



PARENT / ATHLETE HANDBOOK

2018-2019 SCHOOL YEAR

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**2018-2019
LUTHERAN HIGH SCHOOL
ATHLETIC HANDBOOK**

Introduction

The purpose of this handbook is to acquaint parents and student athletes with the athletic rules, regulations and expectations of Lutheran High School so that through their athletic experience, they can better assist the school in our mission of excellence. Lutheran High School believes that a student's academic responsibilities are more important than any extracurricular activity, including athletics. Parents and students who elect to participate in and/or support athletics at LHS are voluntarily making a choice of self-discipline and self-denial. This concept is tempered by the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. Failure to comply with team rules, regulations and expectations of Lutheran High School can mean dismissal.

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, 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 there are greater expectations beyond those required of the student body in general. The goal of LHS athletics is to glorify God in all that we do, with athletics serving as an arena for this experience. This handbook is an attempt to give student athletes and their parents a clearer understanding of these expectations.

The Lutheran High School athletic program is considered vital to educating our young men and women for Christian leadership, and therefore, is designed to provide a variety of experiences that will prepare them for adult life in a democratic society. The athletic program shall be conducted in such a way as to justify it as an educational activity. It is to provide the student athlete with opportunities to develop a sense of self-esteem, sound physical and mental health, and good sportsmanship while learning the values of cooperation, competition and commitment.

Organization

Lutheran High School is a member of the Colorado High School Activities Association and adheres to the rules and regulations prescribed by this governing body. Lutheran is also a member of the 3A Metropolitan League, composed of 12 schools.

The following schools are members:

Bishop Machebeuf	Colorado Academy	Faith Christian
Jefferson Academy	Kent Denver	Lutheran
Manual	Peak to Peak	Prospect Ridge Academy
SkyView Academy	St. Mary's Academy	Stargate

Mission of Athletics

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

1. Witness our faith in Jesus Christ through our 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 and responsibility as they pertain to academic excellence, work habits and time management;
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. Train ourselves 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. Pursue 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 IN THE LIFE OF A STUDENT ATHLETE

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life. There is a value system- established in the home, nurtured in the school - that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent of a student-athlete at our school, your goals should include:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game
- Encourage our students to perform their best, just as we would urge them on with their class work
- Participate in positive cheers that encourage our student athletes and discouraging any cheers that would redirect that focus - including those that taunt and intimidate opponents, their fans and officials
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions
- Respect the task our coaches face as teachers and support them as they strive to educate our youth
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and develop a sense of dignity and civility under all circumstances.
- Finally, make sure your children know that win or lose, scared or heroic, you appreciate their efforts and will always love them. The leadership role you take will help influence your child, and our community, for years to come.

When a concern arises

It is very difficult to accept that your child may not play as much as you may have hoped. Our coaches are experienced, professional educators. They use their experience and expertise to coach young men and women and are required to make judgment decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those in their program. Certain topics can and should be discussed with your student-athlete's coach, such as suggesting ways to help your student-athlete improve their behavior, work ethic and/or academic progress. Topics such as playing time, play calling, game strategy, and other student-athletes are generally not acceptable items for discussion and are left at the coach's discretion. In order to help our students advocate for themselves, we follow the guidelines given to us in Matthew 18. Have your student-athlete meet with his/her coach to discuss an issue. On most occasions, this conference will resolve issues or questions. As a parent, you may call the coach at the school directly to discuss your concern. Leave your name, telephone number, a short message and the coach will return your call as soon as possible if they are not available. Please do not attempt to talk to a coach before or after a practice or a contest. Our coaches are responsible for the supervision and safety of their athletes. In addition, these can be emotional moments for both parents and the coach. Meetings in this environment do not promote resolution. If the coach-athlete meeting (step 1) and the parent-coach meeting (step 2) does not bring resolution to an issue, then the parent may call the LHS Athletic Department and set up an appointment with the Athletic Director and the coach to discuss the situation.

Athletic Goals/Objectives

The goal of the Lutheran High School athletic program is to assist the student athlete to become a more effective Christian citizen in a democratic society. To attain this goal, the student athlete is to learn....

1. To work with others-

In a democratic society, a person must develop self-discipline, respect for authority, and a spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.

2. To be successful-

Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. We must accept defeat only by striving to win with renewed dedication. We must develop a desire to excel.

3. To develop sportsmanship-

We should accept any defeat as a true sportsman, knowing we have done our best. We must learn to treat others as we would like to be treated. We need to develop desirable social traits including emotional control, honesty, cooperation, and dependability.

4. To improve-

Continual improvement is essential to good citizenship. As athletes, we must establish goals and constantly strive to reach those goals, by trying to better our skills and develop those characteristics set forth as being desirable.

5. To enjoy athletics-

It is necessary for athletes to enjoy participation, to acknowledge all the personal rewards to be derived from athletics and to give sufficiently of self to preserve and improve the program.

6. To develop desirable personal habits-

To be an active contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of fitness after formal competition has been completed.

Academic Eligibility Requirements

Lutheran High School is dedicated to the principle of academic excellence. While sports and other activities are a very important part of high school life, the main purpose of this institution is to provide a Christian learning environment that stresses academic excellence. Academic eligibility for athletics is determined by the constitution and by-laws set forth by the CHSAA and approved by the administration of LHS. 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. A student who receives two failures for any semester grading period is ineligible for participation in interscholastic competition for the next similar grading period.
2. 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.
3. 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.
4. For part time students, home school students or students whose school of attendance does not have a particular program, determination of academic eligibility will be coordinated between LHS and the main school of attendance or online program.
5. Any questions dealing with academic eligibility for athletics should be directed to the Athletic Director.

Required Participation Records

A. On File With the Athletic Director-

1. Physical Examination 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 calendar year from the time of the examination.

2. Permission Forms

These forms (good for the entire school year) contain items that the student and parent should read, agree to and sign accordingly. Each item must be signed for participation to take place. The items include warning of potential injury, insurance coverage, emergency medical authorization, training rules, CHSAA eligibility, transportation policy, emergency medical card, and sportsmanship agreement.

3. Evidence of payment of athletic fee

Basic Athletic Department Policies

A. Attendance Requirements

1. A student athlete is to be in attendance at school at least one half day (blocks and periods) 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.
2. 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.
3. 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. The consequences for an unexcused absence may include a) coach / athlete conference; b) coach / athlete / parent conference; c) short term suspension from practices and contests; d) long term suspension from practices and contests; e) dismissal from the team.
4. In most sports, every student athlete is required by the CHSAA to participate in a minimum number of practices before participating in an interscholastic game or scrimmage.

B. Participation Requirements

1. Participation in interscholastic activities as a 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 that are determined by the school.
2. The student athlete must not have turned the age of 19 before August 1st of the current school year.
3. The student has not changed schools during the school year without a corresponding move by parents. The student and parents must notify the Athletic Director so that an eligibility check may be done before the student participates.
4. A student who has attended more than 8 semesters (if they began school as a ninth grader) or 6 semesters (if they began high school as a tenth grader) is ineligible for high school athletics.
5. According to CHSAA by-laws, participation in an interscholastic contest for any length of time shall constitute a season of participation.
6. If an athlete wishes to change sports during a season, they shall consult with both coaches concerned and the Athletic Director in order to assure a smooth transfer. A change of sports should not take place after the first contest of the season.

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 LHS activities policies that apply to all students.
8. Home school students or students whose school of attendance does not have a particular program are welcome to participate in athletics at Lutheran High School. Application, an interview with admissions, and payment of a participation fee and appropriate sport fees are required for consideration to be a part of an activity or program.
9. Some sports have a roster limit, which means that not all interested and able student athletes may find a place on a particular team. This is always a difficult reality for students and coaches alike. The 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.

C. Training Rules

1. Training rules are for the benefit of both the student athlete and the team. The reasons for having training rules are as follows:
 - a) To promote optimum performance on the part of the athlete
 - b) To help the athlete recognize their own responsibilities
 - c) To have the athlete make a commitment to the team
 - d) To provide some training for adulthood
2. Training rules are in effect from the first day of the season through the last contest of that season. These regulations apply to managers, trainers, and other student support personnel as well as the participating athletes.
3. 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:
4. Individuals suspected of violating these regulations may be required to appear before an athletic council, consisting of the following:
 - a) The athlete's coach
 - b) The Athletic Director
 - c) A faculty member of the athlete's choice
 - d) An administrator of the athlete's choiceParents are welcome to attend the Athletic Council meeting

5. The penalty for the violation may be a suspension from the team for up to 1/4 of the total contests allowed for that season at that level. 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.
6. Coaches, with the consent of the Athletic Director, may require athletes to follow additional rules for each sport. The individual coach is then responsible for enforcing these additional rules.

Statement on Supplements

Our students are encouraged to maintain a healthy diet, lifestyle, and exercise regimen in order to optimize performance. Use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc. is included in our athletic training rules and will result in dismissal from the team. There are many other commercially available products (such as creatine and other nutritional supplements) marketed for the purpose of enhancing athletic performance. Studies on their long-term effects are incomplete, and they may potentially be dangerous when used inappropriately. Consultation with a doctor is essential when considering the use of such products. There may be student-athletes with a documented medical history demonstrating the need for regular use of substances that are banned in this policy. These identified substances shall be medically prescribed by the student-athlete's doctor for therapeutic purposes. The documentation should contain information as to the diagnosis, medical history and dosage prescribed.

D. Transportation Policy

1. Commercial carriers will be used when 25 or more participants travel a distance of 30 miles or more one way from Lutheran.
2. If fewer than 25 participants are involved in the travel and the distance is 30 miles or more one way, school vans will be used or private vehicles may be used. Drivers of vehicles will be staff members, contracted coaches or other approved drivers 25 years of age or older.
3. 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.
4. In all cases where private vehicles are used for student transportation, it is understood that the insurance of such vehicle becomes the primary carrier.
5. 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 parents, due to exceptional situations, have made previous arrangements. Arrangements must be made by the parents through the head coach and approved by the Athletic Director. These requests should be made prior to the event and in writing.

6. Student athletes are to remain with their team and under the supervision of their coach when attending away contests.
7. 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.
8. All regular school rules that apply are to be followed at all times by the athlete at away practices, games, and scrimmages including rules of conduct and dress code.

E. 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:

1. 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 parents.
2. 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.).
3. 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.
4. 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.
5. 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.
6. 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.
7. 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 know the whereabouts of each athlete at all times.
8. 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.
9. Any behavior that takes place on a trip that violates school policy must be communicated to school administration immediately following the events.
10. The coach/approved chaperone ratio will be no larger than 8:1 with gender appropriate ratios.

F. Gym / Field / Equipment Regulations

1. 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.
2. During the practice of any sport, only those students involved in that particular sport are to be present at that site.
3. No food or drink is allowed in the gym or locker room at any time. No street shoes should be worn on the gym floor.
4. All students are responsible for taking care of the gym and playing fields so they may be kept neat, clean and orderly at all times.
5. Lutheran High School will furnish game uniforms and equipment needed for each particular 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.

G. Lockers / Locker Room Regulations

1. It is the responsibility of the student athlete to keep all valuables under lock at all times. Each student is discouraged from keeping large amounts of money or expensive items at school.
2. Only coaches and assigned participants are allowed in the locker rooms.
3. 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.
4. 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.
5. All athletes are encouraged to shower after practices and contests.
6. No glass containers or food should be brought into the locker room.

H. College Recruitment

In the event that a college recruiter contacts an athlete, they have the obligation to inform their coach as soon as possible. The athlete should then work through the athletic department to insure proper procedure is followed.

Coaches will help student athletes attain scholarships where appropriate.

Realizing that only 1% of all seniors nationally ever make a division one team, 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. Following are web sites where specific information may be found:

www.ncaa.org.

www.playNAIA.org

Please check with *the LHS college and career guidance department* for more specifics or to answer any questions regarding academic eligibility. If there are questions regarding recruitment guidelines please see the Athletic Director.

I. Injury Procedures

1. Injuries that occur while participating in athletics should be reported to the coach or athletic trainer. If the injury requires medical attention, school administration should be notified and a report filed.
2. If a student athlete is injured outside of athletics at Lutheran, parents and the athlete should assist coaches or trainer in understanding the extent of the injury.
3. If at any time an athlete is removed from participation because of an illness or injury, especially a situation where a concussion is suspected, they must have a written release from a doctor before returning to participation.
4. 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 themselves or others, that coach will remove the participant from the activity. Coaches will heed the advice given by doctors and may ask for further input from a doctor before allowing further participation.
5. 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.
6. Any equipment or training room supply that is reusable should be returned to the trainer when the athlete is done with it.

J. Weight Room Regulations

1. All students must be under the supervision of a coach or appointed staff member while in the weight room.
2. Nobody is to be in the weight room alone. Lifters must work with a spotter.
3. All weights and equipment are to be replaced on the proper racks / hangers.
4. Shirts and shoes are required at all times.
5. All posted weight room regulations should be followed.

K. Lettering Policy

1. In order 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.
2. 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, they may be awarded a letter upon the recommendation of the coach and approval of the Athletic Director.
3. 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.
4. 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.
5. 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.
6. Additionally, letters may be based on the following:
Attendance, attitude, punctuality, sportsmanship, leadership, work ethic, CHSAA and school academic requirements.
7. The Athletic Director may approve letter award requests when extenuating circumstances prevail.

L. Potential For Injury

By its very nature, competitive athletics may put a student in a situation in which serious, catastrophic and even fatal accidents may occur. Many forms of athletic competition result in violent physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated.

By granting permission for your student to participate in athletic competition, you the parent or guardian, acknowledge that such risks exist. By choosing to participate, you, the student, acknowledge that such risks exist. Student will be instructed in proper techniques to be used in athletic competition and in the proper use of all equipment worn or used in athletic competition and practice. Students must adhere to that instruction an utilization and must refrain from improper uses and techniques. As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. if any of the foregoing is not completely understood, please contact the school principal for further information.

M. 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.