

# St. John's Lutheran School Athletic Handbook



St. John's Lutheran School  
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# SCHOOL INFORMATION

## 1. Sports Philosophy

The philosophy of St. John's Lutheran School for after-school sports is an extension of the overall philosophy of the school. Through athletics we help to prepare the student for a full participation in adult life. We, as coaches and school officials, seek to develop the values which determine the athletes relationship with self, others and ultimately with God.

Participation in the schools organized sports is voluntary. It is a privilege, not a right, and a participant has the responsibilities of courtesy and sportsmanship on the playing field and at school. St. John's sees the organized sports experience as a platform to develop athletic, social and spiritual skills.

## 2. Interscholastic Teams

St. John's is a participating member of the Lutheran Orange County Athletic League (L.O.C.A.L.), consisting of twenty (20) Lutheran schools. It provides the elementary schools of L.O.C.A.L. an opportunity for friendly competition in sports with other schools.

It is an organization that further enhances the spiritual, academic, physical, social, psychological and moral growth of its students. It provides an opportunity for eligible students to enjoy team and individual sports, while learning the proper etiquette, rules and skills of the sport, encouraging the student into a lifelong participation in sports.

Participation is open to all students who qualify under the guidelines and regulations of St. John's and the Lutheran Orange County Athletic League. Information concerning the sport, eligibility, site and times, may be attained through the Athletic Director.

### 3. Formation of Teams

The St. John's Lutheran School Athletic Program will strive to provide a place for all student-athletes who want to participate. However, some teams will have a limit on sizes to maximize teaching and playing time.

The St. John's Lutheran School Athletic Program provides Varsity and Junior Varsity levels of competition in Flag Football (boys), Basketball (boys and girls), and Volleyball (boys and girls). Student-athletes in grades seven and eight will have the opportunity to try-out for a team. At times, the try-outs may be open to sixth grade students-athletes. The coaching staff will have a period of evaluation prior to each season and then place the student-athlete on the appropriate team. The St. John's Lutheran School Athletic Program may not be able to accommodate all student-athletes who desire to participate at this level.

**TRY-OUTS (Junior Varsity and Varsity):** Try-outs will be held for all student-athletes in all sports. All students wishing to participate are required to attend try-outs. Those students not in attendance may not be considered for team placement. If a student is ineligible at the time of tryouts, he/she can still try out for the team but will need to be declared eligible in order to participate.

**5<sup>th</sup> AND 6<sup>th</sup> GRADE:** The St. John's Lutheran School Athletic Program provides opportunities for all students in grades five and six. In order to maximize active participation, the Athletic Program will strive to provide as many teams as possible to accommodate the student-athlete's needs.

# PARTICIPATION POLICIES

## 1. Academic Eligibility

The School has adopted a policy that requires a student to earn a minimum of a "C" average in order to participate in co-curricular activities. A student receiving an "F" in any subject will be declared ineligible. A student receiving a "U" (unsatisfactory) for conduct or an "Effort is Unsatisfactory" in the comment section for any subject will be declared ineligible. A student receiving an "N" (needs improvement) for conduct or an "Effort Needs Improvement" in the comment section for two or more subjects will be declared ineligible.

The intent of this policy is to encourage high academic achievement and not to discourage participation in co-curricular activities.

Students declared ineligible have two weeks to show substantial improvement in deficient areas. (One week is defined as five school days.) During these two weeks the student must clear all of the deficient marks that made the student ineligible. At the end of the second week, if deficiencies have not been corrected, the student will become ineligible until the next reporting period indicates these deficiencies have been corrected, and no new problems have surfaced.

## 2. Grade Level Eligibility

Boys and girls in grades five (5) through eight (8) have numerous opportunities to participate in after-school sports.

### FALL

Boys - Flag Football  
Girls - Basketball  
Girls - Cheerleading  
(7<sup>th</sup> and 8<sup>th</sup> Grade)

### WINTER

Boys - Basketball  
Girls - Volleyball  
Girls - Cheerleading  
(7<sup>th</sup> and 8<sup>th</sup> Grade)

### SPRING

Boys - Volleyball  
Girls - Softball  
Boys and Girls - Track

Seventh and eighth grade students may play on varsity or junior varsity teams. There are two teams in all sports from grade 5 and grade 6 for, boys and girls, divided equally according to ability.

### **3. Responsibility of Commitment**

Practices will take place on Tuesday through Friday. This is subject to change due to holidays, days when school is not in session and weather conditions. **It is the athlete's responsibility to attend all practices.** Missed practices may result in an adjustment of playing time.

#### **SCHOOL RULES ARE ALWAYS IN EFFECT AT PRACTICES AND GAMES.**

An athlete who is not in attendance at school for at least the second half of the school day due to illness is not allowed to participate in any games or practices that day, or on the weekend if the absence was on Friday. The beginning of fifth period in the middle school schedule is considered to be the halfway point for the school day. An athlete also may not participate if the absence is unexcused.

### **4. Required Forms**

All students participating in the after school sports program **must have emergency forms completed and signed by his/her parent or guardian.** No child will be allowed to participate in any practice, any games or travel to an away game without this form.

### **5. Required Fees**

An athletic fee will be required of each participant prior to the beginning of each season. The fee will be \$60.00 per sport, per athlete, for Fall and Winter seasons. \$20.00 per sport, per athlete, for the Spring season. These fees help to cover the cost of officials, tournaments, upkeep of uniforms and equipment, and participation in L.O.C.A.L.

## **6. Uniforms**

The school provides team uniforms with the exception of the cheerleaders and volleyball shirts, which are purchased by the participating athletes. Student athletes must be in full team uniforms in order to participate in games. All school owned uniforms must be returned in good condition at the end of the season or the student will be charged for the loss or damage.

## **7. Practices**

Practices will begin at 3:00 p.m. and will run for 60 to 90 minutes. Individual coaches will decide specific days and times of practices. Students will be permitted to notify parents in the event of a change in practice or game schedule due to illness of coach or sudden change in weather.

Students are required to show the same respect to coaches as they are expected to show all school staff.

Parents must pick their child up in a timely manner or the child will be checked into the school age care program. Any fees incurred must be paid by the family involved according to the School Age Care policy.

Under no circumstances may a student who is playing after-school sports leave campus to get snacks/drinks from the local eateries.

## **8. Games**

An athlete is representing Jesus Christ and St. John's and is expected that he/she will do so with pride. This means being respectful to the other teams, players, coaches, officials and spectators.

Parents as spectators are expected to show respect and courtesy toward other school's players, coaches, officials and spectators. Parents are asked not to interfere with a coach or official during a game or practice.

Each athlete will be given a written copy of the schedule prior to the start of his/her league play. There will a weekly update of scheduled games in SLICES. Slices can be accessed on the school website at [www.sjls.org](http://www.sjls.org).

## **9. Transportation**

All drivers must be at least 25 years of age. All drivers must provide a copy of their driver's license and proof of insurance coverage to the athletic director. A minimum of \$100,000 liability policy is required.

Vehicles transporting athletes must have a working seatbelt for each child being transported. Students are not allowed to travel in the front passenger seat of any vehicle with an air bag on the passenger side. All drivers must have an emergency form for each student they are transporting. These are to be provided by the coach for each game.

## **10. Coaches**

Coaches will provide a safe environment conducive to positive experiences in learning and practicing the sport. All teams must have a faculty representative present at every competition.

## **11. Sports Banquet**

There will be an awards banquet in the spring to honor all the participants in our sports program. This is a special evening; therefore it is expected that the students dress using the parent/student handbook dress code rules. Students are to sit with their parents.

## **12. Administration Footnote**

*The school administration reserves the right to make any necessary decisions, changes or additions to the policies that have been stated in this handbook.*

# St. John's Lutheran School Athletic Commitment Form

We have read and understand and agree to comply with the regulations set forth in the St. John's Athletic Handbook.

Student Name: \_\_\_\_\_  
*Please print*

Parent/Guardian Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

**PLEASE SIGN, TEAR OUT AND RETURN  
TO THE ATHLETIC DIRECTOR.**