

# Lion's Athletic Handbook



St. Mark Lutheran School  
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## **Philosophy**

### **Mission:**

*St. Mark Lutheran School exists to teach the truths of Scripture to its students and the world. Athletic endeavors give St. Mark students an opportunity to witness their faith and use their God-given talents to show their love for their Savior, Jesus. We base this mission on Heb. 13:15.*

### **Motivation:**

*God has blessed each St. Mark student and expects him to use the gifts he/she has been given in a faithful manner. We base this belief on 1Cor 4:2.*

*We also believe that using these gifts to their fullest potential gives glory to God and not the individual. We base this belief on 1Cor 10:31.*

### **Goal:**

*Athletics is a vital part of the whole curriculum. It is the goal of St. Mark Lutheran School to grow the student's self-esteem, sense of leadership and responsibility. We aim to provide this instruction in a safe, positive environment supervised by adult Christian leaders and coaches.*

*It is also our aim that the athletic program will serve as bridge to strengthen the relationship between home, school and congregation.*

## Expectations

More specific guidelines and expectations will be listed later; however, these are the general expectations that should be met by all parents, players, and coaches.

- In all things, and at all times, players, parents and coaches will conduct themselves in a God-pleasing manner.
- Success will be properly attributed to God's blessing and good team play.
- Opponents will be recognized as fellow children of God and treated in such fashion.
- Players, parents, and coaches will be gracious in losing and take responsibility for shortcomings and mistakes.
- Parents, players, and coaches will be at scheduled events on time, and be faithful to their commitment to the team.
- Parents, players and coaches will give thanks to God for all the opportunities afforded through athletic fellowship.
- Parents, players, and coaches will recognize that their behavior represents their faith, family and school.

*“If anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” 2Tim 2:5*

## Interscholastic Sports

1. St. Mark is a member of the Chippewa Valley Lutheran Conference. The members of the conference are: St. Paul's-Menomonie, Eau Claire Lutheran-Eau Claire, Messiah-Eau Claire, Christ Lutheran-Chippewa Falls, and St. John's-Neillsville.
  
2. **A-teams** shall be comprised mainly of 7<sup>th</sup> and 8<sup>th</sup> graders. Players from grades 5 and 6 may be used as well based on enrollment and/or skill as deemed by the coach. The focus at this level is skill development and competition. Playing time in games will vary according to the player's skill, attitude, and determination.
  
3. **B-teams** shall be comprised mainly of 5<sup>th</sup> and 6<sup>th</sup> graders. Players from grade 4 may be used as well based on enrollment. The focus at this level is fundamental skill development and game participation. The coach's aim at this level is to afford each player an opportunity to participate in games and develop skills.
  
4. **Flag football** is offered in the fall to boys from grades 4-8. Playing time is determined by age, skill and attitude. Each boy is required to bring a mouth guard to all practices and games. Uniforms are provided.
  
5. **Volleyball** is offered to girls from grades 4-8 in the fall. Volleyball is split into A and B teams. Girls are encouraged to bring kneepads to each game and practice. Uniforms are provided.

6. **Basketball** is offered to boys and girls from grades 5-8 [and grade 4 if necessary] during the winter. Teams are split into A and B squads. Uniforms are provided.
7. **Cheerleading** is offered during the winter to girls from grades 5-8. The girls will cheer at events agreed upon by parents, coaches and the athletic director. Uniforms are provided.
8. **Co-ed Soccer** is offered during the spring to boys and girls from grades 5-8. The team participates in one conference tournament in April. Players are required to bring shin guards to each practice and game. Uniforms are provided.
9. **Co-ed Softball** is offered during the spring to boys and girls from grades 5-8. The team participates in one conference tournament in May. Players are required to bring a softball glove to each game and practice.
10. **Track** is offered to all students during May. The entire student body participates in one conference meet in May. All students are encouraged to participate. No special equipment necessary.

### **Practice Responsibilities**

1. Players are expected to attend all practices. If a player misses a practice, an excuse should be offered to the coach. Failure to attend practices could result in diminished playing time.
2. Coaches are expected to stay on site until the last player leaves the premises.

3. Coaches should make sure that all practice equipment is properly and neatly stored at the close of practice. Exterior doors should be locked and lights turned off if the practice is the last of the evening.

### **Away Games**

1. Parents are expected to transport their child(ren) to away games or find transportation for them.
2. Asking a coach for a ride should be used as a last resort.

### **Home Games**

1. Each parent will be assigned to take a turn working in the concession stand during the basketball season. A schedule will be handed out at the beginning of the season. If a parent is unable to work, he is responsible for finding a replacement.
2. Parents are expected to supervise their children that are not competing. The fire door separating the church and Family Center should remain closed.
3. Classrooms will be used by teams and coaches. Spectators should remain in the concessions area and gym only. Children should not be in the school hallway. A parent will be assigned as hallway monitor for each contest.

## **Uniforms**

1. Uniforms will be distributed for all athletic teams except track. Players are expected to bring and wear uniforms for all matches and games.
2. Uniforms should be washed in cold water with like colors. They should be turned inside out during the wash cycle and air dried.
3. Parents are responsible for cleaning and returning the uniform at the close of the season. Any lost or damaged uniforms will need to be replaced by the parents.
4. Extra uniforms are not taken to matches. Failure to bring a uniform may prevent a player from participating.

## **Chain of Command**

1. If parents have a concern with a coach, they should contact the coach directly. If the issue is not resolved, then the matter should be brought to the athletic director. If the matter continues to be unresolved, then the principal will be notified. Finally, unresolved issues should be taken to the Board of Education.
2. Parents may contact a coach about the following concerns:
  - Child behavior
  - Physical and mental treatment of the child.
  - Ways to improve

3. The following topics are inappropriate for a parent to discuss with a coach:
  - Playing time
  - Team strategy and play calling
  - Other student-athletes
  - Officiating

### **Expected Parent Behaviors**

1. Parents are expected to support the school, its coaches and its programs.
2. Parents will not speak poorly about another child or the opponent.
3. Parents will conduct themselves at all sporting events in a God-pleasing manner. All cheering should be done in a positive light.
  - Cheering against the other team is inappropriate.
  - Yelling at referees is inappropriate.
  - Arguing with spectators from the opposing side is inappropriate.
4. Parents are expected to transport their child to away games or find transportation for them
5. Parents will be responsible for uniform care and return.
6. Parents will encourage their child and promote team play.

## **Eligibility**

A student earning a failing grade in any subject, at any time during the school year is ineligible for any athletic activity until the grade is raised to a passing grade. If an “F” is received at the end of the fourth quarter, the student may be eligible under a probationary period during which appropriate grades must be maintained. It is important to remember that participating in athletics is a privilege. Each student is a representative of St. Mark School and their Savior.

Any student who receives an “Unsatisfactory” in conduct/behavior is also ineligible for the following quarter.

## **Expected Coaching Behaviors**

1. Coaches will conduct themselves at all times and in all things in a God pleasing manner. Coaches will realize that they are Christian role-models for their players.
2. Coaches will emphasize to their players that athletics is a way to represent their school, family and faith.
3. Coaches will encourage their players to use their God given abilities to their fullest potential. Coaches will also encourage their players by focusing on the positive and avoid discussing the negative.
4. Coaches will communicate with the parents of their players the rules and guidelines for the sport.

5. Coaches will teach their players the fundamental skills and strategies of the sport.
6. Coaches will treat each player, coach, parent, and administrator from St. Mark and the opposing team with dignity and respect.
7. Coaches will treat every official with respect.
8. Coaches will make sure that the St. Mark's and opposing facilities are treated with care and respect. Coaches will make sure that the bench areas are cleaned before leaving.

### **Messages from Scripture**

- “So whether you eat or drink or whatever you do, do it all to the glory of God.” 1 Corinthians 10:31
- “If anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” 2Tim 2:5
- “Through Jesus, therefore, let us continually offer to God a sacrifice of praise – the fruit of lips that confess his name.” Heb 13:15
- “Now it is required that those who have been given a trust must prove faithful.” 1 Cor. 4:2
- “Thanks be to God! He gives us the victory through our Lord Jesus Christ.” 1 Cor. 15:57
- “Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved

us and gave himself up for us as a fragrant offering and sacrifice to God.” Eph. 5:1-2

- “Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.” Phillipians 2:3
- “Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to the Father through him.” Colossians 3:17