



ATHLETIC HANDBOOK

2008-2009

**“Whatever you do, work at it with all your heart, as if working for the Lord.”
Colossians 3:23**

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LUTHERAN HIGH SCHOOL PARKER
ATHLETIC HANDBOOK

MISSION STATEMENT

Lutheran High School Parker will play a role in the development of each student's personal relationship with Jesus Christ, nurture them as redeemed children of God, and equip them in a safe environment to meet the challenges of an ever-changing world.

ATHLETIC PHILOSOPHY

The Lutheran High School Parker Athletic Program is provided to help students grow in their relationship with Christ through the vehicle of interscholastic competition and activities. It exists to help student athletes develop spiritually, mentally, emotionally, physically, and socially as they glorify God through their hard work, sacrifice, discipline, fellowship, and behavior.

The athletic program is an important part of the total program of Christ-centered education offered at Lutheran High School Parker. It gives students a variety of learning experiences and unique opportunities for growth and Christian relationships that cannot always be achieved in a classroom situation. Athletics help prepare our young men and women for adulthood by giving opportunities to learn some of life's lessons while doing so in an enjoyable and memorable way. Most importantly, student athletes at LHSP are able to have these experiences in a Christian environment.

OBJECTIVES OF LHSP ATHLETICS

- 1) To always put Christ first in athletic endeavors, "...as if working for the Lord."
- 2) To provide opportunities for Christian witness in practice and competition.
- 3) To work with others toward a common goal.
- 4) To encourage athletes to strive for excellence as they develop their God-given abilities.
- 5) To build self-confidence, self-discipline, perseverance, cooperation, and leadership skills.
- 6) To provide activities which develop pride, unity, and loyalty to our school among staff, students, athletes, parents, alumni, and the community.

- 7) To teach and exemplify good sportsmanship and coping with both success and failure.
- 8) To develop physical development and skill level as well as valuing physical activity as a lifelong pursuit.

AFFILIATIONS

Lutheran High School Parker is a member of the Colorado High School Activities Association (CHSAA) and abides by the rules and regulations prescribed by this governing body. LHSP currently competes in the 2A classification, but moves out of the 2A classification for some of the sports listed below. LHSP is also a member of the Mile High League, which is comprised of the following schools:

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|----------------------------------|----------------------------------|
| Alexander Dawson, Lafayette | Longmont Christian |
| Dayspring Christian, Greeley | Lutheran High School Parker |
| Denver Academy | Maranatha Christian, Arvada |
| Front Range Christian, Littleton | Nederland |
| Gilpin County, Black Hawk | Resurrection Christian, Loveland |
| Heritage Christian, Fort Collins | |

Lutheran High School Parker also competes in the Metro North football conference which competes at the 1A 11-man level. It consists of the following schools:

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|----------------------------------|----------------------------------|
| Denver Lutheran | Nederland |
| Front Range Christian, Littleton | Resurrection Christian, Loveland |
| Lutheran High School Parker | South Park, Fairplay |
| Lyons | |

ELIGIBILITY REQUIREMENTS

A. Academic Requirements

Lutheran High School Parker is dedicated to the principle of academic excellence. While sports and other activities are an important part of high school life, the main purpose of this institution is to provide a Christian learning environment that stresses academic excellence. Academic athletic eligibility is determined by CHSAA and approved by the board of LHSP. Policies are as follows:

- 1) A student must be taking at least 5 classes (or the equivalent), which total a minimum of 2.5 Carnegie units per semester and be failing no more than one class. A student who receives two failing grades for any semester grading period is ineligible for participation in interscholastic competition for the next quarter period.

- 2) *One* failure on any weekly eligibility report will make the student athlete ineligible to represent Lutheran High School Parker the following week in any scrimmage or game, unless the student achieves a passing grade during the week. The coach must receive a note from the teacher or verbal confirmation indicating that the student is no longer failing the class for him or her to become eligible.
- 3) *Two or more* failures on any weekly eligibility report will make the student athlete ineligible to represent Lutheran High School Parker the following week in any scrimmage or game. Eligibility may not be regained until the next week if the student is no longer failing any classes by the following Monday.
- 4) Failure notices are reported every Monday morning. Students who are ineligible for the week cannot participate in scrimmages or games from Tuesday of that same week through Monday of the following week. The athlete will be expected to attend practices during that time unless the student is working with the teacher(s) to correct the failures. The teacher(s) should give a note or verbal confirmation to the coach if this is the case. Students who are ineligible due to grades will not be allowed to travel with the team for away games when early dismissal is necessary.
- 5) It is the responsibility of the coach with the assistance of the administration to notify all student athletes of any failure notices that will affect eligibility. It is the responsibility of the student athlete and their parents to work with the teachers to have passing grades.
- 6) Coaches have the right to impose additional academic standards on athletes.
- 7) Any questions dealing with academic eligibility for athletics or activities should be directed to the Athletic Director.

B. Participation Requirements

Participation in interscholastic activities as part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance, which are related to school purposes. The following are participation requirements set forth by CHSAA and LHSP:

- 1) The student athlete must not have turned the age of 19 before August 1st of the current school year.
- 2) The student has not changed schools during the school year without a corresponding bona fide move by the parents. Transfer students and their parents must notify the Athletic Director so that an eligibility check may be

done before the student participates. Students who transfer before the beginning of the school year without a bona fide move are generally ineligible for the first 50% of varsity competition for sports played at other schools in the previous 12 months. Transfer students may not play in interscholastic contests until LHSP receives an official transcript from the previous school(s).

- 3) A student who has attended more than eight semesters (if he/she began high school as a ninth grader) or six semesters (if he/she began high school as a tenth grader) is ineligible for high school athletics.
- 4) A student who has participated in four seasons in any one sport (if he/she began high school as a ninth grader) or three seasons (if he/she began high school as a tenth grader) has completed eligibility for that sport. According to CHSAA by-laws, participation in an interscholastic contest for any length of time shall constitute a season's participation.
- 5) If an athlete finds it necessary to drop a sport during the season for any reason, an athlete must discuss the situation with the coach before the drop is finalized and the situation is to be reported to the Athletic Director. All equipment that was issued to the athlete must be checked in immediately. A student who drops a sport during one season cannot try out for a sport in the next season without first having a conference with the Athletic Director.
- 6) If an athlete wishes to change sports during a season, he/she shall consult with both coaches concerned and the Athletic Director. A change of sports will not take place after half of a season is completed.
- 7) The student athlete may compete on any other team, or in any non-school activity or event in that sport during the sport's season only with the written permission of the Principal. Permission shall be granted if the student's class attendance is not compromised and the student is in good academic standing under LHSP activities policies, which apply to all students.
- 8) Any other questions dealing with eligibility and participation policies should be directed to the Athletic Director.

C. Required Participation Records

- 1) *Physician and Parent Permit for Athletic Participation Form*—A yearly physical examination is required for all participants. The physical record must be completed, signed by an authorized physician, and on file prior to participation in any sport. The physical form is good for one year from the time of the examination. The same form must include the signature of a parent or guardian giving consent for participation in athletics by the student.

- 2) *Athletic Permission Form*—This form contains nine items that the student and parent should read, agree to, and sign accordingly. Each item must be signed for participation to take place.
- 3) *Student Information and Permission Form*—This form gives important emergency information to the appropriate school personnel, parental permission for student transportation, and medical authorization.

D. Attendance Requirements

- 1) A student athlete is to be in attendance at school at least one half day in order to participate in a practice, team activity, scrimmage, or game. This requires at least two blocks at school or with a class activity. Any exception must have the approval of the Athletic Director.
- 2) Athletes who are suspended from school may not practice nor compete during the period of suspension. The Dean of Students will notify the student, parent, and coach of such action.
- 3) A student athlete is expected to attend all practices, meetings, and contests of the particular sport in which they are involved. Exceptions can be made in the case of illness, a disabling injury, or extenuating circumstances that were previously discussed with the coach. Doctor and dental appointments should not be made during these times. Missed practice time hurts both individual players and their teammates. Unexcused missed practice may also result in lost playing time, suspension, or dismissal from the team.
- 4) A student athlete is required by CHSAA to participate in nine days of practice before participating in an interscholastic game or scrimmage.

ATHLETIC CODE

The student athlete at Lutheran High School Parker should be a positive Christian influence within the school and community. The athlete has the responsibility for showing Christian leadership and demonstrating God-pleasing behavior in all situations. By participating, each athlete is voluntarily pledging to follow a set of standards established by the school. The following Athletic Code applies to all students involved in the athletic program at Lutheran High School Parker.

- 1) All players, parents, and fans, in both victory and defeat, must demonstrate Christian sportsmanship at all times. All in attendance should show dignity and respect to all players, opponents, coaches, and officials. The Athletic Director or administrator in charge of the event will deal with all violations.

- 2) Student athletes should exhibit excellent citizenship both in and out of the classroom and other school activities. Negative citizenship which acts as a detriment to the team or to the school may result in suspension or dismissal from the team. Examples of negative citizenship would be (but are not limited to) behavior problems in or out of school, eligibility or attendance problems, poor sportsmanship or representation of school at activities, inappropriate language or messages in public speech, writing, blogs, and internet postings, and violation of the law.
- 3) Student athletes of Lutheran High School of Parker are prohibited from using or being in possession of alcohol, tobacco, and illegal or non-prescription drugs. Athletes who are in attendance at student gatherings where alcohol, illegal drugs, or tobacco are being used *and do not immediately leave* shall be considered to be in possession of those substances. This also applies to attendance at establishments whose primary purpose is the use of these substances (i.e. bars, hookah bars).
 - a) Individuals suspected of violating these regulations may be required to appear before the athletic council (the athlete's coach, the Athletic Director, and another administrator).
 - b) The penalty for the first violation of these regulations while a student at LHSP will be a minimum suspension of 1/3 of the total contests for that season. A suspension may run into the next season or school year if the suspension occurs at the end of a season. In order to return to active participation, the athlete will be expected to practice regularly with the team during the period of suspension and meet all the team guidelines and expectations as outlined by the coach. In addition, a reinstatement conference between the coach, athlete, and Athletic Director may be required prior to reinstatement.
 - c) The penalty for the second violation of these regulations while a student at LHSP will result in a minimum one-season suspension from all sports.
 - d) The penalty for the third violation of these regulations while a student at LHSP will result in a minimum 365 day suspension from all athletic teams at LHSP.
 - e) The penalty for the fourth violation of these regulations while a student at LHSP will result in a permanent suspension from all athletic teams at LHSP.
 - f) Students who violate this policy may be encouraged to seek treatment in an approved drug or alcohol rehabilitation program. Successful

completion of such a program may be grounds for a review of the student's athletic eligibility.

- g) LHSP athletes DO NOT have an "off-season". Therefore, these rules are in effect 365 days a year beginning when a student first enrolls at LHSP.
 - h) Speech, writing, text messages, blogs, or postings on internet websites indicating alcohol, tobacco, or drug use will be considered as admissions of guilt.
- 4) Additional team rules or expectations may be required and enforced by individual coaches.

CONFLICT RESOLUTION

Even in a Christian community, conflicts often arise. If a situation arises in which there is a disagreement between coach and player or parent, the subsequent steps must be followed:

- 1) The athlete should talk to the coach to discuss the problem at an appropriate time. Immediately before or after a game is never an appropriate time.
- 2) If the problem is not resolved, the athlete, parent(s), and coach should meet.
- 3) If necessary, the parent(s) may request a meeting with the coach and Athletic Director.
- 4) If necessary, the Principal will call together all parties for a meeting.

EQUIPMENT

Athletes are financially responsible for all school equipment issued to them. The athlete will be assessed replacement cost for lost or damaged equipment. At the conclusion of the season, the athlete has two weeks to turn in equipment that is clean and in good repair. Athletes will be assessed a fine of \$1/day after that two week period. Grade reports will also be withheld and finals will not be taken until equipment is returned and/or paid for. Equipment may not be issued to an athlete if their equipment from a previous season has not been returned and/or paid for.

TRANSPORTATION

When possible, transportation will be provided by the school to off-campus athletic contests and practices. Parents may be asked to help transport team personnel when necessary. Students who have written parental permission may be used to transport students within the Denver metro area. Students who are not returning from a contest using school transportation must notify the coach. Students who are riding home from a contest with someone other than their parents or family members must have a written note granting permission.

INJURY PROCEDURES

SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

Injuries that occur while participating in athletics should be reported to the coach. If the injury requires medical attention, school administration should be notified and a report filed. If an injury occurs outside of athletics at LHSP, parents and the athlete should assist coaches in understanding the extent of the injury.

If at any time a doctor removes an athlete from participation because of an illness or injury, they must have a written release from a doctor before participating again. In the event that an athlete takes an extended time to heal, they are expected to attend practices, meetings, and games even though they cannot participate. Athletes who have suffered a concussion must have a doctor's release before resuming participation.

The coach's first concern is for the safety and health of the athlete. If at any time a coach feels that a participant may bring further harm to themselves or others, that coach will remove the participant from the activity. Coaches will heed the advice given by medical personnel and may ask for further input before allowing further participation.

Any equipment or training room supply that is reusable should be returned when the athlete is done using it.

LETTERING POLICY

In order for an athlete to letter at Lutheran High School Parker, they must have made a significant contribution to the varsity squad in that sport. The athlete should have played in approximately one-half of the total number of quarters, halves, games, or innings. Individual coaches will determine the letter winners for their team, with approval of the Athletic Director. The Athletic Director may approve letter award requests when extenuating circumstances prevail.

Athletes who have earned a varsity letter for the first time will receive a letter and numerals indicating their graduation year. Athletes lettering in a specific sport for the first time will receive a pin symbolizing that sport. Repeat letterwinners will receive a service bar once each school year.