

# **Athletic Handbook**

## **St. John's Lutheran School**

### **Corcoran, MN**

#### **School Mission Statement**

*Learning and living as God's Baptized Children*

The mission of St. John's Lutheran School shall be to nurture young people in God's Word, sound Lutheran doctrine and worship practice, and a strong academic foundation so that they might be better equipped to live out their lives as God's baptized children in this world and to carry out Christ's command to "make disciples of all nations." (Matthew 28:19)

#### **Athletic Philosophy**

It is the aim of St. John's athletic program to facilitate the school mission statement through sports activities. Through a student's participation in interscholastic sports, it is hoped that the student will further develop spiritually, mentally, emotionally, physically, and socially. Students will be encouraged to use their talents to the best of their abilities as we are guided by scripture, "do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body" (1 Corinthians 6:19-20).

Students in grades 3-8 have different opportunities to participate voluntarily in athletics throughout the year. It will be the role of the athletic directors and coaches to facilitate the growth and development of players as they participate in the St. John's athletic program.

#### **Program Goals**

The goals of the St. John's athletic program will be:

- to glorify Jesus Christ in all that is done on and off the playing field and/or court.
- to help the athletes realize the importance of other people in their lives and the value of working cooperatively with them.
- to encourage the athletes to be free in allowing themselves to experience emotions, yet not to let these emotions control them or make them ineffective people.
- to improve the athletes overall physical condition and athletic skills.
- to provide another avenue for students to enjoy Christian fellowship.
- to provide additional school spirit and pride.
- to prepare athletes for the next level of competition and allow them to participate on a team that is appropriate for their level of skill and experience.
- to develop an understanding of the rules and concepts of the game that will encourage a lifelong enjoyment of the sport both competitively and recreationally.

#### **Online Sports Schedule**

[Athletic Calendar Link](#)

# Programs Offered

## Cross Country

Cross country is an excellent opportunity for athletes to build strength and endurance while participating on a team and competing against other athletes. 3rd through 6th-grade athletes will compete in a one-mile race while 7th and 8th-grade athletes compete in a two-mile race.

**Grades** - 3rd through 8th

**Months** - August, September, October

**Practice** - Wednesdays (After school till 5:00)

**Meets** - Mostly Fridays (First race begins at 4:00)

**Participation Fee** - \$40

**Equipment** - For meets, runners will need to purchase or use a previous year's St. John's Cross Country t-shirt. Families will need to provide solid black shorts and proper running shoes.

## Soccer

**"C" level 3rd & 4th grade Boys and Girls Intramural Soccer**- This is an introductory program to teach young players the skills of soccer.

- **Months** - August, September, October
- **Dates** - Practice dates will be set to match the "A" practice schedule with two dates set aside as Intersquad scrimmage for parents to come and cheer on players.
- **Equipment** - Families will need to provide soccer shinguards along with soccer socks to cover over the top of the shinguard. Soccer cleats are optional.
- **Participation Fee** - \$20

**"A" (5th-8th) Boys Soccer** - This team will be participating against other schools in the Twin Cities Lutheran Grade School Athletic League (TCLGSAL).

- **"A" Equipment** - Soccer uniforms are provided for each player to use for the season. Families are required to provide the following equipment: soccer shin guards and solid black soccer socks; soccer cleats are optional but recommended.
- **Practice** - Mondays along with any Tuesday or Thursday in which there is not a game scheduled (after school until 5:15pm).
- **Games** - Tuesdays and Thursdays (games begin at 4:00pm)
- **Participation Fee** - \$40

## Volleyball

### **Fall Girls Volleyball**

- **Months** - August, September, October
- **Practice** - Mondays along with any Tuesday or Thursday in which there is not a game scheduled (after school until 5:15pm).
- **Games** - Tuesdays and Thursdays ("A" games begin at 4:00pm with "B" games to follow)

- **Participation Fee** - \$40
- **Equipment** - Volleyball jerseys will be provided for each player. Families are required to provide solid black shorts (no spandex shorts), volleyball knee pads, and gym shoes.

**“B” (5th & 6th grade) Girls Volleyball & “A” (7th & 8th grade) Girls Volleyball** - These teams will be participating against other schools in the Twin Cities Lutheran Grade School Athletic League (TCLGSAL) and will also have a number of non-conference games.

### **Basketball**

**“C” level (3rd & 4th grade) COED Basketball** - This is an introductory program to teach young players the skills of basketball.

- **Months** - November, December, January, February
- **Practice** - Mondays and Thursdays from 6:00-7:30pm. Starting in January, the Monday practice will be replaced by games.
- **Games** - Games are played on Monday nights in January and February at 6:00pm. Teams will have both home and away games.
- **Equipment** - Basketball jerseys will be provided for each player. Families are required to provide solid black shorts (no spandex shorts) and gym shoes.
- **Participation Fee** - \$60

**“B” (5th & 6th grade) Girls, “B” (5th & 6th grade) Boys, “A” (7th & 8th grade) Girls & “A” (7th & 8th grade) Boys Basketball** - These teams will be participating against other schools in the Twin Cities Lutheran Grade School Athletic League (TCLGSAL) and will also have a number of non-conference games.

- **Practice** - Each team will have two practices per week. Tentative practice time will be 3:45-5:30pm. Practice dates and times will be determined by coaching availability.
- **Games** - Most games will be played on Fridays (“B” girls 5:30pm; “B” boys 6:30pm; “A” boys 7:30pm).
- **Equipment** - Basketball uniforms will be provided for each player.
- **Participation Fee** - \$60

### **3rd-8th Dance Team / Spirit Squad**

The format for this team is at the discretion of the coach(es). For example, cheering for teams during basketball games, performing a dance routine during game halftimes, leading cheers at a pep rally, etc. are all ways a dance team/spirit squad could participate. This program is capable of including a wide range of grades and ages.

### **Ski Club**

**5th-8th Grade Ski Club at Powder Ridge**

- **Months** - December, January, February, March

- **Location** - Powder Ridge, Kimball, MN
- **Participation Fee** - \$123-\$150
- **Dates** - Four events are hosted throughout the winter.
- **Times** - Bus transportation is provided after school and returns to St. John's at 10:00pm.

### **Spring COED Volleyball**

**Months** - March and April

**"B" (½) Volleyball & "A" (⅔) Volleyball** - These teams will be participating against other schools from the TCLAC conference.

**Practice and Games** - Spring volleyball will occur on Tuesdays and Thursdays. Three mini-tournaments against other schools will be scheduled.

**Equipment** - Volleyball jerseys will be provided for each player. Families are required to provide solid black shorts (no spandex shorts), volleyball knee pads, and gym shoes.

**Participation Fee** - \$20

**"C" (¼) Intramural** - This will be an intramural program in which players will learn the basics of volleyball. Practice times will be determined by gym and coach availability.

**Participation Fee** - \$20

### **Bowling**

**Season** - March and April

**Practice** - There will be two scheduled practices per week at Sundance Entertainment in Dayton. The days of week are determined by coaches.

**Matches** - These are held at various locations throughout the metro area on Friday nights or Saturday mornings.

**Equipment** - No equipment is needed. The bowling allies provide shoes and bowling balls.

**Participation Fee** - \$80 This covers all costs for practices and matches

### **Spring Softball**

Students in grades 5-8 will participate in a softball tournament during a school day in the middle of May. Practices for this event will take place during Physical Education class.

### **Spring Track and Field**

Students in grades 1-2 will participate in a Field Day at St. John's Elk River, grades 3-4 will participate in a Field Day at St. John's Corcoran, and grades 5-8 will participate in a Track and Field Meet at Mayer Lutheran High School. These events will take place during the school day in May.

### **Possible Programs**

The following programs can be made available to students if coaches can be found to facilitate the program. Anyone interested in coaching any of these programs should contact the athletic director.

#### **Pep Band**

This group would look to play at halftime and between basketball games during a select number of scheduled game dates. We would be looking for parents and/or alumni to play along with the students to help strengthen our small band program.

#### **Lego Robotics / Rube Goldberg Competition / Drone League**

League Information - <https://hightechkids.org/>

Season - August through November

Practice schedule - Days and times are determined by coaches.

#### **Frisbee Golf**

Season - September and October

Practice schedule - Days of week and times are determined by coaches.

Meets - Three Saturday morning meets during the season

## **Athletic Program Policies**

### **Practice and Game Attendance**

Being part of a team requires that players attend practices and games. We understand that situations exist that may not make attendance at every activity possible.

1. Excused Absences - In these situations it is required that a coach or athletic director be notified for the absence to be excused. A team member who misses a practice or game without proper notification being sent will be charged with an unexcused absence. Parents may send notification via email, phone message, text, or written note explaining the absence.
2. Illness - If a student is ill or misses school due to an emergency, he/she will be excused from practice or a game for that day. A student cannot participate in a game on a day they have been absent from school due to illness. If a student misses the morning but attends school in the afternoon, he/she may play only if the parents give permission to play that day, and the coach gives his/her consent. Students missing school for reasons other than illness must seek permission to play on that day from the athletic directors.
3. Unexcused Absences - Unexcused absences are difficult on team unity and make it difficult on volunteer coaches. Unexcused absences will affect playing time. Coaches are encouraged to reach out to the athletic director in these situations.

## Team Selection

1. Multiple Teams - In the event that the number of students who wish to participate in a given sport exceeds standard team size, the athletic director may choose to form additional teams to help with the challenge of a large number of athletes. This requires that there are qualified coaches, gym/field time available, and sufficient teams to compete against. This may take the form of an intramural program if necessary.
  - a. Level C (3<sup>rd</sup>-4<sup>th</sup> grade) – Teams will be created with the idea of distributing playing experience and talent equally between the teams.
  - b. Level B (5<sup>th</sup>-6<sup>th</sup> grade) – Teams will be created with the idea of distributing playing experience and talent equally between the teams.
  - c. Level A (7<sup>th</sup>-8<sup>th</sup> grade) - Evaluations may be used to form Level A teams. The athletic director and coaches will organize these evaluations. Team 1 will consist primarily of players who are more experienced in the sport and who are looking for opportunities to challenge themselves against tougher competition to prepare for the next level of the sport. Team 2 may consist of less experienced and/or players who may not be compelled to play at the next level.
2. Promotion to Higher Level
  - a. Any 6<sup>th</sup> grade student may participate in the Level A evaluation sessions. In order for this student to be selected to play at Level A, he/she must possess the ability to be a starter on the “A” level team and play at least 50 percent of the game. The coaches and athletic director in consultation with the student's parents will make final decisions in regard to team participation.
  - b. In the case of a small number of athletes for a particular sport, the athletic director may also move up or ask a lower level grade to participate on a higher-level team. (Example: If there are not enough 7<sup>th</sup>-8<sup>th</sup> graders for the Level A team, then 5<sup>th</sup>-6<sup>th</sup> graders may be asked to play up.)

## Playing Time

1. Level C (3<sup>rd</sup>-4<sup>th</sup> grade) - Students at the C level will have near equal playing time the whole game as long as they are in good standing with their attendance. Students at this level will be learning the most basic skills and knowledge of the game. Coaches are encouraged to track playing time to help distribute playing time.
2. Level B (5<sup>th</sup>-6<sup>th</sup> grade) - Students at the B level will be able to participate in every regular season and tournament game that they attend as long as they are in good standing with their attendance. Coaches will provide each player with playing time in every game, but the length of that playing time will be determined by that coach's discretion of a student's ability, knowledge of the game, and ability to perform within the game situation.
3. Level A (7<sup>th</sup>-8<sup>th</sup> grade) - Students at this level will be able to participate in every regular season game. Playing time for regular season games will be dependent on the coach's discretion of a player's ability, knowledge of the game, ability to execute plays, and how

they will help the overall team. Playing time for tournaments will be solely at the discretion of the coach after determining what is in the best interest of the team as a whole. All participants at the A level are not guaranteed playing time in tournaments.

## **Roles and Guidelines**

### **Players**

1. Eligibility Requirements
  - a. All participants must be officially signed up for the teams by their parent or guardian.
  - b. Participation fees will be billed through FACTS.
  - c. All participants must maintain a 2.0 GPA and may not have more than one failing grade. (See parent handbook page 19 for more detail.)
  - d. Student athletes represent St. John's Lutheran School. Athletes must remain in good standing at school, home, and in the community. The Christian education and discipline of St. John's is a team effort that includes teachers, coaches, administrators, and parents. Students can be suspended from sports teams for violations of any rules that are listed in the parent handbook.
  - e. Athletes must remain in good academic standing with school policies.
2. Athletes will:
  - a. Demonstrate a Christ-like example on and off the playing field/court.
  - b. Make academic success a higher priority than athletic success.
  - c. Be respectful of coaches, players, officials, and spectators at all times.
  - d. Know the team schedule and take responsibility to attend all practices and games. If a player is unable to attend a practice or game, it is the parents' responsibility to inform the coach or athletic directors. Lack of notification will be deemed an unexcused absence.
  - e. Take pride and care of the facilities played in and the equipment used.

### **Coaches**

1. Qualifications
  - a. All coaches will be approved by the athletic directors and/or Principal based on their knowledge of the sport and qualification to work with athletes. Faculty will have precedence over volunteers when selecting coaches.
  - b. All head coaches must go through a criminal background check.
  - c. All head coaches will complete the NFHS [Concussion in Sports](http://www.nfhslearn.com) course. ([www.nfhslearn.com](http://www.nfhslearn.com))
2. St. John's coaches will:
  - a. Serve as Christ-like examples of fair play and good sportsmanship. Emphasize the glory of God over the glory of self and school.
  - b. Attend games and practices arriving at each event promptly and prepared.
  - c. Work with athletic directors to coordinate practice schedules, game schedules, driving volunteers, and communicate with families in regards to these things.
  - d. Provide supervision for all athletes before, during, and after practices or games.
  - e. Secure the facility and return all equipment to its proper location at the end of each practice or game.

- f. Treat each player, coach, official, parent, and administrator with respect, Christ-like love, and dignity.
- g. Will become familiar with the philosophy and goals of the athletic program at St. John's and will strive to achieve these goals and communicate them to players and parents.
- h. Do their best to learn skills, strategies, and rules of the sport.
- i. Learn the strengths and weaknesses of their players in order that they might place them in situations to maximize player and team success.
- j. Cooperate with the athletic director and/or principal in the enforcement of rules and regulations according to school policy.
- k. Protect the health and safety of players in regards to facilities and game situations.

## **Parents**

1. Parents will
  - a. Model and foster Christ-like attitude and behavior.
  - b. Assist students to establish proper priorities with respect to church, family, peers, academics, practice, and games.
  - c. Support athletes, team, and coaches.
  - d. Respect the officials and their decisions.
  - e. Attend the parent meeting. This meeting will take place at the conclusion of the first practice.
  - f. Take the responsibility for promptness to games and practices.
  - g. Assure that their child will be picked up promptly at the end of games and practices.
  - h. Support the Booster Club by volunteering to help with running score table, concessions, and tournaments.
  - i. Follow procedure for resolution of parental concerns when needed.
2. Resolution of Parental Concerns
  - a. Occasionally parents may have concerns about the athletic program of St. John's Lutheran School. When concerns arise, it is best to use the Biblical approach of going directly to the person we have the concern with and trying to work out a solution with them.
  - b. All concerns regarding decisions of coaches as to game or practice situations should be taken up directly with the coach. It is our goal that coaches will have the children's best interests at heart, and parents should feel free to approach them without fear of retaliation or ridicule. Your input is important in this joint effort of educating your children. In order to facilitate a smooth and orderly process, parents are to follow these guidelines when they have concerns:
    - i. Go directly to the coach with any concerns you have regarding his/her coaching decisions. When we go to others with our concerns regarding a coach, we place ourselves in danger of violating the 8th commandment. Concerns shared will be kept confidential. Information will be disclosed only to those who need to know in order to review, investigate, and respond to the concern (e.g. athletic directors, principal).



- ii. It is requested that parents allow at least 24-hours after a game to approach a coach with concerns. We want all our words and actions to glorify God and show love to our Christian brothers and sisters.
  - iii. Parents with concerns need to make an appointment to speak with the coach. Immediately prior to, during, or after a game is not an appropriate time.
  - iv. Any concerns regarding the school's athletic policy, scheduling, or equipment should be brought to the attention of the athletic director.
  - v. Most athletic-related concerns can be resolved through open and honest communication with the coach. If the problem remains unresolved, the parents should contact the athletic director. The athletic director will meet with the parents and the coach together to resolve the conflict. If the athletic director is also the coach that the parents have concerns with, this second meeting will include the principal.
- c. It should be understood that all issues might not necessarily be resolved to the satisfaction of the concerned person. The coach, athletic director, or principal may make decisions that do not require a change or that do not fully meet with the parents' expectations. However, those who use this process should be satisfied that their concern was heard, taken seriously, and that consideration was given to the issue consistent with the philosophy and goals of our school and its athletic department.

### **Spectators**

- St. John's students are encouraged to participate as spectators at athletic events. Supervision is required for all students at all times. It is the responsibility of the parents to arrange supervision of their child if they are not participating on the athletic team. This may include contacting another parent, coach, teacher, or athletic directors to help provide that supervision.
- Spectators, including children, are to remain in the gymnasium or at the game field when attending athletic events.
- Spectators will:
  - support and respect the players, coaches, and officials in a Christ-like manner.
  - be respectful towards the participating schools, their facilities, and equipment.
  - applaud the effort each player, coach, and official is making.