. The following age limits have been set by the LSAA. Athletes must not have reached
 1. 15 years of age before August 15th preceding 8th grade year.
 2. 14 years of age before August 15th preceding 7th grade year.
 3. 13 years of age before August 15th preceding 6th grade year.
 4. 12 years of age before August 15th preceding 5th grade year.
- ii. Coaches may request (with parental/guardian consent) that an athlete may participate in grade levels above them. The athletic director will make the final decision based on the following factors:
 1. Ability level
 2. Number of athletes on both teams
 3. School and student dynamic

VIII. Rules and Regulations for Athletes

a. Conduct

- i. All athletes must sign a Code of Conduct before each season begins (see Appendix A). Athletes are expected to conduct themselves in a manner that reflects the Christ-centered objectives of WLS in and out of school, as well as in athletics.
- ii. The coach, with the approval of the Principal and AD, may exclude a student from participation in interscholastic sports if the student, because of non-Christian attitude or conduct, is not a positive representative of WLS.
- iii. Any athlete found using tobacco of any form, alcoholic beverages, illegal drugs, or is charged with any unlawful act will be suspended from participation in the athletic program.
 1. The Principal, AD, and coach will determine the length of suspension with a minimum of 1/3 (one-third) of the athletic contests and a forfeiture of practice.

- b. Equipment
 - i. WLS-issued athletic equipment is to be worn or used for practice sessions and athletic contests only.
 - ii. Game uniforms should be worn in athletic contests only.
 - iii. Athletes should wear only the equipment issued to him/her and not permit its use by another athlete.
 - iv. Each athlete is financially responsible for any athletic equipment issued to him/her.
 - v. All equipment is to be turned into the AD upon the designated date for each sport that will be announced at the end of each sports season.
- c. Absence from WLS
 - i. An athlete absent from school is ineligible to participate in a practice or contest that day.
 - ii. Athletes must attend a minimum of a half-day (3.5 hours) of school in order to participate in that evening's event. Unexcused absences as defined in the school policy (see Parent Handbook) must be approved by the Principal.
 - iii. After the 3rd abuse of this rule, full-day attendance will be required for participation.
 - iv. Exceptions to this rule must be cleared by the AD and the coach prior to the absence.
- d. Practice Attendance
 - i. Athletes are expected to be at practice and games.
 - 1. If you, the athlete, are in school, you must attend practice or risk reprimand.
 - ii. It is the responsibility of the athlete to personally inform the coach in advance of any anticipated absence or tardiness from practices and/or contests.
 - 1. Doctors' appointments will be excused with a note from the doctor.
 - iii. Offenders will be disciplined by the coach – up to and including possible dismissal from the team.
- e. Academics
 - i. Students must never allow sports to have a greater priority over academics.
 - ii. Participants are expected to complete assignments and to cooperate in the classroom with teachers and peers (*See Eligibility*).
- f. Injuries & Illness
 - i. Injuries are to be reported immediately to the coach.
 - ii. If an athlete feels ill, he/she should report it to the coach.
 - iii. If an athlete leaves school due to illness during the day, he/she should inform the coach and/or AD.
- g. Transportation
 - i. It is the responsibility of the parent to transport their athlete to the sporting event.
 - ii. When the school arranges transportation to contests, athletes are not allowed to leave the event without a parent's/guardian's consent and approval of the coach.
 - iii. Athletes may leave events with the other designated rides with advance written notice from the parent/guardian to the coach.
 - iv. Athletes returning to WLS for games or practices must have written parent/guardian authorization to leave school grounds – except for going home.

h. Post-Practice Pick-Up

- i. Athletes must be picked up from practice within 10 minutes of the scheduled completion of practice.
- ii. Athletes are expected to keep parents/guardians informed of practice and game schedules.
- iii. Athletes must have parent/guardian authorization – in writing – to leave the school grounds prior to pick-up times.

i. Play Time

- i. Regardless of playing level, players will not be cut from teams.
- ii. It is WLS policy that every athlete will see play time in each match/game.
 1. An exception to this policy may be Wrestling – if an opponent does not have wrestler in a given weight class.
- iii. It is the coach's discretion to determine the amount of playing time of participants.
 1. Considerations for playing time include:
 - a. Attitude demonstrated at practice sessions and contests
 - b. Attendance at practices
 - c. Effort applied at practice sessions and games
 - d. Level of skill proficiency
 - e. Number of players on the team
 - f. Score of the game
 - g. Caliber of the opponent
- iv. At the Junior Varsity level (5th & 6th grades), a 5th quarter is sometimes added in basketball games to allow more players the opportunity to play; in volleyball, an extra game may be played to allow more participation.

IX. **Awards**

a. 8th Grade Recognition Awards

- i. Awards – only 8th graders are eligible for selection by 7th and 8th grade peers and WLS teachers.
 1. Athletic Award – Athletes who demonstrate outstanding effort and excel in WLS athletics.
 2. Christian Sportsmanship Award – Athlete who always exemplifies the qualities of fairness, respect, and courtesy in competition.
- ii. The above awards are presented at the awards presentation on the last day of school.

X. **Note to Parents & Guardians**

All parents of athletes are required to sign a Parent Code of Conduct before each season begins (see Appendix B).

In interscholastic athletics at WLS, winning is not the only or the most important point; however, striving for victory is one of the objectives of competition. The coach must make many decisions based upon the knowledge of the game, assessment of player's skills and attitudes, and the experience of the practice sessions. Only the coach has all the data necessary to make these decisions.

If victory is within reach, everyone may not play as much as he/she wishes. Dialogue between the coach and the athlete is necessary to handle the emotions involved in playing time judgments. Parent/guardian interference can harm the educational process such decisions involve. Parent/guardian support of roles and commitments can help to realize the goal of education for responsible action.

If expressive play and responsible action education are the goals of interscholastic athletes at WLS, the program must be evaluated in terms of those goals rather than just the record. For example, a coach should be evaluated as a Christian educator as well as a technical strategist.

Christian teaching is effective only when the actions match the words. Cheers for your own team and cheer when the opponents make a good play or demonstrate responsible action. As children are told, “say nothing if you have nothing good to say.”

Parents/guardians are welcome to attend their child’s practice sessions and to observe his/her skill level in relation to the others on the team. Parents/guardians are encouraged and expected to attend their child’s competitions. There is no substitute for parent/guardian support.

