

**ST. JOHN'S LUTHERAN SCHOOL  
ATHLETIC HANDBOOK  
2016-2017**



**Trust in God, the Everlasting Rock! Isaiah 26:4**

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## **I Philosophy and Objectives**

Athletics are an important part of St. John's school program. It provides students an opportunity to develop emotionally, socially, mentally, and physically. Participation in athletics is encouraged to assist in developing positive Christian attitudes toward life. While success in athletics can be measured by wins and losses, it is better measured by the success of its participants to live as Christian citizens in future years. St. John's athletic program helps to ensure the future success of its students by encouraging participation at various levels of athletic competition while maintaining a proper relationship to the overall educational program.

Athletics is not an end in itself, but a means by which to:

1. Promote high Christian, moral, and ethical standards.
2. Provide experiences and guidance that will lead to self-discipline and emotional maturity.
3. Develop positive mental attitudes toward life.
4. Provide the opportunity to experience the need for cooperation with others as a means to gain common objectives.
5. Promote the desire to excel and the appreciation of wholesome recreation and entertainment.
6. Promote Christian fellowship and wholesome competition between interscholastic and/or intramural teams.
7. Enable each student to participate as a team member of interscholastic and/or intramural teams.

## **II Game Behavioral Expectations**

Please observe the following rules at athletic events:

1. Fans should be attentive to the sporting event attended. They should be encouraging to our players in appropriate ways. They should also be courteous to the opposing team and their fans never engaging in fan competition or negative comments.
2. Please remember that the referees are human. They have a split second to make a decision and sometimes are at a different angle than you. Do not heckle or question the calls made.
3. Children third grade and under should be attended by a parent or designated adult at all sporting events. Children will not be allowed to run the halls and the like. Please take responsibility for your child during all sporting events, or you will be asked to leave.

### **III No Cut Policy**

St. John's Lutheran School has a no cut policy in all athletic activities to insure that every student has the opportunity to participate at all levels of competition. This objective can be met in a couple ways. The coach can play all members in every contest. If there are an unusually large number of participants, then they could be divided into two separate teams. In all league games and all tournament games (i.e. local and state tournaments) the entire team will be in attendance. All teams will apply to state unless the coach recommends otherwise.

With the number of teams needed it is not always possible for the school staff to fill all the coaching positions, so it becomes necessary to have parents or congregation members volunteer to coach a team. In rare cases when not enough athletes (7, 3 minimum for cheerleading) are available or a coach cannot be secured a team may have to be dropped from participation until positions are filled.

### **IV Athletic Eligibility Policy**

#### **Rationale**

First Corinthians 10:31 reads, "Whatever you do, do it all to the glory of God." For a student-athlete at St. John's Lutheran School, this means giving one's best at all times—spiritually, intellectually, socially, and physically. The following policy, then, emphasizes the primary focuses of the school: the building of Christian character and successful academic progress. With such a policy in place, St. John's will be able to maintain an emphasis on the spiritual and intellectual growth of the children while still allowing for the physical and social development that athletics can provide.

#### **Policy**

- A. All student-athletes at St. John's are expected to uphold the behavioral standards of the school at all times:
1. **Sportsmanship:** Good sportsmanship is expected before, during, and after every contest. Student-athletes displaying poor sportsmanship will have their eligibility revoked temporarily for a first offense and permanently for a subsequent offense.
  2. **Detentions:** Student-athletes with four behavioral detentions for the year are ineligible. Students will serve all detentions on the day assigned regardless of the sports schedules and not be allowed to participate in sports that day.
- B. All student-athletes at St. John's are expected to uphold the academic standards of the school at all times:
1. No student will have an average grade in any subject below a C- or S.
  2. If a student-athlete's average grade in any subject falls below a C- or S, the student athlete will be placed on a two-week probation. He or she may practice or play as usual with the understanding that he or she is working to improve. A letter of notification will be sent home to be signed and returned.

3. After the two-week probation the student-athlete will return to eligible status if all grades are acceptable. If not, the student-athlete's eligibility to participate is suspended for two weeks unless the teacher feels that his or her effort qualifies instead for an extension of probation for two more weeks. A letter of notification will be sent home to be signed and returned.
4. After a two-week suspension the student-athlete will return to eligibility if all grades are acceptable. If not, he or she is ineligible for the remainder of the season.
5. A student-athlete may only receive one probation and one suspension per subject area in a season and no more than two probations and two suspensions total in more than one subject.

Note: The classroom teacher has the authority to make exceptions to this policy **in favor** of the student-athlete at his or her professional discretion.

## V Expectations of Athletes

### A. Physical

1. An Athletic Permission Slip must be signed and filled out by a parent in order for an athlete to participate in each sport season.
2. The appropriate fee for each sport will be turned in to the office.
3. A Physical covering the current school year needs to be on file in the school office.
4. All of these forms and fees need to be turned in by the first practice of each season to participate.

### B. Worship

Since one of the goals of our athletic program is to promote high Christian standards, we expect all athletes to worship regularly with fellow Christians. This is also emphasized with all of our students and hopefully is stressed at home as well.

### C. Academic

All athletes are expected to put to good use in the classroom all of the talents God has given them. Parents will be informed of their child's progress on a regular basis and should work with their child and the teachers to insure satisfactory effort.

### D. Conduct

All students are expected to conduct themselves in a Christian manner at all times. Athletes, however, are highly visible as Christians and representatives of our school and therefore should be even more aware of their conduct during athletic activities. Any serious problems in controlling behavior will be dealt with accordingly by the coach, parent, student, athletic director, and principal.

E. Attendance

1. If an athlete is absent due to illness or vacation, they cannot participate in any games or practices that day. However, if the absence is caused by a funeral or by a scheduled professional appointment, the student may participate.
2. If an athlete has two unexcused absences from practice or games, they may be dismissed from the team.
3. If an athlete is to practice or play in a game, they must participate fully in P.E. classes on a regular basis.

F. Uniforms

1. Individuals are responsible for the care and cleaning of the uniform assigned to them.
2. Any uniform not returned in good condition will be assessed accordingly. Students who do not return uniforms by the stated deadline will be assessed a fine of \$10.00. Those not returned at all will have final report cards withheld until the uniform is returned and a fine of \$25.00 per piece will be assessed.

## **VI Responsibilities of Parents**

- A. Through their own example, the parents demonstrate to the student athlete a Christian attitude towards all.
- B. Help the student athlete establish proper priorities with respect to church, family, peers, study, and play.
- C. Instill in their child good health habits towards sleep, food, exercise, and discourage the use of tobacco, alcohol, and drugs.
- D. Make a commitment to the athletes and the program by attending sports events, encouraging the athletes and coaches, and assisting with the other numerous duties. (scoreboard, clean-up, concessions, etc.)
- E. Assist with our annual tournament by volunteering to help in some way.
- E. Enthusiastically support teams at athletic events without being overzealous or critical of players, coaches and officials.
- F. Assist with transportation whenever possible to insure that our players may attend the away games and tournaments.

## **VII Description of Sports and Activities Offered**

(Tournaments subject to change and are not limited to those listed. Lodging expenses are the responsibility of the athletes.)

### FALL SPORTS

#### Girls Volleyball

- Level: 7<sup>th</sup> and 8<sup>th</sup> grade. If not enough girls from 7<sup>th</sup> and 8<sup>th</sup> grade, then the 6<sup>th</sup> grade girls may be allowed on the team.
- Season: Practice begins the first week of school. Matches run through mid to the end of October with most being after school.
- Equipment: Team members will need to purchase their own knee pads.
- Tournaments: Walther Christian Academy Upper School; Trinity Burr Ridge Tournament, State Tournament (if the team applies and is accepted)
- Other: Attending the State Tournament may require two nights in a motel.

#### Boys Volleyball

- Level: 7<sup>th</sup> and 8<sup>th</sup> grade. If not enough boys from 7<sup>th</sup> and 8<sup>th</sup> grade, then the 6<sup>th</sup> grade boys may be allowed on the team.
- Season: Practice begins the first week of school. Matches run through mid to the end of October with most being after school.
- Equipment: Team members will need to purchase their own knee pads.
- Tournaments: Walther Christian Academy Upper School; Trinity Burr Ridge Tournament, State Tournament (if the team applies and is accepted)
- Other: Attending the State Tournament may require two nights in a motel.

#### Intramural Volleyball

- Level: 4<sup>th</sup>-6<sup>th</sup> grade girls and boys co-ed teams
- Season: Practice takes place in September and October.
- Equipment: Team members will need to purchase their own knee pads.

#### Cross Country

- Level: 4<sup>th</sup> – 8<sup>th</sup> grade girls and boys co-ed teams
- Season: Practice and meets are in September

## WINTER SPORTS

### Junior Varsity Girls Basketball

- Level: 5<sup>th</sup> and 6<sup>th</sup> grade. If not enough girls from 5<sup>th</sup> and 6<sup>th</sup> grade, then the 4<sup>th</sup> grade girls may be allowed on the team.
- Season: Practice begins in mid October. Games run from October through Thanksgiving break in November with most being after school.
- Tournaments: Walther Christian Academy Upper School (if available)

### Junior Varsity Boys Basketball

- Level: 5<sup>th</sup> and 6<sup>th</sup> grade. If not enough boys from 5<sup>th</sup> and 6<sup>th</sup> grade, then the 4<sup>th</sup> grade boys may be allowed on the team.
- Season: Practice begins in mid October. Games run from October through Thanksgiving break in November with most being after school.
- Tournaments: Walther Christian Academy Upper School (if available)

### Varsity Girls Basketball

- Level: 7<sup>th</sup> and 8<sup>th</sup> grade. If not enough girls from 7<sup>th</sup> and 8<sup>th</sup> grade, then the 6<sup>th</sup> grade girls may be allowed on the team. These 6<sup>th</sup> graders will not play on the junior varsity team if they play on the varsity team.
- Season: Practice begins in after Thanksgiving in November. Games run from early December Through late February with most being after school.
- Tournaments: Walther Christian Academy Upper School (if available); St. John's LaGrange Tournament, State Tournament (if the team applies and is accepted)

### Varsity Boys Basketball

- Level: 7<sup>th</sup> and 8<sup>th</sup> grade. If not enough boys from 7<sup>th</sup> and 8<sup>th</sup> grade, then the 6<sup>th</sup> grade boys may be allowed on the team. These 6<sup>th</sup> graders will not play on the junior varsity team if they play on the varsity team.
- Season: Practice begins in after Thanksgiving in November. Games run from early December Through late February with most being after school.
- Tournaments: Walther Christian Academy Upper School (if available); St. John's LaGrange Tournament, State Tournament (if the team applies and is accepted)

## WINTER ACTIVITIES

### Cheerleading

- Level: 5<sup>th</sup> - 8<sup>th</sup> grade girls
- Season: Season (**Home games only**) will be determined each year by the coach, the squad, and the athletic director.
- Tournaments: Walther Christian Academy Upper School (if available), State Tournament (if the squad applies and is accepted)

## SPRING SPORTS

### Track

Level: 5<sup>th</sup> through 8<sup>th</sup> grade girls and boys  
Season: Practice begins in March with meets usually in May  
Meets: River Forest Track Meet, St. John Lombard Track Meet, State Track Meet (if a person or relay qualifies), any others we can schedule

### **VIII Practice Information**

- A. The Athletic Director will provide parents with a practice schedule at the beginning of each sports season. Coaches will also remind parents of practice times and inform them of any schedule changes through notes from school. A practice schedule will be posted on the bulletin board outside the south entrance to the gymnasium. Games and practices will also be listed in the calendar section of the Wings.
- B. Practices shall not exceed two hours in length. There may be some exceptions when a team may be preparing for a state tournament.
- C. No team will have practices or games on more than three school afternoons or evenings in a given Sunday through Thursday period.

### **IX Fees**

The cost of maintaining an athletic program is high. Since the students who choose to be a part of the program benefit the most, they are being charged a fee to help defray the cost of the program. The fees will be determined at the beginning of each school year. Please pay your activity fee for the year as soon as possible. In any case, a child will not participate in any practice or game until fees are paid, or arrangements have been made with the athletic director for an extension. All checks for activity fees should be made payable to: St. John's Lutheran School.

## **X DIRECTIONS TO SCHOOLS** (Detailed maps are available in the office.)

### **Concordia University**

Take 47<sup>th</sup> St. east to Plainfield. Angle left on Plainfield to 1<sup>st</sup> Ave. Take 1<sup>st</sup> Ave. north (left) to Lake St. Take Lake St. east (right) to Lathrop. Take Lathrop north (left) to Division. Take Division east (right) until you see the church tower. If you come to Harlem you've passed it up.

**7400 Augusta, River Forest 60305 (708) 771-8300**

### **Immanuel - Elmhurst**

Take Wolf Rd. north to 22<sup>nd</sup> St. Go west (left) on 22<sup>nd</sup> St. to York Rd. Go north (right) on York Rd. to Third St. (Use the underpass to avoid traffic in downtown Elmhurst) Go east (right) on Third St. to Michigan St. Go south (right) on Michigan St. School is on the right.

**148 E. Third St. (630) 832-9302**

### **Immanuel - Hillside**

Take Wolf Rd. north past 31<sup>st</sup> St. The school is on your right before 22<sup>nd</sup> St.

**2329 S. Wolf Rd. (708) 562-5580**

### **St. John - Lombard**

Take Wolf Rd. north to Roosevelt Rd. Go west (left) on Roosevelt Rd. to Main St. Go north (right) on Main St. to Ash St. Go west (left) on Ash St. The school is on your right.

**215 S. Lincoln (630) 629-2515**

### **St. Luke - Itasca**

Take Route 83 north to Irving Park Rd. (Route 19). Take exit right to go west on Irving Park Rd. Go west on Irving Park Rd. to Cherry St. (about 2.5 miles) Go south (left) on Cherry St. to Washington. Go west (right) on Washington to Rush. Turn left onto Rush and then right into the parking lot.

**410 S. Rush St. (630) 773-0396**

### **St. Paul - Brookfield**

Turn right on 47<sup>th</sup> St. and continue east to Maple. Turn left and follow Maple north to Grant. Turn right on Grant. The school is on your right. Parking is on the left.

**9035 Grant Ave. (708) 485-0650**

### **St. Paul - Oak Lawn**

Take LaGrange Rd. south to 95<sup>th</sup> St. Go east (left) on 95<sup>th</sup> St. to Cicero Ave. Go north on Cicero Ave. to 94<sup>th</sup> St. Turn right onto 94<sup>th</sup> St. The school is just past the Hilton on the left.

**4660 W. 94<sup>th</sup> St. (847) 423-1058**

### **Trinity - Burr Ridge**

Take Willow Springs Rd. or Wolf Rd. south to German Church Rd. Go west (right) on German Church Rd. Trinity is on the left-hand side of the road. (a couple of blocks west of Wolf Rd.)

**11503 German Church Rd. (708) 839-1444**

**Trinity - Lombard**

Take Wolf Rd. north to Roosevelt Rd. Go west (left) on Roosevelt Rd. to Meyers Rd. Go north (right) on Meyers Rd. Trinity is located on the corner of Roosevelt and Meyers Rd.

**1008 E. Roosevelt Rd. (630) 627-5601**

**Walther Christian Academy Lower School**

Take LaGrange Rd. north to Roosevelt Rd. Go east (right) on Roosevelt Rd. to 9<sup>th</sup> Ave. Go north (left) on 9<sup>th</sup> Ave. to Lake St. Go west (left) on Lake St. School is on the right.

**1025 W. Lake St. (708) 366-2764**

**Walther Christian Academy Upper School**

Take LaGrange Rd. north to Roosevelt Rd. Go east (right) on Roosevelt Rd. to 9<sup>th</sup> Ave. Go north (left) on 9<sup>th</sup> Ave. to Lake St. Continue straight on 9<sup>th</sup> Ave. past Lake St. Walther is on the left.

**900 Chicago Ave. (708) 344-0404**

**Zion-Concord - Bensenville**

Take 47<sup>th</sup> Street to Gilbert and turn right. Go north to Ogden Ave. and turn left. Go west on Ogden to I-294. Go north on I-294 to I-290. Take I-290 toward Rockford. At I-290 exit 12 turn onto the ramp towards US-20, Lake Street/York Road. Go west on Lake Street about 0.4 miles to Church Road. Turn right onto Church Road and go north past Grand Ave. to Zion Lutheran Church/Concord Lutheran School.

**865 S. Church Road (630) 766-0228**