LUTHERAN HIGH SCHOOL

Parent / Athlete Handbook

2026–2027

The goal of Lutheran High School athletics is to glorify God through athletic competition.

Introduction

The purpose of this handbook is to acquaint parents and student athletes with the athletic rules, regulations, and expectations of Lutheran High School.

Students who participate in sports tend to have higher grade-point averages, better attendance records, lower dropout rates, and fewer discipline problems than other students in general. In addition, sports programs provide valuable lessons for many practical situations (teamwork, sportsmanship, winning and losing, hard work, etc.). Through participation in athletics, student athletes learn self-discipline, build self-confidence, and develop skills to handle competitive situations in life.

It is a privilege to be able to participate in interscholastic athletics, and as a result greater expectations are placed on athletes beyond those required of the student body in general. The Lutheran High School athletic program can play a vital role in educating young men and women for Christian leadership. It can provide the student athlete with opportunities to develop a sense of confidence, sound physical and mental health, and sportsmanship. It can teach the values of cooperation, competition, and commitment.

Lutheran High School – Athletics Mission Statement

Lutheran High School Athletics supports the mission of the school by committing to the Christian Character development of its student athletes. Through athletics, programs and coaches will encourage and instill the following core values:

1. **The modeling of faith in Jesus Christ through sportsmanship and integrity;** *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)*

2. **Accountability, responsibility, and excellence in academics.** *As iron sharpens iron, so one person sharpens another. (Proverbs 27:17)*

3. **Teamwork;** *Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. (1 Corinthians 12:12)*

4. **Perseverance;** *Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:4)*

5. **Training (physically, mentally and nutritionally for maximum performance);** *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. (1 Corinthians 6:19-20)*

6. **Pursuit of excellence in competition;** *Whatever you do, work at it with all your heart, as working for the Lord, not men. (Colossians 3:23)*

Role of the Parent

Lutheran High School respectfully suggests that the parents of student-athletes:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game.
- Encourage students to perform their best.
- Participate in positive cheers that encourage student athletes.
- Avoid and discourage any cheering that would mock, taunt, and/or intimidate opponents and their fans.
- Learn, understand, and respect the rules of the game, and the officials who administer them.
- Respect coaches and support them in their positions.
- Communicate to students that their efforts are appreciated.
- Parents should encourage their child to speak directly to the coach first when concerns arise.

When Conflict Exists with a Coach

Student athletes and parents should report any safety, legal, or morality/ethics concerns immediately to the Athletic Director or a member of the Athletic Department.

If conflict resolution with a coach is needed, Lutheran High School will follow the guidelines outlined in Matthew 18:15-17.

In that regard, it is recommended that the following guidelines are adhered to when dealing with conflict with a coach:

- A student-athlete should meet with his/her coach first to discuss an issue.
- If resolution has not taken place after the student-athlete meets with the coach, parents should communicate with the coach directly (phone call or email) to find an appropriate time to discuss the concern.
- Generally speaking, parents should avoid talking to a coach before or after a practice or a contest. Parents and athletes should wait 24 hours after any contest or practice prior to requesting a meeting with a coach to discuss concerns that do not pertain to the safety of a student.
- Parents should generally expect that concerns shared directly with athletic administration will be shared with the coach.
- If these steps do not rectify the concerns, families can request a meeting with the Athletic Director (and with the coach if appropriate).

Academic Eligibility Requirements

Lutheran High School is dedicated to nurturing academic excellence in its students. Academic eligibility for athletics is determined by the constitution and by-laws set forth by the Colorado High School Activities Association (CHSAA) and approved by the administration of Lutheran High School.

A student must be taking at least 5 classes, or the equivalent, which total a minimum of 2.5 Carnegie units per semester. A student who receives two failures for any semester grading period is ineligible for participation in interscholastic competition for the next similar grading period.

Weekly eligibility reports are populated on Mondays, and two failures on any weekly eligibility report will make the student athlete ineligible to compete in any interscholastic activity, scrimmage or game from Tuesday of that same week through Monday of the following week. The student athlete will be expected to attend and participate in practices during that time unless a note has been provided to the coach indicating that the student is with a teacher working on the failures. Eligibility also applies to student managers, statisticians, and other student support personnel. Coaches will notify all student athletes of any failure notices that will affect weekly eligibility. The eligibility list will not be changed

after it is posted. Special considerations can be made only as it relates to errors and must be approved by the Athletic Director and Principal.

Only full-time LuHi students will be allowed to participate in school programs. “Full-time” is defined as being enrolled in a minimum of four classes through Lutheran High School, with the course selection being on track for graduation at Lutheran High School (i.e. Theology). Pre-existing non-full-time cases/appeals prior to the 20-21 school year will be grandfathered through.

Required Participation Records

A yearly physical examination is required for all participants. The physical record must be signed by an authorized physician, and uploaded to ATGenius prior to participation in any sport. The physical form is good for one calendar year from the time of the examination.

Lutheran High School permission and waiver forms which are good for the entire school year must be completed through ATGenius for participation in athletics. These forms include warning of potential injury, insurance coverage, emergency medical authorization, training rules, CHSAA eligibility, transportation policy, emergency medical contacts, and a sportsmanship agreement.

Athletic fees for a given season will be withdrawn from the athlete’s FACTS account 10 days after the release of the roster for each sport. No discounts, delays, or waiving of athletic fees is allowed for any student athlete. If an athlete is removed from the roster, voluntarily or involuntarily, more than 2 weeks after the release of the roster, no refund will be given.

Attendance

A student athlete is to be in attendance at school at least one half day (blocks, periods, hybrid, online) or with a class activity in order to participate in a practice, team activity, scrimmage or game. Any exception must have the approval of the Athletic Director.

Athletes who are suspended from school may not practice or compete during the period of suspension. The Principal will notify the student, parent, and coach of such action.

The 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. Unexcused absences will result in disciplinary action up to and including suspension and removal from the team.

In most sports, every student athlete is required by CHSAA to participate in a minimum number of practices before participating in an interscholastic game or scrimmage.

Participation Requirements

Participation in interscholastic activities as a part of a school’s educational program is a privilege and not a right. Students wishing to participate in athletics are required to meet standards of personal behavior and academic performance that are determined by the school and program.

Participation rules of note:

- The student athlete must not have turned the age of 19 before August 1st of the current school year.

- Transfer students from another school must receive approval from CHSAA using their process for applying for an approved transfer.
- Students who attend more than 8 semesters (if they began school as a ninth grader) or 6 semesters (if they began high school as a tenth grader) are ineligible for high school athletics.
- According to CHSAA by-laws, participation in an interscholastic try-out, practice, or contest for any length of time shall constitute a season of participation.
- If an athlete wishes to change sports during a season, he/she should consult with both coaches concerned and the Athletic Director.
- 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.
- Some sports have a roster limit, which means that not all interested and able student athletes may find a place on a particular team. A program's choice to cut or not to cut is based on a variety of factors, chief among them the nature of the sport, the size and availability of facilities, coaching duties and minimum requirements/skills. Coaches will clearly spell out the skills and qualities necessary to make their team. Athletes will be given feedback on their performance during tryouts. Coaches will make themselves available to schedule a meeting with any student who has been cut.

Training Rules

Training rules are for the benefit of both the student athlete and the team. They are in effect from the first day of the season through the last contest of that season. These regulations also apply to managers, trainers, and other student support personnel as well as the participating athletes.

The use or misuse of tobacco/nicotine products, alcohol, non-prescription or prescription drugs or possession of drug paraphernalia during the season of participation in athletics at Lutheran High School is prohibited.

Generally speaking, the penalty for the violation of the above statement will be a suspension from participation. A suspension may run into the next season if the suspension occurs at the end of a season. The suspended athlete may be allowed to practice with the team during the suspension.

A reinstatement conference between the coach and the athlete is required prior to returning to the team.

Coaches, with the consent of the Athletic Director, may require athletes to observe additional training rules for each sport. The individual coach is then responsible for both enforcing these additional rules and the discipline of athletes who violate said rules.

Statement on Supplements

The use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc. is included in the athletic training rule statement above and will result in dismissal from the team.

For legal supplements, it is proper for an athlete to consult with a doctor prior to the use of such products.

Transportation Policy

In most cases, Lutheran High School is committed to providing transportation to practices and games for athletes.

All athletes and participants must travel to and from athletic practices and contests in vehicles approved by the school (commercial carriers or private vehicles) unless the coach and parents have made previous arrangements. Arrangements must be made by the parents through the head coach.

Students who have written parental permission may be used to transport students to and from practices and games provided the distance does not exceed 30 miles one way and provided the passenger/students have written parental permission to travel with other students as drivers.

In all cases where private vehicles are used for student transportation, it is understood that the insurance of such vehicles becomes the primary carrier.

Student athletes are to remain with their team and under the supervision of their coach when attending away contests.

Athletes that miss the transportation (bus or private vehicle) may not be allowed to participate in the contest unless there are extenuating circumstances that warrant such approval by the coach.

Generally speaking, the schools' rules and code of conduct during the school day also apply to athletes at away practices, games, and scrimmages.

Overnight Travel Procedures

Overnight travel trips are sanctioned events sponsored by Lutheran High School. All school policies are in force on said trips and participants (athletes, coaches and parents) will be accountable to the policies, rules, and expectations of Lutheran High School.

Basic expectations include:

- Athletes should stay in a team room. An exception to this rule may be granted by the Head Coach when an athlete will be staying with his/her parents.
- Athletes staying with their parents will abide by all the same rules and regulations set forth by Lutheran High School and specific teams (curfew, team meetings, etc.).
- The coaching staff has the responsibility of room assignments and supervision of all team rooms. Athletes may not switch rooms for any reason without approval from the Head Coach.
- The Head Coach will communicate a set curfew each night. The coaching staff will enforce this time with hallway and room checks as necessary. Athletes that violate curfew rules will face disciplinary action consistent with their actions.
- No fraternization between genders will take place inside of a hotel room. Any visiting between genders will take place in the hallway outside of the hotel room or in the hotel lobby with adult supervision.
- No congregation of large groups of players inside a single hotel room is allowed unless there is a team meeting held by a member of a coaching staff, or special circumstances approved by the Head Coach.
- Athletes may not leave the premises of the hotel unless they are accompanied by an adult. If an athlete is going to leave an event, the hotel or any other team activity, they must get prior approval from the Head Coach. The coaching staff should always know the whereabouts of each athlete.
- The coaching staff should communicate these travel policies, team rules and the Lutheran High School travel policy with all student-athletes and parents prior to departure for the trip.
- Any behavior that takes place on a trip that violates school policy must be communicated to school administration immediately following the events.

Gym / Field / Equipment Regulations

Student athletes are not allowed in the gym, on the playing fields, or in the weight room without the supervision of their coach or an appointed staff member.

During the practice of any sport, only those students involved in that sport are to be present at that site.

No street shoes should be worn on the gym floor.

All coaches and students are responsible for taking care of the gym and playing fields so they may be kept neat, clean and orderly at all times.

Lutheran High School will furnish game uniforms and equipment needed for each sport. It is the responsibility of the athlete to furnish shoes, undergarments, towels, and personal items for the sport. The student athlete is responsible for

keeping the equipment clean and in good condition and will be charged for the replacement of all lost or damaged equipment. The student athlete will not be allowed to participate in the next sport until all equipment is accounted for or paid for.

Lockers / Locker Room Regulations

It is the responsibility of the student athlete to always keep all valuables under lock. Each student is discouraged from keeping large amounts of money or expensive items at school as the school is not responsible for lost or stolen items.

Only coaches and assigned participants are allowed in the locker rooms.

Rough play and activities that are harmful to participants in the locker room are not allowed.

Athletes are responsible for keeping the locker room clean.

The locker rooms will be locked as often as is feasible. If access to the locker room is needed a staff member must be summoned.

All athletes are encouraged to practice good hygiene after practices and contests.

No glass containers or food should be brought into the locker room.

No photos or video are allowed in locker rooms.

College Recruitment

If a college recruiter contacts an athlete, it is best that he/she informs their coach as soon as possible. The athlete should then work through the athletic department to ensure proper procedure is followed.

Coaches will help student athletes attain scholarships where appropriate. It is important that the coach is honest and fair with their evaluations and that parents and athletes are realistic in their goals and expectations.

If a student athlete wishes to practice and play in their freshman year at a NCAA Division I or II college, or an NAIA institution, they must satisfy the requirements of those organizations. Families can check with the Guidance Counselors for more specifics or to answer any questions regarding academic eligibility.

Injury Procedures

Injuries that occur while participating in athletics should be reported to the coach and athletic trainer. If the injury requires immediate medical attention (an “accident”), school administration should be notified, and a report filed.

If a student athlete is injured outside of athletics at Lutheran, parents and the athlete should assist coaches and trainers in understanding the extent of the injury.

If at any time an athlete is removed from participation because of an illness or injury (especially a situation where a concussion is suspected), he/she must have a written release from a doctor before returning to participation. The school’s Athletic Trainer will provide guidance through this process.

The coach’s first concern is for the safety and health of the student athlete. If at any time a coach feels that a participant may bring further harm to the athlete or others, that coach or athletic trainer is granted the discretion to remove the participant from the activity. Coaches will heed the advice given by the athletic trainer and doctors and may ask for further input from a doctor before allowing further participation.

If an athlete takes an extended time to heal, they are expected to attend practices, meetings, and games even though they cannot participate. Special consideration will be given to season-ending injuries.

All athletes must adhere to the policy set forth by Lutheran High School's Athletic Training Staff.

Weight Room Regulations

All students must be under the supervision of a coach or appointed staff member while in the weight room.

No person is to be in the weight room alone. Lifters must work with a spotter.

All weights and equipment are to be replaced on the proper racks / hangers.

Shirts and shoes are always required.

All posted weight room regulations should be followed.

Lettering Policy

For an athlete to letter at Lutheran, they must have made a significant contribution to the varsity squad in that sport. In general, the athlete should have played in at least 1/2 the total number of quarters, periods, innings or games. Individual sports may have developed a point system to determine letter winners.

In an outstanding case where an athlete has contributed greatly to the benefit of the team and has not met the specific requirements for a letter, he/she may be awarded a letter upon the recommendation of the coach and approval of the Athletic Director.

A student athlete injured while participating in a sport who is not able to participate further may receive a letter by a recommendation of the coach and approval of the Athletic Director.

A student athlete who has been a member of a team for four years without earning a letter may be awarded a letter by recommendation of their coach.

Managers, statisticians, trainers, videographers etc. may earn a letter after the second year and each succeeding year that they serve in that position. In an outstanding case, a letter may be awarded after the first year.

Additionally, letters may be based on the following: Attendance, attitude, punctuality, sportsmanship, leadership, work ethic, CHSAA and school academic requirements.

The Athletic Director may approve letter award requests when extenuating circumstances prevail.

Hazing

The Colorado High School Activities Association and Lutheran High School prohibit bullying, hazing, intimidation or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal and emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. Hazing is not permitted in any kind of Lutheran High School activity. It is everyone's responsibility to immediately report any acts of hazing that they become aware of to a coach or administrator at Lutheran High School. Any hazing violation could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.Any suspicion of hazing must be reported to the head coach and Athletic Director immediately. Failure to do so may result in disciplinary action at the discretion of the Athletic Director.

Social Media

Social media networking provides useful opportunities to expand connectivity and develop your personal brand as well as that of Lutheran High School, the department of athletics, and individual sport programs. Each student-athlete must remember that playing and competing for Lutheran High School is a privilege, not a right. As a student-athlete, you represent Lutheran and you are expected to portray yourself, your team, and Lutheran in a positive manner. Student-athletes should keep in mind the following guidelines if they choose to utilize social media:

- Everything you post is public information; any text or photo placed online is completely out of your control the moment it is placed online, even if you limit access to your site. Information (including pictures, videos, comments, and posters) may be accessible even after you remove it.
- What you post may affect your future. Many employers and higher education schools review social networking sites as part of their screening of an applicant. Carefully consider how you want people to perceive you before you give them the chance to misinterpret your information (including pictures, videos, comments, and posters).
- Like comments made in person, the Department of Athletics will not tolerate disrespectful comments and behavior online. This includes but is not limited to the following:
  - Unsportsmanlike conduct including trash talk or disrespectful comments aimed at teammates, coaches, opponents, and/or officials.
  - Derogatory or defamatory language.
  - Comments that create a danger to the safety of another person or that constitute a credible threat of physical or emotional injury to another person.
  - Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating the Lutheran High School Student-Athlete Code of Conduct.
- Report any problems or concerns to your coaches or Athletic Department personnel.

As the online world continues to change, this policy is considered fluid and can be added to and/or changed at the discretion of Lutheran High School.

Sportsmanship

Lutheran High School takes pride in the attendance and support from our parents and community. We believe our actions should always be Christ-honoring. The behavior of our supporters, student section, and student-athletes can have both a positive and negative impact on the overall experience. Because of this, all participants and spectators are held to a high standard of sportsmanship consistent with CHSAA expectations and our Christian values.

Conduct Expectations for All Fans and Spectators

These guidelines apply to all spectators (parents, community members, and other fans) at both home and away competitions:

- Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- School athletics are learning experiences for students, and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people.
- Admission to the contest is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete.
- Recognize and show appreciation for an outstanding play by either team.

- Use only those cheers that support and uplift the teams involved. Enthusiastic cheering for one's own team is encouraged. Negative remarks, including booing, shall be avoided.
- I will not use or tolerate any language, gestures, chants, signs, or behavior that is racially charged, discriminatory, harassing, or demeaning toward any person on the basis of race, ethnicity, or any other characteristic. High school athletic events are family activities. Every person is made in the image of God, and visiting teams and fans are our guests. Discriminatory conduct is a zero-tolerance matter and has no place at Lutheran High School events.
- During the National Anthem (or Pledge of Allegiance), stand, face the flag, remove hats, place the right hand over the heart, and remain still until the end.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after games on or near the site of the event.
- All artificial noisemakers at both indoor and outdoor competitions are strictly prohibited. The throwing of debris, confetti, or other objects from the stands is prohibited.
- Signs and banners must show positive support only, must be pre-approved when required, and must not block views or exits.
- Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to school administrators. Be a positive role model through your own actions.
- Spectators will respect and obey all school officials and supervisors at athletic contests.

Failure to be an example of these practices could result in removal from a particular sporting event. Any athletic official, including but not limited to officials, athletic directors/coordinators, principals, assistant principals, site directors, and anyone else in an administrative role on the site, may uphold enforcement of a removal. The repercussions following a removal will be reviewed on a case-by-case basis and depend on the severity of the offense as well as the offender's history of behavior at sporting events.

Student Section Conduct Rules

We Cheer for Our Team — We Welcome Our Guests

As members of the Lutheran High School student section, you represent our school, our community, and our Christian values. Every person is made in the image of God. Visiting teams and their fans are our guests. Our conduct should reflect hospitality, respect, and positive support for our student-athletes. High school athletic events are family activities; language and behavior should be appropriate for that setting.

Positive Cheering & Chants

- Cheer enthusiastically for Lutheran High School and our student-athletes.
- All chants, songs, and signs must support our team. No chants directed at opponents, officials, or visiting fans.
- Prohibited: taunting, mocking, "we can't hear you," "you can't do that," "we've got spirit, how 'bout you," "where's your crowd," "you got swatted," "hey, hey, good-bye," "what's the score," "warm up the bus," scoreboard chants, "air ball," or any similar chant, song, or gesture that demeans the other team, its fans, or officials.
- No foul language, vulgar gestures, or derogatory remarks of any kind.
- Do not boo, heckle, or criticize officials' decisions. Respect the integrity and judgment of game officials.

Hospitality Toward Visiting Fans

- Treat visiting players, coaches, cheerleaders, team personnel, and fans with courtesy and respect at all times.
- Do not block pathways or make visiting fans feel unwelcome as they move through or near the student section.
- No discriminatory language, gestures, or behavior of any kind. This is a zero-tolerance standard.
- Recognize and show appreciation for an outstanding play by either team.
- Encourage one another to model Christ-like hospitality. Students are expected to police their own section and demand proper behavior from fellow students. Speak up if you see behavior that falls short and tell an administrator. Leave a positive impression on our guests so that, win or lose, they will have had an enjoyable experience.

Additional Expectations

- During the National Anthem (or Pledge of Allegiance), stand, face the flag, remove hats, place the right hand over the heart, remain silent, and stay still until the anthem ends. Follow any instructions from the public address announcer.
- No artificial noisemakers of any kind (indoor or outdoor). This includes cowbells, drums, whistles, horns, thunder sticks, and similar devices. No throwing of objects or disruptive behavior that interferes with the contest.
- Signs and banners are permitted only if they show positive support for our team and have been approved by game management or an administrator before the contest. They must not block the view of other spectators, emergency exits, or the scoreboard. No poles, sticks, PVC, or metal supports. Negative or demeaning content will be confiscated.
- All students must wear shirts and shoes. Face painting is permitted.
- Stay in designated student section areas. Follow all directions from game administrators, security, and school staff.
- Students are expected to follow all rules that apply during the school day, including prohibitions on alcohol, controlled substances, drugs, fighting, and other prohibited conduct.
- At halftime, watch any performances or presentations and acknowledge the hard work and preparation of those involved.
- After the game, do not tease, taunt, or belittle opponents in any way. Be pleasant and gracious to everyone as you leave.
- *Do not bring students from other high schools or middle schools to events.*
- Clean up trash around you before you leave the game.

Consequences

Students who violate these rules may receive a warning, be removed from the student section, or be ejected from the event. Repeated or serious violations (including any discriminatory or harassing behavior) will result in additional school disciplinary action and may include suspension from future athletic events or from school. These expectations are consistent with CHSAA bylaws (including Bylaw 2270) and Lutheran High School's standards of conduct. Admission to events is a privilege, not a license to engage in unsportsmanlike conduct.

Student Athlete Conduct Expectations

The behavior of our student athletes before, during, and after competition is what sets our athletic teams apart. It is expected that our student athletes' behavior will directly correlate with the core values of this athletic department and with CHSAA sporting behavior standards. The Lutheran Athletic Department is committed to teaching and holding our student athletes accountable to consistent display of good sportsmanship and Christ-honoring behavior.

We ask that our student athletes pledge the following:

- I accept and understand the seriousness of my responsibility and the privilege of representing the school and the community.
- I will live up to the standards of sporting behavior established by the school administration and the coaching staff.
- I will lead by example and therefore will practice good sportsmanship as an example for others to follow.
- I will give positive encouragement to my teammates during games and at practices.
- I will treat opponents the way I would like to be treated—as a guest or friend. I will wish opponents good luck before the game and congratulate them sincerely following either victory or defeat.
- I will not use foul language, derogatory terms, or any other negative remarks towards others.
- I will not engage in trash talk, obscene gestures, or physical altercations with opponents.
- I will not engage in taunting of the opponent, spectators, officials, or opposing coaches.
- I will not use or tolerate any language, gestures, chants, signs, or behavior that is racially charged, discriminatory, harassing, or demeaning toward any person on the basis of race, ethnicity, or any other characteristic. I understand that every person is made in the image of God. Discriminatory conduct is a zero-tolerance matter and has no place in representing Lutheran High School.
- I will treat my coaches, opponents, officials, and fans with respect.

- I will respect the integrity and judgment of game officials. I will not argue with officials.
- I will learn the rules of the game thoroughly and help others understand them.
- I will win with humility and lose with dignity.
- I will give my full effort every day at games and practices.
- I will earn the right to have fun during my sports experience by coming to practice with the intent of becoming a better athlete and, more importantly, a better person.
- I will leave areas as clean or cleaner than I found them.

Failure to adhere to the guidelines above could result in removal from the competition and further discipline at the discretion of the head coach and/or Athletic Director.

Represent Lutheran with pride. Cheer loudly for our team. Welcome our guests.

Questions? Contact the Athletic Department
rachelle.robbins@lhsparker.org • (303) 841-5551