



OSL

# ATHLETIC HANDBOOK

Our Savior Lutheran



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# **ATHLETIC POLICY**

## **PREFACE**

In order to provide students with a complete, well-rounded program, Our Savior Lutheran believes athletic activities are an important tool in teaching students to make use of their God-given talents and skills. We define athletic activities as any activity that takes place in whole or in part outside the confines of the normal classroom setting. Considering the resources of time, facilities, and coaches, we strive to provide the opportunity for as many students as possible within our guidelines, to pursue activities of interest in the area of athletics. We strive for full utilization and development of God-given talents through our athletic program.

## **CREDO**

We believe each of us has a unique set of gifts, talents and abilities from God's grace. Some of these are physical, some intellectual, some emotional, and some attitudinal.

Since the maturation rate of each student is different, and the accurate early identification of gifts is difficult, we should encourage each student to develop their talents and gifts as they grow.

We believe that participation in athletic activities is a privilege, not a right, and that it is contingent on students maintaining satisfactory academic progress and attitudes while following the guidelines in the Eligibility Policy.

We believe that students participating in athletic events should maintain the highest Christian standards in word and deed during general school life, practice, and competition.

We believe that competition is important, however, the primary purpose of the athletic activities is that God be glorified as participants use their God-given gifts, talents, and abilities.

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## **1.130 - ATHLETICS**

### **1.1310 - Goals and Objectives**

1. To provide a means by which our church and school may give witness of Jesus Christ to the community and to individuals.
2. To provide for Christian fellowship.
3. To develop loyalty to church and school through sports.
4. To develop the highest Christian standards of sportsmanship.
5. To develop proper attitudes towards one's body and its care and development.
6. To develop a lifelong interest in physical activity and exercise.
7. To develop skills for all participants.
8. To provide an opportunity for all to participate in sports on a regular basis.

### **1.1311 - Health Requirements and Medical Exams**

All students participating in Basketball, Track, Soccer, Volleyball or Cross Country must have an annual physical health certificate, obtained from the office, signed by a resident physician. The certificate is to be returned to the Athletic Director and will be on file for one year from date it was signed by the physician for any participant through the 8th grade. This certificate must be on file **before** the student can participate in practice or in games. Serious injury or extended illness (over 1 week) requiring doctor's attention nullifies any previous certificate. Written permission from the attending physician is needed for the student to resume participation in practice or games.

### **1.1312 - Qualification of Coaches**

1. Only persons approved by the Principal, Athletic Director, and Administrative Pastor may serve as a coach or conduct practices.
2. A coach should strive to be a member of Our Savior Lutheran Church or a sister congregation, and must be a positive Christian example through active church attendance and fellowship.
2. A coach must be a minimum of 18 years old.
3. Assistant coaches will be appointed by the coach and meet the above qualifications.
4. ALL coaches and assistant coaches must be in compliance with and sign the Child Protection Policy that Our Savior Lutheran School has set.

### **1.1313 - Scheduling Guidelines**

1. Basketball, Soccer, Volleyball, and other games will be scheduled as early after school as possible. The schedule will be made to avoid conflict with other previously scheduled school/church events. Track meets are usually on Saturday to allow for travel time and length of meets.
2. Coaches are STRONGLY encouraged NOT to schedule practices when school is not in session. EXCEPTION: Girls volleyball practice as well as co-ed soccer may begin prior to the start of the new school year.
3. Home tournaments are to be scheduled on weekends, excluding Sunday mornings.
4. If a cancellation of a scheduled game due to weather or other factors arises, the decision to cancel will be made by the Athletic Director and Principal in consultation with the opposing school's Athletic Director and/or Principal.
5. There will be no home athletic contests scheduled during Wednesday evening Advent or Lenten church services.

### **1.1314 - Practice and Game Commitments**

1. Practice days and times will be determined by the coach.
2. Total activities (games and practices) for each sport shall be limited to three school nights per week except on tournament weekends.

### **Open Gym Policy**

On occasion there are practice sessions defined as "open gym". These sessions must be initiated, supported, and supervised by the coaches. Players and parents may not initiate "open gym" sessions. When open gym sessions are offered they are a coach-supervised session in which light drills and/or scrimmages will be conducted. This will be optional to all players. Students are encouraged to participate, however, his or her status on the team will not be affected if he or she is not present at the open gym.

### **1.1315 - Transportation**

Car pools can be used to take students to athletic events. Drivers must complete the insurance form located at the back of the handbook and students/parents must have on file a waiver of liability form allowing them to ride in the car pools. Parents must make travel arrangements for their child if the parents are unable to attend an away game. It is not the student's responsibility to secure a ride to any game.

### **1.1316 - Participation Requirements**

1. Interscholastic teams may consist of only Our Savior Lutheran School students.
2. The interscholastic competition sponsored by Our Savior will be limited generally to those boys/girls in grades 5 and above.
3. Participation must promote Christian fellowship and sportsmanship at all time
4. Participants will abide by coaches recommendations to wear protective, safety equipment.
5. There shall be a mandatory Athletic Meeting prior to the start of each sport including coaches, parents, and students. This meeting will inform everyone about the forms needed prior to student participation, i.e. Health forms, driver insurance forms and liability waiver forms. The meeting will also review student eligibility guidelines as well as coach, student and parent responsibilities.
6. Any child that is not in attendance in class for a full day may not participate in any school sponsored event during that day. Exceptions may be made at the discretion of the Principal or Athletic Director. e.g. funerals, physician and/or dental appointments.
7. A student's uniform must be turned in before the student will be allowed to participate in the next athletic season.
8. PARENTS MUST **PROMPTLY** PICK UP THEIR CHILD(REN) AFTER EACH PRACTICE AND GAME. Failure to do so may necessitate a student being dropped from the team.

### **1.1317 - Awards**

1. Three (3) individual awards will be given to the athletes who best exemplify the Christian examples of sportsmanship (John the Baptist), team support (Job), and outstanding effort (St. Paul) in all levels of scholastic sports competition.
2. Family Award: The Dorcas Award will be given to a family as a service award for help and service in the area of athletics.
3. Selection of Awards: The Athletic Committee, Athletic Director, Principal, coaches and teaching staff will select the award recipients. The Awards will be presented on Awards Night.

### **1.1318 - Weather Cancellations**

If school is canceled due to weather, all after school activities will be canceled. This includes games and practices. Every effort will be made to reschedule games that are canceled due to weather. Tournaments are exempt from this rule.

### **1.1319 – Concussion Policy**

1. All Coaches will undergo mandatory concussion training prior to each school athletic year.
2. Parents of all student athletes are to receive a handout regarding concussions at the beginning of each athletic year and are to sign acknowledgement form that they received such handout before any athlete may participate in any athletic season.
3. Any student athlete suspected of sustaining a concussion during an athletic event or practice shall be removed from such event by the coach immediately and not to return to athletic activities until medically cleared by a family physician.

4. Parents and/or Guardians are to receive a handout outlining signs of a concussion from the coach before the student leaves for home the very same evening.
5. Coaches will report any suspected concussion incidents the very same evening to the Athletic Director.
6. The Athletic Director will fill out a concussion incident report and keep it on file at the school and will also be in consultation with the school Principal all in the same evening as the incident occurred in order to maintain close monitoring of the student athlete during school hours.
7. Parents must have a medical clearance form signed by a physician in order for the student to return to athletic activities. Medical clearance form can be obtained from the Athletic Director or the school office.
8. Upon the Athletic Director's receipt of the signed medical clearance form, the student athlete will be allowed to return to athletic activities under the care of the coach. The coach is required to use a 5 step approach to returning the student athlete to full active participation to ensure that concussion symptoms don't return.

## **ATHLETIC ELIGIBILITY RULES**

*"For you are bought with a price; therefore glorify God in your body and in your spirit, which are God's."*  
— 1 Corinthians 6:20

The Athletic Eligibility Rules have been written so that all interested individuals will have the same understanding of the rules. They have been written recognizing the unique character of each individual student, the opportunity for strengthening their Christian faith, the blessing and privilege of Christian fellowship that is inherent in extracurricular activities, and the occasions for Christian witness that these activities provide.

### **1. The Process of Ineligibility**

The following rules will be in effect from the beginning of the school year till the end of the school year. The Principal, Athletic Director and Teachers shall make determination regarding the eligibility of all students at any point during the sports season.

- A letter will be sent from the Athletic Director notifying parents in any ineligibility circumstances.
- Students deemed ineligible shall remain ineligible for a minimum of two weeks unless otherwise noted in the ineligibility letter the parent will receive.
- Students who become ineligible will not be allowed to participate in any athletic activity during their ineligibility period. They will not be allowed to attend any practices or games, home or away, as an active member of the team.

### **2. Grades Lower than 70%**

Students who maintain a 70% grade average or higher in **each** subject area will be eligible. The subject areas are:

- CHRISTIAN STUDIES
- MATHEMATICS
- SCIENCE
- READING/LITERATURE
- SOCIAL STUDIES
- ENGLISH (grammar, writing, spelling, handwriting)
- SPANISH (7th & 8th Grade)

**This is NOT a cumulative grade average. It applies to the individual classes listed above.**

The eligibility policy for all non-core subjects is that students who maintain a 70% (C-) grade average or higher or, if applicable, a **SATISFACTORY (S-, S, or S+) OR HIGHER** grade in **each** subject will be eligible. The non-core subject areas are:

- ART
- PHYSICAL EDUCATION
- CHOIR
- BAND
- HANDBELLS
- COMPUTERS
- SPANISH ( 6th, 7th & 8th Grade)
- MUSIC

**PLEASE NOTE -**

- After consultation with the Principal and Athletic Director, a teacher may waive any ineligibility if the student is putting forth appropriate effort or is showing improvement in the subject areas that have been weak.
- The "grace" a teacher may show to a student who falls below the eligibility standard will only be extended one time during the school year. If the student participates in another sport, later in the year, that has already been shown grace previously in the school year, any grade that falls below the academic standard will result in the automatic ineligibility from that sport for a minimum of the two week period and the grade(s) needs to rise above the standard before the student is allowed to participate in the sport(s) again.

**3. Unsatisfactory Behavior**

- For occurrences of gross misbehavior not specifically covered by these rules, the Principal in consultation with the Athletic Director may at his/her discretion suspend a student from participation in athletic activities.
- The Principal may after consultation with the Athletic Director, Pastors, teachers and other involved individuals suspend enforcement of these rules.
- The Principal and Athletic Director will meet with the faculty to determine eligibility. The Principal will notify the Athletic Director of those students that are ineligible.
- If you have any questions concerning these rules, please contact the following:

Athletic Director	Derek Lounds at 989-640-2524 (cell) dlounds@oursaviorlansing.org
Principal	Matthew Couser at 517-882-3550 Ext. 212 mcouser@oursaviorlansing.org

## **PARENT/PLAYER and COACH CODE of ETHICS**

### **Our Savior Lutheran School Sports Program**

The sports program at Our Savior Lutheran School is viewed as a way to create a well-rounded program for the students we service every year. Sports should be treated as secondary to the student's academic work. Athletics offers a student the opportunity to become a TEAM player rather than a "lone" player. It also helps to foster high Christian standards in word and deed. Furthermore, participation is a privilege, not a right. Keeping this in mind, there are some standards to which we need to adhere.

Our Savior Lutheran School has developed a Code of Ethics for parents as well as players to show an understanding of what is expected here at Our Savior Lutheran. Coaches, parents, and students are to read and go over the Code of Ethics as printed on the following pages to show an understanding of what is expected of you here at Our Savior Lutheran.

**Please sign and return** the Code of Ethics to the Athletic Director prior to the beginning of the sport in which you will be involved. The ethics forms can be found on the following pages along with the Transportation Insurance form Parent Permission form and Concussion Policy Acknowledgement form.



## Parent's Code of Ethics

As a parent whose child(ren) is/are participating in the Our Savior Lutheran sports' program, I/We will:

- Support my/our child(ren) by helping him/her/them learn the sport he/she/they are involved in.
- Give my/our child(ren) constructive feedback on his/her/their efforts, remembering that I/we can't live vicariously through our child(ren)'s involvement in a particular sport.
- Take an active role in my/our child(ren)'s academic schooling by making sure that he/she/they is/are not involved in too many extracurricular events so the academic work suffers.
- Support my child(ren)'s coach by letting the coach know that you appreciate the effort being given and the time he/she is putting in to help my child(ren). Look for the good things being done by those individuals, not the mistakes that are sometimes made. If you criticize your child(ren)'s coach, your child(ren) may become negative too.
- Support your child(ren)'s team no matter who plays a lot and who doesn't; no matter who does well and who doesn't; no matter whether your child(ren)'s team wins or loses. Support ALL the players on the team and your child(ren) will have a much better relationship with teammates.
- CONTROL MYSELF at all times whether it is at a game, towards a coach, towards other parents or officials, etc... I am a representative of Our Savior Lutheran School and I need to present our school in a positive light to other schools we compete against by my actions.
- Attend the Parent Meeting at the beginning of the sport season that my child(ren) is/are involved in.

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*Parent's Signature*

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*Date*

## Player's Code of Ethics

As a player for Our Savior Lutheran School, I will:

- Be present at all scheduled practices and games, unless I have notified the coach(es) about my absence prior to the day I plan to be absent.
- Keep academic work my first priority and maintain at least a C- average in All my subjects.
- Cooperate with my coach(es), maintain a "learning" centered attitude, and "build up" fellow teammates rather than "knock" them down.
- Respect my opponents and their abilities, remembering that I represent Our Savior Lutheran School to the schools we compete against.
- Respect other school's facilities, as you want other teams to respect your school building.

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*Player's Signature*

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*Date*

## Coaches' Code of Ethics

As a coach for Our Savior Lutheran School, I will:

- Treat each player, opposing coach, official, parent, and administrator with respect, Christian love and dignity.
- Do my best to learn the fundamental skills, teaching evaluation techniques and strategies of my sport.
- Become thoroughly familiar with the rules of my sport.
- Become familiar with the objectives of the athletic program at Our Savior Lutheran. I will strive to achieve these objectives and communicate them to my players and their parents.
- Uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.
- Learn the strengths and weaknesses of my players so that I might place them in situations where they have a maximum opportunity to achieve success.
- Conduct my practices and games so that all players have an opportunity to improve their skill level.
- Communicate to my players and their parents the rights and responsibilities of individuals on our team.
- Cooperate with the Athletic Director in the enforcement of rules and regulations, and I will report any irregularities that violate sound competitive practices.
- Protect the health and safety of my players by insisting that all of the activities under my control are conducted for their welfare.

\_\_\_\_\_  
*Coach's Signature*

\_\_\_\_\_  
*Date*

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## CONCUSSION POLICY ACKNOWLEDGEMENT

I acknowledge that I have read OSL's Concussion Policy on page 4 of the OSL Athletic Handbook. I understand that any student athlete suspected of sustaining a concussion during an athletic event or practice shall be removed from such event by the coach immediately and will not return to athletic activities until medically cleared by a family physician.

I realize that upon the Athletic Director's receipt of the signed medical clearance form, the student athlete will be allowed to return to athletic activities under the care of the coach. I understand that the coach is required to use a 5 step approach to returning the student athlete to full active participation to ensure that concussion symptoms don't return.

I have received a copy of the Parent & Athlete Concussion Information Sheet and the Concussion Fact Sheet for Parents. I am aware that I can learn more by visiting [www.cdc.gov/concussion](http://www.cdc.gov/concussion) and at [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp).

\_\_\_\_\_  
*Parent's Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Player's Signature*

\_\_\_\_\_  
*Date*

## TRANSPORTATION INSURANCE POLICY

Parents must provide transportation for athletic events and field trips. In order to comply with our church and school insurance policy, people who provide this transportation must provide the information requested on this form.

NAME: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_

DRIVER'S LICENSE NUMBER: \_\_\_\_\_

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## PARENT PERMISSION FORM

There are times during the school year when your child may need to ride with other school approved parents. The parents that your child will ride with must have completed a Transportation Insurance Form. If your child has permission to ride with other parents to and from school sponsored events please sign below.

MY CHILD \_\_\_\_\_ HAS PERMISSION

*Name of Student*

TO RIDE WITH OTHER PARENTS TO AND FROM ATHLETIC EVENTS.

\_\_\_\_\_  
*Parent's Signature*

\_\_\_\_\_  
*Date*